M



by RITA CALVANO

Strong arm of law ...

Two years ago, Sandy Strong, a former San Diego police officer-turned-entrepreneur, parlayed his police survival skills into a self-de-fense business that's doing so well his company will soon expand through

Already, Strong has established himself in several states, including New York and Illinois. And, he also goes to Mexico City. Institutions often hire him to prepare mostly women clientele to fight off attack-

ers.
"We say that, short of murder, there is no more violent crime than rape," said Strong, who has a full-time staff of three and about 20 parttime assistants. The business -Strong On Self-Defense - has its offices in downtown San Diego.

The six-hour course costs \$45 a person. In it, clients learn basic selfdefense in armed and unarmed situa-

Particularly, they learn how to aim for the attacker's eyes and throat during an attack. Striking the groin, as often is recommended, has worked, and will work again, Strong

"Going for the face will give you the best opportunity to injure someone before you're injured," he said, explaining that victims are often forced to the ground, leaving an attacker's face vulnerable.

He doesn't guarantee self-defense

will prevent injury.

"But one thing's for sure: You'll never escape rape unless you try."

and energy thieves

oughened law and four full-time etectives have not stopped m San Diego Gas & Electric mber of arrests has steadied far this year, and 24 for a comparate period in 1985. But more energy is stolen, said Darryl Murray, a supervisor for the utility.

(A man living in a remote area near Valley Center was arrested both years for swiping electricity. "We cannot really keep an eye on

him Murray 291d.)
Losse attributed to theits are up
by \$3 million to \$5 million over the
past year. Murray said. "I think it
has something to do with rate incresses and the fact we're having
more problems with businesses (ususilly bisger users than homeowners)."
The thievery is usually accomThe thievery is usually accomplissed by tampering with meters or
integrally tapping into utility lines, altingth Murray wort go into detail.
In September 1985 the state Legislature passed a law making it easier
to charge crooks with felonies — if

to charge crooks with felonies - if the energy theft exceeds \$400 or if the culprit has a prior energy theft conviction. Before, all energy thefts were prosecuted as misdemeanors, which carry lesser sentences than felonies.

Murray said that since the new law took effect, many offenders plead guilty so they don't have to face trial and risk a felony conviction, he said. The stiffest penalty - a \$750 fine - was meted out to a man who bragged to prospective tenants they could escape utility costs by renting a certain two-bedroom house

from him in National City. Alerted by disgruntled n

Troubles mount for ill Lemon Grove woman

By J. Harry Jones Tribune Staff Writer

Suzette Schulak, 42, suffers from serious diseases, the worst of which doctors say is

Her life in a small house in Lemon Grove is tethered to a thin 50-foot hose through which oxygen is continually pumped into her body through her nose.

Because of the illness, called interstitial fibrosis, her lungs do not take in oxygen as they should, and at night she often wakes suffocating from fluid buildup and has to be taken to a hospital.

Doctors say the most important thing for her is to remain calm — to eliminate stress. ful situations in her life. Instead, her life has never been more difficult.

She was told this month that she was being evicted and must move from her home by Saturday.

She says she has had no luck finding a new place, and her condition, both physical and financial, severely limits her ability to search for other accommodations.

Schulak receives a rent subsidy from the San Diego County Housing Authority, and she must find a two-bedroom apartment or house in or near Lemon Grove and renting for no more than \$540 a month including utilities.

A former data entry and computer operator, Schulak has been unable to work for the past year and a half because of her illnesses. Her 23-year-old daughter, Kim Black, has moved in with Schulak to take care of her.

Schulak also is the court-ordered legal guardian of Black's 6-year-old daughter, Re-

I want to be well again, but that's not on the menu'

becca Schulak. Rebecca is usually the one to call one of her mother's friends when Schulak's lungs fill with fluid and the coughing becomes unbearable.

Last week Schulak's rental washing ma-

Last week, Schulak's rental washing machine was repossessed. The telephone company cut off her service earlier this year, and she said her car may soon go as well.

To make matters worse, because her daughter now lives with her, Schulak was notified by the county Department of Social Services that the \$50 per month in food stamps she receives for Rebecca's care will stop coming. The stamps, Schulak said, had been their sole source of food.

"I hate not being able to work," she said. "I hate being a welfare recipient."

She is being evicted by her landlord, Wayne

Bosley of La Mesa. Bosley refused to comment when contacted by phone.

According to the eviction notice, Schulak

must move because her daughter and granddaughter now are living with her and because they have a cat. The lease she signed two years ago stipulates only two people and no

Schulak says all she is asking for is a place to live. "There are a lot of people worse off than I am," she said.

"I want to be well again, but that's not on the menu. But I can't go around thinking,

Well, Suzette, you're going to die soon."

She needs an apartment or house in or near
Lemon Grove because it is where her church and her friends are. Her friends are vital for the bad nights as well as for support.

She also suffers from other diseases arthritis and fibromyositis - which affect, among other things, the movement of her joints. "I mopped the floor once and it completely incapacitated me for the next two days," she said.

uays, sine said.

Anyone who might have a house or apartment they would be willing to rent for the specified price, or anyone who might have some idea of where an apartment could be found, please call Jane Kalohelani, a friend of Schulak's, at 262-8947.



Tribune photo by Charles Starr

AILING WOMAN, FAMILY NEED HOME Suzette Shulak with her daughter, Kim Black, and grandchild Rebecca

Tribune photos by Greg Vojtko

Tuna fishermen honored

A statue depicting three tuna fishermen struggling to land a huge catch, above, was dedicated in formal ceremonies yesterday on Shelter Island. The sculpture meant as a symbol of the courage and determination of the men of the tuna fleet. A floral wreath, left, floats in memory of deceased members of the fishing fleet.

Metro Briefs

Crash kills man, injures another in National City

A National City man was fatally injured last night in a single-car crash on Plaza Boulevard just west of Manchester Street, authorities

Daniel Arreola, 20, of the 2100 block of East Fifth Street, was dead on arrival at Paradise Valley Hospital just after 12:30 a.m. today of injuries suffered in the accident at 11:40 p.m., Deputy Coroner Jack Larkie said.

Larkie said Arreola was a busboy at the Hotel Inter-Continental.

National City police Officer Bill Strasen said the car appeared to have been traveling east on Plaza at a high rate of speed, went out of control and hit a retaining wall and a

power pole.

Another person in the car, Anthony Jose Cardenas, 19, of the 700 block of East Second Street, was taken to Mercy Hospital, where he was listed

in stable condition.
Strasen said the accident is under investigation. It was unclear who was driving.

Victim's name sought

Authorities today were seeking the identity of a man who was killed when he was hit by at least three vehicles as he tried to cross northbound Interstate 805 just north of Landis Street.

Deputy Coroner Cal Vine said the pedestrian appeared to be in his mid-20s, was 5-foot-4 and weighed 122 pounds. He appeared Oriental or Hispanic and had brown hair, brown eyes and a thin mustache, Vine said.

The accident occurred at 11:15 p.m. Saturday when the man tried to cross the freeway from east to west, the California Highway Patrol said. The man was hit by at least three vehicles but the drivers were not cited, a CHP spokeswoman said.

Barricade suspect held

A 36-year-old unemployed El Cajon man is in jail today in connection with an incident Saturday in

Sheriff's homicide Lt. Bill Baxter said residents in the area of the 31000 block of Campo Road in Campo reported a disturbance and shots fired about 1:30 p.m. yesterday.

He said a deputy responded to the call and found the couple's two small children outside the house owned by Mr. Salazar's parents. The deputy called for backup and hostage negotiators when occupants of the house couldn't be contacted.

Campo Road, which also is State 94, was closed while members of the Sheriff's Tactical Unit surrounded the house. The team used tear gas at 7:20 p.m. to enter the house and found bodies, Baxter said. The woman had been beaten and the man appar-ently shot himself in the head with a shotgun, Baxter said.

He said Mrs. Salazar, a computer analyst, had taken the couple's children to Campo so the father could visit with them when a dispute apparently took place.

Man sets self ablaze

An Escondido man was in critical condition today in the UCSD Medical Center Burn Unit after setting himself on fire in front of Escondido po-

lice headquarters.
Escondido police spokesman Frank Skelton said the man, Michael J. Sullivan, 35, used an outside phone at the station about 11 p.m. Saturday to call a dispatcher and say "he was going to kill himself," the spokesman

Officer Kevin Armentano and reserve Sgt. Jim Downing rushed from the station and found a man outside who told them not to come close. He then used a match to ignite a flam-mable liquid on his clothing, the officers said.

The burning man ran and the offi-cers pursued him. The officers suffered minor burns to their hands when they caught him and put out the fire.

Sullivan, who suffered second- and third-degree burns to 65 percent of his body, was taken by Life Flight helicopter to the burn center.

Suspect injured in fall

A man who was leaping from roof-