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

**Dr. Sebastian Ruiz | The Beacon**

Unless you’ve been driving on the freeway with your head down thumbing through your cell phone, then you should have seen the electronic freeway signs telling drivers that using your cell phone to send text messages is a no-no as of Thursday, Jan. 1. That’s just one of several new laws that came into effect last week. If you’re caught text messaging while driving, it carries a minimum cost of $20 to $50 apart from local court costs and other fees, according to a statement on the California Department of Motor Vehicles website. The law is an extension to the “hands-free” law that started July 1, 2008. The law mandates motorists to use a hands-free device to talk and drive, said California Highway Patrol Public Information Officer Eric Newbury. With the new rules in place, police are looking for people fiddling repeatedly with their phone while on the road. GPS mapping systems with big screens obstructing a driver’s view are also prohibited, he said. “Slowly but surely [legislators] are realizing that anything that takes your attention off the road is potentially dangerous,” Newbury said. He said it opens “Pandora’s box” for possible legislation addressing eating and putting on makeup while behind the wheel. Also, tougher punishments for repeat drunk drivers aim to make life miserable for those caught driving under the influence, he said. Police can write a citation or impound a vehicle if they catch somebody on probation for a previous drunk driving charge with any amount of alcohol in their system. He said it can result in an automatically suspended driver’s license. Other laws that took effect this year include tougher regulations for those trying to sell recyclable materials. Recyclable material sellers have to show identification, give a thumbprint and receive payment by check after three days, Robin Faulkner, owner of Pacific Beach Recycling said. The new rule applies to those selling material such as copper, according to the text of the bill. Although certified by the State of California Highway Patrol, Philip Rivers waves to roaring fans after the Chargers’ electrifying overtime victory against the favored Indianapolis Colts on Saturday at Qualcomm Stadium. The 23-17 victory propels the Chargers into the next round of the playoffs against the Pittsburgh Steelers on Sunday. If the Chargers are victorious, they will become the first-ever NFL team to end the regular season at 8-8 and win two straight games in the postseason. Game time is 1:30 p.m. on Channel 8. Photos by Don Balch | The Beacon

**San Diego affire with playoff fever, hope and rekindled Chargermania**

**Dr. Dave Thomas | The Beacon**

Darren Sproles may not get the notoriety of other backs in the NFL, but he doesn’t seem too concerned about that. Sproles rushed for 105 yards on the evening, while scoring the game-winning touchdown (22-yard run) some six minutes into overtime, as the San Diego Chargers scored a 23-17 win over the Indianapolis Colts last Saturday evening in the AFC Wild Card Playoff at Qualcomm Stadium. The win sends San Diego (8-8) off to Pittsburgh for this Sunday’s AFC Divisional Playoff at 1:30 p.m. PST. Pittsburgh defeated San Diego 11-10 earlier this season at Heinz Field. The odd score was the first 11-10 end result in the history of the NFL. After trailing 17-14 late in the game, and with the Colts only a first down away from likely running out the clock, the Chargers Wired for state prison

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

**Preparing to set sail**

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

**Gastronomical delights**

Restaurant Week returns with plenty of fare for anyone on a tight budget. Girl Scouts will bring the dessert.
Thief who snared copper wiring from local schools handed 6 years

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

Jason Warren Tait, 32, was silent before San Diego Superior Court Judge David Danielsen sentenced him, but Tait has admitted to stealing copper wiring from 16 different schools, including three cases he wished to steal copper from. According to his probation report, Tait made a request for probation, but recommended Tait be admitted to the California Rehabilitative Correctional Center (CRC) in Norco in Riverside County for a drug treatment program. It is a state prison but has the world’s largest substance abuse program for people in custody, including vocational programs.

“Tait told off the stolen copper wiring that he sold to a metal recycling center. Much of the profit went to buy methamphetamine, which Tait admitted to using daily,” according to his probation report.

Danielsen fined Tait $1,360 and sent a picture identification and a drug addicts.” The sentence includes a provision that if CRC determines he is not a drug addict, he can return to court to be sentenced again.

The probation report notes that Tait took 975 feet of copper wiring on May 18 from Silver Gate Elementary School in Ocean Beach. The school’s cost for repairs and replacing the cable was more than $7,100. Tait also took 2,000 feet of copper wiring from Correia Middle School on March 17. Repairs and cable replacement were listed at more than $27,300, the report said.

During his order to repay the San Diego Unified School District nearly $61,000, he also ordered Tait to repay more than $23,000 to the La Mesa School District and $5,500 to the Cajon Valley Union School District.

Danielsen fined Tait $1,360 and gave him credit for 235 days served in jail.

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

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

He said he always worked alone in the thieves, although he did work once with his brother, Aaron Charles Tait, 21. Both were arrested by La Mesa police July 22 after they entered La Mesa Middle School grounds.

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

Jason Tait pleaded guilty Nov. 25 to eight counts of grand theft and eight other charges were dropped. Effective Jan. 1, state law now requires scrap-metal recyclers to keep a_thrift of any attempt to sell copper wiring.

Potential sellers must also now present a picture identification and a valid address before receiving payment for the copper wiring. The measure was signed by Gov. Arnold Schwarzenegger in October.

Thieves were not charged with, according to schools, including three cases he wished to steal copper from.

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Cold Case team closes book on '71 murder

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

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

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

Metcalf was extradited to California, and now resides in the Metcalf was living in a house and an apartment in Pacific Beach.

Jackson's nude body was later found in his bedroom of his when Metcalf was 24 years old.

Jackson's clothing could change into civilian clothing.

So the city to sell scrap. The new regulation is intended to prevent copper and scrap metal thieves from selling stolen recyclables, she said.

Last year, the city saw a rash of copper thefts with thieves hitting schools and construction sites around the city.

The city does not have a license filed with the city of San Diego police would knock on his door to ask him about killing a Pacific Beach man who have allegedly connected him with the murder of a Pacific Beach man 37 years ago.

scene. The prints run through the FBI’s database and matched Metcalf’s account of court records, during a visit to Metcalf’s home in Texas, the suspect told Tefft, a homicide detective with the department’s Cold Case team, that he was picked up by Jack-

Hawaii. The prints run through the department's Cold Case team, that he was picked up by Jack-

Ronald Reagan was sworn in as the city's 27th mayor a few weeks earlier, were all-night adult movie houses, such as the Pussycat Theater, and down town flop houses. Sailors flocked to the area, some renting toilets so they could cope into civilian clothing.

That night, Jackson met

Redefining chil dog

Teacup chihuahua Destiny beat the morning cold at the Ocean Beach Pier recently with a festive sweater.

LaWS

CONTINUED FROM Page 1

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

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Colorado, and now resides in the Metropolitan area.

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

Knight & Carver, based in Newport Beach, Ca., Spinola Grandinetti, the company’s president, decided to shift careers and help form a new division of the company called Eco-Solutions – the first green division in the shipyard industry.

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

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

As a captain, Grandinetti was all too familiar with the toxic materials and processes used by boaters. His own concern prompted him to test products and integrate the latest eco-friendly practices. “There’s something called the Kick-Butt Awards, a jumpy that launches riders 20 feet and propelling them up to 40 feet across the pool.”

Hancock added that the show, which this year, like no other, it’s more than a place for people who own boats, people who want to own boats and people who just want to look at boats.

“Think of the show like a super-market,” said Hancock. “If you went to all these dealers individually, it would take a month of Sunday to see everything that’s offered in your area. It would be impossible.”

The show takes place at the convention center and Marriott Marina, featuring outdoor events, including free sailboat rides and the ability to meet local dealers, showcas- ing the latest in boats, gear and accessories – at the best deals – from kayaks to mega-yachts and everything that goes with them.

“The show can be financed for $250 or less.”

For more information, check out the boat show website, or Eco Solutions, www.knightandcarver.com/ecosolutions.
They got the right guy. The issue is why did it happen. The guy [murder victim] tried to rape [him the defendant]. He was in shock. The issue isn’t who killed Mr. Jackson. It’s not a whodunit from 1971.

GARY GIBSON
ATTORNEY-AT-LAW
DEFENSE TEAM

Remembered being picked up by a man and taken to his apartment. Metcalf said he went with the man because he was “cold, tired, and hungry.” He said he didn’t remember the man’s name.

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

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

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

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

“They got the right guy. The issue is why did it happen,” said Metcalf’s attorney, Gary Gibson, to a reporter. “The guy tried to rape him. He was in shock. The issue isn’t who killed Mr. Jackson. It’s not a whodunit from 1971.”

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

Metcalf is now “an old, sick, man,” the attorney said, adding, “He is on a liver transplant list.” Gibson said “a lot of the material witnesses are dead,” including many of Jackson’s friends but also police department officials who investigated the case.

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

Teftt told Metcalf about the 1984 murder case brought against him in Texas that involved the death of friend accidentally struck with a baseball bat. Metcalf said the judge acquitted him because he acted in self-defense.

Metcalf’s DNA is on the cigarette butt, according to an arrest warrant declaration by police. Teftt was 24 years old at the time of the 1971 slaying. Metcalf has since been extradited to California and now resides in the downtown central jail on $1 million bail.

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

Ask The Lawyer

What is the difference between a Will and a Living Trust?

A Will is a simple and short document that is handwritten, which indicates how you want your property to pass to others. It must be witnessed by two people, or one person if you own property or have assets over $100,000. When you have a living trust, you also have a revocable living trust, as well as a power of attorney for property, and a power of attorney for health care.

A trust is a private document which is not available to the public inspection, and is less easy to change.

A trust can save hundreds of thousands of dollars in federal estate taxes. Federal estate taxes are taxes collected by the IRS at the death of an individual based on assets at the time of death. It is a certain amount that changes over the next decade. The Federal Exemption amount will be undergoing changes over the next few years and is as follows:

2009 $2,000,000
2010 One year reap of estate tax

Virginia L. Weber, Inc.

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Make the road safer and saner in 2009

New Year’s resolutions for drivers

Counter RESPONSE INSURANCE

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

“Bad driving is often just a habit you get into,” said Ray Palermo, director of public relations for Response Insurance. “It can take as few as 21 days for people to adopt a new habit. So, drivers can help ensure that 2009 is safe for themselves and others on the road in a relatively short period of time.”

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

1. Use your turn signal. Letting other drivers know where you are heading avoids crashing
2. Stay calm. Don’t come crashing if it’s due to fear, distractions
3. Never drink and drive. Get a designated driver or use public transport
4. Get an emergency kit. A first-aid kit should minimally include bandages, tape, wash and dry cloth and a topical antiseptic. A car kit should include oil, anti-freeze, transmission and brake fluids, basic tools, signal flare, flashlight (with fully charged batteries) and duct tape.
5. Have your vehicle inspected. Additional information on this topic and other car and homeowner topics is available at the Response Insurance Safety Information Center: www.response.com/safety.

“Most of these are common sense,” Palermo said. “But why not make it a New Year’s resolution to be a better driver?”

Ray Palermo
RESPONSE INSURANCE

You are heading avoids crashing other drivers know where you are going. And if you do make a wrong turn, just keep going. More often than not, you can return to the correct road pretty quickly and do it without endangering others.

2. Maintain your car. Check all fluid levels, change the oil if it’s due, clean the car’s windshield, windows and headlamps, make sure your lights and directionals are working and any tire tread and air pressure.

3. Sleep. Rest can be your best defensive driving weapon. Long hours behind the wheel, particularly at night, make you drowsy. Ensure you get plenty of rest.

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

5. Never drink and drive. Get a designated driver or use public transport.

More than 5,000 people are killed in alcohol-related crashes every year in the United States.

Drivers can make it a New Year’s resolution to be a better driver by attending courses in defensive driving at local schools.

“Defensive driving courses can help you avoid crashes,” Palermo said. “They can be a New Year’s resolution that can have a positive impact on your life.”

Ray Palermo
RESPONSE INSURANCE

Letters to the Editor

Has a warm glow over salvation of city fire pits

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

The Beach Bums
Clint Lichtenau Church

California’s constitution is about accountability

Thank goodness for the California Constitution — a document created by “we the people” to serve and protect the rights and liberties of “we the people” from the majority — or from the minority. A living document, the preamble is quite clear in that it serves to secure and perpetuate freedom’s blessings provided by Almighty God. We the people own the ability to establish and let its members know how they would hope it not to be so.

“we the people” providing a definition to the judiciary and legislature of the term marriage so they would hope it not to be so. All political power is inherent in the people. Government is instituted for their protection, security, and benefit, and they have the right to alter or reform it when the public good may require.

This constitution belongs to “we the people” and not they the legislature nor the court. It establishes protections against their tyranny and we the people have changed our covenant with them many times and for this very reason. When the legislature or judiciary gets too out of touch, they no longer serve the people. They are accountable to us, not us to them as much as they would hope it not to be so.

We the people of California made clear in the most recent election that we understand marriage well. We comprehended that current law is quite clear that same-sex couples have the same rights as the rest of society. We also appreciate that marriage has its origins in religion. It is considered to be a sacred union sanctified by God. Our constitution is quite explicit in providing for the free enjoyment of religion without discrimination. The issue before the voters therefore was quite simple. It was that “we the people” providing a definition to the judiciary and legislature of the term marriage so they would hope it not to be so.

The freedoms are ours. We are fiercely protective.

Al Sargant
La Jolla

BAD DRIVING

Many drivers do not know that a New Year’s resolution can be a positive step to becoming a better driver. The resolution can be a good reminder to focus on the task at hand, which can lead to a safer driving experience.

The Peninsula Beacon

GOOD DRIVING

Many drivers are aware of the dangers of drunk driving and make a New Year’s resolution to never drive under the influence. This can help prevent accidents and save lives.

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We’re Open!

THE PENINSULA BEACON | THURSDAY, JANUARY 8, 2009 | PAGE 7
SOUND FAMILIAR?
Congratulations! You’ve established your own Trust, the first step to securing your financial future. Today, many people have created trusts as a means of ensuring the orderly transition of their estate. A trust can serve as a sophisticated management & investment-planning vehicle in a complex world. Most persons named as trustees do not have the required skills and knowledge demanded by today’s courts. Only a few fully understand the obligations and liabilities associated with serving as a trustee.

The role of a trustee requires more than simply signing documents.
Family trusts often unravel due to time, circumstance, improper planning and implementation. Proper planning and education can help ensure that your desires become reality for future generations. Sadly, most trustees fail to adequately understand the significance of their responsibilities. Learn how not to fail as a trustee. This workshop will provide essential training for trustees and trustors of living trusts.

Workshop Dates:

<table>
<thead>
<tr>
<th>Location</th>
<th>Venue</th>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Point Loma</td>
<td>Best Western Island Palms</td>
<td>Wednesday, January 21st</td>
<td>10:00 AM - 12:45 PM</td>
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<tr>
<td>Coronado</td>
<td>Loews Coronado Bay</td>
<td>Thursday, January 22nd</td>
<td>10:00 AM - 12:45 PM</td>
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<tr>
<td>La Jolla</td>
<td>La Jolla Shores</td>
<td>Tuesday, January 27th</td>
<td>10:00 AM - 12:45 PM</td>
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<tr>
<td>Mission Valley (AM)</td>
<td>Sheraton Mission Valley</td>
<td>Wednesday, January 28th</td>
<td>10:00 AM - 12:45 PM</td>
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<tr>
<td>Mission Valley (PM)</td>
<td>Sheraton Mission Valley</td>
<td>Wednesday, January 28th</td>
<td>6:00 PM - 8:45 PM</td>
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Ask us about our upcoming Advanced Trustee Training Workshop!

- How to Sell Appreciated Property Without Paying Capital Gains Tax
- Avoiding the Pitfalls of B Trust Funding
- IRA Regulations and Avoiding Double Taxation
- Increasing Your Income Through Tax Credits and Real Estate Investment Trusts
- Dispelling the Myths of Annuities
- Understanding Medicare and Long Term Care
- Fiduciary Responsibilities of Trustees
- Avoiding Identity Theft

More information including dates and locations will be given at the 7 Biggest Mistakes workshop.

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Due to limited seating please call Briana at (888) I-GOT-2-PLAN (888) 446-8275 or (650) 643-5757 or rsvp@atsfinancial.com

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Jack White
ATS Spokesperson

Sandeep Varma
ATS Wealth Strategist
City starts Christmas tree recycling program

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

Residents can drop off trees through Jan. 23 at the following coastal locations:
- Kate Sessions Park, 5077 Soledad Road
- Mission Bay, SeaWorld Drive at Pacific Highway
- Ocean Beach, Robb Field, 2525 Bacon St.
- University City, Swanson Pool, 3585 Governor Drive

Tree stands, lights, ornaments and any decorations should be removed before dropping off. Trees sprayed with fake snow, known as flocking, will also be accepted.

The city is also reminding residents not to leave any other trash or items to be recycled at these locations because it will not be removed.

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

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

For additional information (858) 694-7000 or visit www.sandiego.gov/environmentalservices.
Karaoke finds a home OB-style with Jose Sinatra at Winston’s

By BART MENDOZA | THE BEACON

Both celebrated and vilified by music fans the world over, there is no doubt karaoke has taken the world by storm over the last quarter-century. Its popularity fueled by the YouTube generation and its ability to make anyone look like a star for a few minutes.

Karaoke has multiplied to the point that it is now one of the most common events taking place in area clubs. While there are many venues to enjoy this particular art form, none come close to “OB-Oke” held every Sunday.

The difference is in the event’s host since 2002, Jose Sinatra. His larger-than-life persona takes in the look and style of a 70’s lounge singer, complete with gold chains, an open shirt and an irreverent stage presence. The night usually kicks off with a tune from Sinatra, who sees karaoke as a natural extension of the art form, none

“I keep a very strict order. You can’t slip me and get a better singing slot.”

JOSE SINATRA OB-OKE HOST

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

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

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

"There are some outstanding singers that come in," he said. "Good enough that I wonder why they aren’t fronting their own bars. There are five or six regulars in particular that when they come in for whatever reason, we miss them."

For those that don’t fall into the “good singer” category, Sinatra points to another rule.

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

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

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

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

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

OB-Oke takes place at Win-ston’s, 1921 Bacon St., on Sun-days at 10 p.m.

For more information, visit www.winstonsoh.com.
GET MORE for less!
RESTAURANT WEEK RETURNS JANUARY 11-16

Enjoy three-course, prix fixe meals at 130 of the county’s finest restaurants for only $20, $30 or $40 per person.

San Diego’s most delicious tradition is coming back, offering extraordinary food at bargain prices. From pizza to prime steaks, San Diego Restaurant Week offers a wide range of mouth-watering cuisine for every craving and budget.

SanDiegoRestaurantWeek.com

San Diego Restaurant Week brought to you by

* Tax, beverages and gratuity are additional.
Tight budget? No problem. Restaurant Week returns

By LORALEE OLEJNIK | The Beacon

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

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

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

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

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

“While they are getting a three-course meal for $20 per person, they can expect the exact same quality, preparation style and service they would expect on any other night dining,” said Leslie Araiza-Lorenzo from Nine-Ten restaurant.

Araiza-Lorenzo also said Nine-Ten will offer $2 valet parking during restaurant week.

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

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

There are nearly 7,200 restaurants in San Diego County, with $4.2 billion in annual taxable food and beverage sales, according to figures on the California Restaurant Association website. Many of these are feeling the pinch in the current economy as San Diegans struggle with rising unemployment rates and home foreclosures. Many potential patrons have put their fine dining habits on ice as of late.

A special partner of this year’s restaurant week is the Girl Scouts of America, which will promote its trademark cookie sales campaign that begins at the end of January. Several restaurants will feature special dessert recipes integrating Girl Scout Cookie favorites like Thin Mints and Samoas.

“Tom Ham’s Lighthouse is definitely excited to partner with Girl Scouts and to get access to something we can’t have year round — Girl Scout cookies,” said restaurant chef Erik Sarkisian. “I’ve always loved Thin Mints and always loved ice cream, so it was a happy marriage of all my favorite things. It’s been so fun to get my daughter involved in the process … I get a lot of my food ideas from her.”

Now in its fifth year, San Diego Restaurant Week is sponsored by the California Restaurant Association San Diego Chapter, the San Diego Convention and Visitors Bureau and San Diego magazine. Not only does it serve to highlight America’s Finest City’s finest restaurants, it’s been very good for business, packing out eateries during normally slower weeknights (events run Sundays through Fridays) in a slower time of the year.

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

IF YOU GO

Here are some of the eateries participating in San Diego Restaurant Week:

- Point Loma
  - Phil’s BBQ
  - 3750 Sports Arena Blvd.
  - Balboa Restaurant
  - 2040 Harbor Island Drive
  - Brigantine Seafood Restaurant
  - 2235 Shelter Island Drive
- Ocean Beach
  - Nick’s at the Pier
  - 5063 Santa Monica Ave.
  - Thee Bungalow
  - 4996 W. Point Loma Blvd

Erik Sarkisian, the executive chef at Tom Ham’s Lighthouse, and his daughter, Amelia, put the finishing touches on Erik’s Thin Mint mud pie.
Join Us for Restaurant Week January 11-16
30.00 pp
Wine pairings available
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875 Prospect, La Jolla, CA 92037
(619) 222-1181
www.balihairestaurant.com

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Bali Hai
Bali Hai has been a San Diego favorite since 1954 and no wonder! Their delicious seafood served with a breathtaking view of San Diego Bay is unbelievable. If you want to impress your out-of-town guests, bring them here. Arrive early to get a table-to-ceiling picture window view. From your table you can see yachts, cruise ships, airplanes, wildlife and the sun’s reflection of the downtown skyline at dusk and much, much more. White linen tablecloths and fresh orchids are placed on every table to complement the Polynesian décor at this fine restaurant. For delicious cuisine and an unforgettable San Diego harbor view, dine at the fabulous Bali Hai Restaurant. Banquets. Full bar.
made their move. San Diego’s Tim Dobkins sacked QB Peyton Manning back to the Colts 1 yard line for an eight-yard loss on third down to set up a fourth down punt, which Sproles returned into Indianapolis territory.

San Diego QB Philip Rivers moved the Chargers down into scoring territory, where Nate Kaeding delivered a 26-yard field goal to tie it at 17-17 with under a minute left.

Manning and the Colts were unable to move the ball in the final seconds, setting up Sproles for his heroics. After winning the coin toss, the Chargers were the beneficiaries of some defensive foul calls against the Colts, giving San Diego several first downs, and allowing the home team to move farther into Indianapolis territory.

Sproles, who along with kick returner LaDainian Tomlinson emerged from the pack and raced 22 yards into the end zone, sending Indianapolis home.

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

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

“The Chargers made the plays when it counted. Give them credit,” Manning commented. The question now is can the Chargers do it two weeks in a row?
COMMUNITY/CIVIC

January
A Look Ahead

COMMUNITY/CIVIC

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

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

Wednesday, Jan. 14, 10 a.m., Point Loma Garden Club hosts its monthly meeting. The featured speaker will be Noel Tribbey, an Academy Award designer known for his floral décor work at large resorts from Las Vegas to Maui. For more information, call (619) 222-6066 or visit www.plgc.org.

Wednesday, Jan. 14, 7 p.m., Bill Kettenburg, founder of the Kettenburg Boatworks, presents a free lecture, “Building Kettenburgs: Premier Boats Designed and Built in Southern California.” The event takes place at the Hervey/Point Loma Branch Library, 3701 Voltaire St. For more information, call (619) 531-1579.

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

Saturday, Jan. 17, 1 p.m., Friends of Famosa Slough hosts a five-mile walk with an easy walk and good views of a variety of birds in their salt marsh habitat. Participants are asked to meet at the first bench on Famosa Boulevard south of the intersection with Sunset Cliffs Blvd. For more information, call (619) 224-4591 or visit www.famosaslough.org.

Sunday, Jan. 25, 7 p.m., annual meeting of the Point Loma Garden Club with master gardener and Point Loma Association member Jodi Bruhn. The event takes place at the Point Loma Garden Club, 2818 Avenida de Portugal. For more information, call (619) 531-1532.

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

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

Schools

FRANCIS PARKER

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

LOMA PORTAL

- Tuesday, Jan. 8 and Thursday, Jan. 15, 11:15 to 1:30 p.m., pizza and bake sales after school.
- Monday, Jan. 12, 6 to 7:30 p.m., Foundation meeting in library.
- Tuesday, Jan. 13, 3:35 to 4 p.m., popcorn sales after school.
- Wednesday, Jan. 14, 10 to 11 a.m., Dana seminar tour.

Check out our online SDNEWS.com

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Schools

SCHOOLS

COMMUNITY/CIVIC
Make a “Good Health” Resolution

A natural, organic diet can make a world of difference when it comes to keeping yourself and your planet healthy. Ocean Beach People’s Organic Food Market is the perfect place to explore all the elements of a healthy lifestyle. Many of us make New Year’s resolutions that are abandoned by the end of the first month. When you make the resolution for good health and eat more nutritious, you feel the benefits immediately and are more inclined to keep your “good health” resolution. Take simple steps to nutrition by adding whole grains, fresh fruits and vegetables to your New Year’s diet.

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

Established in 1971, Ocean Beach People’s is a member-owned California cooperative that specializes in organic produce, vegetarian foods, organic grocery and bulk items, all-natural frozen and perishable goods, vitamins, herbs, aromatherapy products and cruelty-free body care items. Our educated staff and outstanding customer service can provide you with all the support and information that you need on your path to total wellness.

This year make a resolution to check out Ocean Beach People’s Organic Food Market, where “everyone is welcome and anyone can join.” People’s Market is open daily from 8 a.m. to 9 p.m. at 4765 Voltaire Street. Please call (619) 224-1387 or visit us online at obpeoplesfood.coop for more information.

Reverse the Patterns of Postural Change
Walk Tall: A Comprehensive Osteoporosis Management & Postural Correction Program

Are you considering a fast or a detox diet? It’s not unusual for people to do this kind of “cleansing” after the holiday season. Many of us have been running around, preparing for the holidays, eating too much and not exercising enough. And after all of the indigestion and stress, we want to begin a healthier new year. Why cleanse? Cleaning is often used as a way to improve the diet, lose weight, increase energy and improve digestion. Typically, these programs are designed to support the body’s natural cleansing mechanisms in the removal of toxins. This is important because toxins accumulate in the body and poor nutrition contribute to ill health and chronic disease. Our industrial world exposes us to thousands of chemicals and pollutants through the air, the water supply and our foods. Evidence suggests many of these chemicals can alter or disrupt our immune, endocrine, nervous and reproductive systems.

For more information contact (619) 829-7739. Sponsored by the Foundation for Wellness Professionals.

Let Joy Replace Frustration

I have been practicing Family Medicine for 40 years in South Africa and the United States. I began my practice in 1983 here in La Jolla, and it grew from a small intimate practice to a rather large one, now servicing over 3,600 active patients. Along with the continuation of my practice, the pounds sneak on, one day and realize your favorite skirt doesn’t fit or you need a seatbelt until it’s significant.

Sign up for the Curves Weight Management Classes and discover how 30 days can change your life!

A Message from Dr. Broomberg, Voted Best La Jolla Doctor for Three Consecutive Years

Every year the pressure to see a doctor grows. The worn out excuse is “I’m just not feeling well.” Why? It’s not unusual for people to do this kind of “cleansing” after the holiday season. Many of us have been running around, preparing for the holidays, eating too much and not exercising enough. And after all of the indigestion and stress, we want to begin a healthier new year. Why cleanse? Cleaning is often used as a way to improve the diet, lose weight, increase energy and improve digestion. Typically, these programs are designed to support the body’s natural cleansing mechanisms in the removal of toxins. This is important because toxins accumulate in the body and poor nutrition contribute to ill health and chronic disease. Our industrial world exposes us to thousands of chemicals and pollutants through the air, the water supply and our foods. Evidence suggests many of these chemicals can alter or disrupt our immune, endocrine, nervous and reproductive systems.

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For more information contact (619) 829-7739. Sponsored by the Foundation for Wellness Professionals.
**What is a Geriatric Care Manager?**

A geriatric care manager is a professional who specializes in assisting older people and their families in meeting their long-term care arrangements. Geriatric Care Managers develop an individualized care plan, providing for immediate support and long-term needs. Care Management may locate and arrange for services, screen and assist in hiring providers for home care, home maintenance, meals, transportation, pet care and other services. Care managers may accompany clients to medical appointments, will coordinate services, monitor health and other care providers, periodically reassess the client and are available for telephone assurance. All this is in an effort to maximize independence and autonomy and make it possible for adults to stay at the least restrictive level of care, often in their own homes.

Innovative Healthcare’s Care Managers are Registered Nurses and are licensed through their professional associations. At Innovative Healthcare they have a bachelor’s degree or equivalent training in gerontology, social work, nursing or counseling. They are also members of the National Association of Professional Geriatric Case Managers (NAPGCM).

Why would you use a Geriatric Care Manager? You would use one when you have serious concerns about a frail or disabled adult and need information and assistance to ensure safety, independence and quality of life. You would use one when they have no family living nearby. Geriatric Care Manager’s care here to help – not as a replacement for family but as an extra member on whom you can rely to advocate for you. She is a professional who knows how to determine needs and link you to appropriate services to make for peace of mind.

For more information, call us at (877) 731-1442 or visit our website at www.innovativehc.com.

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

The latest study focused on the intensity of the workout and the number of calories burned by study participants. Results correlated directly to the fitness level of the participants and the intensity at which they exercised. Fitness level is crucial data that correlates directly to the maximum number of calories a person is capable of burning in a given period of time. The least fit women in the study burned between 164 and 238 calories in 30 minutes. “The important thing to note here,” said Kreider, “is that these women were working at 80 percent of their maximal oxygen uptake, so they simply could not have burned any more calories in 30 minutes with this or any other workout.” And the fittest test subjects?

“They burned as many as 522 calories in 30 minutes,” said Kreider. “As you progress and become more fit, your capacity for burning calories increases.” So what’s the bottom line? “The Curves workout is unique in that the intensity can adjust automatically to the fitness level of the person doing it,” said Kreider. “Not only does it help women stick with the program, but it helps them avoid injury while still permitting them to make substantial gains in weight control, fitness, and overall health.”

Curves Sports Arena

Burn more than 500 Calories in 30 min.

**MEETING ANNOUNCEMENT**

Please join us for the bi-monthly meeting of the Airport Noise Advisory Committee

**San Diego International Airport**

**Wednesday, January 21, 2009**

4:00–5:30 p.m.

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

Park in pay lot — bring ticket for validation

**Future Meeting Date**

April 15, 2009

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(619) 400-2781 FOR DIRECTIONS

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Informal gatherings every evening of the week.

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Or join us on Sunday at the

**San Diego Bahá’í Center**

6545 Alcala Knolls Dr. (Off Linda Vista Rd)

9:30 am – 10:00 am | 10:30 am – 12:00 pm

Multi-Faith Devotional Program

Please call 858-268-3999 for more information and visit our websites:

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**Informal gatherings**

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San Diego Community Newspaper Group

**Be part of the 08-09 Visitor’s Guide!**

For more information call

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858-270-3103

San Diego Community Newspaper Group
Tuesday, Jan. 19, 2 to 7 p.m., Sharp Cabrillo Senior Resource Center hosts a certified nurse from Sharp Cabrillo Medical Staff Conference Room, 3475 Kenyon St. Registration is required by calling (800) 827-4277.

Thursday, Jan. 22, 8 a.m., Sharp Cabrillo Senior Resource Center hosts a session on “Negative Impact of Hearing Loss. The forum takes place at the Sharp Cabrillo Medical Staff Conference Room, 3475 Kenyon St. Registration is required by calling (800) 827-4277.

Thursday, Jan. 22, 10:30 a.m. to noon, Sharp Cabrillo Senior Resource Center and the CLICS office host a free support group for caregivers, family members and friends of patients with Alzheimer’s Disease. The public is welcomed, no registration is required and there is no cost. For information, call (619) 221-3776.

Wednesday, Jan. 21, 1:30 to 2:30 p.m., a certified nurse from Sharp Memorial will discuss “Uterine Incontinence: Causes and Treatment.” The event takes place at the Sharp Cabrillo Medical Staff Conference Room, 3475 Kenyon St. Registration is required by calling (800) 827-4277.

ARTS & ENTERTAINMENT

Sunday, Jan. 17, 4 p.m., Music on the Point featuring Courty Nose: The event takes place at All Soul Episcopal Church, 1475 Catalina Blvd. Admission: $30 donation is suggested. For more information, call (619) 223-6394 or visit www.sallsouls.com.

Jan. 16, 17, 22, 23 and 24, 6:30 p.m., the Point Loma High School (PLHS) Thespian Society presents the comedy classic “Arsenic and Old Lace” at the PLHS Performing Arts Center, 2316 Chatsworth Blvd. Tickets are $16 at the door and are also available through will-call by calling (619) 223-3121, ext. 4509.

Thursday, Jan. 22, 7:30 p.m., Holy Trinity Concert Series featuring Scottish folk singer Jim Malcol-

m. The event takes place at the Holy Trinity Parish, 2083 Sunset Cliffs Blvd. Tickets are $15. For more information, call (619) 222-3066 or visit www.holytrinitysh.com.

VENUES

Cane’s Bar & Grill, 3105 Ocean Blvd., is featuring the following: Today, Jan. 8, 8 p.m., Candie Graham working with Jasmine Johnson Trio, Strike the Design and Moontucky Risins’. Tickets are $8.

Friday, Jan. 9, 9 p.m., Lighthouse (journey tribute band) performs with Jumping Jack Flash (Rolling Stones tribute band) and Hot August Night (Neil Diamond tribute band). Tickets are $12.

Saturday, Jan. 10, 9 p.m., Fishbone performs with OOM (members of Slightly Stoopid, B.Tuumor-
dation and John Fischel. Tickets are $15.

Wednesday, Jan. 14, 8 p.m., After the Crash performs with Silent Treatment. Tickets are $10 in advance or $12 at the door.

Thursday, Jan. 15, 8 p.m., Tribal Therapy performs with guests. Tickets price are available.


Saturday, Feb. 7, Smokey & the Bandit’s blue bin returns for 23rd sea-

on with “On the Edge,” featuring a cast of Olympic, world and international champions, including Olympic silver medalist Sasha Cohen, Olympic gold medalist Oksana Masters and Olympic champion and John Fischel. Tickets $12.

Saturday, Jan. 10, 9 p.m., Nuco performs with Vokal Kom-
pny and R D Rock. Tickets are $17 in advance or $20 at the door.

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

The Peninsula Beacon

THE PENINSULA BEACON

JANUARY 8, 2009

THURSDAY

CALENDAR

CSCCD

• Thursdays, 10 a.m. to noon, San Diego Community College’s Continuing Education Department offers free Ongon class, an ancient Chinese path to health. Classes take place at 1520 Ford-

ham St. “A building conference center. Walk-ins welcomed. For more information, call (619) 221-6973.

ST. CHARLES BORROMEO

• Today, Jan. 8, 7 p.m., PTG meeting.

• Friday, Jan. 9, 8 a.m., all-

school Mass, pizza lunch for

grade 6 fundraiser; grade 2 food

field trip.

• Monday, Jan. 12, 6:30 to 7:30

p.m., 2010 prospective

gardeen parent orientation and

open house.

• Wednesday, Jan. 14, 6, p.m.,

2nd-grade parent sacramental

preparation in the Parish Event

center.

• Monday, Jan. 26, Surf Club

registration due.

SUNSET VIEW

• Jan. 12, Jan. 26, Feb. 2 and Feb. 29, 9:45 a.m. kindergarten

tours in auditorium. This is an

informational meeting for parents who have children turning 5 by Dec. 2, 2009. In addition to teach-

ers, staff, principal and volun-

tees, nonresidents of Sunset View may obtain Choice and VIEP

applications. For more infor-

mation, call (619) 223-7156.

HEALTH

Monday, Jan. 19, 2 to 7 p.m.,

Gold’s Gym hosts the San Diego Blood Bank mobile at 3156 Sports Arena Blvd. in the court-

yard area. For more information, call (608) 4175545 or visit

www.sandiegobloodbank.org.

SENIORS

Monday, Jan. 12, 11 a.m., Sharp Cabrillo Senior Resource Center hosts "2009 Medicare and IMOs" by Jean Sanderfer, a Health Insurance Counseling & Advocacy Program community specialist. This is an informational meeting at the Sharp Cabrillo Medical Staff Conference Room, 3475 Kenyon St. Registration is required by calling (800) 827-4277.

Tuesday, Jan. 13, 9:30 to 11 a.m., Sharp Cabrillo Senior Resource Center hosts a "2009 Medicare and IMOs" by Jean Sanderfer, a Health Insurance Counseling & Advocacy Program community specialist. This is an informational meeting at the Sharp Cabrillo Medical Staff Conference Room, 3475 Kenyon St. Registration is required by calling (800) 827-4277.

Thursday, Jan. 13, 9:30 to 11 a.m., Sharp Cabrillo Senior Resource Center hosts a “2009 Medicare and IMOs” by Jean Sanderfer, a Health Insurance Counseling & Advocacy Program community specialist. This is an informational meeting at the Sharp Cabrillo Medical Staff Conference Room, 3475 Kenyon St. Registration is required by calling (800) 827-4277.

Thursday, Jan. 16, 7:30 p.m., San Diego Goldie band performs. For more information, visit www.sandiegosports-

arena.com.

Wednesday, Jan. 21, 1:30 to 2:30 p.m., a certified nurse from Sharp Memorial will discuss “Uterine Incontinence: Causes and Treatment.” The event takes place at the Sharp Cabrillo Medical Staff Conference Room, 3475 Kenyon St. Registration is required by calling (800) 827-4277.

Thursday, Jan. 22, 7:30 p.m., Holy Trinity Concert Series featuring Scottish folk singer Jim Malcol-

m. The event takes place at the Holy Trinity Parish, 2083 Sunset Cliffs Blvd. Tickets are $15. For more information, call (619) 222-3066 or visit www.holytrinitysh.com.

Tuesday, Jan. 19, 2 to 7 p.m., Gold’s Gym hosts the San Diego Blood Bank mobile at 3156 Sports Arena Blvd. in the court-

yard area. For more information, call (608) 4175545 or visit

www.sandiegobloodbank.org.
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San Diego Superior Court of the State of California, County of San Diego, Circuit Court of the County on: JAN 08, 2009

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