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SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, JANUARY 10, 2008

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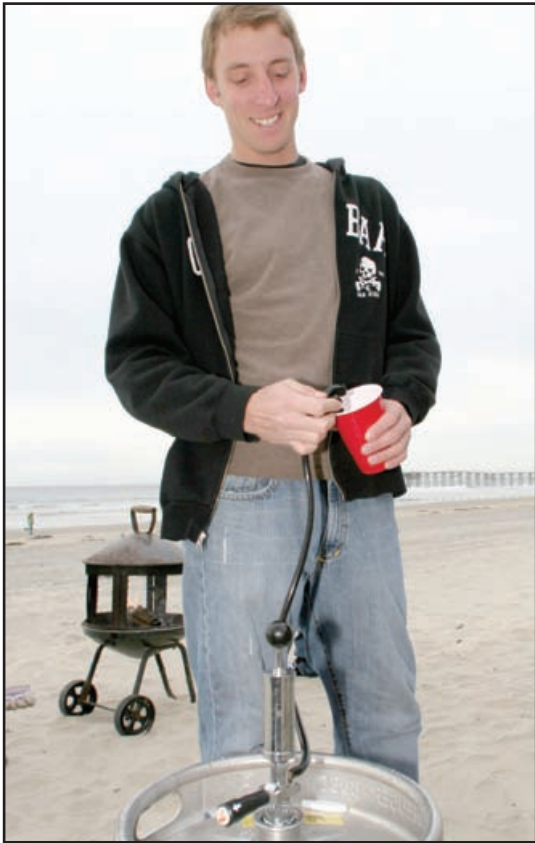
PBTC asks public for list of community issues

By SHANNON MULHALL | BEACH & BAY PRESS

Are you concerned about the graffiti that never gets painted over? Have you grown tired of trying to find a parking spot near the beach or your favorite restaurant? Does local crime worry you?

The Pacific Beach Town Council (PBTC) welcomes the public to discuss their concerns about the community at an open forum Wednesday, Jan. 16, at the Pacific Beach Recreation Center, located at the corner of Diamond and Gresham streets, from 6:30 to 8:30 p.m. “This will help the town council focus on the things that matter to you most,” said PBTC board member Jerry Hall. “This is more an opportunity to share your concerns than an opportunity for

SEE PBTC, Page 11



PAUL HANSEN | BEACH & BAY PRESS

Matt Frazar pours himself a beer at the beach at Ban the Ban 3's “Last Call” celebration Thursday, Jan. 3. The event was held to announce the end of the petition drive to overturn the proposed beach-alcohol ban. The group turned in more than 45,000 signatures, halting the ban while the registrar verifies the signatures.

Alcohol ban on hold while registrar verifies signatures

By SEBASTIAN RUIZ | BEACH & BAY PRESS

Organizers of Ban the Ban3 plopped down four boxes full of signatures at City Clerk's office on the day of the petition deadline, Friday, Jan. 4, to effectively halt the one-year beach-alcohol ban.

The group threw a final “last call” party in the sand at the foot of Reed Street, Thursday, Jan. 3, to collect the final signatures while celebrating what could have been the last day to have a beer in the sand.

The total number of signatures collected was 45,490, which will temporarily suspend the ban while the County Registrar of Voters can verify the count. The process can take up to 30 days, according to Denise Jenkins, elections analyst with the San Diego City Clerk's Office.

The registrar must confirm 30,209 valid signatures to send the ordinance back to City Council. If enough signatures are confirmed, the council must either rescind the ordinance or place it on a ballot for voters to decide later this year, Jenkins said.

If the signatures are valid, a vote could take place as soon as June, District 2

Councilman Kevin Faulconer said.

“We'll have to see when the count is completed, but I think people are looking for resolution on this sooner rather than later,” he said.

Faulconer spearheaded the ban in a 5-2 City Council vote Nov. 5. Faulconer originally asked for a permanent beach-alcohol ban following a televised melee on Labor Day that ended when San Diego police officers in riot gear cleared the beach.

After Mayor Jerry Sanders threatened to veto a permanent ban, the councilmembers voted on a compromise — a one-year temporary ban that would have forced the council to revisit the ordinance after it expired.

Scott Chipman a 33-year Pacific Beach resident, said unregulated binge drinking on the beach can lead to dangerous underage drinking.

“There are beer bong, alcohol luges and binge drinking games, especially during the summer months,” he said. “When [minors] go the beach they get educated on these alcohol games that

SEE SIGNATURES, Page 7

Lady Bucs lead Central League soccer

By PAUL DOUGLAS | BEACH & BAY PRESS

The Mission Bay girls varsity soccer team has earned a terrific 10-2 record and a 3-0 Central League-leading performance to begin the 2007-08 season.

“We've gotten a nice surprise from our freshman class,” said Mission Bay head coach Jorge Palacios. “We have four freshmen starting who are really contributing. Twin sisters Lauren and Remy Gagnon are doing a wonderful job at midfield, and Micaela Cervantes has been very solid. Stephanie (Urrutia) is also giving us a lot of help at forward.”

The heart of the Lady Bucs success is the team's seniors. League-leading scorer Roshana Lavery and goalkeeper Jeanette Urrutia have led the Mission Bay squad to a Barons Tournament title and beyond.

Lavery has scored 19 goals in 12 games, while Urrutia has allowed only 10.

“Our seniors have led us to this 10-2 start,” Palacios said. “Roshana is really determined, an excellent athlete. Jeanette is doing a fantastic job. During the Barons [Tournament] she allowed only one goal in five games. She was the tournament



PAUL DOUGLAS | BEACH & BAY PRESS

Lady Buc Perla Avalos (in gold) moves in to contain a Lady Viking during non-league soccer play Jan. 4. Mission Bay is off to a 10-2 season. MVP — they are a major part of our success.”

The Lady Bucs' two losses have come in nonleague games against University City and La Jolla. Mission Bay lost 2-1 at UC and 4-0 at La Jolla Friday, Jan. 4.

Five minutes into the game, a La Jolla forward collided with goalkeeper Urrutia 10 yards in front of the goal — no foul was called, but Urrutia had to be helped off the field and rushed to the hospital, where blows to her face, thigh and ribs were treated.

“The x-rays showed no

breaks, but she has some very bruised ribs,” Palacios said. “She will be OK, but we were all upset that such a flagrant collision with a goalie collecting the ball didn't even draw a foul.”

Urrutia has earned seven shutouts and allowed an average of less than one goal per game.

The Lady Bucs held La Jolla 0-0 through the first half, but Mission Bay's back-up goalie and the relentless Viking attack lead to a big chill while the temperatures dropped into the 40s as the big storms moved in to hit the area hours later on Friday night. La Jolla remains undefeated.

“We had some injuries that held us back,” Palacios said. “Besides Jeanette, Micaela (Cervantes) is working through a hip injury — Becca James wasn't available. All of that didn't help us.”

Cervantes leads the team in assists with 12. The freshman has contributed 6 goals, while fellow freshman Stephanie Urrutia has added 7 and Jessica Diaz 5. Senior Victoria Colon has also delivered 7 goals.

The top teams in the Central League this season are Mission

SEE SOCCER, Page 11



RONAN GRAY | BEACH & BAY PRESS

CHANNEL SURFING

A surfer catches a wave in the Mission Bay Channel between the Mission Beach and Ocean Beach jetties at sunset on Saturday, Jan. 5. A large storm hit the area, bringing swells that were large enough to produce breaking waves inside the channel.



Bolts Take Charge

The Chargers come alive in the 2nd half of the AFC playoffs against the Tennessee Titans for a 17-6 win at Qualcomm. **14**

Surf Report

SATURDAY	SUNDAY
Hi: 11:01 a.m.	Hi: 12:30 a.m.
Low: 5:05 a.m. 5:53 p.m.	Low: 6:07 a.m.
Size: 4-6 ft.	Size: 6-7 ft.
Wind: 5-9 mph	Wind: 7-8 mph

Maheu Moves On

Assistant Police Chief Bill Maheu announces he's leaving the force to work for Qualcomm. **5**

Appeal Filed

A PB man convicted of 2nd degree murder in a 2006 stabbing asks for a new trial. **11**



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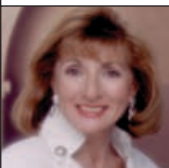
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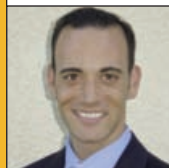
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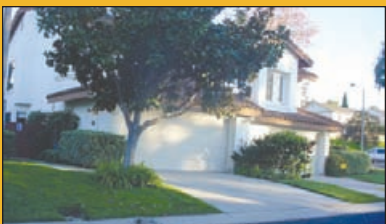


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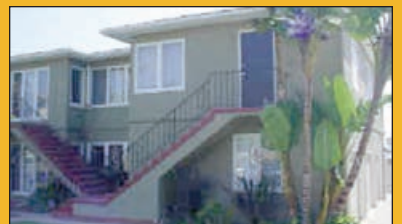
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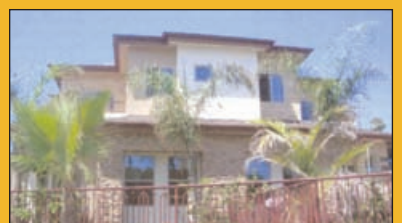


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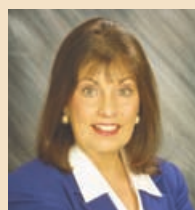


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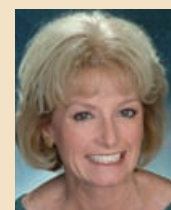
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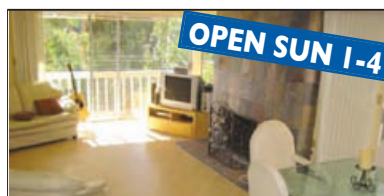


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PACIFIC BEACH \$659,000

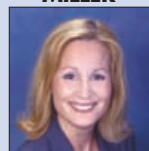
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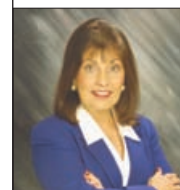


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New Year's Resolutions

- ☐ 1. Exercise
- ☐ 2. Get involved with the PB or MB Town Council, Discover PB or the Planning Groups
- ☐ 3. Eat healthier
- ☐ 4. Preview Kathy's new listings (see #11)
- ☐ 5. Take long walks on our great beaches
- ☐ 6. Schedule 2 vacations
- ☐ 7. Invite friends over, even if your place doesn't look like Martha Stewart's home
- ☐ 8. Sell your home (see #11)
- ☐ 9. Meet your neighbors
- ☐ 10. Spend more time with your family
- ☐ 11. Call (858) 488-SELL If you marked #4 or #8

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Pacific Beach	
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1 Bed, 1.5 Bath Townhouse, Month-to-Month	\$1575 / mo.
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Assist. Police Chief leaves SDPD for Qualcomm

By LORALEE OLEJNIK | BEACH & BAY PRESS

San Diego Police Department Executive Assistant Police Chief Bill Maheu will be out of uniform when he leaves his position at the end of the month. The question remains, however, whether the uniform will be out of Maheu.

Maheu, who has served as the department's second in command, is leaving for a position with Qualcomm Stadium developing technology for emergency responders.

"It's going to be hard," said Maheu, who has held his current position since 2004. "There's no doubt. I was 21 years old by three days when I started this [police work]."

"I've felt like I need to put myself in between the good guys and the bad guys; that's what we do as cops. Whether it's been on or off duty, I've always felt the need to do that. I don't know if that's ever going to go away."

Once thought to be next in line for the position of police chief, news of Maheu's departure has



KIRBY YAU | BEACH & BAY PRESS

Assistant Police Chief Bill Maheu answers questions from the crowd during a community meeting at the Santa Clara Rec Center. Maheu recently announced he was leaving SDPD to work for Qualcomm.

been bittersweet for colleagues in a department that is just getting back on its feet after being beset by years of staffing and funding shortages.

"Chief Maheu has been a true leader and pioneer within the

department in many areas," said Police Chief William Lansdowne in a statement. "Qualcomm's gain is truly the department's loss. He will be sorely missed."

SEE **POLICE**, Page 7

SCHOOLnews

Pacific Beach School Information Jan. 10-16

BayView Terrace
Thurs., Jan. 10: PTO meeting, 7:30 p.m.

Crown Point Elementary
Fri., Jan. 11: Family Math Morning

Kate Sessions Elementary
Thurs., Jan. 10: SGT/SSC meeting, 2:30 p.m.

Pacific Beach Elementary
Fri., Jan. 11: Marilyn McPhie Storyteller, 1 p.m.
Mon., Jan. 14: SSC/GSC, Room 9, 2:30 p.m.
Wed., Jan. 16: Variety Show tryouts, 12:30 p.m.
Wed., Jan. 16: Family Night – Taco Surf
Every Wed: Half Day Pizza Sales
Every Friday: 5th Grade Ice Cream Sales After School
Every Thurs & Fri: Math Club, 2:15 p.m.

Pacific Beach Middle School
Thurs., Jan. 10: Family Night @ Filippis, 5-9 p.m.
Mon., Jan. 14: Jack & The Beanstalk auditions, 2:30 p.m.
Jan. 14-19: Jack & The Beanstalk rehearsals
Mon., Jan. 14: SSC/SGT meeting, Library, 2:30 p.m.
Wed., Jan. 16: PTO Meeting, MBHS Library, 6 p.m.
Ongoing: FOPBSS Contributions Drive & Escript Sign Up



COURTESY PHOTO

MBHS students gather data at Rose Creek for a project for their International Baccalaureate biology class.

Mission Bay High School
Jan. 11 & 12: Varsity Basketball @ Home, 7:30 p.m.
Wed., Jan. 16: PTO Meeting,

MBHS Library, 6 p.m.
Ongoing: FOPBSS Contributions Drive & Escript Sign Up

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NEWSbriefs

Blood Bank offers donors championship Charger shirts

The San Diego Blood Bank is giving away powder blue Division Championship Chargers Blood Drive XXIX T-shirts to blood donors at all San Diego Blood Bank donor centers and bloodmobile blood drives.

The shirts will be given away as the Chargers move forward toward the Super Bowl.

To donate blood, donors must be at least 17 years old, in good health and weigh at least 110 pounds.

For donor centers and blood drive information, call (800) 469-7322 or visit www.sandiegobloodbank.org.

Judge sets trial date in DUI murder case

A driver convicted of drunken driving five times before will stand trial April 10 for alleged murder in another alcohol-related crash Sept. 13 that killed a grandmother whose family was driving to Sunset Cliffs to see the sunset.

John Joseph Taskey, 46, pleaded not guilty Jan. 3 to second-degree murder, gross vehicular manslaughter while intoxicated, driving under the influence of alcohol causing injury and with prior DUI convictions. He was ordered to stand trial on the charges following a Dec. 17 preliminary hearing in San Diego Superior Court.

Taskey was sentenced to state prison in his fifth drunken-driving case in 2006. He was on parole when his Chevrolet pickup struck the other car on Interstate 8 near the exits for Sunset Cliffs Boulevard and West Mission Bay Drive

in September, said Deputy District Attorney David Grapilon.

Rosa Degerman, 76, was killed when Taskey's truck plowed into the car her son was driving around 6:30 p.m., Grapilon said. Her adult son received a mild concussion, and Degerman's 11-year-old granddaughter suffered a fractured shoulder. Taskey was also injured.

The victim's family was present at the preliminary hearing but did not testify.

Grapilon said Taskey should have known his driving could have caused a fatal accident and he showed "willful disregard" for life, an element of second-degree murder that the prosecutor would have to prove to a jury.

If convicted of second-degree murder, Taskey faces a sentence of 15 years to life in prison. Grapilon said Taskey was driving at a .10 blood/alcohol level — slightly above the legal limit of 0.08.

The prosecutor said Taskey was previously convicted of five drunken-driving charges in which three were felonies and the other two were misdemeanors.

Taskey, of La Mesa, remains in the George F. Bailey Detention Facility in lieu of \$1 million bail.

Audubon Society hosts cleanup at bay preserve

The San Diego Audubon Society is inviting the public to join the group and help gather scientific data on mangrove plants and remove non-native species at the Mission Bay wildlife preserve Saturday, Jan. 12, from 1 to 4 p.m.

Tools and gloves, along with water and snacks, will be provided for volunteers.

Volunteers can access the preserve from Campland on the Bay, 2211 Pacific Beach Drive. Parking

is available outside the campground.

For information or to RSVP, call (619) 682-7210 or email Doughety@sandiegoaudubon.org.

E-waste event benefits I Love a Clean San Diego

Recycle San Diego is hosting a free e-waste recycling event with half of the proceeds being donated to I Love a Clean San Diego (ILACSD) Saturday, Jan. 12.

The electronics recycling center will accept computers and monitors, laptops, televisions, cellular phones, household batteries and printer cartridges.

Recycle San Diego is located at 7716 Clairemont Mesa Blvd. For information call (858) 569-1807 ext. 103.

Library holding children's puppet show on Tuesday

The Earl & Birdie Taylor Library is hosting a puppet show for preschool and early elementary school-aged children Tuesday, Jan. 15, at 11 a.m.

The puppeteer group Swazzle! will perform "Forest Fables," which features woodland creatures acting out classic fairytales and fables.

Class visits are welcome, but RSVPs are required.

The Taylor Library is located at 4275 Cass St.

For information to reserve class space, call (858) 581-9934.

Middle school students plan campus cleanup

The kids of Pacific Beach Middle School (PBMS) are inviting parents and members of the community to

SEE BRIEFS, Page 11

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SIGNATURES

CONTINUED FROM Page 1

are completely inappropriate in public.”

He said that police officers shouldn't have to baby-sit drunks in response to calls for alcohol-related crime when the city really needs them in other areas.

Chipman also said he thinks San Diego voters are ready to vote for alcohol-free beaches and said the one-year trial should start as soon as possible.

Chipman sat on the Beach Alcohol Task Force, which Faulconer started last year in an effort to find solutions to alcohol-related problems in the beach communities.

While the task force was divided on the issue of drinking at the beach, the group did make other recommendations such as providing more restrooms and trashcans to deal with issues such as public urination and litter.

Jacob Pyle, an organizer with Ban the Ban 3 and member of Freepb.org, said solutions addressing alcohol-related problems such as more restrooms and increased law enforcement near the beach would have solved many of the problems without having to put the issue back on the ballot.



PAUL HANSEN | BEACH & BAY PRESS

James Lantry, a consultant with Safebeaches.org, speaks at a rally near Belmont Park in support of alcohol-free beaches Friday, Jan. 4. The trial ban was in effect for the day until ban opponents turned in petitions, overriding the City Council's action while the registrar validates the signatures.

The time-consuming process is a further drain on city resources, he said.

“It's pretty clear from past votes and public sentiment that the people of San Diego don't support this legislation,” Pyle said. “If it does go for a public vote, that's democracy...but we think it's just going to be another waste of city money to do that.”

He added that responsible drinking on the beach has always been a right of the community and

that the irresponsible actions of a few should not cause the rights of the many to be stripped away.

The city last voted on a beach alcohol ban in November 2002 when city voters stopped Proposition G by a slim margin. The ordinance would have created alcohol-free zones along the beach.

For more information on issues related to alcohol at the beach visit www.safebeaches.org, or visit www.bantheban3.org. To contact Faulconer call (619) 236-6622.

POLICE

CONTINUED FROM Page 5

Lansdowne's sentiment echoes throughout the city's emergency response system.

“Bill's a wonderful guy, a fascinating individual,” said San Diego Fire-Rescue Department Assistant Chief Jeff Carle.

“Nobody faults him for leaving the city,” said Carle, who has worked with Maheu over the years on arson investigations. “He's a techno wizard and a great fit for Qualcomm.”

Over his 27-year career with SDPD, Maheu has held a variety of positions, including undercover narcotics, SWAT, hostage negotiation, patrol officer, Psychiatric Emergency Response Team (PERT), and the Homeless Outreach Team (HOT). He has been an integral part of the San Diego Police Foundation, a nonprofit 501(c)(3) established to provide supplemental equipment and resources for SDPD.

Wenda Alvarez, president and CEO of the foundation, said Maheu's vision and passion for the benefits of technology led to many of the \$2.4 million in grant awards made by the foundation. Recently, the foundation received a \$1 million donation to put PDA devices into the hands of hundreds of patrol officers.

“The new position (at Qualcomm) allows me to not just to affect this police department but communications across public safety,” said Maheu. “Literally, we

want to change the way public safety looks at communications, make it safer, save people's lives and provide an additional methodology by which law enforcement and fire [officials] can communicate with each other and to the community.”

Maheu said he has seen tremendous changes to police work over the years, especially in new technology used to fight crime. When he started in 1980, he said that not every officer had his or her own radio. Now, he said, patrol cars “look like space ships.”

Though there have been many changes, Maheu said some things in policing have remained constant.

“The bad guys. We just never run out of those,” he said. “I've seen the worst in society and the best. You see people really step up to the plate.”

Maheu describes his current position as executive assistant chief as being the COO and CFO of a \$400 million organization with 2,800 employees and 1.3 million stockholders, all having access to his board of directors: the City Council. Maheu oversees operations issues, staffing and budgeting among a variety of other tasks.

His new position with Qualcomm starts Feb. 4. SDPD recently announced Maheu will be replaced by Assistant Chief Dave Ramirez.

“I'd like to see him continue to push the envelope on technology and make San Diego PD a test bed for new and innovative technology ideas,” said Maheu, “and continue with the strong, humanistic

approach we've had toward policing ... It's manifested throughout the way we do things. The return from the communities is tenfold.”

Though handing in the handcuffs will prove difficult for him in some regards, Maheu said he is looking forward to making the career transition.

“There comes a point in time that everything comes to an end,” said Maheu.

“That doesn't mean that it was bad. It's just a change in life. Look for the things that are similar in the new position and say, ‘OK, that's going to be the easy transition.’”

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Jeffrey Life, MD, age 67, after Cenegenics as featured in GQ magazine. This photo is not digitally enhanced.



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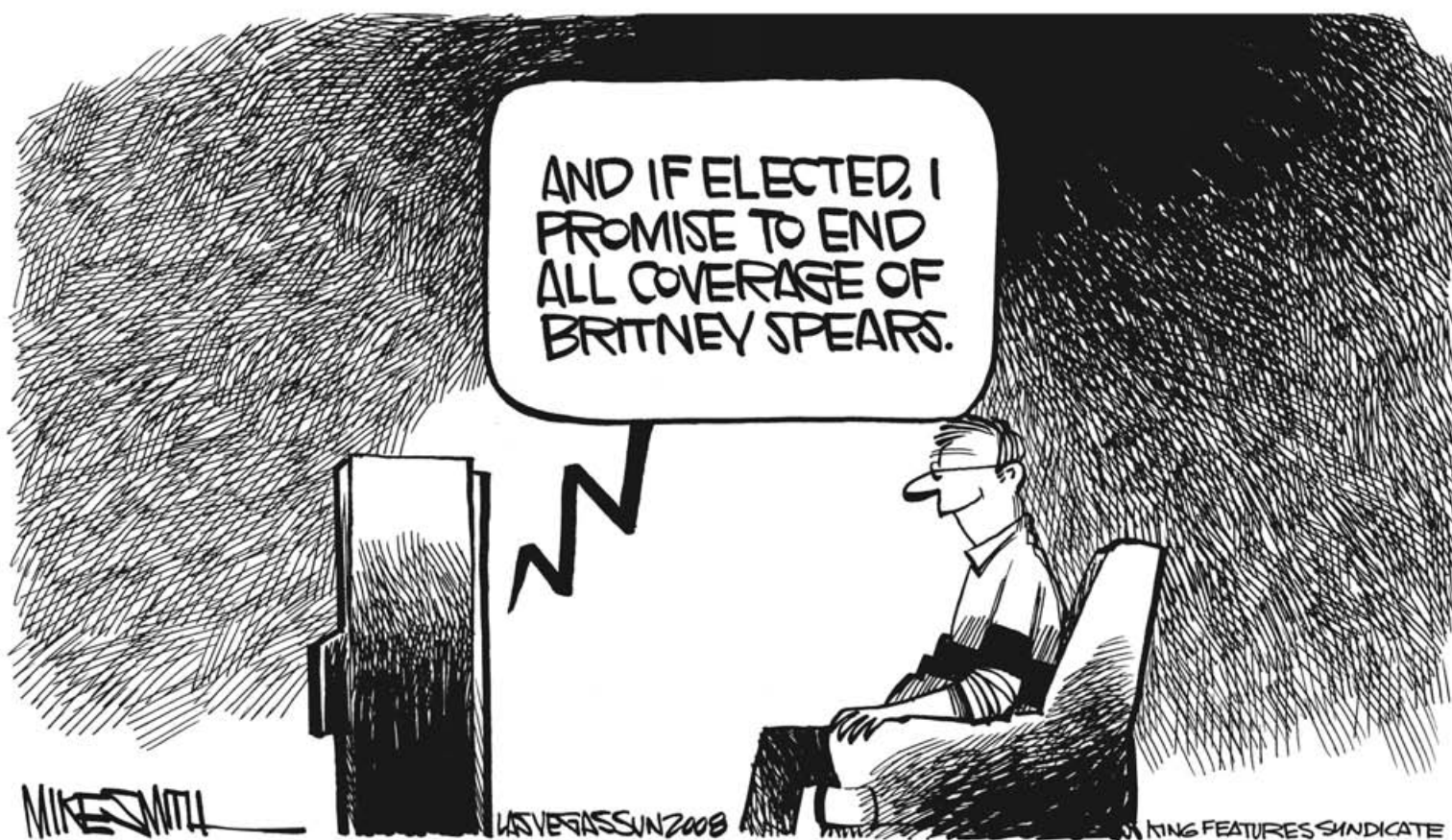
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*Small
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Eve Anderson

From the bottom up...In case you missed my end-of-the-year column, (which is understandable — it appeared when everybody was away or super-busy) it was called The Reality Show. As in realities that jolted us in 2007: Global warming, oil and its skyrocketing price, housing foreclosures, our wildfires and Mt. Soledad's slide.

And while that sounds like a depressingly gloomy list, it's actually not. In each case, while government officials were ignoring warnings by their experts, the rest of us were paying close attention. Have you noticed new solar panels popping up, adorning roofs of schools and businesses? (Who wouldn't want to be off SDG&E's expensive grid?)

Check local parking lots and nifty smaller cars often fill the slots where once a sea of \$80-a-tank SUVs overlapped the painted lines. Even the housing foreclosures have a bright side: There may be more houses available to rent. Once the market picks back up, lower prices will help first-time buyers.

Fire, mudslide or drought?...One topic not covered was our looming water shortage. While county farmers now have mandatory 30 percent water cuts, we city-folks have...silence. No one's talking. Mumbling, maybe, about conservation, but nothing official.

Meanwhile, what's in our gardens? In PB, if we fire-proofed our homes with 100 feet of defensible space, we'd wipe out three neighbors. Our house is on a hill, so we need deep-rooted, sturdy plants — not iceplant, which can pull a hill down during heavy rains.

What we all should investigate, however, is drought-tolerant plants, low-water use succulents, flowers and shrubs. Despite our current rains — and head-in-the-sand official silence — I wouldn't plant water-loving roses or install a grass lawn. You could ask the folks at Green Gardens Nursery, located at Cass and Beryl, for suggestions. They're adding low-water use demonstration beds to help you decide.

Speak up!...Does graffiti get you? Do PB's dirty alleyways or littered sidewalks make you wince? How often do you have a chance to sound off?

Seriously, the PB Town Council wants to hear your complaints, concerns and gripes so they can decide what to focus on this year.

Energetic Jerry Hall, chair of the town council's Safe & Beautiful Committee, has been painting out graffiti for years. He joined the PBTC and expanded his efforts to include supervising the painting of utility boxes and new monthly clean-ups, scheduled for the first Saturday each month.

Everyone's invited to speak up on Wednesday, Jan. 16, at 6:30 p.m. at the PB Rec Center, located at Diamond and Gresham.

LETTERS TO THE EDITOR

Beachgoers need to 'trash the trash'

Twenty-one-year-old Matt Gillam, please meet 85-year-old Betty Walker. In fact, you may have met her and her service dog companion Lt. Kije when you are cleaning up our precious beach ("Stop Trashing the Beach," Beach & Bay Press, Jan. 3).

For the past six years, through surgeries and illnesses, Mission Beach resident Betty Walker has patrolled Mission Beach to the south jetty, gathering refuse ranging from leftover picnic litter to dirty baby diapers. She says, "The worst — dirty baby diapers."

At times it becomes difficult to pick up cans, bottles, etc., and this is when her faithful helper Lt. Kije assists: grabbing trash with an open mouth and then bowing proudly to his owner.

Betty, a first-class swimmer and scuba diver in her more than 50 years of living at Mission Beach, laments, along with Matt Gillam, that society does not respect our natural resources, treating our beaches and ocean literally as a garbage dump. She envisions a "trash the trash" movement which would educate the obviously lazy and uncaring public, and she sees hope when a young person like Matt cares

for and works to clean beaches.

A big thank-you to Matt and Betty's efforts, which serve as reminders for those enjoying the beach to "trash the trash" in the many big blue garbage bins that line the beach.

De Vee Lange
Mission Beach

A compromise is needed regarding beach alcohol

Let me get this out up front, I'm not pro ban and I'm not anti ban. I sit in the middle.

It's time for us to compromise. I can only hope Kevin Faulconer actually shows some leadership for once and finds the compromise.

To Safebeaches.org: You can't keep beating this drum that the beaches "aren't family friendly." It's not mid-'80s Lebanon out there. It's a bunch of young people partying for two blocks.

To Ban the Ban 3: You can't keep beating the drum that its about responsibility — there are drunk idiots everywhere. We need to do something.

As a 10-year resident and homeowner, I think I can speak for most PB residents. I love my privilege to drink a beer on the beach, but I hate all the "Zonies" and East County riffraff that come out and trash

our beaches on holiday weekends.

But that's it right there — holidays. There's only a handful of days where I can't stand it. The vast majority of the time (330+ days a year), it's wide open, it's safe, it's fun and it makes me proud to be a San Diegan.

A trial ban on holidays only would be the best compromise for everyone. We've got crime data up the ying-yang on holiday weekends, and the pro-ban types would get the A to B comparison they want. The anti-ban group would still get 355 days of freedom and personal responsibility.

Finally, to the City Council: Do not waste another few hundred thousand dollars putting this to a vote. We need to put that money to real problems in our city. We've voted on this twice before and we shouldn't have to vote again.

It's time for a solution. Find this compromise, and let's move on with our lives.

Jeff Coin
Pacific Beach

There's no need for name calling over the ban

Another 10 years go by and we get another vote to "ban" on the ballot.

I'm a longtime resident, and I

think things have just gone too far. I also think this time we'll actually get this through given the recent Labor Day riot.

However, I am very disappointed in the new spokesman for Safebeaches.org. It seems that the hired political lobbyist Jim Lantry has decided to take on the less admirable traits of name calling and political spin.

I recently received an email update from Safebeaches that took on a very arrogant tone, referring to the petition group as "cocky," whining" and making judgments about their signature collection efforts.

He was also quoted as saying they were using "political rhetoric" in the Union-Tribune.

Mr. Lantry, a petition and public vote is not "political rhetoric," it's democracy.

The city is ready for a ban. Stand on the facts and the images of Labor Day and the votes will come. When you resort to name calling and political spin, you are no better than the vulgar drunks at the beach.

Shelley Watts
Pacific Beach

■ Please send to: Letters to the Editor, P.O. Box 9550, San Diego, CA, 92169. Email: bbp@sdnews.com.



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HEALTH&BEAUTY

The Five Keys to Exercising Consistently

By Jerry Hoskey



- 1. Keep All Your Workouts Short and Sweet**
Forget about doing too much too soon, that only leads to burning out, injuring yourself, and quitting. To build a lifelong habit, keep all your workouts short and easy to accomplish.
- 2. Have a “This Shall Be No Matter What” Attitude about Exercising**
No matter how busy you are, you make time to shower. Likewise, commit to doing as least a little exercise each week no matter what.
- 3. Put Exercise in Your Schedule**
Prioritize your exercise by putting it in your weekly schedule, and then schedule everything else around your exercise instead of your exercise around everything else.
- 4. Give up the Suffering about Having to Exercise**
As children, we used to suffer when it was time to brush our teeth. Now it’s just a habit. Exercise is also part of your self-care so give up the suffering about it as well.
- 5. Realize Setbacks are a Normal Part of Exercise**
Many set unrealistic exercise goals and then quit the first time they are not perfect with meeting these goals. If you schedule three workouts this week, then have a setback and only make it to one, that’s still 50 workouts this year.

Jerry Hoskey is a both Certified Personal Trainer and a Certified Weight Management Consultant with The American Council on Exercise. He’s been featured on CBS, NBC and ABC news and is the author of *THE NO-DIET DIET*, which is available at www.JerryHoskey.com. For answers to all your diet or fitness questions, email Jerry@JerryHoskey.com. To schedule a free fitness consultation with Jerry, please call 619-595-0506.

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yams, hard squash, and sugar pie pumpkins. The grocery department is gearing up for the holiday season with sparkling beverages, organic whole cranberry sauce, organic stuffing and gravy mixes, organic seasonings and many other holiday specialties: always vegetarian and often vegan! If vegetarian fare is what you’re after, be sure to come and check out our “Tofurky” and other vegetarian alternatives for your holiday dinner tables.

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Beach Area Family Health Center has the Family PACT program available at no-cost to uninsured low-income women and men. This program provides access to family planning services, education, counseling and treatment to protect your reproductive health. The program provides the majority of birth control methods and all services are confidential. For more information on eligibility or to make an appointment, please call: (619) 515-2444.



COURTESY PHOTO

HEADLINE
VFW Post 5985, along with members of LA VFW 5985, American Legion Post 552 and Sons of the American Legion Post 552, collected more than 80 gifts and served more than 160 meals to local active-duty military and their families at the post's annual holiday party held Dec. 15.

Soccer

CONTINUED FROM Page 1

Bay, defending champ Madison and Clairemont High, according to Palacios.

"It was great to beat our rival, Madison (1-0)," Palacios said. "They have an outstanding goalie, great coach and good defense. They are always tough. But Clairemont is off to a good season this year — we have to play our best every game."

Improvements in the Lady Bucs' level of play is in large part a result of more players participating on soccer club teams in the off-season.

"Most of our ladies are on some off-season clubs now," Palacios added. "They include the PB Blast, Surf, Notts Forrest, Albion, FC Bratz and Kodiak."

At Mission Bay's next home game they face Hoover Thursday, Jan 17 at 3 p.m. League play continues through Feb 12, followed by the playoffs.

Seniors on the Lady Bucs included goalie Urrutia, Lavery, Vickie Colon, Isabel Flores, Becca James and Michelle Pine-da.

Information about girls soccer, including club experience for young players, is available from Palacios at MBHS at (619) 273-1313 ext. 271.

PB man appeals murder conviction

By NEAL PUTNAM | BEACH & BAY PRESS

Two years to the day after a man was stabbed to death outside a Pacific Beach restaurant, the new attorney for Michael David Sullivan told a judge Tuesday she is reviewing the 17 volumes of transcripts from his murder trial in hopes of filing a motion for a new trial.

Sullivan, 27, formerly of Pacific Beach, was found guilty July 24, 2007, of second-degree murder in the fatal stabbing of Jonathan Lefler-Panella outside the Sam's by the Sea restaurant in Pacific Beach on Jan. 8, 2006.

Sullivan appeared Tuesday before San Diego Superior Court Judge Frank Brown, who told him to return to court on Feb. 6. Attorney Elizabeth Missakian, who now represents Sullivan, said she just received the 17 volumes of transcripts from his June and July murder trial. Missakian took over representing Sullivan on Oct. 3 after attorney Kerry Steigerwalt was dismissed by Sullivan's family.

The defense had to pay for the cost of ordering the entire trial's transcripts, which often are not ready until a year or more after a long trial unless someone pays for them before the appeal process begins.

No sentencing date was set because the motion for a new trial would have to be heard first. Sullivan faces a maximum term of 16 years to life in state prison. He remains in the downtown central jail without bail.

Sullivan testified at trial that he

repeatedly stabbed Lefler-Panella, 25, after the victim tackled him and bit his nose around 2 a.m. while he was on the ground after both men were ejected from Sam's by the Sea. Lefler-Panella was

stabbed between 14 to 17 times. The fight occurred after Sullivan threw the first punch inside the restaurant after both men exchanged "dirty looks" with each other, according to testimony.

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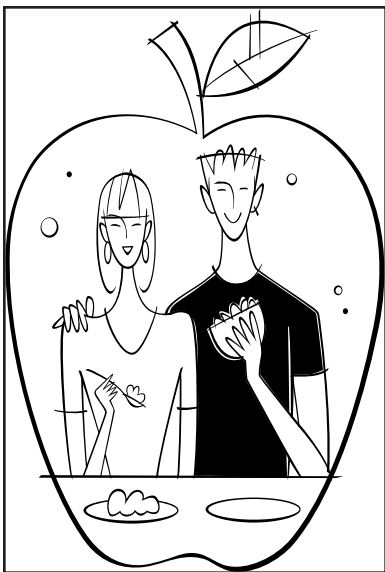
Pre-baked pie crust of your choice — Isn't that easy?
4 cups fresh or frozen blackberries — Or use raspberries or blueberries if you would like
1 cup organic cane sugar
½ cup quick cooking tapioca
1 teaspoon cinnamon powder — freshly ground is best

For the Pecan topping:
½ cup whole wheat pastry flour
½ cup organic cane sugar
½ cup cold butter
½ cup finely chopped pecans

Preheat oven to 375 degrees

To make topping combine flour and sugar in a medium size bowl and mix well. Next cut the butter into the flour mixture until it becomes crumbly. Add the pecans and mix gently.

To make filling, combine the berries, sugar, tapioca and cinnamon in a saucepan. Cook, stirring over medium heat until mixture begins to bubble. Reduce your heat and simmer the berry filling, uncovered for 10 minutes, stirring often. Pour the berry filling into the pie crust and top with pecan topping and serve topped with a few cilantro leaves.



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2 cups evaporated cane juice (available in the Bulk Dept. at People's Market)
1½ tsp. baking powder
1½ tsp. baking soda
½ tsp. sea salt
4 cups whole wheat pastry flour

Mix dry ingredients. Cut butter into mixture until it is the consistency of cornmeal. Add cranberries, yogurt and orange zest. Knead for 10 minutes on a lightly floured board. Drop with a tablespoon onto a greased or non-stick cookie sheet and bake at 350° for 20 minutes.

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Muralist unearths prehistoric creatures at the Natural History Museum

By LORI MARTINEZ | BEACH & BAY PRESS

Thanks to artists like Charles R. Knight and Rudolph Zallinger, whose prehistoric murals and artwork have graced the pages of encyclopedias, magazines and museums across the nation, the general public can envision a time long ago when dinosaurs ruled the land. And adventurers can do it without a degree in paleontology.

Los Angeles-based artist William Stout can now add his name to the list of renowned prehistoric muralists, thanks to a partnership with the San Diego Natural History Museum through which Stout was commissioned to produce 12 murals to coincide with the museum's permanent "Fossil Mysteries" exhibit.

During a Nov. 16 dedication ceremony at the museum, Michael Hager, museum president and CEO, reminisced about his days as a paleontologist sitting around the campfire at excavation sites.

"It was usually after a few brews in the evening, sitting around the campfire, that we would begin to speculate on what it looked like here 70 million years ago," Hager said, "What did the animals look like, what was the habitat like and so on."

With the scientific background and education, Hager and his fellow paleontologists could vividly see in their minds the landscape and behavior of the period.

However, it was harder to explain to the average person, Hager said.

"We needed help in telling that story that was scientifically accurate and yet easily understood by the public," Hager said. "Museum murals tell a scientifically accurate story in a very dramatic way. They capture a moment in time, a time so distant that it would be impossible to imagine without the mural art."

According to Stout, there are only two or three dozen skillful

paleo-artists working today. Most of them do book and magazine illustrations, while less than a handful can do murals.

"There aren't many museum prehistoric muralists around, but in my estimation, none are as talented as William Stout," Hager said.

Stout, who previously worked as an album-cover artist and comic artist before entering the film industry, has worked on over 30 feature films, including "The Return of the Living Dead" (1984), "Jurassic Park" (1993) and, most recently, "Pan's Labyrinth" (2004) and "The Prestige" (2005).

Stout has also worked for Walt Disney Imagineering, and his prehistoric artwork also led to the design of an animated television series as well as work as a concept designer for electronic gaming through GameWorks.

Due to his wide variety of work experience, Stout was offered two other projects at the same time

that the museum approached him. All were lifelong dreams, making the decision of what project to accept a difficult one.

The first was the opportunity to design a children's television show. The second was a chance to design a motion picture around Edgar Rice Burroughs' "John Carter of Mars," a favorite science-fiction series of Stout's growing up.

While each project held a special allure, Stout explained that, ultimately, the decision was easy.

"I thought about it and thought about it," Stout said. "But then I asked myself this question: 'When you go to New York, what is the first thing you do?'"

His answer? Go directly to the American Museum of Natural History to look at Knight's prehistoric murals that grace the walls.

"It made my decision easy. Just as those murals were Knight's legacy, these murals will be my legacy," Stout said. "It was easily

the most important of the three projects."

Unfortunately, during the murals' creation, Stout was diagnosed with cancer.

"When we were informed that there would be a delay in the completion of these murals, there was never a thought of trying to find someone else to finish them or changing the project," Hager said. "It has been very well worth the wait."

Stout is grateful for the support the museum showed him during that difficult time.

"The museum would have had every right to replace me on this project. Instead, they rallied around me like family," he said, "and waited for me to recover from my surgery."

Stout said his collaboration with the museum went smoothly and without the constant changes typ-

SEE PREHISTORIC, Page 13

BRIEFS

CONTINUED FROM Page 6

join them in a campus cleanup Saturday, Jan. 12, from 9 a.m. to noon.

Students will receive community service hours for participating.

PBMS sixth graders are required to log 10 hours, seventh graders must do 15 hours and eighth graders are required to perform 20 hours of community service.

Students who bring an adult volunteer will receive an extra hour of service credit.

PBMS is located at 4676 Ingra-

ham St.

Volunteers should park in the Felspar Street parking lot and check in at the volunteer desk located in the school's lunch area. Drinks will be provided.

For information call Kim Schoettle at (858) 273-1432.

Bonfire robbery leads to fight, one suspect stabbed

An altercation between two groups of men having bonfires in Mission Beach late Thursday, Jan. 3 turned into a robbery that led to a brawl with one of the robbery suspects hospitalized with stab

wounds.

According to police reports, the fight began at approximately 11:10 p.m., when one group robbed the other. One of the robbery victims was punched in the face and mouth but did not require medical attention.

One of the suspects, 17, was stabbed in the stomach, shoulder and upper thigh.

His four friends drove the wounded male to the hospital. Police arrested all five robbery suspects at the hospital.

Officers arrested the stabbing suspects at the scene near the 2600 block of Mission Boulevard.

PBTC

CONTINUED FROM Page 1

us to provide all the answers."

Topics include, but are not limited to, crime and safety, graffiti, litter, city services, special events, parks, transportation, alleyways and intersections, parking and traffic.

The town council plans to utilize city, county and local resources to address local issues.

In addition to airing concerns, attendees can learn how to get involved through a variety of

volunteer opportunities, including the Safe and Beautiful Committee, which meets the fourth Thursday of the month, 6:30 to 8 p.m. at the Knox Chapel behind the Pacific Beach Presbyterian Church at the corner of Garnet Avenue and Jewell Street.

The town council will also hold its 57th annual installation of officers and directors Friday, Jan. 18, at the Catamaran Resort Hotel, 3999 Mission Blvd. Tickets are \$40 in advance and \$50 at the door.

For more PBTC information, visit the www.PBTownCouncil.org or call (858) 483-6666.



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PREHISTORIC

CONTINUED FROM Page 12

ically apparent in partnerships with large institutions.

"It felt as if we had the same goal, to make this exhibit the best that it could be," Stout said. "The staff knew just when to guide me and just when to step back. I thought that upon the completion of this mammoth undertaking — pun intended — I would perhaps, deservedly, feel burned out. Instead, I felt just the opposite. I was exhilarated and ready to do more."

According to Stout, the "Fossil Mysteries" exhibit murals include the largest prehistoric mural commissioned in the last 30 years, titled "Feasting in San Diego's Pliocene Bay." It measures 14 feet tall and 34 feet wide.

"It took a director with real vision like [Michael] Hager and the whole dedication and commitment of the San Diego Natural History Museum staff to make the entire 'Fossil Mysteries' project — with all of its components — a reality," Stout said.

"Fossil Mysteries" is a permanent exhibit at the Natural History Museum, located at 1788 El Prado in Balboa Park. General admission tickets are available Mondays through Fridays from 10 a.m. to 5 p.m. and Saturdays and Sundays from 9 a.m. to 5 p.m., with the last ticket sold at 4:15 p.m. all days. Ticket prices are \$9 for adults; \$7 for seniors; \$6 for active military, children ages 13 to 17 and students with ID; and \$4 for children ages 3 to 12. Children age 2 and under and museum members enter for free. The museum will be open free of cost to the public during Balboa Park's December Nights celebration on



LORI MARTINEZ | BEACH & BAY PRESS

This American mastodon proudly stands in front of William Stout's mural, "False Alarm," depicting an Oceanside Wanis mastodon and her calf sharing a sunny, duck-filled marsh with pond turtles, frogs, fish and tropical mammals.

Friday and Saturday, Dec. 7 and 8 from 5 p.m. to 9 p.m.

"Over the years [the murals] will be seen by millions of visitors," Hager said, "and we hope that they

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Chargers come alive in second half

By DAVE THOMAS | BEACH & BAY PRESS

With thoughts of last year's collapse in the AFC playoffs against the New England Patriots fresh in their heads, San Diego Charger fans may have thought they were once again in for a long off-season last Sunday at the Q.

The Chargers, however, had other plans in store for their fans and the Tennessee Titans.

Trailing 6-0, the Chargers used a pair of second-half touchdowns to eliminate the Titans 17-6 in an AFC Wild Card matchup, setting up a showdown in Indianapolis with the Colts Sunday, Jan. 13 (10 a.m. PST). In doing so, San Diego ended a 13-year playoff victory drought.

In what could easily be described as a lackluster first half offensively, both teams needed to put some points on the board in the second half to secure the win.

It was a decision late in the first half, however, that may have come back to haunt the boys from Nashville.

Tennessee drove into San Diego territory just before halftime and still had a timeout to play with.

With the ball inside the Chargers' 30, the Titans decided to run the clock down to :03 and kick a 44-yard field goal instead of taking a shot or two at the end zone. A potential 10-0 halftime lead would have looked more secure than just a 6-0 advantage going into intermission.

The Titans, who had to win their regular season finale just to make the playoffs, also fumbled away a potential score early in the second quarter when Chris Brown coughed up the ball inside the red zone and San Diego's Shaun



PAUL PARKS | BEACH & BAY PRESS

Titans quarterback Vince Young is dazed and confused after being knocked to the ground by Chargers defensive end Igor Olshansky during Sunday's game.

Phillips recovered it.

It may not have mattered, though, as the Chargers awoke in the second half to run off 17 straight points.

While star back LaDainian Tomlinson had some impressive runs, the Tennessee 'D' did a good job for the most part of keeping him in check for the afternoon. In the end, Tomlinson walked away with his first post-season victory.

"It didn't come easy, but I tell you, I'm just happy to get that first one," Tomlinson said.

It was through the air that San Diego (12-5) moved into the lead, onto the next round and a rematch (23-21 regular season victory) with the Colts.

After cutting the deficit to 6-3 on a 21-yard Nate Kaeding field goal with 9:41 left in the third quarter, QB Philip Rivers (19-of-30, 292 yards) hit Vincent Jackson late in the stanza on a 25-yard scoring strike to give the Chargers a 10-6 advantage.

Tomlinson, who was held to 42 yards rushing on the soggy afternoon, added the insurance score with 8:45 remaining in the game on a fourth and goal leap from the 1-yard line.

Tennessee (10-7), which had won a challenge on the previous play that Tomlinson was short of

the goal line, lost its case on the TD run when the challenge was not upheld that LT didn't break the goal line.

Tennessee's Vince Young finished the day with 138 yards passing on 16-of-29 and one interception. While having opportunities to pass and scramble early on, the San Diego defense tightened the screws on Young as the game went along, making life more difficult for the second-year QB out of Texas.

FIFTH QUARTER: San Diego wide receiver Chris Chambers had a good day, catching six balls for 121 yards. All-Pro tight end Antonio Gates left the field on a cart with a sprained left toe injury. He is listed as questionable for Sunday's game at Indianapolis. In the Chargers' win earlier this season over the Colts, QB Peyton Manning tossed a career-high six interceptions.

The other AFC matchup has Jacksonville at top-seeded New England on Saturday evening. The winners will meet the following weekend in the AFC Championship game. San Diego could still get one more game at home. If the Chargers knock off Indianapolis and Jacksonville upsets the Patriots, San Diego would host the title game for a trip to Super Bowl XLII in Glendale, Ariz. on Feb. 3.



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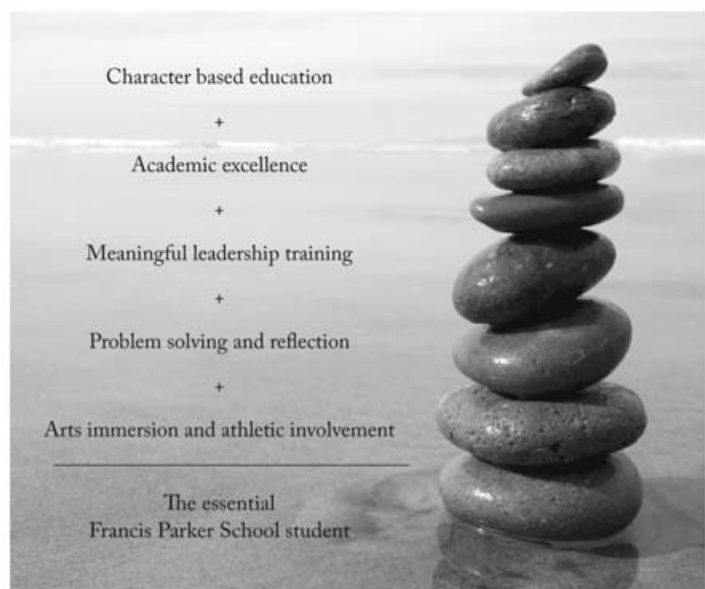
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Bolts head to Indy for divisional playoff

DIVISIONAL PLAYOFFS PREVIEW & PICKS

By **BOB HURST** | BEACH & BAY PRESS

The divisional round is set with the eight best teams in football. Anything goes as each team competes for a chance to play for the conference championship. Here's a look at this week's games. All times are Pacific.

Last week: 4-0
Season record: 167-93

Saturday, Jan. 12
Seattle 11-6
at Green Bay 13-3, 1:30 p.m.
Last Meeting: Seahawks won 34-24 at home in 2006.
NFL Rankings: Seattle: 9th offense; 15th defense. Green Bay: 2nd offense; 11th defense.
Stats & Stuff: Seahawks QB Matt Hasselbeck set a single-season team record for yards (3,966) and had a career-high 28 TD passes this season. Green Bay is 14-2 all-time at home in the playoffs. Packers have won the last three meetings against Seahawks in Green Bay, including wild-card playoff after the 2003 regular season.
Game Day: The last time they met, in Seattle, the weather was more to



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Running back LaDainian Tomlinson throws his hand out to block defensive back Michael Griffin for added yards. Tomlinson ran for 42 yards and one TD.

the Packers' liking – snowy. But the Packers allowed 201 rushing yards to Shaun Alexander. Playoff experience could play a role, with 39 Seahawks having tasted the postseason compared to just 17 Packers. But Packers QB Brett Favre pretty much makes up for that.

Pick: Packers 28, Seahawks 24

Jacksonville 12-5
at New England 16-0, 5 p.m.
Last Meeting: Patriots won 24-21 at Jacksonville in 2006.

SEE **BOLTS**, Page 16

Bolts grab first postseason win since 1994

By **BOB HURST** | BEACH & BAY PRESS

The long wait is over for the San Diego Chargers. After trailing 6-0 at halftime on Sunday at Qualcomm Stadium, the Chargers woke up and scored 17 points en route to a 17-6 win over Tennessee in a wild-card round playoff game. It was the first postseason victory for the Chargers since they went to the Super Bowl following the 1994 season. NFL rushing leader LaDainian Tomlinson ran for just 42 yards, but he got his first career playoff win. "It's a relief, but at the same time, it's not like we're saying, 'OK, we won a playoff game, so let's get ready to lose,'" Tomlinson said. "I'm already thinking about next week and how tough of a game we're going to have going to Indianapolis, facing the champs."

With the Chargers running game shut down, they successfully went to the air in the second half. Quarterback Philip Rivers threw a 25-yard touchdown pass to Vincent Jackson to put the Bolts up 10-6 in the third quarter, and Tomlinson leaped over the goal line with a second effort in the fourth.

Rivers finished 19 of 30 for 292 yards.

The Chargers (12-5) have won seven straight and 11 of 13.

Seahawks figure out Landry: In the fourth quarter of Seattle's 35-14 win over Washington, Seahawks quarterback Matt Hasselbeck threw two interceptions to Redskins rookie safety LaRon Landry. But after the Redskins grabbed momentum by taking a 14-13 lead, Hasselbeck used Landry's aggressiveness against him.

He completed a 20-yard touchdown pass to D.J. Hackett for Seattle's first score of the second half. A two-point conversion put Seattle up 21-14.

"On the two interceptions, the safety (Landry) did a real nice job of just reading my eyes," said Hasselbeck. "He's a young player, he has great range, and I have to know better."

The play was designed during the week in practice.

"It was a great play call," Hasselbeck said. "We used that to our advantage. Look right and give a little pump, and he was gone."

Joe Gibbs resigns: Washington Redskins owner Dan Snyder tried to talk his coach and team president into staying in a late-night meeting that stretched to 2:30 a.m. on Tuesday, but Joe Gibbs would not give in. Gibbs announced his retirement on Tuesday, saying that he needed to spend more time with his family. One of Gibbs' grandsons, Taylor, was diagnosed with leukemia last year at age 2.

"My family situation being what it is right now, I told him I couldn't make the kind of commitment I needed to make," Gibbs said. "I felt like they needed me."

Gibbs guided Washington to four straight wins at the end of the season following the funeral of slain safety Sean Taylor, but the Redskins lost to Seattle in the first round of the playoffs.

He went 31-36 overall with two postseason appearances since his return to the Redskins in 2004. From 1981-1992, Gibbs went 140-65 overall with six NFC East titles and three Super Bowl championships.

Garrard leads Jaguars: Jacksonville quarterback David Garrard's 32-yard run on fourth down late in the final quarter set up Josh Scobee's game-winning 25-yard field goal in the Jaguars' 31-29 win

at Pittsburgh on Saturday.

Garrard took over the starting job this season and had the third-highest QB rating in the league. Now

SEE **POSTSEASON**, Page 16

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Antonio Gates maneuvers around a Titan defender before being knocked out of bounds.

BOLTS

CONTINUED FROM Page 16

NFL Rankings: Jacksonville: 7th offense; 12th defense. New England: 1st offense; 4th defense.

Stats & Stuff: The wild-card playoff win by the Jaguars over Pittsburgh was their first postseason victory on the road since Jan. 4, 1997 at Denver. New England led the NFL with 411.3 yards per game, 36.8 points per game and 589 total points scored. Patriots beat Jacksonville 28-3 at New England in 2005 season first-round playoff game.

Game Day: Tom Brady led the Patriots on three long TD drives in last meeting. He used short, quick throws while completing passes to 10 different receivers during the game. Jaguars will try to control the ball and the clock, with their vaunted ground game and keep Pats' offense off the field. New England can exploit an injury-weakened Jacksonville defense.

Pick: Patriots 27, Jaguars 20

San Diego 12-5 at Indianapolis 13-3, 10 a.m.

Last Meeting: Chargers won 23-21 at home on Nov. 11.

NFL Rankings: San Diego: 20th offense; 14th defense. Indianapolis: 5th offense; 3rd defense.

Stats & Stuff: During their seven-game winning streak, the Chargers have outscored their opponents 200-81. Peyton Manning has thrown 15 TD passes, 3 INTs in his last six games for the Colts. Chargers beat the Colts 26-17 in Indianapolis in 2005 to hand them their first loss after a 13-0 start.

Game Day: The Colts outplayed San Diego in nearly every category in Week 10, gaining 25 first downs to the Chargers 11, and outgaining the Bolts 386-177 in total yards. Darren Sproles had two kick returns for TDs for the Chargers and Peyton Manning threw a team-record 6 INTs for the Colts. Colts kicker Adam Vinatieri missed a 29-yard FG with 1:34 left to play. Both teams have improved since, and Manning should be more on target this time. Watch for the Colts to try to stop the run and the Chargers to pressure Manning

again.

Pick: Colts 24, Chargers 23

N.Y. Giants 11-6

at Dallas 13-3, 1:30 p.m.

Last Meeting: Cowboys won 31-20 at New York on Nov. 11.

NFL Rankings: New York: 16th offense; 7th defense. Dallas: 3rd offense; 9th defense.

Stats & Stuff: The Giants have won eight straight road games after losing the season opener at Dallas. Dallas has won three straight over the Giants.

Game Day: Dallas won the season opener 45-35 over New York at home. QB Tony Romo has gone 35 of 52 for 592 yards with 8 TDs, 2 INTs in the season sweep over the Giants. Terrell Owens hasn't been too shabby either, catching nine passes for 212 yards and 4 TDs. The Giants, who have played well over the past two weeks, hope the third time's the charm against Dallas. They lead the league with 53 sacks on defense and could harass Romo. But if Owens (ankle sprain, game-time decision) is able to play, it could be lights out for New York.

Pick: Cowboys 35, Giants 27

Sunday, Jan. 13

POSTSEASON

CONTINUED FROM Page 15

he's coming up big in the clutch.

"They kind of lost their gaps. They thought pass. I was able to get through there," Garrard said about his run.

Jacksonville became the first team to win twice at Pittsburgh in one season. The Jaguars also won there last month.

Eli gets first playoff win: New York Giants quarterback Eli Manning won his first playoff game on Sunday at Tampa Bay. Manning

went 20 of 27 for 185 yards and two touchdowns in a 24-14 victory. It was New York's first postseason win in six years after going 0-4 since.

The Giants have now won eight straight on the road since losing the season opener at Dallas. They play at Dallas in a divisional game on Sunday.

"We seem to perform better on the road," defensive end Michael Strahan said. "That's a great thing, because if we're going to go as far as we want, we have to win every game on the road."

Wild-Card Round Playoff Leaders: Passing: Ben Roethlisberger,

Steelers, 29-42, 337 yards, 2 TDs, 3 INTs.

Rushing: LenDale White, Titans, 19 carries, 69 yards, 0 TD.

Receiving: Hines Ward, Steelers, 10 catches, 135 yards, 0 TD.

Solo Tackles: LeRoy Hill, Seahawks, 11.

Sacks: LaMarr Woodley, Steelers, 2.

Interceptions: LaRon Landry, Redskins; Rashean Mathis, Jaguars, 2 each.

Quotable: "We want the ball, and we're going to score."

— *Seahawks quarterback Matt Hasselbeck after Sunday's playoff win. Hasselbeck said the same thing when Seattle won the overtime coin toss in a playoff game at Green Bay in 2004. He ended up throwing an interception that was returned for the winning score. Seattle plays at Green Bay on Sunday.*

Sidelines: The coaching matchup of Washington's Joe Gibbs (154 wins) and Seattle's Mike Holmgren (157) marked only the second time in NFL history that two coaches with more than 150 victories had met in the postseason. The last time it occurred was 1941, when Curly Lambeau (163) of the Packers met George Halas (163) of the Bears...When the Giants play at Dallas on Sunday, it will be the first time the teams have met in the playoffs. The NFC East rivals have played each other 91 times in the regular season, with the Cowboys holding a 54-35-2 edge... In the four wild-card games last weekend, the leading rusher was Tennessee's LenDale White with just 69 yards.

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Innovative new products take spotlight

By MATT BUSSE | BEACH & BAY PRESS

Business and community leaders joined in celebration of San Diego's spirit of innovation and collaboration at the 2007 Most Innovative New Products Awards ceremony.

The gala event was hosted by CONNECT, a public benefits organization co-founded by UCSD with the mission of fostering technology and life science entrepreneurship in the San Diego region. This year marked a seminal year for the MIP Awards: the 20th anniversary.

CONNECT CEO Duane Roth began the festivities by praising the unique "culture of collaboration" that has made San Diego a hotbed of successful new companies.

"People came together to work and help each other make all their businesses more successful," Roth said. "While many of the people that came here to start these new, innovative companies were in fact competitors, they worked together in a collaborative means."

Mayor Jerry Sanders also applauded the unique business atmosphere of San Diego, saying, "It's that culture of creativity that sets San Diego apart. It's the leadership that developed CONNECT, and developed our universities, and developed the companies that are the mainstay now, that is allowing us to develop even further."

The MIP awards are given for products developed in the San Diego region that demonstrate vision and the potential to change the world. To be considered, nominees must have become commercially available within the last year. Of more than 100 nominations, 22 finalists in seven categories were selected by a distinguished panel

of judges. The winner in each category was announced at the ceremony, held Dec. 14 at the Torrey Pines Hilton.

While the promise of some winners is easily apparent, the judges also selected new technologies that consumers may not directly use but nevertheless have the potential to shape our world.

In the category of Communications Technology and Hardware, this year's award was claimed by Luxtera for its product Blazer, a CMOS Photonics 10Gbps transceiver. This next-generation optical fiber is both cheaper and more efficient than existing cables and enables computer networking and Internet access at speeds faster than ever before.

A new category, Clean Technology, debuted in 2007 and was awarded to TrailerTail, designed by Advanced Transit Dynamics Inc. TrailerTail modifies the rear end of semi-trucks to reduce drag and increase fuel efficiency by 5 percent, helping to reduce fuel consumption and greenhouse gas emissions.

The winner of the third category, Security Technology, was Seacoast Science Inc. Its device, named SC-210, is a small, lightweight, inexpensive chemical sensor that can detect a wide range of organic chemicals, gases and chemical warfare agents.

Life-Sciences – Medical Products was the fourth award, which was given to Artes Medical for ArteFill, the first FDA-approved injectable filler that can permanently correct smile lines, those wrinkles that form around the mouth. Unlike other injection treatments, which are absorbed by the body over

time, ArteFill actually improves in appearance after five years.

In the category of Life Sciences – Diagnostic and Research Tools, RegeneTOX, by RegeneMed Inc., took home the award. RegeneTOX provides a system to test new drug candidates in human liver tissue. Since the majority of new drugs fail safety tests by causing liver damage, RegeneTOX will decrease the cost of drug development by determining liver toxicity very early in the drug development process.

The sixth award, Software and Industrial Technology, was awarded to Airsis Inc. for PortVision. This new seaport monitoring process collects data from the collision avoidance systems required on all commercial ships and makes this information available to customers. PortVision will increase safety, efficiency and communication at shipping ports.

From the wide range of new devices in the final category, General Technology, the Senomyx Savory Flavor Ingredients, made by Senomyx Inc., was selected as the winner. Designed to replace monosodium glutamate (MSG) in savory foods such as meats and cheeses, the Savory Flavor Ingredients were developed using Senomyx's innovative assays based on taste receptors.

In addition to new products, the awards ceremony also recognized individuals for their role in advancing the technology and life sciences industry in San Diego with the Distinguished Contribution Award. Ted Roth, managing director of Roth Capital Partners, and Mary Walshock, associate vice chancellor of UCSD, were this year's winners.

The ceremony concluded with

the William W. Otterson Award. Named after the founder of CONNECT, the award salutes new technologies from San Diego-area businesses that have profoundly transformed the world. The 2007 prize was awarded to Cymer, which coincidentally won the first MIP award 20 years ago. The ultraviolet laser developed by Cymer is now used in the construction of semiconductor chips that are essential

for nearly all consumer electronic products.

According to Cymer CEO Robert Atkins, "You can walk down the aisles of Best Buy or Circuit City, and all the video games, laptops, iTouches, iPhones and cell phones — all of them contain chips that were built in part using Cymer lasers."

For more information on CONNECT, visit www.connect.org.



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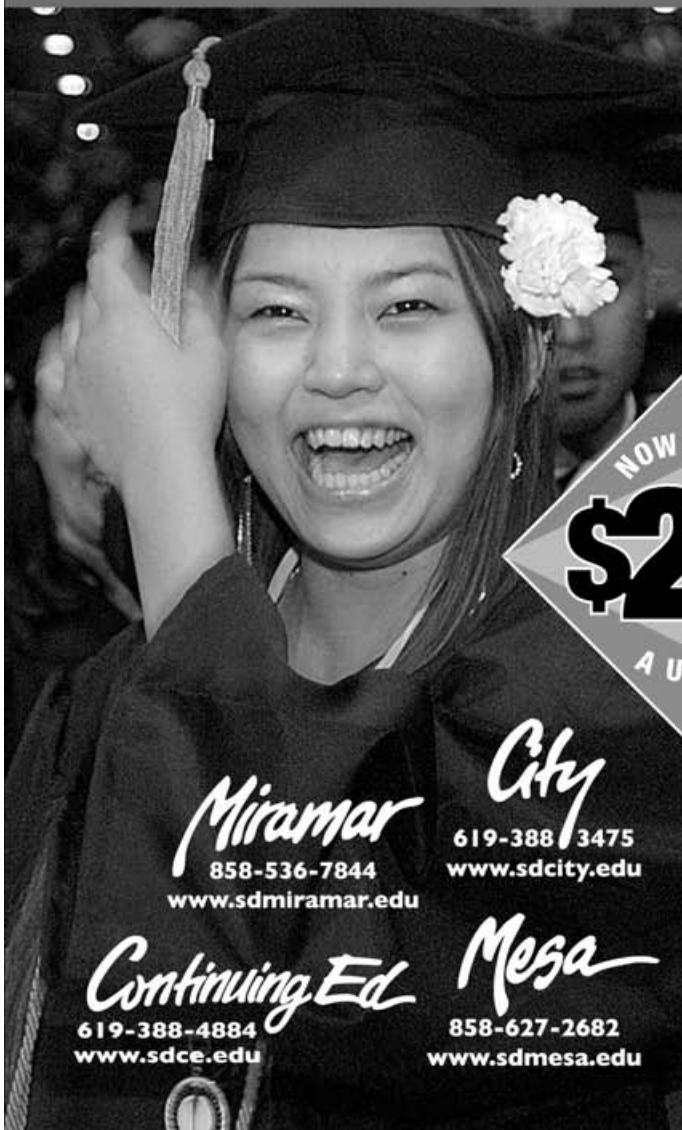
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For more information please visit our website at www.catadoptionservice.org**PETS & PET SERVICES 400**

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**Annie is an amazing 4-year old black retriever mix. She weighs 69 pounds, knows "sit" and "shake" and walks nicely on leash. Annie is vaccinated and microchipped. This smart and beautiful girl is available for adoption through FOCAS. Information: Kathy at 858-205-9974****www.focas-sandiego.org or call 619.685.3536**

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**Do You Have Room In Your Life For A Wildfire Survivor?**
Hot Rod is an affectionate lap cat that is almost fully recovered from burns he suffered during the recent wildfires. This friendly young man (approximately 4 years) seeks a forever home that can see beyond his re-growth to the gentle lover inside. His injuries are mild compared to those of less fortunate animals. The only reminder of his recent tragedy is the fact that his paw pads are now not quite as tough as those of a normal cat. Indoor, soft surfaces are just what the doctor ordered which means Hot Rod should be parked indoors for the rest of his life. Please contact FOCAS representative, Kathy Hensley at 858-205-9974 to learn more.**www.focas-sandiego.org or call 619.685.3536****PLEASE SPAY OR NEUTER YOUR PETS!**

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Contact SNAP at 858-456-0452**PET SITTING & TRAINING** by Cher Cruz. Overnight & Drop In Pet Sitting, also available in East County. Training available in East & Central. Reasonable rates. Local references. Other services available. 619-977-3197**Pet Services****OB LOVE DAWGS** Dog Walking Service: Reliable, Responsible, Reasonable. OB, Point Loma, Loma Portal. Dave (619) 222-5869**MISC. SERV. OFFERED 450****AC PLUS HEATING & AIR** HEATING AND AIR CONDITIONING INSTALL/SERVICE FREE EST. LIC 737166 (858) 254-7374**PLACE AD # 000773** ask the contractor's board if you have questions about hiring work done, you can avoid the common pitfalls. Go to [www. csib.ca.gov](http://www.csib.ca.gov).**Adoption Services****PREGNANT? CONSIDERING ADOPTION** Talk with caring agency specializing in matching Birthmothers with Families nationwide. LIVING EXPENSES PAID. Call 24/7 Abby's One True Gift Adoptions 866-413-6292**Services Offered****DIRECTV FREE 4 ROOM** System! Personal Checks Accepted! All 250 Channels Free 4 Months! Includes HBO, Cinemax, Starz and Showtime! Hurry, Ask How! Packages Start \$29.99/ month. Free DVR/ HD! We're Local Installers! 1-800-973-9027.**Cleaning****CLEANING SERVICE** Cecilia Sanchez (619) 248-5238**Computer Repair/Support****COMPUTER REPAIR**Networking and Internet
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HOROSCOPES
January 2008 — Week 1

 CAPRICORN December 22–January 19 Aah, Capricorn. Travel is in your future, but it won't come in the way you expect. A surprise package lightens the mood at the office and puts everyone at ease.	 ARIES March 21–April 19 Uh-oh, Aries. Love is not what it once was. Take steps to improve your relationship and intensify the passion. A letter alerts to a potential trouble spot in the family.	 CANCER June 22–July 22 Psst, Cancer. Your integrity is about to be tested. Don't worry. You'll pass with flying colors. News of an engagement thrills you beyond measure.	 LIBRA September 23–October 22 Ugh, Libra. A friend gets into trouble again and returns to you for help. Be honest and straightforward, even if not what they want to hear.
 AQUARIUS January 20–February 18 Times are changing at work, Aquarius, and you cannot afford to ignore that fact any longer. Get with the program. A question remains unanswered at home.	 TAURUS April 20–May 20 The tide is turning in your favor, Taurus. Move quickly to capitalize on the situation. You don't have much time. A long-lost friend resurfaces. Embrace them.	 LEO July 23–August 22 Financial matters move front and center, Leo, and it may be time for you to consult the pros. A truce begins at home. Be thankful for the interlude.	 SCORPIO October 23–November 21 A vacation opportunity knocks on your door. Pursue it, Scorpio. You deserve a little R&R now and then, especially with the challenge that is about to fall into your lap.
 PISCES February 19–March 20 Small blessings envelop your life, Pisces. Be sure you share your joy with those who mean the most to you. A snide remark clues you in to the real problem at home.	 GEMINI May 21–June 21 Words of wisdom must not be abandoned, Gemini, no matter what the source. A situation is brewing at home, and you must resolve it before it gets out of hand.	 VIRGO August 23–September 22 Recent efforts at home are rewarded in a number of ways, Virgo. Savor the moment. Work will soon pile up again and require further assistance and delegation.	 SAGITTARIUS November 22–December 21 Words fail you this week, Sagittarius. It's not like you to be so tongue-tied. Don't worry. Your savvy communication skills will return in the nick of time.

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business & services

When Being Green Saves Money and the Planet

(Syndicated News) In case you haven't noticed, there is a revolution taking place and the color of its flag is green. People are moving toward being more environmentally friendly, especially when it comes to their shopping preferences. Revenues from environmentally friendly consumer goods have seen dramatic increases over the last few years. The problem is that, more often than not, these green goods tend to cost consumers more.

"Many more people would participate if it didn't cost them more money for environmentally responsible products," explains Bill Schwaikert, president of First Preference Products Corp. (www.savewithrefills.com), creator of the ARES® brand of EnviroPak™ refills for household cleaning products.

Schwaikert leads an innovative team focused on the basic principle of green consumerism — conservation. Their products have been engineered to have a low environmental impact throughout their life cycle. A successful marriage of form and function, the combination of a small rectangular package containing a concentrated refill creates significant savings in materials, distribution and merchandising costs, even recycling. Even the refill's label is reused by its transfer to the primary package to identify the product and method of use. The end result is a truly efficient and sensible product that creates a new standard.

Schwaikert adds, "Efficiency is the key, it generates savings across the entire spectrum and allows the consumer to participate in all of its benefits, including lower costs. For instance, compared to conventional window or surface cleaning products, our packaging is less than half the size and half the equivalent retail cost."

His team has proven the concept by producing commercial products in a similar packaging system for over five years and millions of units. Their

production facility is a showcase for their core strategy of reduction, reuse and recycling.

According to the Institute for Lifecycle Environmental Assessment, packaging contributes 50 percent to municipal solid waste by volume. The major force in retailing, Wal-Mart, is responding by driving aggressive initiatives to develop ecologically responsible products and operations.

"This is only the beginning for going green," adds Schwaikert. "Using less packaging saves money for companies and consumers. It's a smart move that just makes sense — a simple contribution to a complex challenge."

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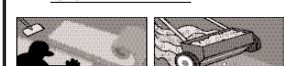
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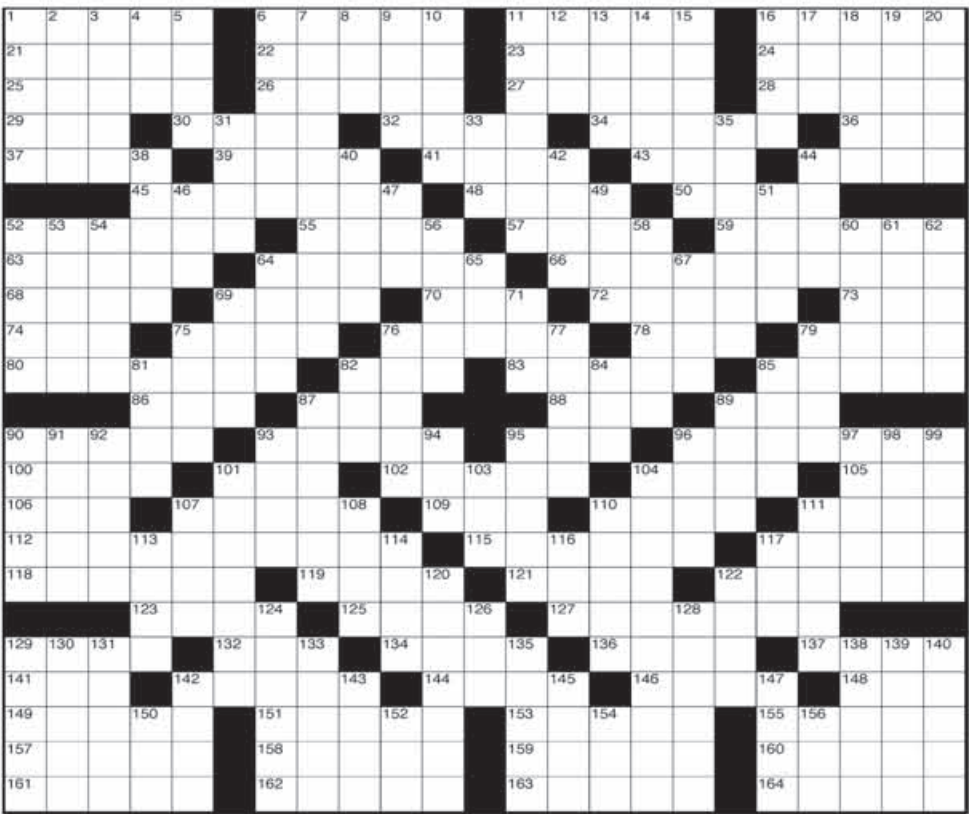
- 1 — bear
- 6 Lariat
- 11 Military installations
- 16 Upward
- 21 Wide open
- 22 Stage direction
- 23 Worship as divine
- 24 Swain
- 25 Fabric of flax
- 26 Stage
- 27 Baton —
- 28 Century plant
- 29 Peron or Gabor
- 30 Pointed arch
- 32 Word
- 34 Mails, British style
- 36 Playing card
- 37 Means of restraint
- 39 Fat
- 41 Hawaiian feast
- 43 Seaman
- 44 Saucy
- 45 Not professional
- 48 Rhea or raven
- 50 Sage
- 52 Spoiled, said of oils
- 55 Neighbor of Minn.
- 57 Watch part
- 59 The universe
- 63 Sluggish
- 64 Cooked slowly in water
- 66 Certain restaurant
- 68 Donate
- 69 Buddies
- 70 Pinch
- 72 — -Saxon
- 73 Melancholy
- 74 Native of (suffix)
- 75 Petite
- 76 Show backer
- 78 Poor grade
- 79 Tyson the boxer
- 80 Term of endearment
- 82 Bashful
- 83 Used a stopwatch
- 85 Clergyman
- 86 Moose
- 87 Billiards stick
- 88 Mongrel
- 89 One of the Seven Dwarfs
- 90 Outward appearance
- 93 Fear

95 Tiny —

- 96 Equilibrium
- 100 Young woman
- 101 Tiny
- 102 First appearance
- 104 Legal wrong
- 105 "The — Man and the Sea"
- 106 Abbr. in bus.
- 107 "Da Vinci Code" character
- 109 — -de-sac
- 110 Cheat
- 111 Amphibian
- 112 Ice cream variety
- 115 Fortright
- 117 Wonderland girl
- 118 President — Rudolph Ford
- 119 Discord personified
- 121 Summit
- 122 Fractures
- 123 Denomination
- 125 An astringent
- 127 Foreword
- 129 Jazz singing
- 132 Altar constellation
- 134 City in Oklahoma
- 136 Sketched
- 137 Diplomacy
- 141 Gear tooth
- 142 Stem
- 144 Pail handle
- 146 Soapstone
- 148 Neighbor of Ga.
- 149 Island greeting
- 151 Usual weather
- 153 Radar relative
- 155 Eskimo boat
- 157 Ethical
- 158 Complete
- 159 Sporty kind of car
- 160 Laconic
- 161 Talk on and on
- 162 Sugary
- 163 Chose
- 164 Dance movements

DOWN

- 1 More wan
- 2 Gothic arch
- 3 Hawaiian porch
- 4 Simian
- 5 Gamblers' haven
- 6 Echo
- 7 Intrinsically
- 8 One — — time
- 9 Try
- 10 Spinning 'round
- 11 Worker in a tavern
- 12 Fuss
- 13 Consomme
- 14 Rye fungus
- 15 Ride in a playground
- 16 Word of woe
- 17 Ship's record
- 18 Like an egg in shape
- 19 Flu symptom
- 20 River in England
- 31 Merry
- 33 Massage
- 35 Thin flow
- 38 Mother-of-pearl
- 40 Dandies
- 42 "Exodus" author
- 44 Money in Mexico
- 46 New England univ.
- 47 Uncooked
- 49 Information
- 51 London district
- 52 Stiff
- 53 Loos or Bryant
- 54 At no time
- 56 Rogers or Chesney
- 58 Pawnbroker, e.g.
- 60 Kind of box
- 61 Japanese city
- 62 Passover feast
- 64 Vocalized
- 65 Excavation
- 67 Elderly
- 69 Carnation color
- 71 Animal friend
- 75 Lean
- 76 Out in front
- 77 Legal
- 79 Isinglass
- 81 Part of the eye
- 82 Take legal action
- 84 Not talking
- 85 Electrical unit
- 87 Make
- 89 Shadowy



- 90 Pitch
- 91 Hindu princess
- 92 De la Renta or De la Hoya
- 93 Sandwich store
- 94 Last mo.
- 95 A flower
- 96 Fastener
- 97 Water wheel
- 98 Alarm or cuckoo
- 99 Moves slowly
- 101 The lynx, e.g.
- 103 Unopened flower
- 104 Kind of parade (2 wds.)
- 107 Lone

- 108 Poet Teasdale
- 110 Goatee
- 111 Swift
- 113 Days gone by
- 114 Long river in Africa
- 116 Certain party mem.
- 117 Curve
- 120 Warm-weather region
- 122 Cry
- 124 Religious pamphlets
- 126 Actress Farrow
- 128 Dreaded
- 129 Roguish fellow
- 130 Tint
- 131 Where ancient Greeks gathered

- 133 Permit
- 135 That 70's music
- 138 Burning
- 139 Hold tightly
- 140 Grabs
- 142 Store event
- 143 Airborne toy
- 145 Fly up and around
- 147 Slices
- 150 Chapeau
- 152 West or Murray
- 154 Kook
- 156 Encountered

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LEGAL ADS 700

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2007-041758
THE NAME(S) OF BUSINESS:
COAST LAW GROUP
located at: 121 BROADWAY #358 SAN DIEGO CA 92101 is hereby registered by the following owner(s): TODD T. CARDIFF. This business is being conducted by : AN INDIVIDUAL. The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: DEC 11, 2007 Issue Dates: DEC 20, 27 JAN 03 AND 10, 2008

Kane Handel, Esq., State Bar number 131624
3525 Del Mar Heights Rd. #231
San Diego, CA. 92130
(858) 756-5195
Attorney for Plaintiff,
LOI HOANG

SUPERIOR COURT OF THE STATE OF CALIFORNIA IN AND FOR THE COUNTY OF SAN DIEGO, CENTRAL DIVISION
Case Number: 37-2007-00071614-CU-PA-CTL
SPECIFIC STATEMENT OF DAMAGES-PLAIN-TIFF LOI HOANG [CCP SECTION 425.11]

LOI HOANG
Plaintiff,
vs.
ANDREW DAVID GOLDATE, CYNTHIA J. SILVA, ZACHARY DANIEL SALAZAR
and DOES 1 through 20
Defendants
TO: Defendants ANDREW DAVID GOLDATE, CYNTHIA J. SILVA, and ZACHARY DANIEL SALAZAR COMES NOW Plaintiff LOI HOANG and states that the nature and extent of the damages claimed by said plaintiff is as follows:
1. General damages in the sum of One Million Dollars (\$1,000,000.00);
2. Special damages as follows:
Medical Specials \$11,647.50
Property Damage \$4000.00
3. Loss of Use \$1,500.00
4. Future Medical Specials \$50,000.00
Dated 07/10/07
Kane Handel Attorney At Law
ISSUE DATES: DEC 27, JAN 03, 10 AND 17, 2008

SUMMONS
(CITACION JUDICIAL)
NOTICE TO DEFENDANT:
(AVISO AL DEMANDADO)
ANDREW DAVID GOLDATE, CYNTHIA J. SILVA, ZACHARY DANIEL SALAZAR and DOES 1 through 20

YOU ARE BEING SUED BY PLAINTIFF:

(LO ESTA DEMANDANDO EL DEMANDANTE)
LOI HOANG
CASE NUMBER 37-2007-00071614-CU-PA-CTL

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 these 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,

LEGAL ADS 700

you may be eligible for free legal services from a nonprofit legal services 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/self-help), or by contacting your local court or county bar association

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 información en el Centro de Ayuda 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 presentación pida al 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 abogados. 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/selfhelp/espanol/), o poniéndose en contacto con la corte o el colegio de abogados locales.

The name and address of the court is:
(El nombre y dirección de la corte es):
SAN DIEGO SUPERIOR COURT
330, WEST BROADWAY
SAN DIEGO, CA. 92101
The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is:
(El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es):
Kane Handel, Esq., State Bar Number 131624
3525 Del Mar Heights Rd. #231
SAN DIEGO, CA. 92130 Tel:(858) 756-5195
DATE: JUL 20, 2007
clerk, by L. REYES, Deputy
ISSUE DATES: DEC 27 JAN 03, 10 AND 17, 2008

PETITION FOR CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA,
COUNTY OF SAN DIEGO, 330 WEST BROADWAY ROOM 225 SAN DIEGO, CA. 92101
CASE NO: 37-2007-00084601-CU-PT-CTL
PETITIONER OR ATTORNEY, NELDA JANE BEASLEY 5403 VIA CARANCHO SAN DIEGO, CA. 92111 858-569-0904: HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM NELDA JANE BEASLEY TO NELDA JANE JONES THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. NOTICE OF HEARING TO BE HELD ON FEB 19, 2008 AT 8:30 AM, DEPARTMENT D-25 330 WEST BROADWAY, SAN DIEGO, CA 92101
ISSUE DATES: JAN 03, 10, 17 AND 24, 2008

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2007-043141
THE NAME(S) OF BUSINESS:
JERI'S JEWELRY DESIGN
located at: 1039 HORNBLEND ST. SAN DIEGO CA


6 UNITS · SPRING VALLEY!
9210 Harness St., Spring Valley, CA 91977.
Six units. This is a must see building. Complete remodel inside and out. Tropical landscape with irrigation. Easy rental area.
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SATURDAY JAN 12			
1pm-4pm	5794 La Jolla Mesa Dr	6BR/7.5BA	
11am-3pm	372-376 Playa Del Norte	2BR/2.5BA	\$699,000-\$869,000
11am-4pm	3319 Lucinda St		
11am-4pm	861 Bangor St.		
11am-4pm	776 Rosecrans St.		
1pm-4pm	5456 Taft Ave	2BR/1BA	\$1,250,000
12pm-3pm	2860 Arcola	4BR/2BA	\$630,000-695,000
SUNDAY JAN 13			
12pm-3pm	750 York Ct	2BR/2BA	\$999,000-\$1,079,000
1pm-4pm	3814 Shasta St.	3BR/2BA	\$575,000
1pm-4pm	2383 Beryl St.	3BR/2.5BA	\$659,000
1pm-4pm	7811 Eads #502	2BR/2BA	\$1,456,000
1pm-4pm	5556 Calumet Ave	3BR/3.5BA	\$4,500,000
1pm-4pm	5756 La Jolla Corona Dr	3BR/4.5BA	\$3,100,000
1pm-4pm	5511 La Jolla Mesa	4BR/4.5BA	\$2,295,000
1pm-4pm	1712 Valdes Drive	6BR/5.5BA	\$5,999,000 & \$6,400,876
1pm-4pm	809 Lamplight Dr	4BR/3.5BA	\$2,450,000
1pm-4pm	7324 Remley Place	3BR/3BA	\$2,200,000
1pm-4pm	4004 Caminito Suero	3BR/2.5BA	\$685,000-\$725,000
1pm-4pm	7454 Hillside Dr	4BR/3.5BA	
1pm-4pm	5794 La Jolla Mesa Dr	6BR/7.5BA	
2pm-4pm	372-376 Playa Del Norte	2BR/2.5BA	\$699,000-\$869,000
1pm-4pm	243 Westbourne Ave	5BR/5.5BA	\$3,695,000
2pm-4pm	5646 Caminito Estima	3BR/3BA	\$899,000
1pm-4pm	7355 Draper Avenue.	3BR/3BA	\$1,750,000
12pm-4pm	3319 Lucinda St.		
12pm-4pm	861 Bangor St.		
12pm-4pm	776 Rosecrans St.		
SAT & SUN			
11am-3pm	7520-7530 Draper	3BR/3.5BA	\$1,125,000-\$1,295,000
			Bob Bates & Howard Bear • 858-273-2121 • La Jolla

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LEGAL ADS 700

92109 is hereby registered by the following owner(s): JERI EADS This business is being conducted by : AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: DEC 27, 2007 Issue Dates: JAN 10, 17, 24 AND 31, 2008

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2007-041312
THE NAME(S) OF BUSINESS:
THE RACK PACK

located at: 1605 EMERALD ST. SAN DIEGO CA 92109 is hereby registered by the following owner(s): SARAH MC COURT This business is being conducted by : AN INDIVIDUAL The transaction of business began on: 12/01/07 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: DEC 06, 2007 Issue Dates: JAN 03, 10, 17 AND 24, 2008

FICTITIOUS BUSINESS NAME STATEMENT

LEGAL ADS 700

FILE NO. 2007-042932
THE NAME(S) OF BUSINESS:
WINGS OF PEGASUS
located at: 4809 CLAIREMONT DR. #116 SAN DIEGO CA 92117 is hereby registered by the following owner(s): LYNNE EDMONDSON, JANE GALLAGHER This business is being conducted by : A GENERAL PARTNERSHIP The transaction of business began on: 12/01/07 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: DEC 24, 2007 Issue Dates: JAN 10, 17, 24 AND 31, 2008

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES
DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL
1350 Front St., Room 5056
San Diego, CA. 92101
(619) 525-4064
Filing Date: JANUARY 03, 2008
The name of the applicant is:
WAVE HOUSE SAN DIEGO LLC
The applicant listed above is applying to the Department of Alcoholic Beverage Control to sell

Kathy Evans

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for a great PB 2BR/2.5BA townhome. Fabulous outdoor space including a bay view rooftop. Start the New Year here!
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alcoholic beverages at: 3125 OCEAN FRONT WALK SAN DIEGO, CA. 92109-8730
Type of license applied for: 47-ON-SALE GENERAL EATING PLACE
ISSUE DATE(S): JAN 10, 17 AND 24, 2008

LEGAL ADS 700

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2008-000441
THE NAME(S) OF BUSINESS:
FRY 3D-DESIGNS
located at: 4255 WILLAMETTE AVE SAN DIEGO CA 92117 is hereby registered by the following owner(s): MICHAEL FRY This business is being conducted by : AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: JAN 05, 2008 Issue Dates: JAN 10, 17, 24 AND 31, 2008

LEGAL ADS 700

appointed to administer these estates, and to file their claims on Form #371PC with the Probate Court of LANCASTER COUNTY, the address of which is P.O. BOX 1809 LANCASTER, SC 29721, on or before the date that is eight months after the date of the first publication of this Notice to Creditors (unless barred by operation of Section 62-3-803), or such persons shall be forever barred as to their claims. All claims are required to be presented in written statements, indicating the name and the address of the claimant, the basis of the claim when the claim will become due, the nature of any uncertainty as to the amount claimed and the date when due, and a description of any security as to the claim.
Estate: CYNTHIA MARIE DUPREE
Case no. 2007ES 2900163
Personal Representative: ANITA LYNN PRICE
Address: 3005 SALMON ROAD COPPERPOLIS, CA. 95228
Attorney, if applicable: MARION H. GRIER, JR.
Address: P.O. BOX 2458 LANCASTER, SC 29721
Date of Death: 03/04/07
Issue Date(s): JAN 10, 17 AND 24 2008

LEGAL ADS 700

* NOTICE TO CREDITORS OF ESTATES
All persons having claims against the following estates are required to deliver or mail their claims to the indicated Personal Representatives (PR),

Body Solutions

NORTH AMERICA

America's Premier Non-Surgical Cosmetic Center *For Men & Women*
Look 10 Years Younger... As Seen On "OPRAH"
"ENDERMOLOGIE" / "VELASHAPE" "LASER SKIN REJUVENATION"



BEFORE



AFTER (20 Treatments)

* FDA approved Non-Surgical treatment to remove cellulite using radio frequency plus gentle suction to precisely target & safely heat fat chambers within the skin.



BEFORE



AFTER (8 Treatments)

*FDA approved Non-Surgical treatment to diminish & remove acne, pock marks, rosacea, brown spots, freckles and sun damaged skin.

"THERMAGE" / "REFIRME"



BEFORE



AFTER (1 Treatment)

*FDA approved Non-Surgical face-lift treatment using radio frequency to tighten skin & reverse the signs of aging.

"LASER HAIR REMOVAL"



BEFORE



AFTER (6 Treatments)

* FDA approved treatment for permanent reduction & removal of body hair from dark to blond or gray to all six skin types including sun tanned.

"THERMAGE" / "REFIRME"



BEFORE



AFTER (1 Treatment)

*FDA approved Non-Surgical tummy-tuck treatment using radio frequency to tighten loose skin. (ideal for post pregnancy & dramatic weight loss) Also available for: arm-lift, thigh-lift & buttocks-lift.

"LASER TATTOO REMOVAL"



BEFORE



AFTER (8 Treatments)

* FDA approved treatment to diminish and remove tattoo ink of any color while leaving the surrounding skin unharmed.

"THERMAGE" / "REFIRME"



BEFORE



AFTER (1 Treatments)

* FDA approved Non-Surgical neck-lift treatment using radio frequency to tighten the neck & reverse the signs of Aging.

"LASER SPIDER VEIN REMOVAL"



BEFORE



AFTER (8 Treatments)

* FDA approved treatment to diminish & remove facial & leg vessels from tiny spider veins to deep blue reticular veins.

"LASER MATRIX"



BEFORE



AFTER (3 Treatments)

*FDA approved procedure to diminish and remove crows feet, laugh lines, nasal labial folds & glabella (between the eyes)

"LASER SMOKE CESSATION" (To Quit Smoking)



Larry - Central Islip, NY
Smoker 15 years
SMOKE FREE 9 Months



James - Hauppauge, NY
Smoker 59 years
SMOKE FREE 10 Months

* Cold laser technology to quit smoking within 3 treatments. Comes with a 1 year treatment guarantee.

Free Microdermabrasion When You Find Our Promo Phrase On Our Website...



AURORA PANDOLFO, C.E.
Endermologist

Call For
A FREE
Consultation!
Se Habla
Español!

1200 Garden View Rd.,
Suite 100,
ENCINITAS
(GARDEN VIEW MEDICAL PLAZA)

Telephone
760-436-3300

Mon. to Fri. 9am-9pm • Sat. 9am-7pm

BODY SOLUTIONS, INC. IS UNDER THE SUPERVISION OF DR. DANIEL URREGO, M.D. ALL LASER PROCEDURES ARE PERFORMED BY REGISTERED NURSES. ALL CELLULITE PROCEDURES PERFORMED BY CERTIFIED ENDERMOLOGIE / VELASHAPE TECHNICIANS.

*THE AMOUNT OF TREATMENTS & RESULTS MAY VARY FROM PATIENT TO PATIENT. **INITIAL FREE CONSULTATION CONSISTS OF 30 MINUTES

www.BodySolutionsNA.com

ALSO LOCATED IN:
NEW YORK: MANHATTAN, WESTBURY, COMMACK, HOLBROOK
FLORIDA: TAMPA

Chris Love Coastal Properties



Jerry Barbour Jennifer Desposato Arren Connot Brien Metcalf Chris Love Kristina Uteg Trevor Pike Ellen Alvord

ONLY 2 LEFT

BAYSIDE WALK • \$2.15M–\$2.35M

■ Brand new single level condos on the bay in South Mission. You will quickly fall in love with this location and the beach lifestyle! Parking for two cars is included with each unit.

PENTHOUSE SOLD, 2 LEFT

OCEAN FRONT Wk • \$2.295M–\$3.095M

■ Luxurious ocean front condos. 3BR/2.5BA ground floor unit with 1,228 esf + spacious beach side patio. 4BR/3.5BA, 1,821 esf unit with beach side patio, sunset balcony, 2-car garage. 4BR/3.5BA penthouse with roof top deck, elevator and pano ocean views.

OCEAN FRONT WALK • \$5,895,000

■ Best of the Ocean Front! Offering 6BR/6.5BA, 5-car garage, 3 fireplaces, a breathtaking rooftop deck with miles of endless bay & ocean views, you could not ask for more! Dream away from private balconies located off of every bedroom.

WHITING COURT • \$1,075,000

■ 2-Bedroom, 2-Bath, 1,136 esf just steps to the ocean with peak ocean views. Never been on the market. Great North Mission location! Sold furnished!

LA PALMA • \$1,675,000

■ Exclusive bay front townhome in a gated 12-unit Sail Bay community. 3BR/2BA plus studio cottage with bath and closet. Unit offers tennis, pool/spa and panoramic views of the bay and downtown skyline.

JUST REDUCED

DOVER COURT • \$825,000

■ South Mission charmer under \$1M! Light, bright 2BR/2BA, 1,057 esf condo located 5 properties west of Mission Blvd. Steps to sand & ocean, and recent upgrades include new interior paint, bedroom carpet, blinds & cabinetry paint. Ideal South Mission beach house!

Chris Love Coastal Properties for 2007

Sold over \$51,000,000 in Coastal Real Estate

Felspar	Studio	\$250,000	Trevor Pike	Riviera Dr	SFA	\$1,285,000	Chris Love/Kristina Uteg
Chalcedony	SFA	\$499,000	Jen Desposato	Rockaway Ct	SFR	\$1,300,000	Brien Metcalf
Margate Ave	SFR	\$520,000	Ellen Alvord	Archer St	SFR	\$1,352,000	Jen Desposato
Diamond St	SFA	\$549,000	Ellen Alvord	Ocean Front Walk	SFA	\$1,415,500	Arren Connot
Opal St	SFA	\$575,000	Ellen Alvord	Bayside Walk	SFA	\$1,450,000	Ellen Alvord
Deal Ct	SFA	\$720,000	Jen Desposato	Bayside Walk	SFA	\$1,450,000	Trevor Pike/Chris Love
Emerald	SFR	\$734,000	Jen Desposato	Pacific Beach Dr	SFA	\$1,600,000	Chris Love/Jen Desposato
Grand Ave	Units	\$775,000	Ellen Alvord	Riviera Dr	SFA	\$1,600,000	Arren Connot
Mississippi St	SFR	\$911,000	Jen Desposato	Anacapa Ct	Units	\$1,625,000	Chris Love/Kristina Uteg
San Luis Rey	SFA	\$990,000	Brien Metcalf	Sea Lane	SFR	\$1,999,500	Chris Love/Brien Metcalf
Vanitie Ct	Units	\$1,000,000		Ocean Front Walk	SFA	\$2,050,000	Chris Love/Brien Metcalf
Bayside Walk	SFA	\$1,100,000	Brien Metcalf	Ocean Front Walk	SFA	\$2,450,000	Ellen Alvord
Cohasset Ct	SFR	\$1,125,000	Kristina Uteg/Jen Desposato	Ocean Front Walk	SFA	\$3,000,000	Chris Love/Trevor Pike
Bayside Walk	SFA	\$1,125,000		Ocean Front Walk	SFA	\$3,000,000	Chris Love/Brien Metcalf
Windsor Dr	SFR	\$1,145,000	Chris Love/Brien Metcalf	Ocean Front Walk	SFA	\$3,100,000	Chris Love/Brien Metcalf
Asbury Ct	SFA	\$1,245,000	Chris Love/Trevor Pike	Bayside Walk	SFR	\$3,200,000	Chris Love
Asbury Ct	SFA	\$1,245,000	Trevor Pike	Ocean Front Walk	Lot/Land	\$5,250,000	Trevor Pike

The BEST *in* BEACHFRONT Living

Your Coastal Property Specialists, helping you with all of your real estate needs in San Diego.



858.581.LOVE

Call today for a private showing ■ 3865 Mission Blvd. ■ San Diego, CA 92109 ■ ChrisLove.com