

SAN DIEGO COMMUNITY NEWSPAPER GROUP

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Statuesque view

The Tunaman's Memorial at the southwest end of Shelter Island greets a recent sunrise. The sculpture is a tribute to the fishermen of various ethnicities - Portuguese, Italian, Japanese and Slavic - who engaged in the tuna fishing industry in the Pacific from its base in San Diego Bay for many decades. The riveting and lifelike sculpture was created by artist Franco Vianello, who himself is a commercial fisherman.

City eliminates OB skate park supervision

By SEBASTIAN RUIZ | THE BEACON

The city's five skate parks, including the site at Robb Field on Bacon Street in Ocean Beach, will remain unsupervised indefinitely because of city budget cuts, according to statement from the office of Mayor Jerry Sanders.

It costs the city about \$282,571 a year to pay staff to supervise the parks in the face of an estimated \$53 million budget shortfall. The

park entry fees, which previously helped cover some of the cost of staff, said Rachel Laing, a spokeswoman for Sanders' office.

But with no supervisors how will the city enforce its own health and safety rules?

"We're going to enforce the rules the same way we've always enforced them. People are on their honor and police will do spot checks," Laing said.

Park users should call the nearcity has also stopped charging est recreation center to report any

For developments on this story and breaking news, visit www.sdnews.com

problems, she said.

Western Division police Capt. Walt Vasquez said officers will respond to any calls to the area on a case-by-case basis.

"It's more depending on the circumstances and what's going on down there. Are we receiving calls? That will dictate our

SEE **SKATE PARKS**, Page 2

New state laws put teeth in texts, DUIs, copper wire thefts

Slowly but surely

[legislators] are

realizing that anything

that takes your

attention off the road is

potentially dangerous.

ERIC NEWBURY

CALIFORNIA HIGHWAY PATROI

By SEBASTIAN RUIZ | THE BEACON

Unless you've been driving on the freeway with your head down thumbing through your cell phone, then you should have seen the electronic freeway signs telling drivers that using your cell phone to send text messages is a no-no as of Thursday, Jan. 1.

That's just one of several new laws that came

into effect last week.

If you're caught text messaging while driving, it carries a minimum cost of \$20 to \$50 apart from local court costs and fees, other according to a statement on the California Department of Motor Vehicles website.

The law is an extension to the

"hands free" law that started July 1, 2008. The law mandates motorists to use a hands-free device to talk and drive, said California Highway Patrol Public Information Officer Eric Newbury.

With the new rules in place, police are looking for people fiddling repeatedly with their phone while on the on the road.

GPS mapping systems with big screens obstructing a driver's view are also prohibited, he said.

"Slowly but surely [legislators]

are realizing that anything that takes your attention off the road is potentially dangerous," Newbury

He said it opens "Pandora's box" for possible legislation addressing eating and putting on make-up while behind the wheel.

Also, tougher punishments for repeat drunk drivers aim to make life miserable for those caught

driving under the influence, he said. Police can write a citation or impound a vehicle if they catch somebody on probation for a previous drunk driving charge with any amount of alcohol in their system, he said. It can result in an automatically suspended driver's license.

Other that took effect this year include

tougher regulations for those trying to sell recyclable materials. Recyclable material sellers have to show identification, give a thumbprint and receive payment by check after three days, Robin Faulkner, owner of Pacific Beach Recycling said.

The new rule applies to those selling material such as copper, according to the text of the bill.

Although certified by the State of

SEE LAWS, Page 3

San Diego afire with playoff fever, hope and rekindled Chargermania

By DAVE THOMAS | THE BEACON

Darren Sproles may not get the notoriety of other backs in the NFL, but he doesn't seem too concerned about that.

Sproles rushed for 105 yards on the evening, while scoring the game-winning touchdown (22yard 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 (8-8) off 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. The odd score was the first 11-10 end result in the history of

After trailing 17-14 late in the game, and with the Colts only a first down away from likely running out the clock, the Chargers

SEE CHARGERS, Page 14



San Diego quarterback Philip Rivers waves to roaring fans after the Chargers' electrifying overtime victory against the favored Indianapolis Colts on Saturday at Qualcomm Stadium. The 23-17 victory propels the Chargers into the next round of the playoffs against the Pittsburgh Steelers on Sunday. If the Chargers are victorious, they will become the first-ever NFL team to end the regular season at 8-8 and win two playoffs games in the postseason. Game time is 1:30 p.m. on Channel 8. PHOTO BY DON BALCH | THE BEACON

Surf Report

SATURDAY Hi: 7:39 a.m. 9:28 p.m. Low: 1:19 a.m. 2:58 p.m.

Size: 1-2 ft.

Wind: 6-16 mph

SUNDAY Hi: 8:27 a.m. 10:08 p.m. Low: 2:11 a.m. 3:40 p.m. Size: 1-2 ft. Wind: 4-12 mph

Wired for state prison

A man who confessed to stealing copper wiring from schools in Ocean Beach and the Midway area gets a six-year term. 2

Preparing to set sail

The 2009 San Diego Boat show will lure sailing fans to the convention center and Marriott Marina for a four-day adventure. 4

Gastronomical delights

Restaurant Week returns with plenty of fare for anyone on a tight budget. Girl Scouts will bring the dessert. 12

Thief who snared copper wiring from local schools handed 6 years

By NEAL PUTNAM | THE BEACON

A Del Cerro man who stole copper wiring from schools in Ocean Beach, the Midway area and other campuses received six years in state prison Dec. 29 and was ordered to pay nearly \$90,000 in restitution to three school districts.

Jason Warren Tait, 32, was silent before San Diego Superior Court Judge David Danielsen sentenced him, but Tait has admitted to stealing copper wiring from 16 different schools, including three cases he was not charged with, according to

his probation report.

Danielsen denied a request for probation, but recommended Tait be admitted to the California Rehabilitation Center (CRC) in Norco in Riverside County for a drug treatment program. It is a state prison but has the world's largest substance abuse program for people in custody, including vocational programs.

Tait told officials he made \$3,500 a month from the stolen copper wiring that he sold to a metal recycling center. Much of the profit went to buy methamphetamine, which Tait admitted to using daily. His

ed the CRC commitment.

Deputy District Attorney Stephanie Chow said Tait's sentence was "a fairly common sentence for drug addicts." The sentence includes a provision that if CRC determines he is not a drug addict, he can return to court to be sentenced again.

The probation report notes that Tait took 975 feet of copper wiring on May 18 from Silver Gate Elementary School in Ocean Beach. The school's cost for repairs and replacing the cable was more than \$7,100.

Tait also took 2,000 feet of copper

attorney, James Pasto, recommend- wiring from Correia Middle School on March 17. Repairs and cable replacement were listed at more than \$27,300, the report said.

Danielsen ordered Tait to repay the San Diego Unified School District nearly \$61,000. He also ordered Tait to repay more than \$23,000 to the La Mesa School District and \$5,500 to the Cajon Valley Union School Dis-

Danielsen fined Tait \$1,360 and gave him credit for 235 days served

Tait told officials he used the Internet to locate the addresses for elementary and middle schools but did not target high schools because he thought there were security cameras in use. Tait also said he used the Google Earth program to study the physical layout of the schools he wished to steal copper from.

He said he was never questioned by anyone at metal recycling companies over how he obtained so much

SKATE PARKS

response. But at this time it's a mat-

ter of when time permits. Officers

Aside from the facility at Robb

• Bill and Maxine Wilson Skate

• Rancho Peñasquitos Skate Park

• Charles L. Lewis III Memorial

• Carmel Valley Skate Park, which

Laing said the city posts the fol-

at 10111 Carmel Mountain Road;

Skate Park, 6610 Potomac St.;

lowing rules at the skate parks:

just opened in November.

Veggies

Compost Grdening

Field, other skate parks eliminating

supervisor positions include:

Park at 702 S. 30th St.;

CONTINUED FROM Page 1

will go by the area.

He said he always worked alone in the thievery cases, although he did work once with his brother, Aaron Charles Tait, 31. Both men were arrested by La Mesa police July 22 after they entered La Mesa Middle School grounds.

Officers found the brothers had removed 250 feet of wiring from an electrical panel. Aaron Tait pleaded guilty to grand theft and is serving a 16-month prison term.

Jason Tait pleaded guilty Nov. 25 to eight counts of grand theft and eight other charges were dropped.

Effective Jan. 1, state law now requires scrap-metal recyclers to take the thumbprint of anyone attempting to sell copper wiring. Potential sellers must also now present a picture identification and a valid address before receiving payment for the copper wiring. The measure was signed by Gov. Arnold Schwarzenegger in October.

• All skaters must wear protec-

Spectators are not allowed

• Skating equipment must be in

• Bikes and other sporting equip-

• Children younger than 14 years old must be accompanied by an

· Food, smoking, alcohol and

• Profanity and abusive language

The skate parks are open from

Drainage

good condition and not damage the

• Contests are not permitted.

tive gear, including a helmet, shirt,

knee/elbow pads.

ment are prohibited.

tobacco are prohibited.

about 10 a.m. to dusk.

are prohibited.

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Cold Case team closes book on '71 murder

By NEAL PUTNAM | THE BEACON

Gerald Dean Metcalf must have wondered when — or if — San Diego police would knock on his door to ask him about killing a Pacific Beach man whom he met at Horton Plaza almost four decades ago.

It took 37 years, and thanks to DNA evidence and modern fingerprint technology, police say the 1971 murder of Gerald Jackson, 27, is solved.

Metcalf, now 61, is charged with stabbing Jackson to death when Metcalf was 24 years old. The knock on his door by San Diego Police Detective John Tefft occurred in August 2008, where Metcalf was living in a house with his wife in the 21000 block of Easy Street in Chandler, Texas, a town of 2,000 residents.

Metcalf was extradited to California, and now resides in the downtown central jail on \$1 million bail. He has pleaded not guilty and his preliminary hearing is set for Jan. 15 in San Diego Superior Court.

The suspect in Jackson's murder was named after a paid intern with the police department, Gabrielle Wimer, 24, was looking at the cold-case file and discovered that investigators had fingerprints from the murder



Gerald Dean Metcalf was picked up in Texas in August by San Diego police, who have allegedly connected him with the murder of a Pacific Beach man 37 years ago.

scene. The prints run through the FBI's database and matched

According to court records, during a visit to Metcalf's home in Texas, the suspect told Tefft, a homicide detective with the department's Cold Case team, that he was picked up by Jackson in Horton Plaza on Dec. 29. 1971, and taken to Jackson's apartment in Pacific Beach. Jackson's nude body was later found in his bedroom of his

SEE COLD CASE. Page 5

After 37 long years, technology catches up to detective work

NEWS

By NEAL PUTNAM | THE BEACON

Pacific Beach resident Gerald Jackson had finished his late-night shift as a bartender before heading over to cruise Horton Plaza at 2:30 a.m. on chilly winter evening at the end of December 1971.

Downtown then was a lot different from today's Gaslamp District that draws millions of people boutique shopping and upscale dining. Within walking distance from City Hall, where Pete Wilson was sworn in as the city's 27th mayor a few weeks earlier, were all-night adult movie houses, such as the Pussycat Theater, and rundown flophouses. Sailors flocked to the area, some renting lockers so they could change into civilian

That night, Jackson met

SEE **DETECTIVE**, Page 5



Redefining chilly dog

Teacup chihuahua Destiny beat the morning cold at the Ocean Beach Pier recently with a festive sweater. PHOTO BY KIRBY YAU | THE BEACON

CONTINUED FROM Page 1

California, Faulkner said she doesn't deal in scrap metal and so doesn't have a license filed with the city to sell scrap. The new regulation is intended to prevent from selling stolen recyclables,

Last year, the city saw a rash of copper and scrap metal thefts hit schools and construction sites around the city.

"Back when copper was over \$3 a pound ... people were steal-

copper and scrap metal thieves ing everything. A lot of people lost their [business] licenses," she

Every year California legislators pass hundreds of laws. A full list of all the bills signed or vetoed by Gov. Arnold Schwarzenegger can be found at www.gov.ca/-

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2009 SD Boat Show poised to set sail

By LAURIE SMITH | THE BEACON

Avast ye, mateys! The 21st annual San Diego Boat Show sails into town today, Jan. 8, 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.

Hancock added that 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.

"Think of the show like a supermarket," said Hancock. "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, including free sailboat rides and the Big Bay Kids Area (sponsored by the Port of San Diego). This area features interactive boat-

ing safety puppet shows, boat painting and a chance to meet Skipper, the show's dolphin mas-

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. He added 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 semi-nar entitled "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 new division of the company called Eco Solutions - the first green division in the shipyard industry.

"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,"



The show takes place at the San Diego Convention Center and Marriott Marina, 111 West Harbor Drive, today through Sunday.

Grandinetti explained. "So I test yacht: wastewater management, 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 helps.

Take a look at systems on a

bottom paint, cleaning products, how you dispose of things, exhaust emissions," he listed. "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 issue.'

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 further 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 you're not only dumping raw sewage into the ocean, you're dumping the chemicals.

"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," he stated. "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 website, or Eco Solutions. www.knightandcarver.com/ecoso-

Also premiering at this year's San Diego show is the new Affordability Pavilion, highlight 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, today through Sunday. It's open Thursday and Friday from noon to 8 p.m.; Saturday from 10 a.m. to 8:00 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 (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 SanDiegoBoatShow.com. For more information, visit the website or call (858) 274-9924.

"Have You Been Told That You'll Just Have To... Live With That Back Or Neck Pain?"

Dear friend,

For way too many Americans, neck pain (and back pain) seems to come with job stress, family stress, and other daily stresses.

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#1) Use Ice Instead Of Heat

In my many years of practice, I have rarely seen anyone get better by applying heating pads, or soaking in a hot tub. Many times applying heat only causes the area of pain to swell and become more inflamed. Applying ice to the area that is sore for 20 minutes on, and 20 minutes off (for 2 hours at a time) will usually help and inflammation and soreness. patients "When In Doubt ... Use Ice!"

#2) Drink Plenty Of Water

Recent research shows that many headaches and several other problems can be the result of mild dehydration. The majority of these health problems can be relieved (or even eliminated_ by drinking one-half gallon to one-gallon of water daily. This means water. Not juice, beer, soda, tea, or collee. Just water!

#3) You Can Use a Rolled Bath Towel

It's amazing how something as simple as a rolled-up bath towel placed under your neck can relieve pain and headaches. A rolled towel can also be used while driving to reduce back pain. So before you invest in an expensive support pillow or cushion, try this easy home remedy... It really works!

#4) Swing a Gallon Jug

A simple one-gallon milk jug (or water jug) works great for many arm and shoulder problems. All you have to do is fill your jug with a couple of inches of water, and swing the jog in a circle 10 times forwards, and 10 times backwards. Make sure you do this with both arms. It may be difficult at first, but the results are worth it!

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P.P.S. Don't forget, this offer ends on 01-31-08 so call right now!

COLD CASE

CONTINUED FROM Page 3

Hornblend Street apartment. He had been stabbed 55 times.

Tefft learned that Metcalf was arrested in 1984 in Texas for murder, but a jury had acquitted him. Metcalf's palm prints were taken in that 1984 arrest, and they matched the palm print found on Jackson's recovered stereo in 1972.

Authorities wanted to match the fingerprints and palm prints with Metcalf again, and Tefft obtained a warrant from a Texas judge to take the prints of the suspect. On Aug. 27, Tefft, and two Texas officials knocked on

Metcalf agreed to accompany authorities to a Texas sheriff's station where his prints were taken again, but he wasn't told initially it was a 1971 murder investigation. Metcalf was not under arrest, but he was asked if he knew Gerald Jackson or had a reason why his fingerprints

would be in Jackson's car or

Initially, Metcalf said he had memory problems and could not recall anything that happened in 1971 in San Diego.

He told Tefft he wanted to terminate the interview and go home, which he was allowed to do. Tefft asked him if he could phone him the next day, and Metcalf said yes.

The next day, Metcalf's wife answered the phone call from Tefft and he wrote that "she informed me the two of them talked throughout the evening" after he returned home. Tefft added, however, that she was given no details.

When Metcalf talked with Tefft, he was quoted as saying "I never told anyone about what happened in San Diego. I never told my wife."

Metcalf agreed to be interviewed in person again.

Metcalf then confessed to the slaying in a tape-recorded interview conducted by Tefft outside his home. Metcalf said he

They got the right guy. The issue is why did it happen. The guy [murder victim tried to rape him [the defendant]. He was in shock. The issue isn't who killed Mr. Jackson. It's not a whodunit from 1971.

GARY GIBSON ATTORNEY FOR GERALD DEAN METCALF



remembered being picked up by a man and taken to his apartment. Metcalf said he went with the man because he was "cold, tired and hungry." He said he didn't remember the man's

Metcalf said Jackson asked

him to sleep in the same bed with him, and he agreed, telling the detective he took off his clothes and got in the bed with Jackson.

Metcalf said Jackson tried to initiate sex with him, which he refused. Metcalf told the detective Jackson grabbed a knife and ordered him to perform oral sex. Metcalf claimed he was in "the fight of his life" and "blacked out" the details.

Metcalf said he fled the apartment and took Jackson's car keys. He spent the night in the vehicle, and remembers leaving it somewhere with the keys in it.

When asked about pawing the victim's stereo and taking his wallet, Metcalf said he did not remember. The detective showed Metcalf a copy of the handwriting on the pawn shop receipt, and even Metcalf said it looked like his handwriting.

"They got the right guy. The issue is why did it happen," said Metcalf's attorney, Gary Gibson,

"The guy tried to rape him. He

was in shock. The issue isn't who killed Mr. Jackson. It's not a whodunit from 1971. It's a 'Why did it happen?" Gibson said.

Gibson said Metcalf was homeless in 1971 when he met Jackson and went home with him for that reason. Metcalf is not gay, Gibson said, and he says he acted in self-defense.

Metcalf is now "an old, sick man," the attorney said, adding, "He is on a liver transplant list."

Gibson said "a lot of the material witnesses are dead," including many of Jackson's friends but also police department officials who investigated the case.

"I was amazed at the quality of the investigation (in 1971)," Gibson said. "It is the oldest case I've ever handled. It takes you back to a different time, different place."

Tefft asked Metcalf about the 1984 murder case brought against him in Texas that involved the death of friend fatally struck with a baseball bat.

Metcalf said the jury acquitted him because he acted in selfdefense.

DETECTIVE

a former sailor who was down on his luck, cold, hungry and tired. The man agree to go with Jackson to his Pacific Beach apartment in the 1500 block of Hornblend

Jackson offered the man scotch, fed him, and told him he could spend the night.

When Jackson failed to show up at his post office job several days later, two friends of his showed up at his apartment on Jan. 2, 1972. They apparently forced their way inside and discovered Jackson's nude body in his bedroom. He had been stabbed at least 55 times, court records say.

Police investigators and technicians looked for clues in the apartment, and took numerous fingerprints and blood samples found at the crime scene. The investigation was so thorough that officers even saved a cigarette butt as evidence, a decade or more before crime labs Jackson's friends, acquaintances,

began using DNA to link suspects to crimes.

Police discovered that Jackson's car was missing. It was a 1971 Ford Torino, a model that is no longer manufactured. Police put out a teletype notification to all law enforcement agencies after they determined the Torino was stolen.

Also taken from the apartment was an AM/FM stereo receiver that was a Nivico model with a serial number.

The car was found in Calexico on Jan. 6, 1972, and police there notified San Diego Police. Pawn shops in Calexico were checked, and amazingly, Jackson's stereo receiver was found. On it, in dried blood, was a palm print. The fingerprints and palm prints were preserved.

The person who pawned the stereo used Jackson's stolen identification. Because of that, police issued a warrant for the arrest of anyone using the identification of Gerald Jackson.

Police detectives interviewed

and even checked at gay bars and bathhouses, but no real lead was found. A list of military men who were on unauthorized leave was requested, along with their fingerprints, but produced no suspects.

The fingerprints of Jackson's friends and acquaintances were taken and they were eliminated as suspects in the crime since they didn't match the fingerprints found at the scene and on the

At the time, computer fingerprint analysis did not exist in 1972. Eventually, the police department inactivated the case.

It took 37 years for technology to catch up to the investigation, when, on Jan. 20, 2008, Gabrielle Wimer, an intern assigned to the San Diego Police Department Homicide Cold Case Team requested the department reexamine the evidence collected from Jackson's apartment. Investigators submitted the fingerprints to the FBI's database, and on April 30, the FBI notified the Cold Case Team they had a

Gerald Metcalf, 61, was living in a small Texas town with his wife of 30 years, when detectives knocked on his door.

Police say his fingerprints and a bloody palm print on Jackson's stolen stereo matches Metcalf's prints.

Metcalf's DNA is on the cigarette butt, according to an arrest warrant declaration by Police Detective John Tefft.

Metcalf was 24 years old at the time of the 1971 slaying. Metcalf has since been extradited to California and now resides in the downtown central jail on \$1 million bail.

Metcalf has pleaded not guilty and awaits a Jan. 15 preliminary hearing in San Diego Superior



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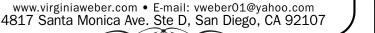












Make the road safer and saner in 2009

New Year's resolutions for drivers

Bad driving is

often just a habit

you get into.

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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, which are not only attainable but can make it a safer year for every-

"Bad driving is often just a 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 time."

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 rage.
- 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 with-

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

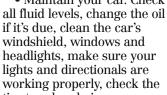
night, make you drowsy, less alert to danger and increase your response time.

• Stop cell phone

- 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 bat-

Additional information on this and other car and homeowner topics is available at the Response Insurance Safety **Information Center:**

out endangering others. • Maintain your car. Check



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www.response.com/safety.

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LETTERS TO THE EDITOR

Writer extends kudos to OB Town Council

I want to thank the Ocean Beach Town Council for putting on the craft fair at the foot of Newport Avenue in December and let its members know how proud they have made me of this tight-knit community.

The Town Council's efforts had many benefits. First and foremost, you thought of, and helped those less fortunate by raising funds for food and toys.

You brought awareness of the arts into our neighborhood and provided a venue for local artists and craftspeople to show off their work and to help them make a living.

Those who came to peruse the crafts brought vitality into our community, which benefits the merchants and the image of Ocean Beach at large. In these challenging economic times you provided a breath of fresh air and a positive vibe.

Thank you to those who conceived, planned and implemented this event and thank you to the volunteers.

I sincerely hope this becomes an annual event. Cheers to all.

> **Gary Gilmore** Ocean Beach

Has a warm glow over salvation of city fire pits

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 fellowship.

> The Beach Bums Christ Lutheran Church

California's constitution is about **accountability**

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. 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

YOUR VIEWS

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■ The opinion pages of The Beacon are meant as an open forum for expression. The views expressed in the Letters to the Editor and editorials within this paper are not necessarily the views of this paper, nor those of the staff.

The Beacon reserves the right to exclude any Letter to the Editor, or to edit Letters to the Editor for length and prevention of libel, or for other reasons as seen fit by the editors.

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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.

DEADLINES All content must be received by 5 p.m. on the Thursday prior to publication.

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Sandeep Varma **ATS Wealth Strategist**

NewsBriefs

Early morning apartment fire injures OB resident

Ocean Beach firefighters helped douse an apartment blaze that was caused by a cigarette at about 4:37 a.m. Jan. 6 along the 4300 block of Mentone Street, according to San Diego Fire and Rescue Department spokesman Maurice Luque.

Firefighters rescued a woman found partially beneath a bed in the apartment. Rescue teams transported her to UCSD Medical Center where they treated her for smoke inhalation, Luque said.

"Crews ... knocked down the fire and did their searches on their hands and knees crawling around and they couldn't see. It was like being blind in there. It was so smoky and dark," he said. The fire caused about \$50,000

damage to the apartment. About four engines, two trucks and 30 firefighters put out the fire before it could cause spread to the surrounding units, Luque said.

Cigarettes are one of the leading causes of house fires year-round, he said.

Seasonally, cooking fires and candles cause many fires during the winter and holiday seasons. Cigarettes and smoking materials, however, remain a consistent and leading cause.

City starts Christmas tree recycling program

The City of San Diego's Environmental Services Department has begun accepting Christmas trees at a number of drop-off locations around the city.

Residents can drop off trees through Jan. 23, at the following coastal locations:

- Kate Sessions Park, 5077 Soledad Road
- Mission Bay, SeaWorld Drive

at Pacific Highway

- Ocean Beach, Robb Field, 2525
- Bacon St.

• University City, Swanson Pool, 3585 Governor Drive

Tree stands, lights, ornaments and all decorations should be removed before dropping off. Trees sprayed with fake snow, known as flock trees, will also be accepted. The city is also reminding residents not to leave any other trash or items to be recycled at these locations because it will not be

Residents with curbside yard waste collection can also leave their trees by the curb for pickup.

The city began the tree recycling program 35 years ago to help reduce the amount of organic material being dumped in the Miramar Landfill. Now the trees, along with other yard waste such as grass clippings, are either turned into compost, mulch or wood chippings used for a variety of programs.

For additional information call 694-7000 or visit (858)www.sandiego.gov/environmentalservices.

E-waste recycling effort planned at Liberty Station

The High Tech Middle Media Arts Parent Association will host an e-waste recycling drive on Saturday, Jan. 10 to help San Diegans reduce clutter and recycle sensitive materials in an eco-friendly

Organizers said that after the holidays and the switchover to digital TV, many electronic items could be destined for the curb and more landfill volume.

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

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 items.

For more information, call (310) sigurdk@yahoo.com or mindy.olson@gmail.com.

Student veterans at university duly noted

The University of San Diego, California (UCSD), 9500 Gilman Drive, recently made the decision to offer more than 200 student veterans who have actively served in the military new opportunities.

NEWS

"More and more veterans are returning from duty and actively enrolling in colleges and universities throughout the country," said Jed Schlueter, from the university's Transfer Student Services. "As a result, Mae Brown, assistant vice chancellor for Admissions and Enrollment Services, convened a work group in 2007 to identify areas on how we can better serve this very important student population, and here at UCSD, we're seeing some of the best and bright-

During the month of November, UCSD hosted its ninth annual Veterans Recognition Ceremony, which honored veterans and men and women who are presently serving in the Armed Forces.

"We hope to make that transition to UCSD, for all student veterans and military service members, of elder abuse fled the continent line at (888) 580-8477.

a smooth one," Schlueter said. "We want these students to be able to utilize the benefits they have worked so hard to earn, and we want them to be successful here."

For more information, visit www.ucsd.edu.

In related news, the UC San Diego Veterans Association has dedicated a memorial plaque and bench to Christopher Glenn Mueller and all UCSD veterans. A UCSD alumnus, Navy SEAL and CIA agent, Mueller was killed during an ambush in Afghanistan in 2003. The UC San Diego Memorial was established by friends and family to honor Mueller and other veterans on campus.

Caretaker allegedly takes senior's cash and gold

Police believe a man suspected

after robbing a 92-year-old Pacific Beach resident whose identity is being protected.

The suspect, 34-year-old Raymond George Wilkins, allegedly offered to work for the woman as a temporary caretaker before stealing cash and gold from the vic-

In the first weeks of October, Wilkins reportedly stole \$13,000 in cash and an unidentified amount of Krugerrand gold coins from the victim, according to San Diego Police Department spokeswoman Mònica Muñoz.

Wilkins may have fled to Oahu, Hawaii, she said.

Wilkins likes to surf and was known to frequent Pacific Beach, according to a Crime Stoppers report. Police are asking anyone with information about Wilkins call the Crime Stoppers anonymous tip





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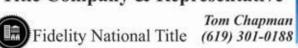
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Karaoke finds a home OB-style with Jose Sinatra at Winston's

By BART MENDOZA | THE BEACON

Both celebrated and vilified by music fans the world over, there is no doubt karaoke has taken the world by storm over the last quarter-century. It's popularity fueled by the idea that — given a microphone, an audience and a pre-recorded backing track anyone can be a star if only for a few minutes.

Karaoke has multiplied to the point that it is now one of the most common events taking

place in area clubs. While there are many venues to enjoy this particular art form, none come close to "OB-Oke" held at Winston's every Sunday.

The difference is in the event's host since 2002, Jose Sinatra. His larger-thanlife persona

takes in the look and style of a '70s lounge singer, complete with gold chains, an open shirt and an irreverent stage presence. The night usually kicks off with a tune from Sinatra, who sees karaoke as a natural extension of friends getting together in bars.

"People like to get together and have a drink or two," Sinatra said. "And quite often they want to sing, whether it's to tunes by a band that happens to be onstage or to something spun by a DJ. Karaoke gives everyone an out-

Sinatra, who has only missed

one night in six years, is clearly part of the night's charm. His over-the-top introductions for the night's performers — usually made up of the top of his head and quite fanciful — are always a highlight of the evening, eliciting laughs and occasional groans.

"It's one of my favorite things to make up an introduction for someone who I've never met before and make it totally absurd," he said.

It's a knack he extends to the songs themselves, twisting the

lyrics along the way, describing the '70s classic song "Killing Me Softly" as a song order. You can't slip me about OJ Simp-

Unlike other venues, Sinatra keeps his own singing to a three-song-anight maximum, preferring to give the stage time to his audi-



I keep a very strict

money and get a better

[singing] slot.

JOSE SINATRA

"I keep a very strict order," he said. "You can't slip me money and get a better slot."

Indeed. the jockeying for better time slots has resulted in rules that include no repetition of a song on any given night. He estimates there are 9,000 songs for a would-be singer to select from, but choosing his least favorite is

"If I never heard (Neil Diamond's) 'Sweet Caroline' again that wouldn't be a problem," Sinatra said. "This rule keeps that problem to a minimum.



Jose Sinatra hosts OB-Oke at Winston's on Bacon Street at 10 p.m. on Sunday nights.

COURTESY PHOTO

Because of the number of people wanting to take part, singers are only allowed one song at a time and must wait for another turn, though some people attempt to get around this by submitting fake names.

"We're pretty quick on figuring out who's cheating," Sinatra said. "We even had one woman who put on a wig to get another song faster. People like that go to the back of the line."

Surprisingly, according to Sinatra, most of those taking the stage are actually quite good

"There are some outstanding singers that come in," he said.

'Good enough that I wonder why they aren't fronting their own bands. There are five or six regulars in particular that when they come in for whatever reason, we miss them."

For those that don't fall into the "good singer" category, Sinatra points to another rule.

The bartender has the right to gong any performer if it starts getting painful," he said.

After six years of shepherding the crowds at OB-Oke, Sinatra is just as enthused as he was when

"Actually, it's more fun now," he said. "Early on I was nervous and I was most concerned with keeping order on stage.'

he first started hosting.

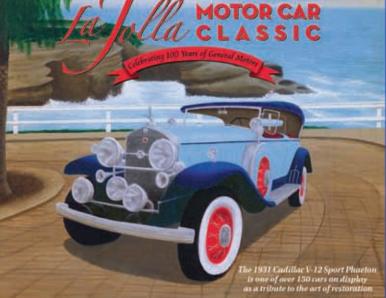
He counts on his run as the king of San Diego's karaoke bars being indefinite.

"Now it's second nature and I couldn't imagine being anywhere else on a Sunday night," Sinatra

OB-Oke takes place at Winston's, 1921 Bacon St., on Sundays at 10 p.m.

For more information, visit www.winstonsob.com.





Tickets

\$15 in advance; \$20 at event and are available online at www.lajollamotorcarclassic.com or call 619-233-5008 children 13 and under free



Proceeds benefit the Monarch School, the Scripps Park Project and the Promote La Jolla Foundation



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.

ADVERTISEMENT



AN DIEGO RESTAURANT WEEK

Tight budget? No problem. **Restaurant Week returns**

By LORALEE OLEJNIK | THE BEACON

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 year's event. Each will feature a special three-course 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).

year and is offered by restaurants such as Mr. Tiki in the Gaslamp Quarter.

"Our hope is to inspire guests to walk through our doors and into the South Pacific," said Christopher Penta, general manager of the island-inspired eatery. "Enjoy a swanky slice of paradise at a price that can't be beat."

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 Čhula Vista to North County, restaurants of all varieties participate in this event.

"While they are getting a threecourse 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 in La Jolla. Araiza-Lorenzo also said Nine-Ten will offer \$2 valet parking

during restaurant week.

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

Other local restaurants particicounty are participating in this pating this year include Phil's BBQ and The Brigantine in Point Loma, The French Gourmet in Pacific Beach, the Marine Room in La Jolla and the Gaslamp's Nobu at the Hard Rock Hotel.

There are nearly 7,200 restaurants in San Diego County, with \$4.2 The \$20 menu is an addition this billion in annual taxable food and beverage sales, according to figures on the California Restaurant Association website. Many of these 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 integrating Ĝirl Scout Cookie favorites like Thin Mints and Samoas.

"Tom Ham's Lighthouse is definitely excited to partner with Girl Scouts and to get access to something we can't have year round — Girl Scout cookies," said executive chef Erik Sarkisian. "I've always loved Thin Mints and always loved ice cream, so it was a happy marriage of all my favorite things. It's been so fun to get my daughter

involved in the process ... I get a lot of my food ideas from her.'

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. Not only does it serve to highlight America's Finest City's finest restaurants; it's been very good for business, packing out eateries during normally slower weeknights (events run Sundays through Fridays) in a slower time of the year.

No special tickets or passes are required for Restaurant Week. However, reservations are strongly recommended and can be made by calling the restaurants directly or by visiting www.sandiegorestaurantweek.com. The website also lists all participating restaurants by price and geographic region. A fall restaurant week is scheduled for Sept. 13 to 18.

IF YOU GO

Here are some of the eateries participating in San Diego Restaurant

Point Loma

- Phil's BBQ
- 3750 Sports Arena Blvd.
- Bali Hai Restaurant 2230 Shelter Island Drive
- Boathouse Restaurant
- 2040 Harbor Island Drive
- Brigantine Seafood Restaurant Shelter Island
- 2725 Shelter Island Drive
- Humphrey's by the Bay 2241 Shelter Island Drive
- Tom Ham's Lighthouse
- 2150 Harbor Island Drive

Ocean Beach

- Nick's at the Pier
- 5083 Santa Monica Ave.
- Thee Bungalow
- 4996 W. Point Loma Blvd



Erik Sarkisian, the executive chef at Tom Ham's Lighthouse, and his daughter, Amelia, put the finishing touches on Erik's Thin Mint mud pie.



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SAN DIEGO RESTAURANT WE





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 Magazine'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 its 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 to 6 p.m. 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 the covered/heated patio.

Bali Hai

Bali Hai has been a San Diego favorite since 1954 and no wonder! Their delicious seafood served with a breathtaking view of San Diego Bay is unbelievable. If you want to impress your out-of-town guests, bring them here. Arrive early to get a table-to-ceiling picture window view. From your table you can see yachts, cruise ships, airplanes, wildlife and the sun's reflection of the downtown skyline at dusk and much, much more. White linen tablecloths and fresh orchids are placed on every table to complement the Polynesian décor at this fine restaurant. For delicious cuisine

and an unforgettable San Diego harbor view, dine at the fabulous Bali Hai Restaurant. Banquets. Full bar.



Restaurant Week January 11-16 30.00 pp Wine pairings available Book your reservation today 875 Prospect, La Jolla, CA 92037 858.551.5252 / roppongiusa.com

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CHARGERS

CONTINUED FROM Page 1

made their move.

San Diego's Tim Dobbins sacked QB Peyton Manning back to the Colts 1 yard line for an eight-yard loss on third down to set up a fourth down punt, which Sproles returned into Indianapolis territory.

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.

Manning and 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 first downs, and allowing the home team to

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 Chargers do it two weeks in a 23-20 loser to Indianapolis (12-row?

4) in the regular season, in the

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 long was when San Diego's defense appeared to fall asleep.

With nearly eight minutes remaining in the third quarter, San Diego QB Philip Rivers 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 thrilling Sproles heroics.

"When I got the hand off, I saw the end slant in," Sproles said. "Once I saw the end slant move farther into Indianapolis 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 another battle with the Steelers.

As for Manning (25-of-42 for 310 yards, 1 TD) and the Colts, it was the second straight disappointing January, meaning Indianapolis would watch the remainder of the playoffs from the sidelines.

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

The question now is can the



Darren Sproles (43) rushes past the Colts' Clint Session for the overtime game-winning touchdown. Sproles had 23 carries for 105 yards and two touchdowns. PHOTO BY DON BALCH I THE BEACON

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TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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January A Look Ahead

COMMUNITY/CIVIC

Saturday, Jan. 10, 9 a.m. to 4 p.m., the High Tech High Middle Media Arts Parent Association hosts an e-waste recycling event at the school campus at Liberty Station, 2230 Truxtun Road, to help San Diegans reduce clutter and recycle sensitive materials in an eco-friendly manner. Accepted items include televisions, computers, monitors, fax machines, printers, toner cartridges, cameras, keyboards and other items. For more information, call (310) 734-6700, or e-mail sigurdk@yahoo.com or mindy.olson@gmail.com.

Saturday, Jan. 10, 9 a.m. to noon, Friends of Famosa Slough will host a work party at the salt marsh wetlands to plant and care for California native plants and remove invasive species. Participants are encouraged to dress appropriately and bring gardening/weeding tools or clippers. Participants are also asked to meet at the southeast corner of West Point Loma Boulevard and Famosa Boulevard. For more information, call (619) 224-4591 or visit www.famosaslough.org.

Wednesday, Jan. 14, 10 a.m., Point Loma Garden Club hosts its monthly meeting. The featured speaker will be Noel Tribbey, an Academy Award designer known for his floral décor work at large resorts from Las Vegas to Maui. The event takes place at 2818 Avenida de Portugal. For more information, visit www.plgc.org.

Wednesday, Jan. 14, 7 p.m., Bill Kettenburg, founder of the Ket-

tenburg Boatworks, presents a free lecture, "Building Kettenburgs: Premier Boats Designed and Built in Southern California." The event takes place at the Hervey/Point Loma Branch Library, 3701 Voltaire St. For more information, call (619) 531-1539.

Thursday, Jan. 15, 7 p.m., general meeting of the Ocean Beach Historical Society featuring longtime Peninsula resident Edwina Goddard who will speak on "Generations of History on the Point." Goddard has been involved in many organizations, including Cabrillo Monument Historical Association, South Western and La Playa Yacht Clubs and is a third-generation member of the Point Loma Assembly. The meeting takes place at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd. For more information, call (619) 222-6066 or visit

www.obhistory.wordpress.com.

Saturday, Jan. 17, 1 p.m., Friends of Famosa Slough hosts a free bird walk with an easy walk and good views of a variety of birds in their salt marsh habitat. Participants are asked to meet at the first bench on Famosa Boulevard south of the intersection with 4301 West Point Loma Boulevard. Participants are asked to bring their own binoculars or share. For more information, call (619) 224-4591 or visit www.famosaslough.org.

Sunday, Jan. 25, 7 p.m., annual meeting of the United Portuguese S.E.S., Inc. known as the "Contas." The meeting takes place at

the United Portuguese Hall, 2818 Avenida de Portugal. For more information, call (619) 223-5880. or visit www.upses.com.

Wednesday, Feb. 11, 10 a.m., monthly meeting of the Point Loma Garden Club with master gardener and Point Loma Association member Jodi Bruhn. The event takes place at the Portuguese Hall, 2818 Avenida de Portugal. For more information, visit www.plgc.org.

Sunday, March 1, 9 a.m. to 4 p.m., inaugural Doggie Street Festival to promote pet adoption, featuring pet demonstrations, contests, vendors and services, live music and food. The free event takes place at NTC Park on Cushing Road at Liberty Station. For more information, visit www.doggiestreetfestival.org.

Tuesdays, 10 to 10:45 a.m., Preschool Storytime at the Ocean Beach Library, 4801 Santa Monica Ave. For more information, call (619) 531-1532.

SCHOOLS

FRANCIS PARKER

Saturday, Jan. 17, 10:30 a.m., the Francis Parker School QuikSCience team hosts an H&M whale-watching event for the Parker community as part of its "Discover San Diego" series. For more information, e-mail kyoung@francisparker.org.

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- Tuesday, Jan. 13, 3:35 to 4 p.m., popcorn sales after school.
- Wednesday, Jan. 14, 10 to 11 a.m., Dana seminar tour.

SEE CALENDAR, Page 18

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Quick and wholesome snacks include: crisp and crunchy apple slices dipped in almond butter; mixed salad greens wrapped in a whole grain tortilla with humus dip; diced avocado mixed with chopped roma tomatoes and a drizzle of olive oil-spread on a rice cracker or eaten with blue corn chips. Keep your snacks simple and you're more apt to make them, thus keeping you safe from the fast food caloriechoking burger.

Established in 1971, Ocean Beach People's is a memberowned California cooperative that specializes in organic produce, vegetarian foods, organic grocery and bulk items, all-natural frozen and perishable goods,

vitamins, herbs, aromatherapy products and cruelty-free bodycare items. Our educated staff and outstanding customer service can provide you with all the support and information that you need on your path to total wellness.

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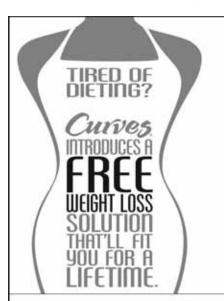
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Geriatric Care Managers develop an individualized care plan, providing for immediate support and long term needs. Care Management may locate and arrange for services, screen and assist in hiring providers for home care, home maintenance, meals, transportation, pet care and other services. Care managers may accompany clients to medical appointments, will coordinate services, monitor health and other care providers, periodically reassess the client and are

autonomy and make it possible for adults to stay at the least restrictive level of care, often in their own homes.

Innovative Healthcare's Care Managers are Registered Nurses and are licensed through their professional associations. At ily but as an extra member on Innovative Healthcare they have a bachelor's degree or equivalent training in gerontology, social work, nursing or counseling. They are also members of the National Association of Profes-(NAPGCM).

Why would you use a Geriatric www.innovativehc.com.

A geriatric care manager is a available for telephone assur- Care Manager? You would use adult and need information and assistance to ensure safety, independence and quality of life. You would use one when they have no family living nearby. Geriatric Care Manager's are here to help - not as a replacement for famwhom you can rely to advocate for you. She is a professional who knows how to determine needs and link you to appropriate services to make for peace of mind.

> For more information, call us sional Geriatric Case Managers at (877) 731-1442 or visit our website

MEETING ANNOUNCEMENT

Please join us for the bi-monthly meeting of the Airport Noise Advisory Commitee San Diego International Airport

Wednesday, January 21, 2009 4:00-5:30 p.m.

The Noise Monitoring Room Commuter Terminal @ San Diego International Airport 3225 N. Harbor Drive, 3rd Floor, San Diego, CA 92101

Park in pay lot — bring ticket for validation

Future Meeting Date April 15, 2009



PLEASE CALL AIRPORT NOISE MITIGATION AT (619) 400-2781 FOR DIRECTIONS

San Diego Bahá'í Faith

Informal gatherings every evening of the week.

Call for more information: (858) 454-5203 • (858) 274-0178

Or join us on Sunday at the

San Diego Baha'i Center

6545 Alcala Knolls Dr. (Off Linda Vista Rd)

Multi-Faith **Devotional Program**

9:30 am - 10:00 am | 10:30 am - 12:00 pm **Introductory Talk** & Discussion

Please call 858-268-3999 for more information and visit our websites: www.sandiegobahai.org • www.bahai.org

Burn more than 500 Calories in 30 min.

world's largest franchisor of fitness clubs, has concluded a study at Baylor University led by Dr. Richard Kreider, Ph.D., FACSM, professor and director of Baylor's Exercise and Sport Nutrition Lab, who has studied the Curves program closely since 2002. Studies confirmed the Curves program is effective at helping women lose weight, increase bone density, gain muscle strength and aerobic capacity, and raise metabolism.

The latest study focused on the intensity of the workout and the number of calories burned by study participants. Results corre-

Curves International Inc, the lated directly to the fitness level of "They burned as many as 522 the participants and the intensity at which they exercised. Fitness level is crucial data that correlates directly to the maximum number of calories a person is capable of burning in a given period of time. The least fit women in the study burned between 164 and 238 calories in 30 minutes. "The important thing to note here," said Kreider, "is that these women were working at 80 percent of their maximal oxygen uptake, so they simply could not have burned any more calories in 30 minutes with this or any other workout."

And the fittest test subjects?

calories in 30 minutes," said Kreider. "As you progress and become more fit, your capacity for burning calories increases."

So what's the bottom line? "The Curves workout is unique in that the intensity can adjust automatically to the fitness level of the person doing it," said Kreider. "Not only does it help women stick with the program, but it helps them avoid injury while still permitting them to make substantial gains in weight control, fitness, and overall health."

Curves Sports Arena (619) 222-8555



Be part of the 08-09 Visitor's Guide!



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Over 75,000 will be delivered door-to-door to homes and businesses plus dropped at high traffic tourist locations provide your business with excellent visibility.

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For more information call Mike Fahey x 117 or Mike Long x112

858-270-3103



SAN DIEGO COMMUNITY NEWSPAPER GROUP

COMMUNITY CALENDAR

CALENDAR

CONTINUED FROM Page 15

- Wednesday, Jan. 14, 5:30 to 6:30 p.m., PTA meeting in library.
- Thursday, Jan. 15, 9:30 to 10:15 a.m., kindergarten tours. To schedule a tour, call (619) 223-
- Monday, Jan. 19, no classes in observance of Martin Luther King Jr. Day.
- January through Feb. 14, turn in boxtops for a drawing and chance to win a Webkinz Pet. For more information, call (619) 223-
- Through January, yearbooks available for \$16.

PLHS

• Thursday, Jan. 22, 6 p.m., informational meeting for prospective parents and students. For more information, call (619) 223-3121, ext. 1130.

SACRED HEART ACADEMY

- Jan. 8-9, 8th-grade retreat.
- Friday, Jan. 16, grades 1 and 3 to San Diego Wild Animal Park.
- Monday, Jan. 19, Martin Luther King Jr. Day, no classes. • Wednesday, Jan. 21, kinder-
- gartners to Lux Art Institute. • Thursday, Jan. 22, 8 a.m., all-
- school Mass at Sacred Heart Church. • Sunday, Jan. 25, 10:30 a.m. to
- 1 p.m., Catholic Schools Week Open House.
- Tuesday, Jan. 27, report cards sent home.
- Thursday, Jan. 29, grade 2 to San Diego Zoo.
- Friday, Jan. 30, Family Picnic
- Saturday, Jan. 31, bookfair at Bookstar.

SDCCD

• Thursdays, 10 a.m. to noon, San Diego Community College's Continuing Education Department offers free Qigong class, an ancient Chinese path to health. Classes take place at 3250 Fordham St., "A" building conference center. Walk-ins welcomed. For more information, call (619) 221-6973.

ST. CHARLES BORROMEO

- Today, Jan. 8, 7 p.m., PTG meeting.
- Friday, Jan. 9, 8 a.m., allschool Mass; pizza lunch for grade 6 fundraiser; grade 2 food bank field trip.
- Monday, Jan. 12, 6:30 to 7:30 p.m., 2010 prospective kindergarten parent orientation and open house.
- Wednesday, Jan. 14, 6 p.m., 2nd-grade parent sacramental preparation in the Parish Event
- Monday, Jan. 26, Surf Club registration due.

SUNSET VIEW

• Jan. 12, Jan. 26, Feb. 2 and Feb. 23, 9:45 a.m., kindergarten tours in auditorium. This is an informational meeting for parents who have children turning 5 by Dec. 2, 2009. In addition to teachers, staff, principal and volunteers, nonresidents of Sunset View may obtain Choice and VEEP applications. For more information, call (619) 223-7156.

HEALTH

Monday, Jan. 19, 2 to 7 p.m., Gold's Gym hosts the San Diego Blood Bank bloodmobile at 3156

Sports Arena Blvd. in the courtyard area. For more information, call (800) 4MY-SDBB or visit www.sandiegobloodbank.org.

SENIORS

Monday, Jan. 12, Sharp Cabrillo Senior Resource Center hosts free blood pressure screening at the War Memorial Building, 3325 Zoo Drive. For more information, call (619) 221-3779 or visit www.sharp.com.

Tuesday, Jan. 13 9:30 to 11 a.m., Sharp Cabrillo Senior Resource Center hosts "2009 Medicare and HMOs" by Jean Soderberg, a Health Insurance Counseling & Advocacy Program community education specialist. The event takes place at the Sharp Cabrillo Medical Staff Conference Room, 3475 Kenyon St. Registration is required by calling (800) 827-4277.

Thursday, Jan. 15, 9:30 to 11 a.m., Sharp Cabrillo Senior Resource Center hosts session on "Negative Impact of Hearing Loss. The forum takes place at the Sharp Cabrillo Medical Staff Conference Room, 3475 Kenyon St. Registration is required by calling (800) 827-4277.

Tuesday, Jan. 20, 10:30 a.m. to noon, Sharp Cabrillo Senior Resource Center and the Alzheimer's Association host a free support group for caregivers, family members and friends of patients with Alzheimer's Disease. The public is welcomed, no registration is required and there is no cost. For information, call (619) 221-3779.

Wednesday, Jan. 21, 1:30 to 2:30 p.m., a certified nurse from Sharp Memorial will discuss "Urinary Incontinence: Causes and Treatment." The event takes place at the Sharp Cabrillo Medical Staff Conference Room, 3475 Kenyon St. Registration is required by calling (800) 827-

ARTS & ENTERTAINMENT

Sunday, Jan. 17, 4 p.m., Music on the Point featuring Courtly Noyse. The event takes place at All Souls' Episcopal Church, 1475 Catalina Blvd. A \$5 donation is suggested. For more information, call 619-223-6394 or visit www.all-souls.com.

Jan. 16, 17, 22, 23 and 24, 6:30 p.m., the Point Loma High School (PLHS) Thespian Society presents the comedy classic "Arsenic and Old Lace" at the PLHS Performing Arts Center, 2335 Chatsworth Blvd. Tickets are \$16 at the door and are also available through will-call by calling (619) 223-3121, ext. 4509.

Thursday, Jan. 22, 7:30 p.m., Holy Trinity Concert Series featuring Scottish folk singer Jim Malcolm. The event takes place at the Holy Trinity Parish, 2083 Sunset Cliffs Blvd. Tickets are \$15. For more information, call (619) 222-0365 or visit www.holytrinityob.com.

VENUES

Cane's Bar & Grill, 3105 Ocean Front Walk, (858) 488-4458

- Today, Jan. 8, 8 p.m., Candice Graham performs with Jessie Johnson Trio, Strike the Design and Moontucky Risin'. Tickets are
- Friday, Jan. 9, 9 p.m., Lights (Journey tribute band) performs

with Jumping Jack Flash (Rolling Stones tribute band) and Hot August Night (Neil Diamond tribute band). Tickets are \$12.

- Saturday, Jan. 10, 9 p.m., Fishbone performs with C\$ (members of Slightly Stoopid), BFoundation and John Fischel. Tickets are \$15.
- Wednesday, Jan. 14, 8 p.m., After the Crash performs with Silent Treatment. Tickets are \$10 in advance or \$12 at the door.
- Thursday, Jan. 15, 8 p.m., Tribal Theory performs with guests. Ticket prices not available.
- Friday, Jan. 16. 8:30 p.m., One Inch Punch performs with Sixth Day and Negative Filter. Tickets are \$10.
- Saturday, Jan. 17, 9 p.m., Necro performs with Vokab Kompany and DJ D-Rock. Tickets are \$17 in advance or \$20 at the door.

Club Riley's, 2901 Nimitz Blvd., (619) 255-8635

• Mondays, 9 p.m., CTK Comics That Kill comedy show. The cover charge is \$5 and includes free pool.

San Diego Sports Arena, 3500 Sports Arena Blvd., (619) 225-0176

• Saturday, Feb. 7, Smucker's Stars on Ice returns for 23rd season with "On the Edge," featuring a cast of Olympic, world and international champions, including Olympic silver medalist Sasha Cohen. For ticket prices and information, visit www.sandiegosportsarena.com.

Winston's Beach Club, 1821 Bacon St., (619) 222-6822

- Friday, Jan. 9, 9:30 p.m., CUBENSIS (Grateful Dead tribute band) performs.
- Thursday, Jan. 15, Turbine performs.

ECO-FRIENDLY LIFESTYLE

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







We Recycle Everything We Can! 619-933-4346

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ANNOUNCEMENTS 100

Calendar/Events

SHARE YOUR WARMTH DAY Yes, it is that time of the year again. I have been organizing this Clothing Drive for about 10 years Please announce the information below prior to January 10. Do you need to make room in your closet for the new clothes you received this holiday season? Don't discard your barely used warm clothes. Donate them instead to the Share Your Warmth Day Clothing Drive to benefit those in need. Clean blankets, sweters, jackets, socks and other warm articles can be dropped off at the Veterans Village of San Diego, 4141 Pacific Highway, (619) 497-0142: St. Peter's Enisconal Church, 334 14th St., Del Mar, (858) 205-4905, or at Brother Beno's, 3260 Production Avenue, Oceanside, (760) 439- or at on Saturday, January 10, from 10 a.m. to 2 p.m. For more information, call Sally Cravens event organizer, at (760) 612-1425

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.

HELP WANTED 250

AMATEUR FEMALE MODELS Amateur Female Models Wanted: \$700 and more per day. All expenses paid. Easy money. (619) 702-7911

General Help Wanted

SWIM INSTRUCTORS WANTED \$12-\$19/ hr. Call (858) 273-7946

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WORK FROM HOME \$12700 Per/Mo 100% FREE Internet Marketing System. Make Money Online: HBstop.ws Watch Secret 8 Minute Video. See how we're paid. .my.ws/hbstop

ITEMS FOR SALE 300

FAST FOOD DISCOUNT CARDS Fast Food Discount Cards that never expires, 24 Restaurants including Arbys, Wendys, Pizza Hut, Krispy Kreme and more. Cost \$20. R. T. 3115 WhiteHorse Road PMB 177, Greenville,

Misc. For Sale

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MEMORIAL POEM FOR PET custom poem for lost loved one.sample available.email: montereywordweaver@gmail.com \$40-\$60

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Misc. For Trade

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Autos

TOYOTA 2004, Rav 4, 38000 miles, loaded,

HEALTH SERVICES 375

Health Care

IF A LOVED ONE UNDERWENT HEMODIAL-YSIS and received Heparin between October I. 2007 and August 1,2008. and died after the use of Heparin, you may be entitled to compensation. Call Attorney Charles Johnson - 1-800-535-5727. (800) 324-8236

PETS & PET SERVICES 400





Frankie is a 2-vr old Chow/Retriever a real people lover. A bit shy at first you can win him over with back cratches and belly rubs. He needs a adopter who will help him build self nfidence so his awesome persona ity will flourish! Frankie is available for adoption through FOCAS. Information: 619-788-7880.

www.focas-sandiego.org or call 619.685.3536

CAT ADOPTION SERVICE

An All Volunteer Non Profit Corporation



Lucky was rescued off the streets of SE San Diego aban loned by a roadside. Lucky and nany other Rescued Cats and littens are looking for loving

nanent homes. Come visit them at the **La Jolla** Petsmart located in La Jolla Village Square.

For more information please visit our website at www.catadoptionservice.org



Need some fun in your house? ese spunky brothers need a home! Jiffy and Pop are 4 months old. neutered males Current on all vaccines

Please call SNAP volunteer at 760/815-0945

MISC. SERV. OFFERED 450

Ask the Contractor's Board

Hiring a contractor, whether a simple repair or major remodel, can be daunting. Armed with some basic information, California homeowners can avoid many common pitfalls of home improvement. If you



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SUMMONS

(CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO) JOHNNÝ J. CONTRERAS, an individual; and DOES 1 through 10 inclusive

YOU ARE BEING SUED BY PLAINTIFF (LO ESTA DEMANDANDO EL DEMANDANTE) VERANO CONDOMINIUM HOMEOWNERS ASSOCIATION a California Nonprofit, Mutual Benefit Corporation

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find theese court forms and more information at the california courts

online Self-Help Center (www.courtinfo.ca.gov selfhelp), your county library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services

from a nonprofit legal serv ices program. You can locate these nonprofit groups at the California Legal Services Web (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo. ca.gov/selfhelp), or by contacting your local court or county bar asso-

Tiene 30 DíAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. puede encontrar estos formularios de la corte y más informacion en el Centro de Avunda de las Cortes de California (www.courtinfo.ca.gov/ selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presntacieón pida al

LEGAL ADS 700

secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia. Hay otros requisitos legales Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a aabogados. Si no puede a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de

lucro. Puede encontrar estos sin grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California,(www.courtinfo.ca.gov/selfhe lp/espanol/), o poniéndose en contacto con la corte o el colegío de abogados locales. The name and address of the court is:

(El nombre y dirección de la corte es): SAN DIEGO SUPERIOR COURT OF THE STATE OF CALIFORNIA COUNTY OF SAN DIEGO. CENTRAL DISTRICT 330. W BROADWAY

CASE NO: 37-2008-00090368-CL-OR-CTL The name, address, and telephone number

SAN DIEGO, CA.92101

of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la direccieón y el número de teléfono del

abogado del demandante, o del demandante que no tiene abogado, es): Wasserman Kornheiser LLP; Deborah M. Kornheiser-CSB No. 125397; Craig L. Combs-CSB No. 229438

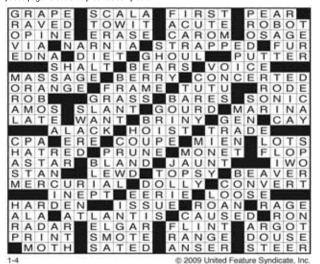
7955 Raytheon Road San Diego, Ca. 92111 DATE: AUG 25, 2008 clerk , by B Morgan, Deputy ISSUE DATES: DEC 18, 23, 30 AND JAN 08,

SUMMONS

(CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO)
EMILIANO AMILCAR ABATE, an individual; and DOES 1 through 10 inclusive

YOU ARE BEING SUED BY PLAINTIFF (LO ESTA DEMANDANDO EL DEMANDANTE) VERANO CONDOMINIUM HOMEOWNERS ASSOCIATION a California Nonprofit, Mutual enefit Corporation

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your writ-



CHECK US OUT ONLINE

LEGAL ADS 700

20

ten response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find theese court forms and more information at the california courts online Self-Help Center (www.courtinfo.ca.gov selfhelp), your county library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attornev, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal serv

ices program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar asso-

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lucro. Puede encontrar estos sin grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California,(www.courtinfo.ca.gov/selfhe lp/espanol/), o poniéndose en contacto con la corte o el colegío de abogados locales. The name and address of the court is:

(El nombre y dirección de la corte es): SAN DIEGO SUPERIOR COURT OF THE STATE OF CALIFORNIA COUNTY OF SAN DIEGO, CENTRAL DISTRICT

330. W BROADWAY SAN DIEGO, CA.92101

CASE NO: 37-2008-00090370-CL-OR-CTL The name, address, and telephone number of plaintiff's attorney, or plaintiff without an

(El nombre, la direccieón y el número de teléfono del

abogado del demandante, o del demandante que no tiene abogado, es): Wasserman Kornheiser LLP; Deborah M. Kornheiser-CSB No. 125397; Craig L.

Combs-CSB No. 229438 7955 Raytheon Road San Diego, Ca. 92111 DATE: AUG 25, 2008

clerk , by C Beutler, Deputy ISSUE DATES: DEC 18, 23, 30 AND JAN 08, PETITION FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SAN DIEGO, HALL OF JUS-330 W. BROADWAY SAN DIEGO, CA.

CASE NO: 37-2008-00097937-CU-PT-

CTL
PETITIONER OR ATTORNEY, JACK LAVELL 6523 LANSTON ST. SAN DIEGO, CA. 92111 858-361-4229 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANG-ING PETITIONERS NAME FROM JACK THOMAS LAVELL TO JACK LAVEZZOLI 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 JAN 27, 2009 AT 8:30 AM, DEPART-MENT D-25

220 WEST BROADWAY SAN DIEGO, CA.

ISSUE DATES: DEC 18, 23, 30 AND JAN 08 FICTITIOUS BUSINESS

NAME STATEMENT FILE NO. 2008-038069 THE NAME(S) OF BUSINESS: SPEAR DEALS, SPEARDEALS, COM. J AND J SPEARFISHING, JAMES AND JOSEPH SPEARFISHING SUPPLIES

located at: 2040 HARBOR ISLAND DR.#100 SAN DIEGO, CA. 92101 is hereby registered by the following owner(s): JAMES & JOSEPH SHIPS CHANDLERY LLC. This business is being conducted by: A LIMITED LIABILITY COMPANY JAMES & JOSEPH SHIPS CHAN-DLERY LLC. 2020 CAMINO DE LA REINA 3111 SAN DIEGO, CA. 92108 CALIFORNIA The transaction of business began on: 05/01/07 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: DEC 11, 2008 Issue Dates: DEC 23, 30 JAN 08 AND 15, 2009

> FICTITIOUS BUSINESS NAME STATEMENT THE NAME(S) OF BUSINESS: **ERA COMMUNICATIONS**

located at: 5915 CAMINITO CHIAPAS SAN DIEGO, CA. 92138 is hereby registered by the following owner(s): ADRIANA HERRERA This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 11/18/08 The statement was

LEGAL ADS 700

filed with Gregory J. Smith, County Clerk of San Diego County on: NOV 21, 2008 Issue Dates: DEC 18, 23, 30 AND JAN 08, 2009

NOTICE OF PETITION TO ADMINISTER ESTATE OF: ELIZABETH A. FARGEL CASE NUMBER: 37-2008-00152643-PR-PW-CTL

1. To all heir's, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of (specify all names by which the ELIZABETH A. FARGEL

2. A Petition for Probate has been filed by: James Michael Dunphy in the Superior Court of California, County of : SAN DIEGO

3. The Petition for Probate requests that :

James Michael Dunphy be appointed as personal representative to

administer the estate of the decedent.

4. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for

examination in the file kept by the court.

5. The petition requests authority to administer the estate under the Independent Administration of Estate Act. (This authority will allow the personal representative to take many actions without obtaining court approvl. Before taking certain very important actions, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the

6. A hearing on the petition will be held in this court as follows:

a. Date: JAN 22, 2009 Time:9:00 Dept: PC-

b. Address of court Superior Court of California, County OF SAN DIEGO 1409 Fourth Ave. 3rd floor

San Diego, CA. 92101 Central Division

7. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. 8. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.

9. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk

10. Attorney for Petitioner: Timothy J. Mc Elfish, Esq. 2603 Main St. 9th Floor Irvive, Ca. 92614

ISSUE DATE(S): DEC 23, 30 AND JAN 08,

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-037122 THE NAME(S) OF BUSINESS:

CLEATOR LANDSCAPE DESIGN located at: 3043 NICHOL ST. SAN DIEGO. CA. 92106 is hereby registered by the folllowing owner(s): JEFFERY T. CLEATOR This business is being conducted by: A N INDI-VIDUAL The transaction of business began on: 11/01/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: DEC 02, 2008 Issue Dates: DEC 23, 30 JAN 08 AND 15, 2008

The Financial records of the Harry Partch Foundation can be inspected at 3400 Adams Ave. San Diego, and by calling 619-865

Issue date(s): DEC 30 JAN 08, 2009

NOTICE OF APPLICATION TO SELL ALCO-**HOLIC BEVERAGES** 1350 Front St., Room 5056 San Diego, CA. 92101 (619) 525-4064 Filing Date: DEC 22, 2008 The name of the annlicant is: VERA ROSADELIA

The applicant listed above is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: SAN DIEGO, CA, 92117-6972 Type of license applied for: 47-0N-SALE GENERAL FATING PLACE ISSUE DATE(S): JAN 08, 2009

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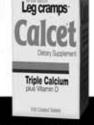
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- 98 Ring shi 99 Pioneer 100 Letters

- 111 Frighten 112 Wireless communication 113 Metal mass 114 Drizzles
- 117 Mother 118 Stage direction 121 Minus 122 mater 123 Sect 124 Pops 127 Insect 129 Monk's title

129 Monk's title 131 Nonsense!

- 49 Small goose
 50 Pungent spice
 51 Gin and —
 52 Town in Minnesota
 53 Rot
 55 Forthright
 56 Make fun of
 59 Candied, said of fruits
 60 Idaho city
 61 Kind of trap
 63 Ocean

- Grassy area Complaint Intended
- Meet and offer words of welcome Nasty look Dog Lacking resonance
- 76 Sprite 77 Gorge 78 Adhesive mixture 79 Essential oil
- Timid
 Source of cooking oil
 Pisa attraction
 Athletics
- Stale Fold in a skirt Hardwood tree 93 Radar-screen image Actress Angelina Ring shape Pioneer of note
- 100 Letters 101 State positively 103 Bring to light 104 Torn 105 Wanted
- 106 Amusement park ride 108 Landed property 109 Waiting room 110 Angelic instrument
- 116 Contend 117 Mother -

Aries, hunker down and focus all of your attention on work this week

There will be time for partying later when all of your responsibilities have been met

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.

CANCER - Jun 22/Jul 22

GEMINI - May 22/Jun 21 Gemini, if you're thinking about a new relationship, consider adopting a pet. This could be exactly what you need for a little extra companionship.

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

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

Explore deeper relationships with family members and it can be a win-win situation for you and

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, 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.

CAPRICORN - Dec 22/Jan 20

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.

23



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