Don’t let its subservient posturing, fragile exterior and minuscule size fool you. The skeleton shrimp (Caprella californicus), a type of arthropod called an amphipod, adeptly fends for itself. Be it brown, red or very often transparent — depending on its food source — only a discriminating eye might glimpse this tiny crustacean (no longer than an inch) from the plant or animal to which it clings. “Amphipod” is derived from the Greek meaning “feet of both types,” which refers to the critter’s legs that are used for both walking and swimming. The first two clawlike legs are used for defense, cleaning, and capturing food. I spot this creature primarily in clusters clinging to red gorgonians (sea fans), bryozoans (minuscule animals that colonize other plants or algae), various algal species and eelgrass. The shrimp’s bizarre tubular, stick-like body denotes a skeletal structure ideally designed for grasping. Ubiquitous in both the shallow

Praying mantis has underwater kin

BY JUDITH LEA GARFIELD

Adult female skeleton shrimp wears a fuzzy wrap of her newly hatched brood.

Violinist Chelsea Gelboin-Burkhart plays Klezmer music at the UTC menorah lighting ceremony Sunday, Dec. 21. The 8-foot tall menorah, set up by the Chabad Center of University City for the Festival of Light celebration, is one of the largest in San Diego.

TIDE LINES

BY DAVE THOMAS | VILLAGE NEWS

It’s off to the playoffs after Bolts send Broncos packing

Philip Rivers set the Chargers single-season club record after Sunday’s home game against the Broncos for most TD passes with 34 and highest passer rating at 105.5.

A Christmas miracle came to San Diego, just a few days late. Looking like the team many had projected at the start of the season to reach the Super Bowl, the San Diego Chargers dismantled rival Denver Sunday evening at the Q, 52-21, stamping their ticket to the AFC playoffs.

While winning the AFC Western Division seemed out of reach only three weeks ago, the Chargers overcame a three-game deficit to catch the Broncos, sending Denver to one of the more recent great choking episodes in NFL history. Denver had held a three-game lead with three to go, but fell in succession to Carolina, Buffalo and San Diego.

San Diego (8-8), which captured its third straight AFC West crown

One University City man’s tragedy touched film producers Robert Lenney and Ryan Humphries, so the duo will begin their own donation process starting tonight at 7:30 p.m., during the premiere of their latest film, “Sounds.”

UC resident Dong Yon Yoon lost his family Monday, Dec. 8, when a military pilot ejected from an F/A-18 Hornet aircraft that developed engine trouble on its way to MCAS Miramar. The plane crashed into Yoon’s UC home, killing his wife, two daughters and mother-in-law.

Military officials called the accident involving their “workhorse” aircraft rare — but it changed the direction of Yoon’s life. Now two movie producers say they want to aid the South Korean immigrant, telling moviegoers they will donate part of proceeds from their

From The San Diego Union-Tribune

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Finding Homes is One of Our Pet Projects
And Everyone Needs a Home for the Holidays
Adopt a pet this holiday season. Make a friend for life.

The Lams' "Home 4 the Holidays" pet adoption drive, now in its 10th year, started at Helen Woodward Animal Center and involves over 3,484 shelters in 17 countries. Each animal adopted during the drive "goes home" with a starter packet, including pet food and other accessories. All pets have been neutered or spayed and have their vaccinations.

You can view these and more available pets at www.animalcenter.org. Then call or visit Helen Woodward Animal Center, 6461 El Apajo Rd., Rancho Santa Fe (858) 756-4117, and take this page with you to help you choose your new friend. Make someone happy today. You'll both be glad you did.
One of the area’s best-known monuments is getting a new look thanks to a painting company based here in California.

The Mt. Soledad Veterans Memorial Cross in La Jolla has been undergoing a freshening up and is set to be on display with its new look this week.

The 29-foot Mt. Soledad cross was erected in 1952 as a tribute to Korean War Veterans and has been severely weatherbeaten by wind, sun and rain over the past 40 years.

While this refurbishing would often cost thousands of dollars, the good news for those involved with the cross is that the price tag for the work is $0.

The cross’ surrounding base and wrought-iron fence are being completely repaired and brightened with top-quality products as a pro bono project of Bay Cal Painting Inc., which has offices in Ocean-side, San Francisco and Fresno.

Bay Cal Painting selects one community project a year that their staff donates time and materials for complete repair. Among their past projects include the Hillcrest, La Jolla, La Jolla Capistrano and San Luis Rey and the famous Hollywood sign.

In August 2006, as members of the Bay Cal Painting Company, including principals and brothers David and Jim Codde, were traveling along Interstate 5, they heard that the Mt. Soledad Memorial Cross was due to be restored. David Codde noted that it is particularly rewarding to restore the cross that was originally constructed to honor Korean War veterans because his father, Chandon William Codde, now deceased, was a Navy veteran who served during the Korean War.

The association installed 500 feet of guardrails, including vertical railings that go all the way to the cross platform, and horizontal guard railings along the concen-tric walls where black granite plaques including an image of the veteran have been installed to honor U.S. veteran of all wars, living and deceased, from the Civil War to current conflicts in the Middle East.

Bay Cal staff used a 60-foot boom to reach the top of the 29-foot cross, which sits upon a 12-foot platform, surrounded by a wrought-iron fence.

Bay Cal worked with suppliers to donate materials, including Frazee Paint, PCI Coatings, which donated a two-part black polyurethane metal paint for the wrought-iron fence, and Desert Brand Paint, which supplied the materials for the steps at the base of the cross, to be painted forest green. After-Hours Welding of San Marcos also contributed its time for the welding work.

While this round of work is finished, Bay Cal Painting not only agreed to the painting project, it also offered to maintain the paint for the next 20 years, just as it did with the Hollywood sign.

Ed Ward, trustee president and COO of the association, noted that the association was extremely encouraged to see the progress being made toward the restoration and completion of this nationally recognized veteran’s memorial.

“With these immediate repairs, we immediately made an about-face to head to the mountain top and assess the project,” Codde said. “Shortly thereafter we sent a proposal to the city of San Diego offering our service.”

That proposal was obtained by the Mt. Soledad Memorial Association, the founders of the memorial, which now has the authority to complete and maintain the memorial through a memo of understanding with U.S. Navy Region Southwest, which manages and oversees the memorial site for the Federal Government.

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“With these immediate repairs, more restoration and the installation of addition guardrails for the safety of our visitors. The painting and repairs donated by Bay Cal Painting is one of the most visible acts of generosity we have recently received.”

Ward noted that the association members, and the veterans community in general, are greatly encouraged to see the progress being made toward the restoration and completion of this nationally recognized veteran’s memorial.

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“With these immediate repairs,
Driver ejected after car rolls into Rose Canyon

An Escondido man was killed after being thrown from his vehicle in a single-car accident on La Jolla Parkway Sunday, Dec. 28, at approximately 2:13 a.m.

According to the County Medical Examiner’s office, Michael Maala Serrano, 28, was driving a Lexus LS-430 westbound, when for unknown reasons, the car overturned and rolled several times, ejecting Serrano. Two male passengers were treated for minor injuries.

City announces Christmas tree recycling sites

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
• University City, Swanson Pool, 3565 Governor Drive

Tree stands, lights, ornaments and all decorations should be removed before dropping off. Trees sprayed with fake snow, known as flocked trees, will also be accepted. The city is also reminding residents to not 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 at the curb for pick-up. The city began the tree-recycling program 35 years ago to help reduce the amount of organic material being dumped in the Miramar Landfill. Now the trees, along with other yard waste such as grass clippings, are either turned into compost, mulch or wood chippings used for a variety of programs.

New Americans Museum to feature new exhibit

The New Americans Museum at Liberty Station will be presenting a unique exhibition chronicling the Jewish experience in the United States. “From Haven to Home: 350 Years of Jewish Life in America” will be shown in the New Americans Museum Annex, located at 2861 Historic Decatur Road, NTC Landing at Liberty Station. The exhibit will run Dec. 5 through March 1, 2009.

“From Haven to Home” presents a captivating opportunity to recount the American portion of Jewish history, covering the journey from persecution to participation, beginning with the original 23 refugees who landed in 1654 to today's growing and vibrant population.

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

Killer sent to death row for UC man’s murder

The convicted killer who shot to death a University City mortgag broker and an Ocean Beach liquor store clerk was ordered to death Monday by a judge who followed the jury’s recommendation of the death penalty.

San Diego Superior Court Judge Michael Wellington signed a death order for Tecumseh Colbert, 25, during a sentencing for the 2004 slayings of Robert Hammes, 45. Wellington reminded the court that death penalty cases are given an automatic appeal before the California Supreme Court.

“It is the judgment and sentence of this court that Tecumseh Colbert shall be put to death,” Wellington said during his ruling.

Colbert, of University City, was shot to death on Oct. 29, 2004. His brother LaBron McCamey traveled from Alabama to attend the sentencing.

“I ask the court that whatever is done with this young man here that he never gets the opportunity to do this to anyone else,” LaBron McCamey said tearfully.

“Mr. Colbert, find God in your life ... because as of right now, that’s all you got left,” LaBron told Colbert in court.

Hammes was a homeless man who was filling in as a clerk at the Prime Market Liquor store on Voltaire Street when he was confronted by Colbert, who was wearing a Halloween mask, on Nov. 10, 2004. Hammes didn’t give Colbert any money and instead walked toward him before being shot in the chest. The store’s security camera recorded the sound of the shot but not the actual shooting itself. Colbert walked backward out of the store after shooting Hammes and fled.

Colbert, who is from the North Bay Terraces area, blamed the “broken” juvenile justice system for his actions.

“I was just stuck in a world of my own and I was mentally dead,” said Colbert, who was dressed in a green jail uniform. The judge fined Colbert $10,000, and ordered him to pay $7,483 in restitution to the McCamey family. Wellington noted that Colbert has been in jail since his arrest four years ago, but is not enti-
University of California, San Diego (UCSD) researcher Dr. Kim Prisk is involved in studying the possible effects that lunar dust has on astronauts visiting the Earth's moon.

Astronauts’ good health may depend on the amount of exposure to dust particles. To prepare for another journey back to the moon (scheduled before 2020), researchers within the National Space Biomedical Research Institute (NSBRI), including Prisk, are evaluating how moon dust is deposited in the lungs in reducing or removing the dust to hope to better understand possible long-term negative effects on the health of the astronauts.

Findings could influence the design of lunar bases. Secondly, findings could contribute to better healthcare here on Earth, such as the potential for delivery of aerosol medications to the lungs. Prisk, who has been working on spaceflight research at UCSD in some form since 1983 and is also involved with the NSBRI, said there are major questions that need to be answered as we approach sending other humans to the moon.

How do we know that our own moon is safe if there is such an adverse effect on humans?

“We infer that,” Prisk said. “None of the long-term studies have showed adverse effects, but comparisons with the exposure of three children. He graduated from Miami University in Oxford, Ohio (KUMC) — the Yoon’s church. Lenney and Humphries said that previous studies on Earth showed adverse effects, but comparisons with the exposure of three children. He graduated from Miami University in Oxford, Ohio.

“Sounds” premieres Tuesday, July 9 at 10:15 a.m. at the Beverly Hills Hi-Def Film Festival, 1050 N. Harbor Dr. (Front of Broadway), San Diego. The next step, Prisk says, is to find out exactly how many actual-
**LA JOLLA VILLAGE NEWS**

**A WEEK ahead**

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**EVENTS**

- **La Jolla Sunrise Rotary Club**: 6:58 a.m., La Jolla Shores Hotel, 8110 Camino del Oro, 459-8271, 615-2154.
- **San Diego Business Connection**: 7:15-8:30 a.m., Coco’s, 4280 Nobel Dr., (619) 681-1910.
- **La Jolla Bridge Club hosts Duplicate Bridge**, also Sundays and Wednesdays, noon, 1160 Coast Blvd., $2/non-members, 459-7000 or 456-1909.
- **JCG Bridge, dart/ovary bridge 1**, p.m., 4126 Executive Dr., 36-1114.
- **La Jolla Kiwanis Club**, noon-1:30 p.m., La Jolla Presbyterian Church Social Hall, corner Eads and Kline, members and guests only. call Caran for info, 454-7713.

**TUESDAY, JAN. 6**

- **LeTip Golden Triangle, 7 a.m., Coco’s, 4280 Nobel Dr, 278-3334.
- **Qi Gong classes, 10 a.m.-noon, Hospitality Hall, United Methodist Church, 6602 La Jolla Blvd., free, (619) 224-7479.
- **Joy-Dance-Yoga, a chance to burn calories and relax**, 11 a.m., La Jolla Bridge Club, 1160 Coast Blvd, $20 per session, $80 for eight weeks, 456-9964.
- **Toddler/Preschool storytime, 10:30 a.m., Rifford Library, 7555 Draper Ave., free, preschool groups must call ahead, 552-1655.
- **Boys lacrosse clinic, sponsored by the La Jolla Kiwanis Club**, Saturday, Jan. 3, 7-10 a.m., La Jolla High School field, $20 per session, $80 for eight weeks; (Ages 5-18, also Jan. 7, 4-7 p.m., Carandale, 2085 Expedition Way, $8, 534-3624.

**WEDNESDAY, JAN. 7**

- **Golden Triangle Business Network International, 7-8:30 a.m., La Jolla Presbyterian Church, 6708 Eads Ave., 453-0187.
- **Torrey Pines Kiwanis Club, Noon-1 p.m., meeting site alternate, check Web site, visitors welcome, 826-6200 or http://wwwkiwanisinternational.net/la_jolla.
- **La Jolla Rotary Club, noon-1 p.m., meeting site alternate, check Web site, visitors welcome, 826-6200 or http://wwwkiwanisinternational.net/la_jolla.
- **Girl Scout Troop 506 meeting**, 1 p.m. at 826-6200 or http://wwwkiwanisinternational.net/la_jolla.
- **Boy Scout Troop 506 meeting**, 6:30 p.m., La Jolla Methodist Church, 6602 La Jolla Blvd., Mark Pulliam, 483-3642.

**THURSDAY, JAN. 8**

- **La Jolla Kiwanis Club**, noon-1 p.m., La Jolla Presbyterian Church, 6063 La Jolla Blvd., free, 619-221-6973.
- **La Jolla Toastmasters of the Cove, 6:15 p.m., La Jolla Community Center, 8175 Regent Rd.,
- **www-tmcove.com**

**FRIDAY, JAN. 9**

- **La Jolla Sunrise Rotary Club**. 6:45 a.m., Radisson, 3299 Holiday Ct., 488-2559.
- **San Diego Blood Bank bloodmobile**, 11 a.m.-4 p.m., La Jolla Village Square near California Pizza Kitchen, 8657 Villa La Jolla Dr., 800-4MY-SDBB.
- **La Jolla Bridge Club hosts Duplicate Bridge, also Sundays and Wednesdays, noon, 1160 Coast Blvd., 2/member-months, 459-7000 or 456-1909.
- **JCG Bridge, dart/ovary bridge**, 1 p.m., 4126 Executive Dr., 36-1114.
- **La Jolla Kiwanis Club**, noon-1:30 p.m., La Jolla Presbyterian Church Social Hall, corner Eads and Kline, members and guests only. call Caran for info, 454-7713.

**SATURDAY, JAN. 10**

- **Boys lacrosse clinic, sponsored by the La Jolla Kiwanis Club**, Saturday, Jan. 3, 7-10 a.m., La Jolla High School field, $20 per session, $80 for eight weeks; (Ages 5-18, also Jan. 7, 4-7 p.m., Carandale, 2085 Expedition Way, $8, 534-3624.
- **Support groups for relatives and friends of the severely mentally ill, 7-15 p.m., Life Center Building, La Jolla Presbyterian Church, 6708 Eads Ave., 453-0187.

**SUNDAY, JAN. 11**

- **Improve speaking and leadership skills with Toastmasters, noon-1 p.m., meeting site alternate, check Web site, visitors welcome, 826-6200 or http://wwwkiwanisinternational.net/la_jolla.
- **La Jolla Bridge Club, partner required, 7 p.m., 4126 Executive Dr., 826-6200 or http://wwwkiwanisinternational.net/la_jolla.

**MONDAY, JAN. 12**

- **Bike/Walk 20**, 8:45 a.m., French Pastry Café, 2030 Ladera Dr., $12-15, 615 Prospect St., 456-9964.
- **Torrey Pines Rotary Club, noon, Sheraton Hotel, 3299 Holiday Ct., 583-0070.
- **Progressive bridge, some Sundays also; no partner required, 12:30 p.m., Florence Fido Adult Center (50 and up), 6811 La Jolla Blvd., 619-224-0070.
- **Spiral Flexibility and Mediation, all levels, La Jolla Cove Bridge Club, 1160 Coast Blvd., $15 one person, $20 two people, 456-9964.

**TUESDAY, JAN. 13**

- **La Jolla Sunrise Rotary Club**. 6:45 a.m., Radisson, 3299 Holiday Ct., 488-2559.
- **San Diego Blood Bank bloodmobile**, 11 a.m.-4 p.m., La Jolla Village Square near California Pizza Kitchen, 8657 Villa La Jolla Dr., 800-4MY-SDBB.
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**Wednesday, Jan. 13**

- **Golden Triangle Business Network International, 7-8:30 a.m., La Jolla Presbyterian Church, 6708 Eads Ave., 453-0187.
- **Captains’ Quarters Cocktails, 19 Exotic Beers**

**Happy Hour**

**Charger Fan Central**

**GRAND OPENING**

**Charger Fan Central**

**GOOD FOOD & COLD BEER**, 223-3030.

**DECEMBER 30, 2008**

**TUESDAY**

**GOOD FOOD & COLD BEER**, 223-3030.

**BEER & BRITISH STYLE BISTRO**

**2614 Shelter Island Dr.**

**FREE DINNER FOR 2**

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**GOOD FOOD & COLD BEER**, 223-3030.
POINT LOMA NAZARENE UNIVERSITY (PLNU) was honored last week (NOV. 10) with an Orchid Award for Sustainable Design. Each year, the San Diego Architectural Foundation hands out “orchids” and “onions” for what it views as the best and worst designs. This year’s orchids are awarded to PLNU’s solar project, which initiated partly from a student research project, is the latest step in a series of efforts to make the PLNU campus more sustainable, starting with the establishment of a comprehensive single-stream recycling and food composting program in 2003.

The amount of particles entering the lungs depends on how much effort is put into filtration and dust mitigation, which is the whole point of the studies: to decide what is required,” Prisk said. “But, particle concentration is in the 10s of thousands per centimeter cubed of air are not unreasonable to expect in some circumstances. Considering even a relatively shallow breath might be 500 cm³ and you breathe, say, 15 times per minute, the numbers are large. In the millions.”

How can exposure to such potentially toxic dust be minimized in the long run?

“It all comes down to how much effort needs to be put into dust removal,” Prisk said. “If hours have to be spent in decontamination, then that is a significant impact in a mission model that has lunar surface activities happening five days a week.”

On the other hand, Prisk said, if a quick clean-down is possible and adequate, then that really helps and moves things along.

“It depends how toxic the dust is. This is under study currently by several NASA teams,” he said. “How long particles detected in the lungs in low-gravity stay there determines how much exposure astronauts can be exposed to. This is a new study of ours.”

In the long run, lunar dust and its effects is just one consideration for future moon travel.

Astronauts inevitably will be exposed to some lunar dust. The question is just how much.
Prop 8 denies marriage but not couples’ rights

The letters from Mary Raye and Heather Snyder (More views on Prop 8, La Jolla Village News, Dec. 23) have it exactly right — same-sex marriages should be allowed to gay couples on the same basis as any other couples on the other side. It's the “elephant in the room” that no one has been talking about in this lengthy, contentious process.

That’s why letter-writer R. J. Young (More views on Prop 8, La Jolla Village News, Dec. 23) is mistaken when he argues that same-sex marriage is precisely the same as traditional marriage.

The confusion in terms which have been used to combat marriage for gays is a result of being too general, too broad, and too simplistic in our use of language.

It seems this letter writer is suggesting that people who cannot produce a child “naturally” should not be able to marry because marriage is for procreation only. If that is the case, perhaps we need to rethink allowing infertile couples to marry, and those who cannot produce children must submit to a DNA test in order to prove that the child did, indeed, come from their egg and sperm and if not, their marriage

Prop 8 denies marriage but not couples’ rights

between two men or two women can ever result without the direct assistance of a third person (a sperm donor or a surrogate mother, as the case may be).

And Prop 8 is only designed to deny gays the right to marry, not to “discriminate” against a marriage. It does absolutely nothing to deny them all the other rights of married couples.

In California, the Domestic Partners Act some years ago gave gay couples all the rights of the partners in same-sex marriages. In federal eyes, it was worthless to either partner.

An analogy may be made to the equal rights for women, which has finally come to fruition in the United States. Women have now, for the first time in our history, the legal right in the U. S. that men have had for many years ago gave gay couples all of the other rights of married people. The areas in which they have not equal rights are entirely those covered by federal law (Social Security benefits, federal income tax, etc.) and being able to call their union a “marriage” does not change that in federal eyes.

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The root cause of voting yes on Prop 8 was ignorance.

Whether it was an attempt to apply a label (marriage) which for many hundreds of years has meant only unions of heterosexual couples and apply it to something which is fundamentally different. While it is true that not all traditional marriages result in childbirth, a fairly high percentage in fact produce natural children and many other couples who are capable of producing children simply choose not to. On the other hand, it is crystal-clear that no “marriage

Root cause of voting for Prop 8 was ignorance

was able to adapt to accept that they cannot marry and, after all, the adopted child would never have the birth parents DNA and that’s not “natural.”

God, if one had truly been able to follow your simple rules such as “Do unto others as you would have them do unto you” and not let ye judged, then their basic “right” to “pursue happiness” should be struck down. And I thank you, Lord, for giving me the opportunity to let you judge my right. Now, could we put it to a vote?

Cherry Delazere
Ocean Beach
Leslie Anderson, a University City resident and communityangel, has spent the last several years looking at University City High School’s (UCHS) athletic fields in need of upgrades. Leslie’s two daughters matriculated through the local high school, but even after their UCHS graduations, Leslie continued with her goal of getting these 30-year-old fields in 21st-century condition. Leslie gathered around some talented U.C. residents, including Greg Zinsner and John Hargrove and Jim Winter. She involved the former City Council President Scott Peters, and she also sent out an SOS to developers.

“Jim Winter and Madeleine Baudoin from Scott Peters’ office were helpful from the city side of things. Jim always made sure that our project was included in the monthly meetings regarding joint use of the fields,” according to Anderson.

She found a friend in Mike Price, the UCHS principal, and she also got lucky that in spite of our economic downturn, San Diegans passed Proposition S. “The best thing about this funding coming from Prop S is that the school now becomes the custodian of the track and football stadium. This move should help eliminate some of the angst about the stadium lights, because the hours of operation will be significantly less. The fields will still be available to the community but at the discretion of the school district and not the city,” Anderson added.


How would you spend $25 million at U.C. High? Besides upgrading the fields, the Proposition S funds of will improve health, safety and security issues and access for disabled students.

“Our technological backbone is going to be strengthened with a full high-speed wireless Internet with sufficient bandwidth to handle instructional items well into the next decade,” Price reported.

The heating and air conditioning systems also will be renovated. Since security is a major concern at schools, additional security cameras will be installed, while upgrades for existing cameras will occur.

Leslie’s dream of a first-rate athletic fields and courts project will consume a major portion of the funding. The football field will see an artificial playing surface and an all-weather track surface, stadium lighting, handicap-access bleachers, a scoreboard and even enhancements to the snack bars. The upper fields will have some renovation in surfaces, safety and access, although they will not be included to the extent that we have designed in the campus master plan,” according to Price.

The Centurion Foundation, the City of San Diego and the North U.C. Planning Group will host a capital campaign in the future specifically designed to open access to the upper fields to the community. Upper fields host soccer, baseball, field hockey and softball teams. Lacrosse, gaining popularity with students, is played on the stadium field.

Although Price is not at liberty to share a detailed timeline until approval by the Board of Education, work should begin in the near future and continue for several years. After 30 years of heavy use, UCHS needs a facelift on these athletic fields. Who doesn’t want to play a home game on a state-of-the-art field?

Price is quick to point out that University City is “woefully under-parked” and needs more recreational space for children and adults. A probable joint use of upper fields, similar to Standley’s joint use with Spreckels Elementary and Standley Middle School, should be motivation for the city to move this project along even in these uncertain economic times.

Leslie is not one to seek the spotlight, but she proves the difference one person can make in this world. She saw a need, focused her energy on it and involved talented, committed people. Those in charge should name the field after her — AMTRACK. Anderson miracle Track.
Cholesterol alert! Acres of delectable sweets were spread through each room of the stunning Senyei home, where the 25th St. Germaine Silver Tea was held. Just as sweet were the plethora of cash-filled envelopes tossed into the traditional silver bowl gracing the entranceway, money which is used to benefit children who have been abused and/or abandoned. Adding to the bonhomie were the raffle tickets, entitling winners to dining certificates and other goodies. Pacific Beach’s The Fishery alone provided a dozen or so. Luxury was available for the highest bidder, Kathy Abell; a stay at the 4,000-square-foot Maui home of Kathryn Murphy and Lance Peto, which had taken two years to complete. When all the guests left after this charitable and delicious afternoon, Noni bustled into her kitchen and whipped up some Bloody and Virgin Marys for all the chairs as they toiled at tallying the take and chose raffle winners from the bowlful of tickets. (Other photos with this column are from the La Jolla Newcomers gala — more coming anon.) And, by the way, whether or not you won, have a happy, healthy New Year!

Silver Tea
1. Terry Cooper and Noni Senyei.
3. Kathy Abell, Kathryn Murphy and Sandra Miller.
4. Carol Winter, Dolores Smith and Karin Cammies.
5. E. Mae Sparks, Mary Ruth Evry, Bebe Carlisle and Maisie Barber.
7. Eline Broadnax (someone’s in the kitchen with Dinah).

Newcomers
8. Paul and Doris Sutton (lovebirds for 62 years) with Jeff Wissler.
9. Marines Timothy Carl Lewis and Christopher Marcia.

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Anita O’Day’s name may have faded into obscurity with the youth of today, but many fans remain as holdovers from the 1950s. O’Day ranks right up there with jazz singers Ella Fitzgerald, Sarah Vaughan and Billie Holiday. Now, the new film from Robbie Cavolina, Ian McCrudden and AOD Productions has fashioned an informative and fascinating look at the lady who became one of America’s greatest vocal artists. In “Anita O’Day: The Life of a Jazz Singer,” we see the innovative artist without makeup (sometimes literally) with all her charms, quirks, failings and triumphs.

But before all the drug taking, O’Day was an innovative girl singer who started out with Gene Krupa’s band and could only sing one song because that’s all she knew. She later added Louis Armstrong, Stan Kenton, Roy Eldridge and Hoagy Carmichael to her list of musical geniuses with which she sang. She was also generous in her musical introductions. She had originally found “Vaya Con Dios” and gave it to Les Paul and Mary Ford. It became a smash for the guitar duo and sold more than three million copies. She also found “Tennessee Waltz,” which became a hit for both Les and Mary and Patti Page.

Old films of Anita performing on Dick Cavett’s show or the CBS morning show with Bryant Gumbel look quaint today, but she had the chops until the end of her life at 84. She lived her life the way she wanted to and never let “them” take away her joy of living. “The Wrestler” didn’t sound like my cup of tea, but after seeing Mickey Rourke’s extraordinary performance, this reviewer became an instant fan. Although brutal in feeling and overall look, the film is a tough, touching look at a has-been wrestler who was once big and is struggling to make a comeback.

Rourke is perfectly cast. Just as sometimes stars are at the right time in their lives and careers for a certain part, this tale of a broken down man on the edge of disaster at the right time in Rourke’s nearly destroyed career. Director Darren Aronofsky carefully cast his film with Rourke as the wrestler and Marisa Tomei as a sympathetic stripper who befriends him. Marisa’s career has been up and down since she won a Best Supporting Actress Oscar for her work in “My Cousin Vinny.” But she redeems herself in this part of a good-hearted pole dancer who is kind to, but is reluctant to get too close to, Rourke’s character. Evan Rachel Wood does outstanding work as Rourke’s estranged daughter. Fox Searchlight.

“How About You” was brought to our attention as one of the holiday releases that should be of interest to mature audiences. Although not screened at press time, the story sounds charming and endearing as only an Irish and British production can be. Haley Atwell (“Brideshead Revisited”) plays Ellie, a woman who takes on the challenge of becoming a caregiver for the grumpy residents of a home for the elderly in rural Ireland. Ellie encounters such characters as Vanessa Redgrave, playing an old, has-been actress, who breaks into song at the drop of a hat. Great screen character actresses Imelda Staunton and Brenda Fricker add to the hilarity of this charming, warm, funny film. Strand Releasing.
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Kitima Thai
One could describe Kitima as unique, extraordinary and superb, and still fall short of describing it properly. Located in San Diego’s artistic Hillcrest area and also overlooking the water in La Jolla, Kitima takes pride in serving authentic Thai cuisine using only fresh and natural ingredients. The menu features an impressive array of organic vegetarian, seafood, poultry and pork entrees. Several house specialties, such as the Evil Prince (fresh prawns steeped in red curry sauce), sets the standard by which all Thai cuisine should be judged. The desserts are homemade, including the wildly popular coconut ice cream. The dining room, design by owner/architect/chef Troy Bushyke, features a beautiful blend of Asian sculptures and colorful wall murals, giving it a refreshingly relaxed feel. The service (led by Troy and his wife Kitima) is excellent, and guests immediately feel at home in the intimate and romantic atmosphere.

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Missoni shows off its line at two December events

By DIANA CAVAGNARO | VILLAGE NEWS

Missoni, the iconic fashion house, brought the 2009 Missoni Summer Collection to San Diego for two days. The first was a private event on Dec. 10 chaired by Joan Waitt and underwritten by Nordstrom. The evening began with an elegant cocktail party at Waitt’s La Jolla home. An on-site boutique was set up with shopping for all the guests. The tent was filled with a sea of vivid colors and designs, as many of the shoppers were all decked out in Missoni. The evening culminated with a well-orchestrated runway show that was identical to the one shown in Milan, including the same music and lighting. It was a thrill to have such a high-caliber show in San Diego.

This Italian fashion house is a family affair consisting of three generations. Rosita and Ottavio (Tai) Missoni began this fashion dynasty more than 50 years ago. The factory is one hour from Milan, and everything is made in Italy. They have developed a successful business by specializing in knitwear. Each garment is a work of art and no two are identical. The fabric, which is light as a feather, takes approximately an hour to produce two meters and then is finished with intricate handwork. Their craftsmanship is impeccable. Missoni’s signature palette looks like a kaleidoscope of color and geometric designs.

Proceeds for the night went to the Center for Community Solutions. This nonprofit agency offers a complete range of sexual assault and domestic violence prevention and intervention services. For more information visit www.ccssd.org.

On Dec. 11, the Nordstrom department store in Fashion Valley held a trunk show with the Missoni 2009 Summer Collection. Ambassadors Vittorio and Margherita Missoni were on hand to greet all the shoppers. Vittorio is the son of Rosita and Tai Missoni and is in charge of institutional affairs. Margherita is the granddaughter and muse of Missoni. You may have seen her face in the perfume ads, Missoni Acqua Frangrance. Many celebrities have been sighted sporting Missoni, such as Madonna, Jennifer Lopez and Cameron Diaz. Most recently, Nicole Kidman was pictured in an Italian newspaper wearing Missoni. If you missed any of these events, stop by Nordstrom and take a peek at Missoni’s innovative designs.

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(Clockwise from top left) Models show off the Missoni 2009 summer collection at the Missoni Runway Fashion Show at Joan Waitt’s home Dec. 10.
Margherita Missoni (left), Nordstrom general manager Jennifer Wheeler, Vittorio Missoni and Pete Nordstrom discuss Missoni’s new vivid designs at the recent runway event.
Models show off a few of Missoni’s new designs at the Nordstrom Fashion Valley Missoni trunk show.
Joan Waitt (left) and Nordstrom regional manager Nora Cummings smile for photographers at the Missoni trunk show.
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Reserve, C. californicus bears a

striking resemblance to the land-

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Fitness Together has new look and new attitude

BY BRETT HANAVAN | VILLAGE NEWS

Fitness Together is local and grassroots, which means it has a more dedicated feel to the La Jolla landscape.

Owned by Alan Ezeir, the La Jolla facility recently underwent facility renovations. But, above and beyond, Ezeir, along with general manager John Lenz, decided to kick their business philosophy up a notch.

Instead of just being a gym with sweat, dead-weights and showers, the facility is now focused on approaching clientele with more personalized and focused workouts that help customers achieve long-term health and fitness goals.

In the long run, Fitness Together upgraded its physical presence through renovations, the addition of modern equipment and a focus on health and attitude in the community.

“Alan and I agreed that the gym needed a makeover,” Lenz said.

“We decided to open up our front cardio area to a protein bar and reception area. Training rooms were updated to give our trainers all the supplies necessary to deliver effective workouts every session,”

The two also added a private consultation and evaluation area.

“This helps us track our clients’ results and make sure we are doing our job, which is getting results for our clients,” Lenz said.

Floors were upgraded, walls were painted and several mirrors were added.

“The renovations started in April and were completed over the Fourth of July weekend 2008,” Lenz said. “It was a lot of work, but I could not be happier about how the gym turned out.”

In April of 2008, much had changed for Lenz.

“I actually just finished training a few sessions on that Saturday morning and was driving over to surf with a few buddies at Ocean Beach,” Lenz said.

“I arrived late and they were leaving as I was getting in. It was such a beautiful morning. We were about waist high to chest high.”

Lenz, at that point, said he noticed the tide level was low. He kept paddling out into the waves.

“My third wave of the day, I was riding and the wave closed out on me while I was on the top of it,” Lenz said.

“It threw me forward head-first into the water, slamming the back of my head onto the sand bar.”

Right away Lenz heard a bunch of cracks and thought he’d chipped or cracked a tooth. After that, he blacked out for a second or two.

“I tried to get up but my body was not working so well,” Lenz said.

“My neck and body went numb and I could hardly stand up.”

About ten minutes passed and Lenz finally made his way to a nearby lifeguard tower.

“From there it was four days in the hospital with no guarantees on what my life was about to turn into,” Lenz said.

“On the fourth day, the doctors told me along with my family that I would have to make a full recovery.”

After the accident, Lenz was excited to try and integrate Fitness Together more into the La Jolla community. His health, the health of others and his views on health were challenged.

“You can escape the worst if you live your best every day,” Lenz said, after being told this by his doctors.

“I have more reason than ever to continue spreading that message. It is all about choices: choices of deciding what to eat and how to live each day. After a while those turn into habits, which turn into lifestyle.”

Doctors said that luckily for Lenz he is a personal trainer, a nutrition specialist and in great shape. This aided in his fast recovery.

“Lenz is working on transitioning from his lengthy recovery and has a clearer vision in his life, including his career focus at Fitness Together.”

The renovated Fitness Together facility includes better use of space, reorganized training studios, new flooring and the installation of a protein bar.

“We provide our clients with a protein shake after their workouts so we at least know they are getting this very important post-exercise meal,” Lenz said.

“All of our shakes are custom ordered to what the clients desire.”

Shake ingredients include either chocolate or vanilla protein that has four different types of protein in its mix. There is also fresh fruit available including bananas, strawberries, blueberries and raspberries.

“We believe providing protein shakes helps achieve goals faster by teaching our clients what to consume post-workout,” Lenz said.

Together, Ezeir and Lenz are approaching their grassroots business with a whole new look on life. Unfortunately, it took more than just the renovation to get them there.

Lenz has been trolling and riding Southern California waters for four years. He was born and raised in Buffalo, N.Y., and until he was 23 had a career as a hockey player, including collegiate Division 1 play at Miami of Ohio.

“I played and lived all over the country,” Lenz said. “I moved to California and began working as a personal trainer and Alan was one of my clients.”

Together the two trained three times a week and soon began talking business. And the allegiance and relationship was formed.

During January, Lisa Redwine will feature wines from her favorite country, New Zealand.

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The SHORES
Restaurant
Though 2008 was clearly the year of the musical in San Diego, audiences saw some fine comedies and dramas as well.

In the musical arena, audiences rejoiced at the resurrection (at Tenth Avenue Theatre) of Jonathan Larson’s “Rent.” I haven’t been near the ocean in years, for life, for life. It’s a no-fail philosophy.

Fitness Together is located at 7777 Fay Ave. For information, call (858) 454-7774.

The drama that stands tall over all the others in sheer dramatic wattage and quality, however, is Cygnet Theatre’s production of August Wilson’s “Fences,” starring Antonio T.J. Johnson and Sylvia M’fau Thomson and featuring Mark Christopher Lawrence as Gabriel.

In all, it was another exciting year in San Diego Theatre. Further riches are in store for 2009.

Tom Zohar as a gay GI in World War II, and Broadway San Diego thankfully brought in two marvellous Broadway musicals, “Spring Awakening” and “The Drowsy Chaperone.”

The year’s best comedy arguably would be North Coast Repertory’s farce “Don’t Dress for Dinner.” The Old Globe produced three Shakespeare works, “All’s Well that Ends Well,” “Romeo and Juliet” and “The Merry Wives of Windsor” and announced a change of format for 2009. They will produce Shakespeare an encore of Ashley’s Broadway hit, “Xanadu.” San Diego Musical Theatre pleased audiences with an outstanding “Dreamgirls” featuring the talented one-named gospel singer TonX (pronounced Toe-X).

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In all, it was another exciting year in San Diego Theatre. Further riches are in store for 2009.

Lenvz says that Fitness Together’s new focus is on the mark. “It’s all about commitment. We offer the tools that our clients need to achieve their health and fitness goals, as well as become educated on how to live a healthy life, for life. It’s a no-fail philosophy,” Lenz said.

For now, Lenz continues his physical therapy. “This process is a yearlong one in order to get back to everything normal,” Lenz added. “I wore a large neck brace for the first three months.”

Obviously Lenz has not been back surfing in the Pacific Ocean. “The plan is to be back in the water next April,” Lenz added. “I am not near ready to go in yet, but when it does happen I will be ready.”

In addition to Lenz’s position as general manager of Fitness Together, he is a recently elected member of the La Jolla Town Council.

“I just want to be more a part of La Jolla,” Lenz said. “All of our clients are amazing people with such great outlooks on life and I want to be a part of it.”

Fitness Together is located at 7777 Fay Ave. For information, call (858) 454-7774.
La Jolla booters net soccer championship

The La Jolla girls blue soccer team (tender 8 division) netted the gold recently in Mesa Soccer’s 25th Annual Recreational All-Star Tournament.

The squad was made up of a dozen All-Star players from the La Jolla League. Of eight teams in the league, approximately two to four girls from each team made up the all-stars. The girls practiced together for two weeks and then entered the tournament.

In the championship game, La Jolla’s Marley Meyer scored the game-winner in a 1-0 victory over Scripps Ranch. In the prior games of the second day, La Jolla had penalty kick rounds in both the playoff and semifinal games.

In the first game, La Jolla tied 0-0 and had penalty kicks (which the girls had never done before). The second game La Jolla tied 1-1 with Meyer scoring that goal as well. In the penalty kick portion, La Jolla goalie Kendall Lincoln took a shot right in the face to keep the opponent from scoring. In that semifinal round, La Jolla, which was the number six seed, played the Del Mar Sharks, which was a touring club team and was the top seed in the tournament. La Jolla also defeated Carlsbad on penalty kicks in an earlier contest.

“Kendall took all at least three balls to the face, including one in the championship game,” La Jolla assistant coach Jason Meyer noted. “She asked us, ‘How many times are they going to kick me in the face?’”

Meyer said other players who played well for La Jolla included Samantha Smith, who he noted was amazing on defense, Summer Lake, who hustled her heart out, and Chloe Alexander, who he noted was the “X” factor for the squad on defense and offense.

Among the other teams in the tourney were Fallbrook, Mesa, Solana Beach, Vista, Ramona, Encinitas, Carlsbad, PB, Poway, Pacific Highlands, Valley Center, Scripps Ranch and Del Mar.

La Jolla’s win on the first day of play were over Scripps Ranch (2-0), Fallbrook (3-0) and Encinitas (2-0), with a loss to Vista (1-0).

“This was a great experience,” Mediterranean midfielder Michael Rossbacher and I truly enjoyed the experience. Our girls played really hard and did not give up any conditions on day 1. It was windy, cold and raining and they never complained. In fact, the joy on their faces was worth more than anything. The girls, who had never made it this far, never imagined before playing each game, the girls showed great team spirit, sportsmanship and camaraderie. The girls cheered each other on, consoled each other and clearly enjoyed their experience. This was a once-in-a-life-time experience and we were lucky to have been a part of it with these great kids.”

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Texas Christian University’s Taylor Ronicancio leaps for the end zone during the Pacific Life Holiday Bowl at Qualcomm Stadium in front of 35,000 fans.

Horned Frogs leap past Broncos, 17-16

Dr. Dave Thomas|Village News

It may not have provided the offensive fireworks that its big brother at the Pacific Life Holiday Bowl usually offers, but last week’s San Diego Credit Union Poinsettia Bowl provided an exciting game when all was said and done.

Texas Christian University capped its two-loss season by handing previously unbeaten and ninth-ranked Boise State its first loss of 2008 in a 17-16 contest at Qualcomm Stadium before nearly 35,000 fans.

TCU, which came into the game ranked 11th, took its first lead of the game at 17-13 midway through the third quarter, finishing 22-of-35 for 197 yards with an interception while playing the defense to the run. The Horned Frogs, though, who fell behind 10-0 midway through the evening. Johnson’s TD run was set when the Aztecs were for-
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**SPORTS**

**BOLTS**

CONTINUED FROM Page 1

(5-1 divisional record), scored early and often Sunday evening, ensuring a first-round home game Saturday, Jan. 3, at 5 p.m. against the Indianapolis Colts. The fourth-seeded Chargers fell to the fifth-seeded Colts earlier this season in a close 23-20 contest in San Diego.

Denver (6-8), meantime, looked out of its game in the season finale, as Philip Rivers, LaDainian Tomlinson, Darren Sproles and company totaled their highest scoring output of the season.

Tomlinson, who injured his groin in the third quarter, accounted for three TDs, while Rivers tossed a pair of touchdowns. Sproles (115 yards rushing), who is one of the game’s most dangerous return men on kickoffs and punts, accounted for one score in the air and a rushing TD.

“It’s exciting. It’s obviously history the way we trailed the division and how we won it,” Rivers said. “We know the expectations we set and some of those expectations now that we’ve got ourselves into January.”

After Denver grabbed a 6-3 lead, San Diego outscored the Broncos 28-7 to take a commanding 31-13 lead midway through the third quarter. While the offense was clicking on all cylinders, San Diego’s defense also made for a miserable night for Denver QB Jay Cutler.

Luis Castillo provided a big blow in the third quarter as he intercepted Cutler and returned the ball deep into Broncos territory, setting up an LT touchdown run that made it 38-13. Paul Oliver also picked off a Cutler pass to thwart another drive.

Denver scored to pull within 38-21, but San Diego iced the game with a pair of touchdowns to end the regular season and bring what seemed like an improbable finish to town only three weeks ago.

Indianapolis, meantime, finished with a better record (12-4) than San Diego, but will travel west as a wildcard entrant.

**SOCCER**

CONTINUED FROM Page 17

Meyer noted that these girls and their supportive parents and coaches will remember this moment for the rest of their lives.

“Having lived in La Jolla for many years, I was extremely proud to represent this great city so well,” Meyer said. “These girls represented the city of La Jolla quite well. We should all be proud.”

For a complete rundown of the event, visit www.tournamentkickoff.com/leagueliga/r/brackets/459.

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**BOLTS**

CONTINUED FROM Page 1

Star running back LaDainian Tomlinson scored three touchdowns in the 52-21 rout of Denver.

**SOCCER**

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Meyer noted that these girls and their supportive parents and coaches will remember this moment for the rest of their lives.

“Having lived in La Jolla for many years, I was extremely proud to represent this great city so well,” Meyer said. “These girls represented the city of La Jolla quite well. We should all be proud.”

For a complete rundown of the event, visit www.tournamentkickoff.com/leagueliga/r/brackets/459.