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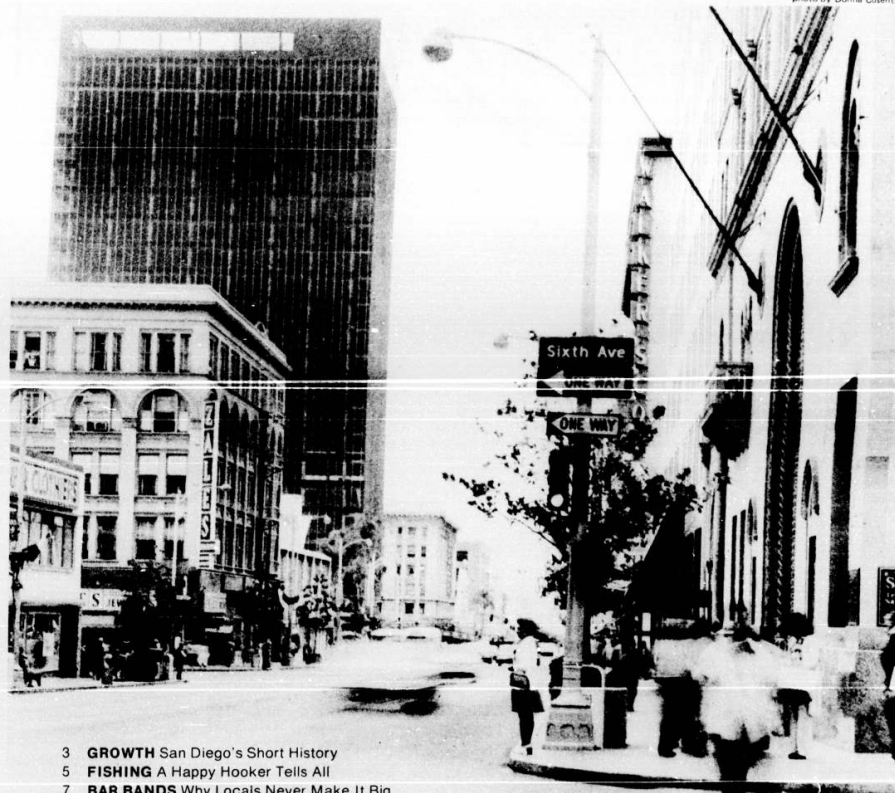
Vol. 4 No. 35

SAN DIEGO'S WEEKLY

October 9 - October 15, 1975

Reader's Third Annual Guide to San Diego

photo by Donna Cosentino



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—Paul Krueger—

September 28, 1542 — Juan Rodriguez Cabrillo sets foot on the sands of Pt. Loma. Witnessed by 3 Indians, Cabrillo names this new-found land San Miguel.
November 20, 1602 — Sebastian Vizcaino moors his ships behind Ballast Point and gives the area the name San Diego, after Saint Didacus of Alcalá.
May 14, 1769 — Capt. Rivera y Moncada and Fr. Juan Crespi are the first white men to reach San Diego by land.
July 1, 1769 — Father Junipero Serra arrives on foot from Rosarito, Baja California.
July 16, 1769 — The Presidio at San Diego, the first mission in California, is founded.
November 5, 1775 — Indians revolt at San Diego mission, destroying the mission and killing the first catholic martyr, Fr. Luis Jayme.
November 27, 1793 — British explorer George Vancouver and his ships Discovery, Chatham, and Daedalus are the first foreign vessels to enter San Diego harbor.
August 25, 1800 — The first American ship, Betsy, commanded by Capt. Charles Winship, docks at harbor.
April 20, 1822 — San Diego comes under official Mexican rule.
January 1, 1835 — San Diego is declared a pueblo.
January 1, 1838 — The city becomes a part of the prefecture of Los Angeles, entitled only to a Justice of the Peace.
July 29, 1846 — Capt. S.F. du Pont, entering port on the USS Cyane, raises the first American flag.
February, 1849 — The Pacific Mail Steamship Co. begins the first passenger-ship service to San Diego.
February 18, 1850 — San Diego is named the first county in the newly admitted state of California.
June 16, 1850 — Incorporated as a city, San Diegans elect Joshua H. Bean as the

first mayor. Official census figures show 650 residents of the city, 798 countywide, not including Indians.
May 29, 1851 — The Herald, the city's first paper, is published.
May 26, 1862 — Already racked by economic depression caused by the Civil War, San Diego is hit with a series of earthquakes that wash the river over its banks.
November, 1862 — A smallpox epidemic attacks the city, and droughts that will eventually kill over 10,000 head of livestock begin.
April 15, 1867 — Alonzo E. Horton, the "Father of San Diego," establishes residence here.
February, 1868 — Horton begins construction of the Harbor Dr. wharf.
October 10, 1868 — The Union publishes its first edition.
February 20, 1870 — A.C. Bichers strikes gold in the Cuernavacas.
August 20, 1870 — The first telegraph message is received from Los Angeles.
October 17, 1870 — The Horton Hotel on D Street (Broadway) between Third and Fourth is dedicated.
September, 1873 — The first municipal water company is founded.
June, 1876 — The Southern Pacific Railway joins Los Angeles and the city.
June, 1882 — San Diego Telephone Co. begins service to its 13 subscribers.
February, 1885 — E.S. Babcock and H.L. Story buy Coronado Island for \$110,000. A Jackson Myers builds the first house in Oceanview.
July 13, 1886 — Babcock and Story's San Diego Street Car Co. begins running mule-drawn cars from D St. (Broadway) ferry landing to Fifth St.
July 18, 1886 — The first ferries cross Coronado Bay. Round trip fare, 20 cents.
January 29, 1888 — The Hotel del Coronado, built by Chinese labor, is opened.
February 3, 1897 — The U.S. Navy shows its first interest in establishing a base here.

January 1, 1900 — An official census claims 19,000 residents.
June, 1900 — John D. Spreckles opens the first "tent city" on Coronado Island.
December, 1902 — Samuel Parsons, Jr., president of the American Society of Landscape Architects, begins work on City (Balboa) Park.
June, 1909 — Automobile roads link San Diego with El Cajon valley, Santee, Ramona, Escondido and Los Angeles.
October 15, 1910 — Louis Wilde opens the U.S. Grant Hotel.
July 19, 1911 — The Panama-California Expo. opens in newly built Balboa Park.
January to May, 1912 — The free speech meetings held by the Industrial Workers of the World climax with the expulsion of feminist Emma Goldman from the city by police.
June 21, 1914 — Work is begun on Balboa Stadium.
February 13, 1915 — The first plank road connecting Imperial Valley with Yuma, Arizona is laid.
June 30, 1917 — World War One brings Camp Kearny, the Naval Hospital and the North Island Air Station to the city.
September 19, 1919 — President Woodrow Wilson pleads for U.S. involvement in the League of Nations before 50,000 San Diegans.
November 15, 1919 — John D. Spreckles drives the golden spike completing the \$18,000,000 San Diego Arizona Railroad.
January 1, 1920 — The population of the city reaches 75,000; the county hits 110,000.
June 1, 1923 — The Naval Training Station and Marine Corps base are established.
September, 1924 — An electric railway extends to Mission Beach and La Jolla.
May 15, 1925 — J.D. Spreckles opens his \$4,000,000 Mission Beach Resort (Belmont Park) that includes a bathhouse and casino.
May 10, 1927 — Charles Lindbergh leaves North Island in his San Diego built Spirit of St. Louis en route to Paris.

February, 1928 — Col Ira C. Copley of Aurora, Ill. purchases the Union and Evening Tribune.
July 16, 1929 — Presidio Park and Museum are dedicated on the 160th anniversary of the mission's founding.
November 8, 1929 — The new \$1,000,000 Fox Theatre is opened.
December 21, 1930 — The famous "Hole in the Fence" — the border crossing is closed; no traffic can cross the border after 6 p.m.
May 13, 1931 — The new San Diego State College, moved from its original site on Normal St. to its present location, is dedicated.
June, 1932 — At the height of the Great Depression, San Diego county has 16,000 unemployed and 4,000 families on relief.
September 11, 1932 — The Star of India docks at the harbor.
July 3, 1937 — Financed by a \$500,000 grant from the Works Progress Administration and with the help of Bing Crosby, the Del Mar Fairgrounds opens for racing.
July 16, 1938 — Franklin D. Roosevelt visits and dedicates the \$2,000,000 Civic Center (County Administration Building).
October 10, 1957 — May Company announces plans for the first section of a proposed \$80,000,000 shopping center in Mission Valley.
June, 1959 — The one millionth San Diegan.
March 21, 1964 — Sea World opens.
September 16, 1964 — Community College opens.
September 10, 1967 — The first football game is played in San Diego Stadium.
August 2, 1969 — The Crown City makes its final run across Coronado Bay ending 83 years of ferry service. At 12:01 a.m. on August 3rd, the new bridge is opened for autos.
January 6, 1970 — The Union lauds the construction of 9 multi-million dollar shopping centers within the past 10 years.

Fishing

By Paul Krueger

Lawrence, marines, yellowtail, bass, catfish, and trout. They all taste great served up at one of San Diego's ubiquitous sea food restaurants. But like vegetables from the backyard, fish seems to taste even better when you've caught it yourself. And with a lobster dinner getting up around \$10, it pays to try your luck at one of the county's many lakes, piers and shorelines.

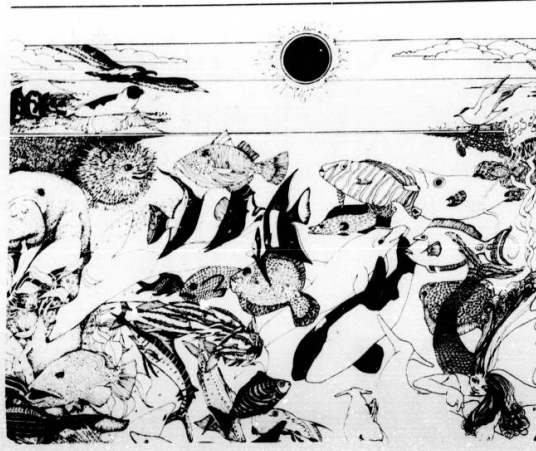
INLAND FRESH-WATER LAKES

All of the county's prime fresh-water fishing holes are man-made. After a suitable site is dredged, the lake is built and stocked with a wide variety of fish. Largemouth bass, a species native to Florida, are the most popular and can be found at most of the lakes. Spawning at Upper Otay Lake (a reservoir closed to public fishing), the mature bass are then sent to lakes throughout the county. "Lunkers" (the name for bass weighing in at over 10 pounds) are now common, along with a good number of rainbow trout, channel catfish, bluegill, crappie, sunfish and yellow perch.

Old pros are always full of advice for the inexperienced and can be a lot of help with choosing bait, line, hooks and a good spot to try your luck. Many of the lakes have areas for picnicking, some have overnight facilities, and all have concession stands that vend boat rentals, permits, bait and tackle, licenses and even an occasional hot dog and game laws are in effect at the lakes.

The State Department of Fish and Game (1350 Front St., 234-7311) has experts who can tell you in on particulars, and each lake is listed in the phone book. Copies of the 1975 California Sport Fishing Regulations are available at bait and tackle shops and sporting good stores, where you can also purchase a number of books written by local fishing pros. Bill Rice's Fishing in the San Diego Bass Lakes was an excellent source of information for this article.

Lower Otay Lake. This is the best source of the really big bass, as it feeds from the



spawning ground right above it. It's located east of Chula Vista on Highway 163 and is open on Wednesdays, weekends and holidays from February to late fall.

El Capitan Lake. Located 8 miles east of Lakeside on El Monte Park Road, it will open in mid-March on Thursdays, weekends and holidays. The lake stocks both Florida and northern bass and is one of the better channel catfish spots. Good bluegill catches have also been recorded here.

San Vicente Lake. One of the best spots in the state for crappie, this site located 3 miles north of Lakeside on Moreno Drive has a good number of rainbow trout, catfish and northern bass. It's open from October through April.

Lake Sutherland. Open only from late April until September, Sutherland is one of the best bass fishing, bluegill and catfish action are also found here. Located 6 miles northeast of Ramona, off Highway 78.

Lake Miramar. Just north of the Naval Air Station, you can find the best trout fishing in the county here. The bass are few, but some of the biggest have been pulled from these waters. Open most of the year, Miramar is also a good spot for red-ear sunfish.

Lake Murray. No Florida largemouth bass is stocked here, but some lucky anglers pulled in a 29 pound catfish and the trout are plentiful. Murray is a popular lake, set right off 70th St. and Lake Murray Blvd., and is open

from November to July.

Lake Jennings. Blazed with a well-worn trail by bass and sunfish are the most numerous at this Lakeside fishing hole. Open from November to July, Jennings is a good bet for trout and catfish too.

Lake Henshaw. Open all year, Henshaw offers bass, crappie and catfish and a smaller number of bluegill and trout. It's 11 miles north of San Isabel.

Lake Cuyamaca. 10 miles inland from Julian, Cuyamaca has rainbows, bass, sunfish and catfish and is also open all year.

Lake Wohlford. Stocked with all the species, this Escondido lake is open from March through September.

Lake Morena. Camping is legal right near the lake, where you can catch bass, bluegill and

crappie. It's east of Laguna, by Buckman Springs.

Lake Poway. Open year-round, this north county spot has a good number of trout, largemouth bass and sunfish.

OFF-SHORE AND DEEP-SEA

For the four dollars it costs to buy a license (good for the calendar year, not necessary on public piers), you can expect to grab a number of albacore, yellowtail, bonito or barracuda from the helm of an offshore boat. Lobster (the season opened just last week) and abalone, limited to 7 and 5 respectively, are found by divers off Pt. Loma (Ladera St.) and around Bird Rock in La Jolla. Hightide and night diving offers the best chances.

Part boats leave Shelter Island two times a day, at 6 a.m. and 12:30 p.m., and if you have a large group the boats can be chartered. They also made day-long runs to the Coronados (10 miles offshore). The charter operations, all manned by experienced hands who'll help the uninitiated with baiting and casting, are located along Scott St. Rates are competitive.

If you've got access to a boat and want to stay close to home, Crown Pt. in Mission Bay and Quivira Basin are good spots for halibut, croakers, and bass.

A number of American and Mexican charter firms can get you down to Baja, the center of yellowtail activity on the west coast. While Mexican laws control fishing in these waters, anything landed at our ports must meet our regulations on limits and size.

The Fish and Game Department has printed a number of pamphlets on coastal fishing including an Ocean Fishing Map, a guide to Inshore and Offshore Fishing and a handbook on Lengths, Weights and Ages of the most popular Southern California fishes. A good book on the subject is Ray Cannon's How To Fish The Pacific Coast. Diving supply stores (Diving Locker, Diving Unlimited, New England Divers etc.) are a good place to pick them up as well as to get information on good spots and times to try your luck.

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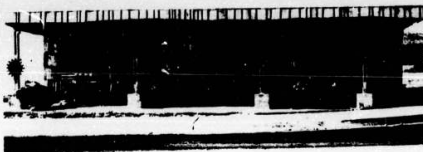
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Bar Bands

To List Just a Few

—Steve Esmedina—

Usually, whenever anyone brings up the subject of a local pop music community, various strains of apology, bitterness, rationalization, and skepticism filter through the conversation. Everyone has the old chestnuts: San Diego is a musical desert. San Diego is too diffuse to host a viable "scene." Yes, yes, so we've heard. California mythology seems to designate anyplace south of Los Angeles as a gas stop en route to Mexico. Local chauvinism extends to the sky and the ocean, but apparently not to the bars, clubs, or rented halls. The crux of the matter is simple. Fame is the name of the game, and if a San Diego band is taken seriously at all, it's a safe hunch that they have at least one eye set on L.A.

It might be changing for the better. With the emergence of several jazz bars, and intermittent rock concerts at Balboa Bowl and Balboa Park Club, there is every indication that San Diego musicians are fighting the self-imposed stigma that has kept them from attaining strong followings in their own home town. Whatever standard one chooses, there are a lot of good rock and jazz bands here who have the competence and confidence to stand up

against many of their famous "competitors."

What I am attempting to do here is to make simple note of these bands and point a finger in their direction. The groups I have chosen for this "guide" are the ones I have heard and liked. The list is representative, not decisive. There are bands such as The Blitz Brothers, Eclipse, and the Steve O'Connor Group, who have received effusive praise from many people, but, who, through my own negligence, have eluded my eyes and ears. The guide is arbitrarily separated into four categories: hard rock, progressive rock, jazz, and commercial, an imposing title which is more or less the seventies equivalent to top 40.

HARD ROCK:

Trix — This powerhouse trio has been

steadily gaining notoriety in the last year. They have performed concerts with Horsefeathers, Orleans, and the Blitz Brothers. As I have pointed out before, they are an exciting and taut band with good original material that reveals their penchant for clever hooklines. Leader Mike Scheels is a performer with erratic flashes of brilliance. Presently they can be found performing occasional benefits and concerts around the county.

Jumbistayah — One of the most enduring and visible of the local hard rock bands. They seem to alternate between numerous club engagements. Their loud wall of sound style is very much like vintage Mountain. In fact, they have a Homegrown Three entry called "Ocean Song" which is similar to Mountain's baroque metal pieces like "Nantucket Sleighride" and "One Last Kiss."

Doomsday Watermelon — This new group is composed of shreds from the underrated Uncle Fungus. Their stylistic precursors are Captain Beyond and Deep Purple. Like these groups, they lean towards intricately arranged heavy metal. They have been slated for various beach area parties, but guitarist Wendell Hamilton was recently invited to join a Capricorn Recording group called Hammerhead, so their schedule remains tentative.

PROGRESSIVE ROCK:

Horsefeathers — This group is to San Diego what the Dead are to San Francisco and Little Feat are to L.A.; namely, survivors. They have lasted five years, stubbornly maintaining their own style, a unique blend of pyrotechnics and humorous pomposity. Like Gentle Giant, a band they obviously emulate, their material is slavishly arranged. Lead singer Mick Garriss has an unusual stage presence: he looks like a Jim Dandy but performs like a Russ Mael. Drummer Andy Robinson is one of the finest, tightest rock percussionists in town. Strangely, when Queen's single "Killer Queen" first hit the air, a number of people commented on its remarkable similarity to Horsefeathers. The band's longevity has given them a bit of the hustler-spirit. They have taken to producing their own concerts, and are currently performing Sundays at Fast Fingers.

Harlequin — A new band that has been duly noted for their dynamic tension. The most apt comparison I could make is to the post-Frigo Yes: frenzied colliding with subtlety, and intensity, defying discipline. Hopefully, they'll be able to maintain that level of tension without wandering into the same impressionistic never-world that Yes is now lost in.

JAZZ:

Joe Marillo Sextet — Marillo is an eminent figure on the local jazz scene. Besides his stint as leader of the Society For The Preservation of Jazz, he also heads his own sextet. He is a superb tenor saxist, with a vigorous, tempestuous style that is much like Gato Barbieri in his most orgasmic moments. Marillo's band, by contrast, keeps things clean and cool. They play a thoroughly delightful brand of mainstream.

and can be seen regularly at the Cavanaugh Hotel and at the Croswaters.

Mike Peed Trio — This young pianist has a graceful, minimalist style that harkens to Oscar Peterson. The closest comparison would be to an austere stylist like Bob James. They make the rounds much like Marillo's band, whom Peed has played with.

Jazz Weather — Another very young band that recently won noticeable attention when they played the Joe Pass Jazz Party at UCSD. They have played at the Royal Palm Restaurant in Carlsbad. Delicate, temperate, and tranquil are the best terms to describe this group.

Chameleon — Although they are a Tijuana bar band, this band has the most sophisticated blend of jazz and funk I've heard in this vicinity. None of their arrangements are rote. They are all revitalized charts that add an original spirit to tried and true like "First Light" and "Put It Where You Want It." They are the house band at Mike's A Go Go.

COMMERCIAL:

Emergency Exit — Almost all bar bands have competent musicians who bemoan the compromises they must make to earn money. Emergency Exit is one of the few that can use these compromises in their favor. Tricks, melodic twists, and gimmicked flourishes abound in their dance music adaptations. Keyboardist Mike Thompson is chiefly responsible for the incongruous insertion. He can add a Keith Emerson-like phrase to a mundane Dobie Brothers song, or a quote from Weather Report's "Mysterious Traveler" to "Compared To What." This band is clever and diverting enough to make the most repugnant radio remanufacture listen to. Right now they are playing weekends at Infinity.

Leroy Zeke — Another dance oriented warhorse. This group, now heavily drenched with funk a la Average White Band, tackled copped material with the purpose of turning it into their own. They swagger and sway and act cocky on stage with every piece they perform. We were so into Zeke's act, that them the benefit of the doubt? They perform at various San Diego State dances, as well as Park Place Lounge on Monday and Tuesday evenings.

This rough approximation of the "scene" is obviously not a superficial, incomplete. But until an engaging entrepreneur bestows fame and fortune upon at least one of these groups, a rough approximation of a scene is probably all we'll have to speak of.

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1. **Andre Kostelanetz.** Visiting conductor of the San Diego Symphony, he has recently purchased a home in Rancho Bernardo.
2. **Georgina Spelvin.** The star of *The Devil in Ms. Jones*, and a resident of El Cajon, she brought back strip-tease to the Pussycat Cabaret (formerly the Off Broadway).
3. **Cameron Crowe.** A teen-ager when first published by Rolling Stone.
4. **Frans Guepin.** Spokesperson for the Nude Beaches Committee formed in July 1974 to support and expand the city's skinny-dipping sites. The N.B.C. is presently circulating petitions to bring the issue to voters.
5. **Paul Maderos.** The man behind San Diego State's Backdoor.
6. **Kayla Kristal.** An old partner of Bill Graham, Kristal opened Tuesdays on Front and G Sts. to fill a hole in San Diego's music scene, then closed it six weeks later.
7. **Gary Reese.** Former director and moving force behind the Gay Center for Social Services.
8. **Rev. Luis Bernal.** Father Bernal of the Padre Hidalgo Center wrote a column in the Catholic Diocesan newspaper *The Southern Cross* praising Mao's work in Red China. A week later his column was dropped.
9. **Jessie Haro.** Nominated by Mayor Wilson to fill a vacant council seat, Haro has been at odds with Councilman Ellis on a number of issues. During the Hoobler-Capps case, the two went after each other with clenched fists.
10. **Lee Hubbard.** A Normal Heights councilman and concrete engineer, Hubbard was on the losing end of Pete Wilson's 2 to 1 election margin.
11. **Most Rev. Leo T. Maher.** Bishop of

- the San Diego Catholic Diocese, Maher has infuriated the city's liberal Catholics with his stands on N.O.W. and Father Bernal.
12. **Sheriff John Duffy.** In an overwhelming show of power, Duffy withstood an attempt by the liberal faction of the county's Board of Supervisors to remove the jail from his department's reign.
13. **Curtis Minifield.** San Diego's best known black entrepreneur, Minifield has parlayed a \$150,000 investment into an annual income of \$400,000. His business holdings include record stores, a radio station and a number of fast-food food takeouts.
14. **Willie L. Morrow.** Publisher and businessman, Morrow and Ken Mimms publish *The San Diego Black Review*, a monthly magazine based in Southeast San Diego.
15. **Joanne Ward and David Thayer.** This team heads California Concerts, a local promotions firm that brings rock, jazz, and R & B to the city.
16. **Arthur Frick.** Publisher of *Tugboat*, one-time candidate for Dictator of America and Lebanese-born poet.
17. **Michael Holtzman.** Organized and edited *Transparent Communications*, a series of poetry reading and printings.
18. **Michael Davidson.** Head of the Contemporary Poetry Archives at the UCSD library, Davidson is a contributor to numerous journals.
19. **Tom Waits.** A man who spends a lot of time in San Diego, Waits has recorded two albums on the Asylum label.
20. **Zina Schiff.** This violin virtuoso was picked by Glamour magazine as one of the country's 10 most outstanding college women.
21. **Bob Dier.** If you think all those crazy ads in Reader personals are made-up, you're

Heavy



7.



4.

San Diego's Movers and Shakers 40



16.



36.

- wrong. This guy sends one or two originals most every week.
22. **Donald Weiner.** The king of the downtown 75-cent back-room peep-shows, Weiner and a number of his friends were busted in August by Vice Squad officers.
23. **Shel Dorf.** Founder and coordinator of the Sixth Annual Comic-Con Convention.
24. **Kim Jorgensen.** Along with Don Sanders, Jorgensen and his Parallax Theatres purchased the Ken Theatre, bringing San Diegans three sets of "art" movies every week.
25. **Dennis Busch.** Busch and Associates is responsible for the aphorisms, "It's Between The Buns That Counts," "Wanna Score?" and "I Q in My Car" that cover San Diego billboards and bumper stickers.
26. **Ray Kroc.** A high school dropout who peddles over one billion dollars worth of hamburgers a year, Kroc hopes to make the Padres more than good PR for his McDonald's restaurants.
27. **Brother Anandamoy.** Senior Minister for the Self-Realization Fellowship, Encinitas Ashram Center and Retreat, Brother Anandamoy originally came to the U.S. from Sweden to study architecture under Frank Lloyd Wright.

28. **Morris Cerullo.** San Diego's own revival crusader and miracle worker.
29. **Martin Axtell.** Spokesman for the International Association of Machinists, the union now entering it's third month of a strike at Solar's Harbor Dr. plant.
30. **Judge Jack Levitt.** One of San Diego's most feared Superior court judges, Levitt has ruled against Peter Bohmer, *The Friends of Helix Lake*, picketers at Solar and, most recently, in favor of oil-producing firms in their fight to resist stringent air pollution laws.
31. **William Capps.** The police counselor whose files were seized by Chief Hoobler, provoking weeks of tensions at city hall.
32. **Joe Marillo.** With the help of his wife Carol, Marillo has brought consistently good jazz to the city and formed a society to preserve it.
33. **Judge Robert J. Cooney.** In light of the Highway Patrol's refusal to ticket Ronald Reagan's driver for speeding, Municipal Court Judge Cooney threw out a number of speeding tickets. He was eventually overruled by a Superior court decision.
34. **Susan Henig.** A professor at SDSU, Ms. Henig has consistently fought the university's policies on affirmative action.

35. **Sol Price.** Attorney and ex-chairman of the board of FedMart stores, Price sold his holdings to Hugo Mann, a West German industrialist.
36. **Richard Silberman.** Former President of San Diego's largest bank, Silberman and Robert C. Peterson relinquished their holdings in the Southern California First National Bank last week. The bank, now merged with the Bank of Tokyo, has been renamed California First Bank.
37. **Anne Radlow.** President of the San Diego chapter of the National Organization of Women.
38. **Linda Levesque.** Founder of *The Friends of Helix Lake*, a neighborhood group formed to stop the construction of 30 luxury homes in the Mt. Helix area.
39. **Leonard Bloom.** A multi-millionaire dentist, Bloom's grandiose plans for a convention center in Chula Vista were rejected by the area's voters. He is now in bankruptcy proceedings.
40. **Elizabeth Clark.** Head of juvenile services for the county's probation department, Ms. Clark was slated to assume control of the County Jail had its transfer to the Probation Department been finalized.

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Folks and Blues

— Lou and Virginia Curtiss —

(ED: Lou Curtiss made some introductory comments to this list about how he couldn't hope to list all the folk and blues artists in town; unfortunately, the comments got misplaced at the last minute, so to those who feel left out, he assures that this is only a human attempt.)

PEOPLE

Hunt's Peck. The area's top old time two-some. E.Z. (Gregory) Hunt, Mark Poschman, "the fiddling fool too fierce to mention," and Johnny "Jazz" Jones, the ragtime human, is the billing (ok, yes, Jones is also E. Howard Peck). Fiddle, old time, and mandolin with guitar. These guys have got it together. They do a wide variety of old time breakdowns and novelty tunes. Great for parties, shopping center openings, ribbon cuttings, which is mostly what they do. Get a hold of Mark at 296-6580 or John at 239-3906.

Martin Henry. Good country singer. Material ranges from Jimmie Rodgers blue yodels through Hank Williams up to contemporary stuff. Extremely tasteful guitar backup or lead acoustic. Terrific voice. Lots of work and he goes into everything he does. Get a hold of him at The Blue Guitar, 291-1830. Old time fiddler, guitarist, country and old time singer. Worked with the Gypsy Gypsy String Band in Seattle. Now works San Diego streets (Balboa Park) as a single or with lady (Nancy Bray). Call 488-7328.

Bruce Culbertson. The area's best fiddler. Member of La Jolla Civic Country Dance Orchestra. Old time music authority. Plays lots of dance (square and contra). Call 452-0386. Likes to jam.

Sam Channon. "The Mississippi Sheik." Legendary Mississippi Delta bluesman who made his first records in the 20's with brothers Ed and Lonnie Channon. Sam is 76 and plays and sings a wide range of Delta blues and risqué double entendre songs. In town about six months of the year. Call 291-1786 for information.

Ed Cormier. Old time banjo picker, fiddler, moving force in the San Diego Folk Song Society. Likes to jam with other musicians. 286-9118.

Howard Caine. Veteran actor with over 100 movie credits. Broadway shows (inherit the Wind, 1776). Also plays old time banjo along with running an acting school here in San Diego. He was Major Hochstetter on Hogan's Heroes.

Plays local gigs at Orange's. Wins at banjo contests. Call 583-7517.

Joe Gwaltney. Songwriter and tasteful guitarist, he is equally at home with old time music (backing up master musician Kenny Hall) or doing a little blue picking. Nice voice, easy going performer. Plays parties, nightclubs, folk concerts most anywhere. Call 297-3620.

The New Expression. A group of instrument teachers who have gotten together a performing group playing a little bluegrass, some old time music and some contemporary songs they have written. Walt Richards, unofficial leader, is a San Diego folk institution. Ansel Grey is a teacher at the college level as well as a mandolin teacher. Bob Zinke and the rest can all be found at their store (The New Expression) at 3176 36th Street. They play a lot of high school assemblies.

Kenny Hall. Master old time musician, he has appeared at festivals all over the country. Called by Old Time Music Magazine "the Bill Monroe



Photo by Virginia Curtiss

of old time mandolin." Splits his time between here and Fresno. Records for Bay and Philo. 264-1076.

Sam Hinton. San Diego's Mr. Folk Music. A regular at the San Diego State Folk Festival and at festivals all over. Sam knows thousands of songs. Records for Folkways, Decca, etc. works in the Public Relations Department at UCSD. Call him at 453-0679 or 452-3140.

Sue Halghalsh. Excellent fiddler, banjo picker and ragtime pianist. Plays rarely nowadays due to busy schedule, but when she does, it's always worth listening. 232-0234.

Bonnie Jefferson. Arkansas Blues lady. San Diego Blues Jam lip. Fine country blues guitarist. Plays acoustic or electric guitar with a wide range of old and new blues. Bonnie should be playing a lot more gigs than she gets. She's



Photo by Virginia Curtiss

surely a fine performer. 262-2888.

Robert "Rock Me" Jeffries. Everyone's favorite Oklahoma Blues pianist. Plays at The People on Sundays. Orange's folk festivals, wherever anyone wants him. Great at parties. Call Bob at 239-7329. He also makes and sells fantastic homemade barbecue sauce.

Lani Karnik. Ragtime finger pick lady guitarist with old Memphis Minnie style blues, contemporary songs from all about, original songs she writes, old standards, jazz tunes from Fats Waller, and she's blonde and blue eyed too. One of the best guitarists about. Call her at 239-6227. Sort of a Peggy Lee cross with Bonnie Raitt and nearly as good as both.

Scott Kidd. Plays super Jimmie Rodgers old time songs on guitar, Hawaiian steel guitar, and mandolin, alone or with others. Also lots of electric R&B years behind him. Available to jam. 421-8141.

Clarke Powell. Another closet picker. Clarke works for money as a country-western lead electric guitarist but also is a great three finger bluegrass banjo picker and flat pick guitarist. 262-2000.

Bob and Dora Reeves. Old time gospel duo. Bob plays the Chet Atkins-Merle Travis style guitar at least as well as both of them and Dora sings the old time gospel songs in a fine style. 284-1647.

Dennis Squire, Terry Huston and Stan Smith. I think they call themselves "Waterboard" at the moment. Old time fiddle tunes, bluegrass, country songs. Three veteran pickers who've played most every kind of gig over the past 15 years or so. Call Dennis at 448-4855.

Thomas Shaw. "Blind Lemon's Buddy," a Texas bluesman who plays in the Blind Lemon Jefferson style. Records for Yazoo-Blue Goose and Advent. Has played festivals all over this country and Europe. Plays occasional local gigs at colleges, Orange's or gospel in various local black churches. 264-7054.

Pacific Bluegrass. The area's top bluegrass group. Steve Hise, Patra on fiddle, Parker on their stomping grounds. Good mainstream bluegrass with three finger banjo, guitar, fiddle and bass. Call Dick Tyler at 726-2765.

Sandy Ducky. Old time British and American ballads and broadsides. Irish folk songs, Israeli folk songs, and a wide variety of other material sung with guitar. Secretary of the San Diego Folk Song Society. 271-3699.

Jack Tompchin. One of our local claims to fame, he has written his songs recorded by the Eagles. Jack would rather be known for other hits like "The Mango of Love." A good performer, with good material. Jack is the man with a million friends. The T. Texts-Tyler of our generation. 752-9546.

Gale Whitten. San Diego's most prolific and one of its best songwriters. Performs with guitar and piano. Her songs range from jazz to country-western. People looking for good material ought to check with Gale. If they don't like what she's written, she'll write them one they like. 287-0973.

Johnny Walker. This Yorkshire gentleman is a San Diego favorite. English folk songs, ballads, sea chanteys, local songs, English music hall songs. Johnny is perhaps the town's best song leader. Great at parties and wherever he plays. 455-2905.

W.B. Reid. Old time ragtime anytime. One of the area's top street panhandlers. Fast on the neck of that beat up guitar. Bruce might be in a band, but most likely it's just him doing a Gary Davis, Buckwheat, or "Trouble in River City," or "Does Your Chewing Gum Lose Its Flavor," or a myriad of other good, fast, and clean picks by the pond in Balboa Park, at Orange's or down in Squirrel Square in Old Town. He does the party, wedding, wake, etc. scene. 295-8206.

Phil Gross. Good contemporary and country songs, some of which he writes. Phil now works with guitar or with friends Lemmie on dobro (who is also a range man with homegrown stevenages). Dave Robinson and Mark Montigo. Sometimes known as Gross Enterprises, they can be electric or acoustic. Fine musicians who have played around a long time together, they do country, folk rock, or just folk. 561-2094.

Wildwood Weeds. Young kid pickers, they do largely old time songs, with fiddle, banjo, and guitar. Jennie and Alden Bloom. They play a lot of shopping center openings, school assemblies. Call Jojo Bloom at 448-2386.

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Curtis Carlisle Brouder. Master old time musician. Plays hammer dulcimer, fiddle, banjo, autoharp. Expert on Shape Note Society's Shaker songs and mountain traditions. Also works with the San Diego Medieval and Renaissance group. Curt plays excellent music and knows about the music he sings. Does some pandering in Balboa Park with the hammer dulcimer, plays other gigs as he's asked. 286-4557.

Tomcat. Tom Courtney has a voice that has been called a cross between Muddy Waters and B.B. King. Usually heads up a group called Tomcat and the Blues Drifters. Plays at The People in Ocean Beach on Sundays, the Zebra Club on 5th and Market and lots of parties. He's been a king head from Waco, Texas to the 30's for him. One of these days he'll be appreciated for being one of the premier bluesmen of our day. 235-0886 or 235-0169.

Don Payadores. Traditional music of Paraguay with the Paraguayan harp. This is great stuff and Ed Lange and Bill Lippincott are masters. They do a lot of restaurant gigs. Would be great for weddings or festivals. 433-6430.

Lou and Virginia Curtis. Old time country songs mostly with autoharp and guitar, although Virginia doubles on fiddle and Lou on country harmonica. They do a wide range of material from funny songs to sentimental ballads, mostly with tongue planted firmly in cheek. They have worked weddings, movie premieres, television, folk festivals, coffee houses and on the streets with guitar and cove. 291-1786. Oh, yes, they also own and operate Folk Art. Xare Records and Photography. Well done on 5th Avenue in Hillcrest and run and book the concerts at Orango's.

Katie Walden. Unaccompanied ballad and folk song collector singer. Katie brings a lot of scholarship to her music. Good with kids and grown ups too. She knows her music and enjoys singing it to school assemblies, workshops, etc. 235-8046.

Lu Ann Spencer. A member of the New Expression, she plays a lot of separate gigs. One of the most underrated blues fiddlers around. A fiddle teacher as well. 299-0734.

Squatter's Rite. North County bluegrass band with great lead singer bass player. Molly Stone and rompin' 'scompin' good music pickin'. Contact through Blue Ridge Music in Encinitas. 753-1775.

Randy Hupp. Good bluegrass fiddler active in the bluegrass club. In-between groups. Call him at 467-4866.

Stuart Duncan. 10-year old virtuoso fiddler. Plays old time, Irish and Scot tunes and bluegrass. Has won many contests. Also plays guitar, banjo, mandolin, etc. Lives in Encinitas.

Woody and Fred Zull. Brothers. Woody plays banjo three finger style and Fred plays guitar. Both play bluegrass music at contests, jams and various gigs when they can get them. Live in the Poway area.

Ken Kramer. Ken isn't a musician at all, but has the best folk music radio program going on KPBS at State (11 to 12 nights), and has done a

lot to help folk folks.

Wayne Stromberg. Wayne is a super guitar finger picker who's been around for a lot of years as a sometimes performer, sometimes teacher. He excels at tunes 439-235 or 291-1890.

Ron Horvitz. Ron is a super ragtime blues guitarist in the Stephen Grossman/Blind Blake tradition. Doesn't do too many gigs but when he does he is extremely well received. Great for parties where music is required. 281-4935.

Wes McQueen. Mostly gospel, old Carter family tunes, with his wife they do some gospel radio on one of the Mexican stations. Nice old time musicians. 234-1218.

Loe's Major. Louis is a super electric blues lead guitarist. Also does acoustic blues and traditional Calypso from his native Nassau. For something different Louis is surely the thing as a solo or with his buddies on steel drums and congas. San Diego Blue Jam 1p. on Advent records. 235-0657.

Karin Nyzell. Karin can sing folk songs with guitar, blues and children's songs. A fine, pretty lady who has worked folk clubs and festivals and nightclubs, as part of the C.C. Jones Revue. She can handle most any kind of audience. 235-0639.

Dave Kelly. Banjo picker with a variety of string bands on the street. Member of the legendary band Whiskey Sue and the Borrego Band/Dads Boys. Good for parties.

Alan "Sunrise" Gallagher. Blues guitarist, either solo or with Lani Turk or Mississippi bluegrass Sam Chamton. Flies near or on the scene but playing with Sam has paid off. He's good. Reach him through Lani. 239-4227.

Bob Laffan. Long time folk veteran on the coffee house scene here. Mostly teaches nowadays, but still takes on occasional gigs. Guitar, banjo, original songs and comedy plus all kinds of folk tunes. Owns Bob Laffan Music Center. 222-6686.



Big Daddy Rucker. Robb, blind style big band blues singer. Has worked with Johnny Otis and others. Good, in fact great, voice. Good once. Works very little out of the black community. A shame. Call his drummer Willie Aiken at 264-7054.

Wayne Brandon. Living room musician. Wayne sounds so much like Roy Acuff that he actually had Acuff sidemen play with him. Wayne is a teacher and doesn't pick too much, but is always a pleasure to hear. 224-6922.

Ship Conover. Radio DJ and fine bluegrass dobro picker. Contact whatever station he's working for. I think it's KFBM now.

Gary McCoy. Character. Blues guitarist singer. He's white only on the outside. Gary is great or obnoxious. Sober or stoned. Gary is unexcitable. Some where in the beach on the way up or down.

Brian Steeger. San Diego's first and best old time musician/fiddler/banjo picker. Brian is also a fine rabat player and belly dance musician. Does Balkan music and plays Indian star. Good street musician, currently between hands. 754-2830.

Nicolette Birkett. A really nice singer of Carter Family songs, autoharp player and guitar picker. Nicolette also does extraordinary embroidered guitar straps (made one for Joan Baez) and has made some very nice music, with lots of scholarship over the years.

John Tash. Good old time banjo picker with the La Jolla Civic Country Dance Orchestra. Plays Irish music and old time contra dance music. His wife Diane Simpson plays button accordion in the same group. 453-0386.

Rick Ahrens. Good bluegrass banjo picker down from the Seattle area not regularly playing with a group but looking to join one. 235-0911.

Charlie Potts. Veteran old time banjo picker with records on the Country label. Lots of people have learned songs from him for many years. 291-1786.

Curly Benson. Sometimes member of the Waterbound (Terry Huston, Dennis Squier, Stan Smith groups). Back up lead pick guitarist and dobro. Check for him through Waterbound.

PLACES
The Blue Guitar. Yuris Zetinas and his crew are probably the finest group of craftsmen on the West Coast. Without a doubt the best place to have work done on any stringed instrument. 391-1830.



The New Expression. Walt Richards and group have a folk instrument study center with lessons on most all folk instruments. 299-0734.

Bob Zinke. The group makes fine banjos and does some repair.

Folk Arts. For ten years the place to get folk, traditional music, jazz and blues on record. Out-of-print records, rare and small labels from all over the country. 291-1786.

Stelling Banjo Works. Jeff Stelling builds mighty fine bluegrass style 5 string banjos. Some of the top pickers in the country play his banjos. 465-0697.

San Diego Fiddle of Old Time Music. They sponsor the SDSU Folk Festival. Banjo and Fiddle Contest, and do discographical and biographical research on early recorded music. Their work is supported by contributions and sales of tapes from their extensive tape library of old 78's, live shows, radio transcripts and out of print records. The library is located at Folk Arts. (291-1786).

Singing Strings in Encinitas. Ed Thompson has been around a long time and just might have that used banjo, guitar or fiddle you're looking for at a fair price.

Orango's Natural Food Restaurant and Sprout Farm. Orango's took over the Folk Art's concert about six months ago, although Lou Curtis still does the booking. Live folk music every Friday and Saturday featuring lots of the people in this directory. Lots of out of town pickers too. 291-1786 for information.

SDSU Folk Festival. The Western United States' biggest festival sponsored by the Cultural Arts Board at SDSU and the SD Friends of Old Time Music. Six days of music featuring artists from all over the country with emphasis on the old times who make records in the '20s and '30s. This year it will be held April 20 through 25. Series tickets for all six days are under seven dollars.

Balboa Park Banjo and Fiddle Contests. First Sundays in February and August. Free. Sponsored by Friends of Old Time Music. Gold Gulch area of Balboa Park.

Julian Banjo and Fiddle Contest. Usually in late September or early October in Julian, Calif. Sponsored by The New Expression and the Julian Lions Club.

Lots of events, concerts, celebrations happen all the time, particularly on the college and university campuses. Watch for them.

San Diego Bluegrass Club. Meets the second Tuesday of every month at the Straw Hat Pizza Palace on Fletcher Parkway. Two dollars to join and receive the club's monthly newsletter. Good way to get in a group. Call Don Ridgeway at 299-0734.

San Diego Folksong Society. Meets monthly for round robin singing and fellowship at different members' homes. Oldest group of its kind in the area. Call secretary Sandy Ducky for dates and times of meetings. 291-3669.

San Diego Chorus. Meets weekly on Tuesday evening at 7 p.m. at Folk Arts to sing from the Original Sacred Harp. Leader is Curt Bourne. Call 284-4557 for information.

Old Time Country Dance Society. Sponsors weekly old time country dances with square and contra styles taught. Free and a live fiddle band. Held weekly at UCSD and SDSU. (The State dance is on Thursdays in the Aztec Center, the UCSD day is being changed.) Call most any of the fiddlers for information or call Folk Arts.

California State Old Time Fiddle Association - Region Seven (San Diego). Organizes contests of the county fair in monthly jam sessions. Call director Tony Kaul. 464-0981.

Shortcuts

Conversations with a Cabbie

—Ray Lilly—

One of the first maxims of San Diego driving is that the fastest way to get from one point to another is not always a straight line. You may have to go two miles out of your way to get on a freeway to get somewhere ten minutes faster than the most direct route. And all of us have reasons to cut down this extra gas consumption. But sometimes the time lost in going the more direct but slower route is not worth the gas saved. So it is time to ask an expert... And who can better help us measure time versus distance than the person whose car constantly measures time versus distance — the cabbie.

1. **North Park to downtown.** "Depends where you are exactly. From the heart of North Park, 30th and University, Pershing Drive is the best. University to Utah, Utah to Ugas, Ugas to Pershing, Pershing to B, and B will take you to 4th. If you're going to the Plaza... Course some of these little old ladies don't like Pershing 'cause they don't think it's too safe and they'll insist on going around... Florida's a pretty good one to come in from North Park too."

2. **Pacific Beach.** "Pacific Beach, Yeah, that's a tough one. There are only three ways to get into Pacific Beach — if you're talking about coming from downtown — Ingraham, that'll get you into the center of P.B. the fastest: Highway 5 to Grand, that's what you use if it's an afternoon rush hour; and Mission Boulevard, that'll take you closest to the beach... Course Grand is the fastest street moving east and west."

3. **From the Coronado Bridge to the Hotel del Coronado or the Amphibious Base.** "Oh yeah, what's that street? — Pomona. Yeah, you go up 4th, cut over on A, then back towards the Bridge on 3rd and right on Pomona, through that residential area over to the strand. No, no, you

have to take the Bridge from downtown. It used to cost over 16 dollars to go around through Imperial Beach and up to Coronado, and it's about \$6.50 from downtown across the Bridge. Plus the Bridge toll, of course. I don't know why they don't give commercial companies like the cabs a special rate to go across the Bridge. We had a lawyer once refuse to pay the toll and we had to call the police to get him to pay."

4. **Hillcrest to the Airport.** "This is one not too many people know about. You go to the far west end of Robinson and turn left on Curfew — goes down to Reynard which goes right into Laurel, then to Harbor. We take a lot down to the Barbary Coast from the Brass Rail that way. Gays. Yeah, from Picasso's and Show Biz, too. There are gay, too, you know. That's right, we take a lot of 'em."

5. **Me, Soledad.** "That's a snap. You just follow up — what's the name of that street? — used to be Murlands all the way, now it's La Jolla Mesa at the south end. You take that from the end of Mission Boulevard in Pacific Beach. It goes into Murlands and takes you right up to Mount Soledad."

6. **Hillcrest from downtown.** "Just go up 5th and down 4th. They're the fastest."

7. **State College area to downtown.** "That's the good question. Bet you don't know which way is the fastest. College Ave. to 94, you think? Nope, that's not it. We learned that when they had the bowler's convention here. They all wanted to go out to University Lanes from downtown. I took one guy from University Lanes by going from University to 54th to Chollas Parkway to Euclid to 94. This other cab pulled out right after me and went College Ave. to 94. There was a 40 cent difference on our meters. Now the shortest way in distance is to take El Cajon Boulevard to Utah, Utah to Pershing, Pershing to B. But there's too many lights and too much traffic that'll kill you. Course if you're right up at College College, Highway 5 to 163 would be the fastest if there weren't a lot of kids getting out of class at the same time."

8. **Birdrock.** "Now that's just as bad as Pacific Beach."

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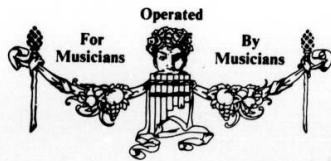
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Food Co-ops

—Clay Kemper
and Kathy Brown—

A THUMBNAILED HISTORY

Food cooperatives in San Diego County began in June 1970 when approximately 50 students from UCSD unified their enthusiasm with two grants from the University and an assessment of ten dollars a household. They formed the Solana Beach People's Food Store, currently thriving at 503 North Highway 101 in Solana Beach.

The precedent was set. Two years later, in the summer of 1972, the second co-op, the Ocean Beach People's Food Store, got underway. Located at 4859 Voltaire (to be relocated in a refurbished Billiard Den at 4765 Voltaire, the week of September 29), the OB co-op was made to order for the anti-establishment nature of Ocean Beach. Like most co-ops, the OB store has a hard corps of regulars that do much of the work.

The new Ocean Beach store will have five times the space and may have a small snack bar with nutritious edibles and juices. There may also be an oven for fresh baked goods. Future plans call for addition of a library, camping equipment, gardening supplies, and hardware.

About the time the OB People's Store was beginning, several regional neighborhood co-ops were also forming. The largest and currently best known of these in the county is the Golden Hills co-op. With over 300 households, this group once folded due to lack of involvement and use by people who merely saw it as a chance to get good cheap food. Fortunately, the people of the Golden Hills area resurrected the co-op, and it now appears to be doing quite well, accounting for a greater volume than all other neighborhood cooperatives. Ocean Beach and Solana Beach co-ops.

New members can join the Golden Hills group by coming to the headquarters at 2963 Beech Street, any Saturday morning from 11:00 a.m. until 1:00 p.m. There will be a modest membership fee for each person in the family and a

one-time refundable deposit equal to approximately 75% of the member family's weekly food bill. Virtually all co-ops require a \$2 per adult and \$1 per child membership fee to help pay for supplies, rent, and to discourage free riders.

There are at least ten other ongoing, relatively small co-ops throughout San Diego County. Some, like the co-op in Del Mar are "closed membership." This means there is only room for a limited number of members, but if one family withdraws there is then room for another. Most closed memberships are quite small, usually involving twelve families. Obvious advantages include easier bookkeeping and distribution.

One member of the San Diego food co-op elaborates on the side-benefits: "Our co-op is teaching people better food habits and positive community involvement in helping ourselves and others. I now find that when the kids go snacking they no longer reach for the Cracker Jacks, instead you find them with a hand full of raisins and nuts." Overcoming our sweet tooth, conditioned in many of us since our first slurp of Gebers, is one of the worthwhile objectives of many of the cooperatives.

STARTING YOUR OWN

Starting a food buying club is usually not as difficult as sustaining one. Basically, there are three steps in forming a new venture.

1. Organizing members. One interested individual can start the process by posting notices in stores, community centers, bulletin boards, other co-ops and in newsletters. The Breadcrumb, the official newsletter of San Diego area co-ops, is a good place to post a notice. (For information contact Candy Michel at 299-8852.) Word of mouth is a good idea in getting started. See how your neighbors feel about paying \$10 a dozen for eggs compared to 57¢ at a co-op. Ask an existing co-op to help you get started.
2. Bookkeeping. Aside from equitable distribution of labor, financial records is a difficult



problem facing co-ops. All organizations should have good records in the event of an audit and for the benefit of its members. A simple checking account is recommended as it is probably the easiest way to record all income and expenses. Every bank has a special account for non-profit associations requiring the signature of at least two responsible individuals.

3. Labor. Getting members to share in the necessary duties is certainly an influential factor in the success of a co-op. Several

have folded due to insufficient commitment on the part of some members. This concern can be dealt with in a number of ways: posting a work sign-up sheet, rotating needed tasks, or charging a sliding fee based on who works and who doesn't. Participation by all members in some capacity should be the objective of each co-op. Taking food orders, unloading, separating, filling orders, cleaning, and finances require involvement. If a dedicated few are forced to assume a disproportionate share of the burden they may become discouraged, thereby increasing

the chance of the co-op's demise. Some local cooperatives have found that committees are most effective in meeting the labor needs. Filling orders, transportation, finances, and cleaning are possible areas where committees would be useful.

BUYING

The real advantage in bringing back good, cheap food through group purchasing and working together lies in dealing directly with the wholesaler. Right away prices are cut by as much as 25%. Most of the co-ops have had good results dealing with Moccasin Produce, located at 5225 Lovelock Street off Morena Boulevard. The quality is good and prices reasonable. The owner is also helpful answering questions about your produce needs.

In most cases, smaller co-ops work with the larger when it comes to bulk ordering. The three major players are People's Food Solana Beach and Ocean Beach, and the Golden Hills Co-op. This may be a good idea for a new group, rather than dealing directly with the wholesaler. The well-established groups are most helpful in this regard.

Although the recipe for initiating a food co-op is relatively simple, the results are not always positive. Despite the increase in the number of buying clubs in recent years, it is misleading to give the impression that success is guaranteed or that anyone can or should begin one simply by getting a few friends together. Like anything else this kind of cooperative venture will only succeed as long as its participants do their share.

Food Co-ops in the San Diego Area

NAME	ADDRESS	PHONE
Balboa Food Co-op.....	5th and Orleans St. S.D. 92103	295-8116
Claimant Co-op.....	4551 Cavanaugh Dr. S.D. 92117	565-1244
The Community Market.....	333 N. Highway 101, Leucadia	753-9885
Del Mar Co-op.....	13631 Mercado, Del Mar 92014	453-2775
Golden Hills Co-op.....	2963 Beech St. S.D. 92102	232-8623
La Jolla Co-op.....	7055 Via Valverde, La Jolla 92037	454-2479
Leucadia Co-op.....	Parkside and Main St.	561-0850
Mid-City Food Conspiracy.....	4688 Oregon St. S.D.	283-2117
Ocean Beach Peoples Food Store.....	4765 Voltaire St. O.B. 92107	224-0110
San Diego Co-op.....	367 N. Hwy 101, Solana Beach 92075	436-5433
Solana Beach Peoples Food Store.....	503 N. Hwy 101, Solana Beach 92057	755-3863
Yellow-Rose Co-op.....	1911 Gardner Pl. S.D. 92110	276-4039

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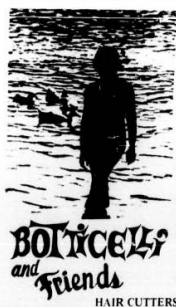
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Public Art

—Anne L. Hutchison—

Cheap entertainment is something like the Holy Grail these days; forever sought and seldom approached. It may be cheap, but is it entertainment? Or vice versa. Well, window shopping at art galleries is the nearest I've come to the real thing in a long time, so you may want to consider some of these possibilities.

For my purposes, commercial galleries are ruled out. I require objects of value to admire without considering price tags — if there's a price on the picture, it damages my pure aesthetic appreciation and often brings out the mercenary lurking in my soul.

The first, most obvious place to look then, is the Fine Arts Gallery at Balboa Park. Not only are all the more traditional forms of art on display at the museum, but upwards of three shows at any given time offer variety, exotica and local color. Frequently there will be one visiting exhibition of national interest and one of local artists, from school children to the San Diego Art Association or the Allied Craftsmen. These changing exhibits are the lifeblood of museums, as they draw repeat customers who may already have seen the permanent collection. Since not all of the permanent collection of any museum is apt to be on view at any single time, changes in these displays are also good for another viewing. Every time I go to the Fine Arts Museum, different areas have been closed off temporarily for a change of display, rearrangement of walls or simply renovation. I rather like that; it breaks up the monotony of the same four walls at every turn.

One thing to be aware of when considering a visit to any gallery or museum: many are closed on Mondays so as to remain available on weekends. The Fine Arts Museum is open Tuesday through Saturday from 10 a.m. to 5 p.m., and Sundays from noon to 5 p.m.

The La Jolla Museum of Contemporary Art offers a rather different selection of art. It requires a broader mind or maybe just a sense of humor to enjoy the exhibits here. Usually there will be two of the more avant garde styles in the downstairs gallery space, and the work is generally of a more exotic nature than simple oils or watercolors; strips of painted canvas fluttering fairly free are recalled as the work of one local artist recently on exhibit and a series of utterly naturalistic oil paintings

depending heavily on clothed monkeys and orangutans for subject matter is also memorable. If the monthly show doesn't appeal to you, there is a slide show concerning the work of one or another artist upstairs, sharing space with pieces from the permanent collection, which is not particularly traditional, but for some reason (familiarity, perhaps) seems more comfortable and less out to me than most of what is seen downstairs. And if all this fails, the glazed-in porch at the back frames a fine view of the ocean that is my favorite piece in the museum. There is also the garden gallery, which tends to house over-size or especially outrageous works. I remember particularly an enormous mound of tumbledweed, and another time an artistic computer working out its designs. The La Jolla Museum is open from 10 a.m. to 5 p.m., Tuesday through Friday, and noon to 5 p.m. on weekends. On Wednesday evenings, there are special hours from 7 to 10 p.m.

The next most likely source of art on exhibition is the college campus. From UCSD to the junior colleges, artistic endeavor is given free rein. There are several places at the UCSD campus in La Jolla to find art displays. First, there is the Art Gallery in the Humanities Library on Revelle Campus. Most of the work shown here is done by graduate art students at the university as part of their thesis completion, but an occasional visiting show breaks up the routine, or even selections from the Endowed Collection, some of which is on loan to the Fine Arts Museum in between campus showings. Since the new Mandeville Center opened last spring, you can find lovely things to look at there as well, and the undergraduate art gallery on Muir Campus gives the rest of the art department a chance. Even the Central Library offers some interesting pieces now and then, usually small, three dimensional objects, such as jewelry and ceramics or examples of beautiful book binding, that can be enjoyed in a glass case.

As the largest local institute of higher learning, San Diego State offers examples of student work there. The Art Department Gallery is apt to be open any time during the school day, and you can wander through at your leisure. The Artze Center has exhibits to offer as well, in the Casa Real. USD's Founder's Gallery offers some of the classier exhibits in town, like works by Francoise

Gilot in a one-woman show, as well as the usual examples of student work. Southwestern College in Chula Vista has offered such items of current interest as a Chicano art show and slide lecture last semester. Grossmont College takes care of its students too, with regular shows of their work, which, considering the reputation of the Art Department faculty, ought to be of very high caliber. Art exhibits on college campuses, therefore, while not limited to departmental work, nevertheless exist palpably.

There are a couple of other stray places too. The Jewish Community Center, out on 54th near University Avenue, offers its gallery space to various local artists for three or four weeks at a time. The space is not large, but it's airy and light, and some of the work shown there is really lovely. The shows run through the fall, winter and spring, a month at a time. The Center is open Monday through Thursday from 9 a.m. to 10 p.m., and Friday till 5 p.m. Sunday hours are 11:30 a.m. to 4 p.m. and of course the center is closed on Saturdays.

Back at Balboa Park, the dedicated art lover should not ignore such possibilities as the Museum of Man and the Natural History Museum. It's true, they aren't quite free, but they are cheap, and besides all their usual attractions, they frequently offer extra shows. At the Museum of Man, textiles and ceramics are a good bet; they have recently shown works of both the Potter's and Weaver's Guilds in San Diego, and often there are native American pieces to be seen. The Museum of Man is open 7 days a week, from 10 a.m. to 4:30 p.m., and if you're really strapped for cash, there's no admission charge on Wednesdays.

The Natural History Museum's displays of art are specialized too. They tend toward watercolors of local flora or exhibits of diamonds (I don't know about you, but to me, diamonds are art). The Natural History Museum is open on the same basis as the Museum of Man. Wednesday is a very good day to hit up the park.

And as a last resort, don't forget your local library. The Central branch of the San Diego City Library on E St. offers all kinds of art exhibits and displays of general interest. It's open weekdays till 9 p.m. and Saturday from 9:30 a.m. to 5:30 p.m. The only trouble is, it's closed on Sunday, but you can always pick up a book to see you through.



Posh

—Eleanor Widmer—

What's posh? The dictionary defines it as elegant or fashionable, but to this I would amend the words unique or distinctive. The following guide is neither systematic nor definitive, but proves that glamour and cachet exist palpably.

1. What's the best way to drive to your local supermarket? John Holt, the La Jolla attorney, does so in a 1967 Rolls Royce Phantom limousine that is an exact replica of the one used by the Queen of England. The last of the great classics, it weighs 6000 pounds, has 3 braking systems, 2 music systems (one front, another in back), comes upholstered in pale blue Bridge of Weir leather and West of England cloth that has been shrunk 35 times to achieve a satin smooth finish. Built-in bar, of course. Mr. Holt also collects unusual hats, purchased from James Locke of London, and he keeps these in the back of the car so that his guests may wear them. Then with flags flying (he flies the native one of his guest as well as the American) he sails into the parking lot of the local market. Doesn't everyone?

2. Do you feel the need for a change in routine? The Presidential Suite at the Westgate Plaza Hotel rents for \$225 a night and consists of 2 bedrooms, 2 baths, a full living room, European furnishings and antiques, 14 carat gold fixtures in the bathrooms, and telephones bathside. Not overpriced for its kind.

3. Are you thinking of throwing a small party? The Terrace Room at the Cuyamaca Club (a private club) sports a ceiling that rolls back to reveal the sky and accoutrements in damask and crystal and brocade that are right out of a 19th century French novel. It's expensive to rent, but cheaper than a trip to Versailles.

4. Are you seeking old world decorum in a public bar? The Prince of Wales Bar at the Coronado Hotel in Coronado was designed by Dixon Morrow with custom made fittings, lighting and wood paneling. Situated on the floor between the lobby, it has the feeling of a private gentleman's club. Happily, it has always been integrated and liberated.

5. Would you like to have your hair shampooed as if Warren Beatty asked? The Beauty Salon at Bullocks

(separate rooms for men and women) creates the effect of an elegant space capsule. Its walls are covered with mylar paper, it boasts t.v. sets in the drying room (1 set for 3 people), and for your comb-out you may watch a fashion show on a ramp and stage specially designed for the salon. Wash and set for women comes to \$6.

6. Have you envied Frank Sinatra his barber? Exclusive Barber Shop in the Charter Oil Building, 110 W. C St., will provide men with an ambience of luxury and exclusiveness. Styling, \$8.00; haircut, \$3.25; tinting \$5.00. Conservative elegance.

7. In the mood for haute cuisine cooking lessons? Ann Otterson at Iberian West in La Jolla (Girard Ave.) offers a cooking class in which you are taught to prepare lamb sauté or veal orloff. \$75 for 5 lessons.

8. Shopping for accessories for gourmet cooking? Perfect Pan at 4040 Goldfinch has everything for the gourmet cook, including gourmet foods. The pots and pans and whisks and soufflé dishes are expensive, but though you may never poach a 25-pound fish, you should examine the proper pan for your fantasy life.

9. Do you want hot house strawberries in the winter and out-of-season vegetables? Jurgensen's in La Jolla, the grande dame of grocery stores will provide sturgeon and caviar and grapes fit for royalty. At royal prices.

10. Are you looking for a non-musty antique shop with dazzling objects?

The Connoisseur Antique Shop, 3165 Adams, will tempt you with its Georgian and Victorian silver, early clocks, antique firearms, and furniture. But don't expect to unearth some faded jewel at \$5 in this store.

11. Planning a Good Health Check Up?

Scripps Clinic in La Jolla lives up to its name. You don't have to be John Wayne or Elizabeth Taylor to rate individual attention.

12. Do you want a hock shop that doesn't make you feel like Humphrey Bogart on the lam?

Palace Hock and Loan Shop, 951 4th Ave. displays and accents items of unusual interest and worth. For browsing, this rates as highly as any second-hand shop with excellent quality items. And should you need some folding money for Las Vegas...

13. Interested in a private primitive painting collection?

Bradley Smith, the publisher and photographer in La Jolla, has a stunning collection of Haitian paintings in his home. No phone calls, please.

What else is posh? Ending on lucky 13 will not prove sufficient. If you'd like to trade your Rolls for a motorcycle, the BMW 900 sells for about \$3000 and the striping is hand-painted and signed. The Krauser luggage which fits along the sides of the motorcycle costs \$275 a set, so you can whirl up or down the coast with a proper place for your bathing suit and towel.

The Phylum, 3022 Canon in Point Loma, deserves interest as a plant hospital and plant sitter. While the place doesn't look posh, the service is. If you need a baby sitter for your house plants, The Phylura will do so for about \$3.50 a week.

De Santo's Mushroom Farm in Escondido will provide you with the greatest variety of elegant mushrooms in this area. Drive to the north end of Broadway in Escondido, and when you think that you're lost for sure, there it is.

Fior's Candy Shop in La Mesa, Nothing about the physical accoutrements denote posh, but the apricots hand dipped in chocolate are.

Rafferty's in Parkway Plaza in El Cajon makes the best peanut brittle, and before your eyes.

Del Cerro Liquor Store carries everything extraordinary, including framboise, raspberry liqueur at \$18 a bottle, and Rothschild wines.

It would be impossible to conclude an article on posh without mentioning the view from the La Jolla Art Museum — possibly one of the finest gallery views in the world — and the elegance of seeing thoroughbred horses being exercised in the Del Mar surf. The spa aspects of The Golden Door are posh, as is the musache of Señor Pericano in the Casa de Baffi. The old Fox theatre as well as the Spreckels still maintain a faded patina, and the La Valencia Hotel in La Jolla always denotes elegance. The most far-out decor for lunch, including enclosed booths with mammoth pillows and a ceiling of stained glass and beading can be found at the Trison Restaurant, 6611 El Cajon Blvd., La Escondido.

restaurant in Tijuana is elegant, and the poshest doctor's office, with magnificent artwork belongs to Dr. Colewell and Laughlin, at 9900 Genesee Avenue.

Needless to say, posh personalities abound here, but a select few would have to include Dr. Harold Torbert, the physician and wine expert, Professor Herbert Marcuse for his innate elegance, Roger Leach for his taste, and the ever ubiquitous Ms. Teddy Lewis who helped with this guide. But the poshest lady I know in terms of her unique self definition remains Madeline Kamler.

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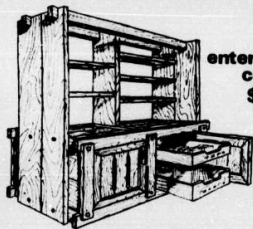
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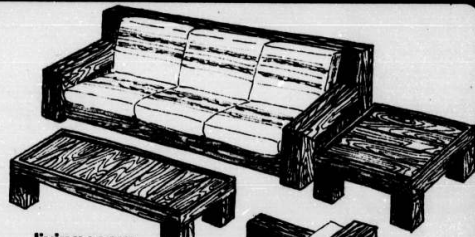
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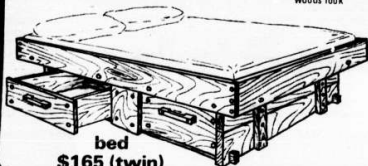
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Natural Food Restaurants

—Gale Fox—

—You mean there's an alternative to eating? Wow! Think of all the time we'd save if...

—No. You didn't let me finish. I was going to say there's an alternative to eating meat and potatoes, pale green salad drenched in hydrogenated vegetable oil, and frosted cake reeking of white sugar. In San Diego, foods that have no history in the American diet are establishing a tradition of their own among a growing health-conscious restaurant clientele. If your mind is poised towards vegetarianism, if you acknowledge the dangers of artificial food additives, if you have chosen to be careful about

what you eat, you may like to experiment with your diet now and then. You'll find a whole kitchen cupboard full of alternative eateries in San Diego. These restaurants specialize in low prices (for the most part), food prepared from scratch, no smoking allowed, ban on preservatives and artificial flavors and colors, use of whole grains. Alternative eateries are of two basic types:

I. FAST FOOD

After visiting ten of these fast food alternative eateries, I decided never to look an avocado cheese melt in the open-face again: the menus are so similar. But each sandwich shop has its own tasty trademark, its special vibes, and what I'll leave for you to measure, its own variations as to size and cost per serving.

In Leucadia, the northernmost boundary of this Guide, Fred Harwood, who looked as though he was playing store, told me the Rubaiyat has been open for two months.

1. Rubaiyat, 1900 North Highway 101, Leucadia. Open 11-7, closed Tuesday.

The kitchen of the Rubaiyat cafe is fully equipped with microwave and blender, all a fast food veggie place needs to concoct its shakes, salads, sandwiches, and cereals. The Rubaiyat is lacto-vegetarian, though not strictly a health food joint since it sells ice cream, a concession almost all of the alternative eateries have made. According to Fred, most of the business eats at one of the four

valued instead of "taking it out." That's unusual for the mini-menu format of the place. On your next trip back from San Clemente, you might stop at the Rubaiyat for an Omar's Dream, a mocha beverage. Encinitas' population of 5,000 is supporting five (count 'em) alternative eateries, or one for every so many people. Three of the five offer fast food.

Encinitas Natural Foods, called "I Street" by the locals, is part of a health food store.

2. Encinitas Natural Foods, "I" Street, west of Highway 101, Encinitas. Open 10-9, closed Wednesday.

The Om Burger, a seed and vegetable patty served on a whole wheat bun, leads the menu in sales. "I" Street specializes in raw fruit pies and a dairyless soup of the day. The menu of salads, sand-

wiches, and side orders is vegetarian with Mexican food, a long list of fruit drinks, and "organic" sodas made with naturally carbonated water.

If I hadn't been traveling with an ice cream freak (see Reader of July 10, 1975), I never would have stopped at a place called Ice Cream Parlour on my search for alternative eateries.

3. Ice Cream Parlour, 290 North Highway 101, Encinitas. Open 10-8:30, 7 days.

The Ice Cream Parlour changed hands three months ago. Charming, precocious 12-year-old Natalie Gutierrez, the owners' daughter, and her forthright 14-year-old cousin Marta Morena tell me that soon the name too will be changed to reflect the innocence of the foods within. Maybe something like "Las Campanitas," little bells, because the Gutierrez family collects Mexican bells. The Ice Cream Parlour serves a varied menu of fruit and vegetable salads, sandwiches, and exotic beverages. The tar baby special combines coconut juice, papaya, dates, frozen banana, coconut, and honey. Now, the hottest item is the walnut oat burger with sprouts and guacamole, but coming soon is a line of vegetarian Mexican foods, the frioles cooked in pure vegetable oil. Natalie's parents feel microwave ovens are harmful to food and people; so they use a small conventional oven. The Ice Cream Parlour does have ice cream, both Aladena and Carnation. Eat there or take out.

Some health food supplies are on sale.

The three-month-old Daily Bread is another new fast food alternative with the rough wood decor adopted by most of the restaurants in this Guide. Bob Beck, who sliced me a wedge of homemade pumpkin-chess pie, was proud of the low prices and high quality of the foods and said the owners envision a chain of Daily Bread's. They already have

stood like MacDonald's. 4. Daily Bread, 517 First Street (Highway 101), Encinitas. 10-10, 7 days.

Thanks to the mother of one of the owners, there's an Italian flavor to many of the recipes at the Daily Bread. Besides the alternatively standard sandwiches and salads, the bread serves soups and hot casserole dinners all day. Local women make the pies at home. When Bob runs out of a certain kind of pie, he telephones one of the bakers, and she whips up a replacement to order. At the Daily Bread, you can treat your non-vegetarian friends to a tuna sandwich while you stick to "The Squash Buckler" (a zucchini sandwich) or other vegetarian punishments. The printed menu is itself an entertainment.

If you don't feel like driving all the way to Encinitas for your health food fix, just roll to a stop at the Little Red House in Cardiff-by-the-Sea.

5. Little Red House, 1951 San Elijo (corner of Vulkan, you can't miss it, just look for a little red...).

Open 10-6 Monday-Saturday, 11-5 Sunday.

The House is a combo health food store and take-out fast food spot featuring hot garbanzo bean pizzas. Tuna is on the menu. Beverages at the Little Red House can be spiked with ginensis, bee pollen, vitamin E powder, and other extras to make sure your calories are not empty ones.

Avocado and cheese without the melt is the fastest mover at Sunseed, but maybe not for long. A Middle Eastern element has just been introduced onto the menu, and new devotees are gobbling it up.

6. Sunseed, 705 Felspar, Pacific Beach. Open 10-5.

But Reyad Kattan plans to expand those hours and serve Syrian food to go, at night from 9-11. For a month, he's been making falafel and tabbouleh, with his homemade hummus, but he's experimenting with other vegetarian Syrian recipes to be used at night. The Sunseed also offers a menu of cold sandwiches, many of them invented by Ricki, who's been working there since the place opened a year ago. Special diets can be accommodated at Sunseed. You order your sandwich and smoothie through a window and eat at outdoor picnic tables. The ingredients come from the health food store next door, under the same ownership. Reyad, himself a meat eater, is nevertheless so enthusiastic about the vegetarian food at the Sunseed that he guarantees his 60-cent falafel sandwich will fill you up

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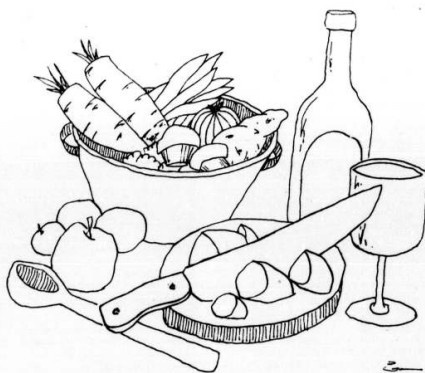
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more than three of you know who's hamburgers.

The Homestead in Ocean Beach has a patio atmosphere.

7. Homestead, 4708 Voltaire, Ocean Beach. Open 11-8 Tuesday-Saturday, 11-7 Sunday, closed Monday.

The Homestead has been mainly a lunch place, but recently a daily dinner special has been added. The Homestead, which has been working at the Homestead for a year, considers it a transition vegetarian restaurant for people wanting to start a new diet. Inside, you pick up a menu, order, pay in advance, then sit either at an indoor table or outside by the planters. A server brings your food: soup, salads, sandwiches with arab bread baked to order for the Homestead.

Natural Habit used to be a Future Foods, see #9. It has taken off on its own, however, and added a Niederfrank's ice cream bar, sandwich special of the week, and a dollar bargain hour.

8. Natural Habit, 4966 Santa Monica Ave., Ocean Beach. Open 11-8 Monday-Friday, 11-9 Saturday and Sunday.

Natural Habit is a microwave and blender operation specializing in sandwiches and smoothies, with

tuna also on the menu. Patrons order at the window and either take out the food or eat at simple tables arranged outside.

Future Foods has been around for a long time, as fast food alternative eateries go. Three and a half years, according to Steve Jones, manager of the Pacific Beach store. His store was the first in a chain of six Future Foods. One is to be located in the locations of the other five are listed below. All Future Foods offer the same menu, unpretentious surroundings, and serve smoothies without ice cream. Many of the fast food places mentioned above were inspired by the success of Future Foods.

9. Future Foods, 1651 Garnet Avenue, Pacific Beach. Open 11-8, 7 days.

10. 1130 Camino Del Mar (Highway 101), Del Mar. Open 11-8, 7 days.

11. 621 Pearl Street, La Jolla. Open 11-8, 7 days.

12. 2909 Mission Blvd., Mission Beach. Open 11-8, 7 days.

13. 1916 Cable Street, Ocean Beach. Open 11-9, 7 days.

The second type of alternative eatery is characterized by complete dinners, table service, and, in some cases, ambience.

II. DINING OUT AU NATUREL

A E-Z listening was on the muzak the day I visited the Shepherd. The atmosphere is very low key: plastic coated booths, easy on the wall hangings, quiet service.

14. The Shepherd, 1126 South Highway 101, Encinitas. Open 8:30-2:30; 5:30-9:00, 7 days.

Every item on the menu is prepared on-site. You can have your buckwheat pancakes for supper or cheese souffle for breakfast at the Shepherd. Entrees may be ordered a la carte or with complete dinner. Co-owner Rick Cremen says a piano player sometimes entertains on weekends. No flesh on the menu, but you can get fake sausage and other deceptive non-meat made from soy beans. The Shepherd caters: weddings, parties, and most of the customers for this service are non-vegetarian. Although the Shepherd started as a place for people from the Self-Realization Fellowship down the street, it has retained no Christian affiliation. But guess who the Shepherd is?

There are two Rocco's in San Diego. Both are decorated in genuine organic wood, but the Rocco's in Encinitas is much ritzier.

15. Rocco's, 1044 Highway 101, Encinitas.

16. 3445 Ingraham St., Pacific Beach. Open 4-11 Monday-Friday, noon-11 Saturday, noon-10 Sunday.

And there's one more Rocco's in La Jolla.

Rocco's is Italian with multi-course dinners, chef's salad, and variety of the house — Rocco's Favorite pizza. The minestrone soup is sensational. Both San Diego Rocco's deliver to your door. Encinitas serves wine and beer and has entertainment on Wednesday and Thursday. Pacific Beach has non-alcoholic beer. Both menus include veal parmigian, ham in the chef's salad, and chesburger, all a la soy, of course. But I have proof that it tastes like the real Italian. Once we took my in-laws to Rocco's without telling them it was vegetarian. Only AFTER they raved about the food did we show them the fine print on the menu... where it explains about the soy beans.

The newest alternative eatery is, paradoxically, the first one in town, the town of Solana Beach, that is. The Wood-Dove is so new, it doesn't even have an address.

and owner Jim DeBauche doesn't even know his partner's last name. 17. Wood-Dove, end of Acacia, off Highway 101, near Solana Beach Park, Solana Beach. 11-midnight, 7 days.

Oma's Dream is on the menu of the Wood-Dove, too, because Jim is part owner of the Rubaiyat in Leucadia, see #1. He opened up both restaurants all of a sudden. But he considers the Wood-Dove HIS place. Jim is still creating the menu. He hadn't gotten his oven yet the day I visited Wood-Dove. He's planning on lacto-vegetarian dinners as well as sandwiches. Feta's already on the menu.

The interior is brand-new unfinished wood; the outside may someday hold a patio dining area. Jim has plans for live entertainment and bread baked on location in his kitchen. He opened Wood-Dove early so that people could get used to the idea of a vegetarian restaurant while he was getting it ready for the grand opening.

Another place to take your in-laws (besides Rocco's, see #15-16), and other anti-meat noon nuts is the Gatekeeper.

18. The Gatekeeper, 1294 Prospect St., La Jolla. Open 11:30-2:30 brunch; 5:30-10:00 dinner, Monday-Friday; 9:00-4:30 brunch; 4:30-10:00 dinner, Saturday and Sunday; minimum charge for lunch \$1.35, for dinner \$2.00.

Michael O'Connor, who with his parents and three siblings runs the Gatekeeper, calls it a health restaurant for the uninitiated. He explained that the Gatekeeper started three and a half years ago as a vegetarian restaurant, but business was slow. Now, with chicken, fish, and wine on the menu, "We get people in here who've never had a slice of whole wheat bread." Once they get in, of course, there's no choice. All the grains are whole, the eggs fertile.

Orango's will celebrate its first anniversary this December. Like the Gatekeeper, Orango's is a

(continued on next page)

(continued from preceding page)

and the produce strictly fresh. Tables in the Gatekeeper overlook La Jolla Cove; classical music lovers in the background; plants and antiques live up the spaces. Sounds like a regular restaurant, right? The Gatekeeper dining area occupies two stories of the Tyrolean Terrace complex. Developers have more lucrative plans for this historic property; so, the Gatekeeper is opening up a Mission Valley restaurant in November. Michael says a new system of serving will be tried out there, with the same basic menu of everything from avocado aladino to zucchini souffle au gratin. In the middle, the mushroom risotto is the most popular choice on the menu.

Many of San Diego's alternative restaurants are not yet making money; only one of them is non-profit on purpose.

19. Harmony, moving to 4765 Voltaire, Ocean Beach. Hours to be arranged.

Harmony has been operating on Cable Street as San Diego's only non-profit vegetarian restaurant. Because of the move to a new location, dining format and menu content have not been finalized as of this writing. They used to have an all-you-can-eat salad bar, changing special of the day, and a regular Mexican night. Give them a call to check on their changes. 223-1144.

Orango's is used for folk music entertainment. Desserts and

beverages only are served after 9:30 on those nights.

There's always a line, come dinnertime, at the Prophet.

21. The Prophet, 4461 University Ave., East San Diego. Open noon-8 Tuesday-Friday; 6:00-10:00 Tuesday-Thursday; 6:00-11:00 Friday and Saturday; 6:00-10:00 Sunday; closed Monday.

Many Ann Chastain, creator of the Prophet, warns, "You better dig it now. We won't always be here, you know." For the time being, at least, you can still get carrot/ice cream shakes, tabulee salad, the garden of isis, and other vegetarian goodies at the Prophet. Dinner uses the same menu as lunch except for three entrees prepared fresh daily. Your waiter or waitress will tell you about the selection. At the Prophet, you can eat in a common dining area with

the usual tables and chairs, or you can have your own circular, wood-paneled space where you sit on cushions at low tables. The decorations are ecclesiastic with portraits of teachers of different religions. The Prophet also sells books (you may read them in the waiting room), herbs, and sandals. The menu has an eastern flavor; some dishes are highly spiced. At the Prophet what you see and hear adds to the food. Subtly textured background music, delicate waiters, and the dim decorations of things handmade and growing things. On top of all the good food, exotic music, and personality of the Prophet, it has the jazziest restroom in town.

East County is also alternative eating turf. Thanks to Jay Gordon. Jay used to work at Orango's, see #20, and that gave him the idea.

22. Jay's Cafe, 134 West Douglas St., near Main and Magnolia in an alley, El Cajon. Open 11:30-8 Monday-Saturday; 'til 9 on Friday.

Jay's is only a couple of months old. Jay's specializes in home grown sprouts, freshly baked breads, and a changing luncheon and dinner special. You can sit at a counter or tables and try to resist the carrot cake. The hummus is homemade, too. Jay started the vegetarian cafe because that's the kind of food he eats. And the atmosphere is just what he was looking for in a restaurant, kind of old fashioned and cozy without being crowded. If this place works out, Jay, a tennis nut, is already thinking of opening up an annex in Balboa Park next to the tennis courts where, right now, if you don't eat hamburgers, you don't eat.

The first shall be last. In my list, anyway, San Diego's first (half a century old) vegetarian restaurant has somehow ended up at the bottom.

23. The House of Nutrition, 1125 Sixth Street, downtown San Diego. Cafeteria open 8:00-6:00 Monday-Thursday; 8:00-3:30 Friday, 12:00-6:00 Sunday.

The philosophy behind this vegetarian restaurant is that of the Seventh Day Adventists. Breakfast and lunch at the House of Nutrition are served cafeteria style in part of the oldest health food store in San Diego. From 8-10, cereals and eggs as you like it, then several entrees are published on the board for all to see. Sugar and other health purist no-no's are used in preparing the full course meals, but the fare is strictly vegetarian. You may eat in the upstairs dining area or among the shelves of the health food store below. Soyburger loaf is the house specialty.

One more place to watch for is As You Like It in Stratford Square on the corner of 15th and Highway 101 in Del Mar. I hear they're "moving in that direction," no preservatives and all that. So watch out for creeping vegetarianism. In San Diego, it seems to be catching... on.



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Encinitas
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Mon.-Sat. 11-9
Sun. 11-7

LEUCADIA

Melody Maker
Golden Dolphin Jewelers
Sattva Natural Foods
Ice Cream Parlour

ENCINITAS

Old Market Shopping Center (stand)
Rocco's Pizza
Blue Ridge Music
Daily Bread
La Paloma Bookstore
La Paloma Theatre
Isness Records
New Yorker Deli

CARDIFF-BY-THE-SEA

Fish House West
V. G. Donuts
Vom's Groceries (stand)
Little Red House Health Foods

SOLANA BEACH

Healthdays
Sudz Yer Dudz
Price Drugs (stand)
Another Bird
Niederfrank's Ice Cream
Begger's Banquet Boutique
Isness Records
Grinder Shop
Ex Libris Books
People's Food Store

DEL MAR

Carnegie A-440 Pizza
Oasis Records
Carino's Restaurant
Family Affair
Leo's Market
Future Foods
Cork 'N' Cheddar
Post Office (stand)
GRB
As You Like It
Earth Song Books
Lonely Individuality
Body Kovers

LA JOLLA SHORES

Scripps Snack Bar
Scripps Library
The Cheese Shop
Rheinlander
Jeri's Menswear
La Jolla Shores Market (stand)
Mel's Corner

LA JOLLA VILLAGE

McKellar Plaza (stand)
Roots
Pier One Imports
Turntable Records
Spirit Shop
La Jolla Music
Central Federal Savings (stand)
CBM Deli
Burns Drugs
La Jolla Library (stand)
Rexall Drugs
Continental Pancakes
Jonathan's Market (stand)
C'est Cheese
House of Natural Foods
Future Foods
Baskin and Robbins (stand)
Unicorn
Sign of the Ram
Tiffanny's

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La Rancheria
Bird Rock Drugs
Elva's Natural Foods
Sunstone Pottery
Ocean Fresh Restaurant
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KEARNY MESA

Captains Cabin, Waterbeds
Wherehouse Records
Pacific Stereo
Apex Music Store
Brick Shirt House
House of Golf
The Real Maine Thing
The New Delhi
The Great Haircut Place
Command Post
Organ Power Pizza
Cohen's Deli
Picadilly
Liberty Tobacco

CLAIREMONT

Jupiter Records
Pantry
Jerusalem Restaurant
Pantorium
The Trip Imports
Firehouse Deli
Hanging Gardens
Albert's Music City
Stereo Unlimited
Claremont Cycle Supply

UNIVERSITY CITY

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PACIFIC BEACH

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Tug's (stand)
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Farmer's Market
Farmer in the Delfy
House of Natural Foods
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Gary Music Co.
New Seed
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Summit Sports
Susan's Cards
Susan's Toys
Mom's Saloon
The Pantry
Post Office (stand)
7-11 Store (stand)
Oink's Ice Cream
Licorice Pizza
Wherehouse Records
The Convention
Maidhof Brothers
Striving After Wind
Future Foods
Fine Arts Cinema
Oakwood Apartments
Dapper Denny's Deli
Green Acres
Rocco's Pizza
Crest Liquor
Bonkers
Cavalieri's
Fashion Conspiracy
Alpha Beta (stand)

MISSION BEACH

Island/Seaford Fish Deli
Mission Market
Future Foods
Ace Liquor
Dapper Denny's Deli
Hamel's Bikes
Our Perry's Pizza
La Cantina Ventura
June's Kitchen
Infinity Surfboards
Canora's Sandwich Corner
Moscow Coffee Shop
Get It On Shop
Beach Liquor (stand)
Dungaree Depot
Patches
Yab Yum
Mr. D's
Homespun
Crepe Shop
Sweet September
Tubby's Subs
Middle Earth Books

HARBOR DRIVE

People's Fish & Chips
Anthony's Seafood Mart
Fish Factory
Anthony's Restaurant

OLD TOWN

Libros (Bazaar Del Mundo)
Ice Cream Factory (Squibb Square)
Gesso Books

INDIA STREET

Wear It Again Sam
Canora's Sandwich Terrace
El Indio Tortilla Factory
Filippini's Pizza

OCEAN BEACH

People's Food Stores
Good Karma Records

Readers

Where To Find Them



DOWNTOWN

County Administration Building
11th Naval District Headquarters (stand)
Santa Fe Depot
City Administration Building
Union & Broadway (stand)
2nd & Broadway (stand)
3rd & Broadway (stand)
5th & Broadway (stand)
4th & C (stand)
5th & C (stand)
Horton Plaza (stand)
Union & C (stand)
Front & A (stand)

HILLCREST

5th and Laurel (stand)
Art Seller
5th and Robinson (stand)
5th and University (stand)
Mandolin Wind restaurant
4th and University (stand)
Haiman's Delicatessen
Zolezzi's Delicatessen
Cavalieri's Restaurant
Kay's Resale
Fat Tiger

NORTH PARK

Blossoms Books and Barber
New York Pizza
30th and University (stand)
Zumwalt's Bicycles
Bead Bag
Baker's Books
Despise's Music
Vitality Health Foods
Folsom's Tennis
Ciro's Pizza

NORMAL HEIGHTS/KENSINGTON

Reuben's Bar & Grill
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Chez Marie
Back to Eden
Sun and Moon Yoga

EAST SAN DIEGO

Dow Sound City
Burwell's Sound Center
Carnation Ice Cream
Bit of Sweden
Pizza Hut
Alfie's
Dairy Queen
Bob's Big Boy
House of Pies
Encore Records
Bea's Rancho Chico Restaurant
Winchell's Donuts
As Time Goes By Antiques
On Key Typewriter Mart
Stereo Unlimited
Prophet Vegetarian Restaurant

MISSION HILLS

Figaro's Italian Restaurant
Washington and Goldfinch (stand)
Munich Cafe
Orango's Vegetarian Restaurant

University Hospital
Kentucky Fried Chicken
Food Pantry
Mid East Coffeehouse
Red Fox Room
Denny's
International House of Pancakes
Basket Case

MISSION VALLEY

Orange Julius
Bob's Ice Cream Bars
Wherehouse
Pickwick Books
Mavin
Hungry Hunter

FASHION VALLEY

Nature Food Center
Wright's World of Sound
Farrell's
Bill Gambles
Discount Record Center
B. Dalton Bookseller
Lord Rebel
The Wild Pair

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Foot Traffic
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Del Cerro Wine and Spirits
Yarns Etc.
Palermo's Pizza
Tani's Japanese Restaurant
Little Sweden
Triton Restaurant
Aspen Mine Co.
Down to Earth Stereo
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7-11
Denny's
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Aunt Emma's
Jack La Lanne's
Amber Unicorn Books
Quaff Barrel
Pico's Mexican Food
Wherehouse Records
Stapuary Studio
Pantv

Chateau Wine and Cheese
Many Hands Artists Co-op
Bear's Pants Depot
La Beau Mainstyle
Steinbach's Carnation Restaurant
College Liquor
Baskin Robbins
Tommy's Natural Foods
New Glass Stem
Andy's Saloon

LA MESA

La Mesa Music Machine
Reuben's Steak House
Pacific Stereo
Iron Horse
Aaron Brothers Art Mart

GROSSMONT CENTER

Bill Gambles
Bishop's
Grossmont Nutrition Center
Wherehouse Records
Animal Faire
Cheese Shop
Coffee Merchant
Earth Shoes

COLLEGE GROVE CENTER

Bill Gambles
Orange Julius
Jeans West
Walden's Books

EL CAJON

Jay's Vegetarian Cafe
Apex Music
Parkway Lounge
Steinbach's Carnation Restaurant

PARKWAY PLAZA

Wherehouse Records
Shrimp Peddler
The Trip Imports
Pizza Parlor

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Grossmont College
Cal Western Law School
Western State Law School
University of San Diego
USD Law School
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Desert Camping

By Paul Krueger

There's only one environment hostile to man that's the city. Treat the desert right and it will treat you right.

That's a word of advice rangers at Anza-Borrego State Park give thousands of campers each year. For despite the traveling restrictions imposed by high gas prices, the number of desert visitors has increased from 382,000 in 1965 to over 645,000 in 1975.

When you visit Borrego the most important thing to remember is to get to know the rangers. It's their job to protect the park and to see that you're aware of all the facilities available.

Anza-Borrego has two types of campsites. Primitive sites, with pit toilets and trash cans, are \$1.50 per night. Developed sites, with trailer hook-ups, shaded ramadas, fireplaces or gas stoves and trailer hook-ups cost \$3.00 a day for tents, \$4.00 for trailer hook-up. Day-use fees are a dollar, and extra cars (there's a

8 person, 2 car limit) costs are charged dollar each.

If you choose to go off on your own, and the real beauty of the desert is in its uncharted areas, always notify the rangers before you leave. If they expect your return and don't hear from you, they'll know where to look.

Whenever you set-up camp in the desert, whether it's a developed, primitive or wilderness area, there are a number of good habits experienced campers have to share.

Always let the park rangers know where you are. They'll have lots of tips about the area you plan to visit.

Shake out your sleeping bag and shoes before and after sleeping.

Carry ample water (a gallon per day in the summer) and drink it when you need it. Your body will do a fine job of rationing it, and people have been found dead with full jugs of water.

Cover yourself well.

Unless you're an experienced desert camper, it's no place to get a sun tan. Long pants are a must. Besides keeping off the sun, they keep in moisture. Long-sleeve shirts are wise, and a wide-brimmed hat is necessary to protect your eyes.

If you're lost, stay with your vehicle. By covering a deflated tire with gas, oil or kerosene and lighting it after you can attract one of the many planes that cover the area night and day. On foot, head down hill. Rangers expect lost campers to follow the least path of resistance: help them out by leaving tracks of rocks or sticks.

A number of books have been written on desert camping and are of great help to the inexperienced. Leander and Rosalee Peik, who helped with this Reader's guide, have written a number of good ones on Southern California camping including a Campers' Guide to San Diego County Campgrounds and a Guide to Orange and Riverside County Campgrounds.



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S 10-6
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Borrego Campsites. While real desert freaks will want to get off to Death Valley or the Mojave, Anza-Borrego is only an hour and a half's drive from the city, making weekend treks very feasible.

Arroyo Salada. East on Palm Canyon Road 7 miles, north on Peg Leg Road for 3 miles, east on Borrego-Salton Sea Highway for 9 miles. The campground is 1/10th of a mile south of the main road. This is a small

campground with trash cans and pit toilets, but no water or other facilities.

Bow Willow. A great place for real campers, this is one of the quieter ones. There's 10 spots with tables, shaded ramadas and pit toilets. It has a good view of Ocotillo, the Smoke Trees, and is surrounded by beautiful cactus. It's located off of County Road S-2, 16 miles north of Ocotillo.

Culp Valley. Another

primitive site, this one is 9.3 miles west of Christmas Circle at Borrego Springs. At an elevation of 3,500 feet it gets real hot here in summer, and there is no water available.

Dos Cabezas. Probably the most desolate of the Borrego sites, Dos Cabezas puts on a beautiful show of spring wildflowers. There are a number of landmarks at this site, located 7.8 miles off of U.S. Highway 80 by Ocotillo. Be sure to see the abandoned station on the San Diego and Arizona Eastern line, the Mortero Pains area and the deserted line shack by the old corral.

Fish Creek. Eight miles south of Pole Line Road this primitive site is noted for its

beautiful rock formations. Rangers can be of help in pointing out the Mud Hills, Split Mountain and Elephant Trees.

Palm Canyon. The most luxurious of the Borrego sites, Palm Canyon is equipped with trailer hook-ups, stoves and plumbing. Rangers are based here and give a number of programs and hikes in the surrounding areas. It's 3.5 miles west of Christmas Circle at Borrego Springs.

Tamarisk Grove. A developed site, the Grove has 25 spots, each with table, stove and locker. The large Tamarisk trees house some beautiful birds and Yaqui Well is only a short hike from the campground, which is near the junction of State

Highway 78 and Borrego Springs Road.

Spring wildflowers are a beautiful sight in the desert. The show varies from year-to-year depending on the amount of rainfall. Mr. Peik suggests following County Road S-2 up through the desert to Sissors Crossing (the junction of Hwys. 78 and S-2) A left at the Crossing will take you back through Julian and into San Diego. The rangers are also up on the best places to see the flowers, and will give you a map and directions. You can call them before you leave home and they'll have the information waiting for you. The headquarter's number is 767-5311.

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FROM THE BLVD. TO THE BOARDWALK - ACROSS FROM BELMONT PARK

Phone Numbers

for information

Guideline	238-1111
Plaza Information Booth	234-5191
San Diego Public Library	236-5800
City Attorney	236-6220
Consumer Fraud	236-6007
Building Code Information	236-6270
Citizens Assistance	236-6047
Government Information Service	293-6030
Information for City Offices	236-5555
from North County, ask operator for Zenith 70311	
Noise Abatement	236-6088
Planning Information	236-6460
People's Preventive Care	225-1243
Southeast Community Crisis Center	239-0325
Beach Area Community Clinic	488-1644
Imperial Beach Free Clinic	429-5222
	429-2751
Chicano Community Clinic	234-8171

Mid-City Community Clinic	283-7089
	283-7080
East County Community Clinic	440-2751
San Diego Human Care Service Center	436-0634
Linda Vista Health Care Center	279-0925
Department of Public Health	236-2264
East San Diego	582-6433
El Cajon	442-9451
North San Diego (Pacific Beach)	274-1223
Southeast San Diego	232-7328
American Civil Liberties Union	223-3863
Legal Aid Society of San Diego	
964 Fifth Ave.	232-8109
2751 Imperial Ave.	239-9137
111 N. Dittmar, Oceanside	722-1336
Equal Rights Advisors	232-6849
Mid-City Legal Clinics	298-8861
	280-5050
Drug Abuse Programs	
Alcoholics Anonymous	239-1365
National Council on Alcoholism	234-7381
Alcoholism De-Toxification Center	236-3791
S.D. County Women's Alcohol Detoxification Center	279-1100

Narcotics Treatment Program

13th & Market	239-3017
5402 Division St.	263-3173
2040 Indio St.	239-7727
534 North Cedros, Solana Beach	755-7720

DEFY (business phone) 236-2274
(hotline) 236-3339
from North County, ask Operator for Zenith 3339

Narcotics Prevention and Education Systems Inc. 239-6155

special interests

Gay Center for Social Services	232-7528
Ariz. Institute of America	296-3322
National Center for the Exploration of Human Potential of San Diego, Inc.	272-7330
First Church of Spiritual Psychology	427-6225
Center for Servicemen's Rights	239-2119
Indian Center	233-6318
Theosophical Society	239-4676
Atheist Society	233-0939
Militant Forum	280-1292
Common Cause	235-6557
Senior Citizen's Center	745-2210
Jewish Family Service Drop-In Center	
For Elderly	282-5678
Downtown Senior Center	239-7751
East County Seniors Hot Lunch	447-5988
RSVP (Retired Seniors Volunteer Program)	238-1377
Sexual Freedom League	429-5900

help!

Rape Crisis Center	239-RAPE
Rape Emergency Assistance League	466-RAPE
Poison Information Center of San Diego	294-6000
Police Ambulance and Emergency	236-5911
from North County ask operator for Zenith 70310	
Fire Department	
La Mesa	461-1222
Lemon Grove	409-4113
National City	477-4111
San Diego City	238-1212
County Sheriff's Department	236-3111
California Division of Forestry	442-1615
U.S. Forest Service Fire Dispatcher	293-5262
U.S. Secret Service	293-5640

Street Theatre

— Mark Wenzel —

FOR THE AUDIENCE

The most prominent street entertainers and where to find them.

BALBOA PARK:

Normal Heights Lounge Lizards (Bluegrass Musicians)
Formal Garden on Village Place

Armondo Lucero (Magic, Mime, and Juggling)
Behind Casa Del Prado

San (Musical Trio)
Lily Pond

Dean Rouch (Musician)
Alcazar Gardens

Stanley Gutmond (Musician)
Lawn East of the Mall

Jericho West (Musician)
Lawn North of Ford Building

Jeff Pekarek (Musician)
Lawn South of House of Pacific Relations

Various Black or Chicano Musicians (Ethnic Music)
Lawn East of Gold Gulch

Tim Haas (Musical Trio)
Corner of El Prado and Balboa Drive

Hare Krishna Movement (Religious Musicians)
Corner of Sixth Ave. and El Prado

Indian Magique (Actors)
Zoro Gardens

OTHER AREAS IN SAN DIEGO COUNTY:

Mark Wenzel (Mime Artist)
Pacific Beach, Ocean Beach, La Jolla

Mr. Trash (Vaudevilian)
Mission Beach, Ocean Beach, Various College Campuses

Turk Pipkin (Juggler)
Pacific Beach, Fashion Valley

Kit Summers (Unicyclist)
Ocean Beach, Pacific Beach

Lamb's Players (Religious Actors)
El Cajon

FOR THE ENTERTAINERS:

Rules and Regulations regarding performing.
Playing guitar with the case open, obviously asking for spare change, is against the Law in San Diego. The Police can and will arrest you for soliciting. However, the Community Services Division of the San Diego Parks and Recreation Department under the supervision of George Loveland can issue an Entertainment and Music Permit subject to the following regulations:

The permit is valid only in Balboa Park. The permit is valid only in certain areas (see listings).

The permit is valid only for the person and date indicated on the permit.

The permit is valid only from 9:00 a.m. until dusk.

The permit is valid only when in possession of the Permittee. Amplification of any type is not permitted. Percussion and brass instruments are not permitted.

Signs publicizing the activity are not permitted. Entertainers or spectators blocking doors, walks, or arches is not permitted. The maximum number of entertainers allowed per permit is six (6).

There is no fee for the Entertainment and Music Permit but the permits are issued only on a first come, first serve basis. The permits may be obtained from the Casa del Prado office in Balboa Park, any day of the week: from 8 a.m. till 5 p.m.



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CORRECTION
Due to an error on the part of the Pacific Telephone Company, the following listing was omitted from the Yellow Pages of the 1978 San Diego Directory under:
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306 Hawthorne St.
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EVENTS

OCTOBER 9 — OCTOBER 15, 1975

SPORTS

SAN DIEGO/ENSENADA RACE: Sailboat race and motorboat predicted log race. Saturday and Sunday, October 11 and 12, 222-0438.

FOOTBALL: Chargers v. Los Angeles Rams. San Diego Stadium. Sunday, October 12, 1 p.m. 280-2111.

HOCKEY: Mariners v. Phoenix Roadrunners. Sports Arena. Saturday, October 11, 7:30 p.m. 224-4176.

STOCK CAR RACING: California Racing Association program of sprint car racing. Cajon Speedway. Saturday, October 11, qualifying 6:30 p.m., race 8 p.m. 448-8900.

EVENING TRIBUNE TENNIS TOURNAMENT: Morley Field. Balboa Park. Friday through Sunday, October 10-12 and 17-19, 8 a.m. to sundown. 236-5717.

NATIONAL WATER SKI TOURNAMENT: open to all skiers. Hidden Anchorage. Fiesta Island. Mission Bay. Friday through Sunday, October 10-12, from 8 a.m. For information call 276-0530 after 4:30 p.m.

BASKETBALL EXHIBITION GAME: Sails v. Portland. Sports Arena. Wednesday, October 15, 7:15 p.m. 224-4176.

WOMEN'S VOLLEYBALL: Aztecs v. U.C.L.A. S.D.S.U. Women's Gym. Friday, October 10, 7 p.m. Free. 286-5204.

WATER POLO: Aztecs v. Arizona. William Terry Pool. S.D.S.U. Saturday, October 11, 10 a.m. Free. 286-5204.

WATER POLO: Aztecs v. Claremont-Mudd. William Terry Pool. S.D.S.U. Saturday, October 11, 10 a.m. Free. 400-0246.

WOMEN'S FIELD HOCKEY: Aztecs v. Cal State Long Beach. S.D.S.U. Hockey Field east of Tennis Courts. Tuesday, October 14, 3:30 p.m. Free. 286-5204.

SOCER: Aztecs v. U.S.I.U. Aztec Bowl. S.D.S.U. Wednesday, October 15, 7:30 p.m. Free. 286-5204.

WHEELCHAIR ATHLETICS DAY: Municipal Gymnasium, Balboa Park. Wheelchair basketball tournament. Saturday, October 11, 9 a.m.-5 p.m. and continuing on Sunday from 9 a.m. Other wheelchair athletic activities will be demonstrated from 10:30 a.m. Saturday. Sponsored by San Diego Park and Recreation Department. 236-5740.

SPECIAL EVENTS

COLUMBUS DAY PARADE: and salute to the Navy; down Broadway from Ninth Avenue to Columbia Street. Saturday, October 11, 10 a.m. to noon. 234-0331.

NAVY BICENTENNIAL FAIR: Embarcadero. Saturday through Monday, October 11-13, 9 a.m.-5 p.m.

POWAY POW-WOW DAYS: Sunday, October 12 through Sunday, October 19. Parade from Community and Poway Roads. 1 p.m. October 12, followed by barbecue and Poway Poway shoot-out. 748-0016.

MISSION BAY PHOTO FESTIVAL: Vacation Village Hotel. Mission Bay. Saturday and Sunday, October 11 and 12. Models pose 10:30 a.m.-3:30 p.m. Miss Photogenic contest Saturday. Miss Mission Bay Photo Festival contest Sunday. Free. 276-2800.

SAN DIEGO PHILATELIC EXPOSITION: Scottish Rite Masonic Temple. 1895 Camino del Rio South. Friday, October 10, noon-9 p.m.; Saturday, October 11, 10 a.m.-9 p.m.; Sunday, October 12, 10 a.m.-6 p.m. 225-2185.

ROCK DIG: excursion to Valle de Trinidad. Baja California, for andalusite crystals. led by staff of Natural History Museum. Saturday through Monday, October 11-13. 724-1274.

OKTOBERFEST: German band and dancing. The Mercado. 11844 Rancho Bernardo Road. Saturday and Sunday, October 11 and 12, noon to 4 p.m. Free. 277-3132, ext. 215.

MUSIC

IL TROVATORE: by Verdi. San Diego Opera. Rachel Mathes as Leonora. Richard Kneiss as Manrico. Performances in English. Friday, October 10, 8 p.m. and Sunday, October 12, 2:30 p.m. 236-6510.

"DANCE/LA," a modern dance group. Sound scores will vary from rock and live percussion to ethnic and electronic music. Studio Theater. Women's Gymnasium. S.D.S.U. Friday and Saturday, October 10 and 11, 8 p.m. Call 286-6821 for tickets.

RECORDER WORKSHOP AND RECITAL: featuring Carl Dolmetsch from England. Open to beginning, intermediate and advanced players. St. Paul's Episcopal Church, Fifth Avenue and Nutmeg Street, San Diego, Sunday, October 12. Workshop 1-5:30 p.m., recital 7:30 p.m. For information call 244-5033 or 755-8030.

THE AMERICAN EARLY MUSIC CONSORT: an ensemble devoted to the study and performance of medieval Renaissance and Baroque music, in a concert at the Fine Arts Recital Hall. Grossmont College, El Cajon. Friday, October 10, 8 p.m. Free. 465-1700, ext. 321.

VOCAL CHAMBER MUSIC: Howard Fried, tenor; Greg Nestor, guitar; Robert Forman, oboe. Third Floor Lecture Room. Grossmont College. Tuesday, October 14, 7:30 p.m. Free. 236-5800.

DOLMETSCH-SCHOENFELD ENSEMBLE: playing Baroque chamber music. Room C-6, Palomar College. San Marcos. Monday, October 13, 8 p.m. 744-1150, ext. 254.

A SEA SYMPHONY: by Ralph Vaughan Williams, presented in honor of the 200th Anniversary of the U.S. Navy. Choir, soloists, orchestra and organ. First United Methodist Church, 2111 Camino del Rio South, Sunday, October 12, 8 p.m.

LECTURES

PRE-COLUMBIAN CULTURES OF MEXICO: by John Carroll Hooper. First of a series of three illustrated lectures and exhibits. The Puppet Theatre, Balboa Park. Friday, October 10, 8 p.m. Call 239-4717 for tickets.

AN EVENING WITH JUDITH BARDWICK, psychologist, lecturer and author, of the University of Michigan. U.C.S.D. Matthews Campus. Medical School, Room 1105. Thursday, October 9, 8 p.m. 452-3400.

AN EVENING WITH DYLAN THOMAS, Robert Roger Macaulay talking and reading from his works. Third Floor Lecture Room, San Diego Public Library. Thursday, October 9, 7:30 p.m. Free. 236-5800.

POETRY READING: by Patricia Traxler, second local poet to read in the San Diego New Poetry Series. Casa Real. Aztec Center. S.D.S.U. Tuesday, October 14, 8 p.m. Free.

THE MANY FACETS OF EVE: a look at women's roles and education, exploring educational opportunities and career choices for women. Summer Auditorium, Scripps Institute of Oceanography. Saturday, October 11, 9:15 a.m.-3:30 p.m. 452-3430.

CHARLES BERLITZ, author of "The Bermuda Triangle." U.S.D. Camino Theatre. Thursday, October 16, 8 p.m. 291-6480, ext. 354.

Southern California First National Bank

THEATRE

OUR TOWN: by Thornton Wilder. Old Globe Theatre. Balboa Park. 8:30 p.m. daily except Mondays and 2 p.m. Sundays. now through November 9. 239-2255.

THE ADVOCATE: drama by Robert Noah probing issues of the Sacco-Vanzetti trial in the 1920's. Carter Center Stage. Balboa Park. 8:30 p.m. daily except Mondays and 2 p.m. Sundays through October 26. 239-2255.

YOU CAN'T TAKE IT WITH YOU, comedy by Moss Hart and George S. Kaufman. Stagehouse Theatre, Grossmont College. El Cajon. Thursday through Saturday, October 9-11, 8 p.m. Reservations required. 465-1700.

VISIONS OF POWER: dramatic readings from Carlos Castaneda by Burgess Meredith accompanied by Charles Lloyd on flute. U.C.S.D. Mandeville Auditorium. Tuesday, October 14, 8 p.m. 452-4090.

THE DRUNKARD OR THE FALLEN SAVED: Sadie Lou Tieri's musical adaptation, plays under the stars behind the old St. James school off 10th Street. Del Mar. Friday and Saturdays at 8:30 p.m., Sunday nights at 7 p.m. 755-7236.

A BASEBALL A DAY: A new play directed by Ted Reed. Crystal Palace Theatre, every Friday, Saturday, and Sunday, through October 19. 468-8001.

ALL MY SONS: Arthur Miller's drama about the guilt of a maker of shoddy airplane parts in World War II. Actors Quarter Theatre, Fridays and Saturdays, to Oct. 18, 8:30 p.m., 238-9609.

GALLERIES

ONE, UNWITTING, WATER COLORS: and photographs depicting San Diego, submitted by local artists in contest to select the cover for the Third Home Grown Album. Old Town Circle Galleries, San Diego Avenue. Now through October 15, Tuesdays through Fridays 9:30 a.m.-5:30 p.m. and Saturdays and Sundays 10:30 a.m.-5:30 p.m. 296-2596.

JOHN BALDESSARI, concept and video artist. Southwestern College Art Gallery, Otay Lakes Road, Chula Vista. October 10 through 31, Mondays through Fridays 10 a.m.-2 p.m. and Mondays through Thursdays 6-9 p.m.

ITALGLIO PRINTS: by students of Cheryl Wolfson at the Alley Gallery, 5th between University and Robinson. Reception for the artists. Friday, October 10, 7-9 p.m. Show continues through November 12, daily except Sundays and Thursdays, 10 a.m. to 5 p.m. 295-8386.

DESIGNS BY EIKO, Indonesian tie-dye and trikit. October 1-30 at "The Corner," The Boardwalk, Solana Beach.

LOIS ADLER NELSON, pen and ink drawings and etchings. Artists' Co-operative Gallery, 3731 India Street. Tuesday through Saturday, 11 a.m.-5 p.m. through October 29-30-31.

AMERICAN PRIMITIVE WOOD SCULPTURE, U.S.D. Founders Gallery, 10 a.m.-4 p.m. weekdays through November 6. Free. 291-6480, ext. 354.

CATHERINE RUANE, drawings and prints. Triad Gallery, 3701 India Street, 11 a.m.-5 p.m. Tuesday through Saturday to October 11. 299-6543.

AMERICA'S POP COLLECTOR: Robert C. Scull, Sherwood Hall. La Jolla Museum of Contemporary Art, Wednesday, October 15, 8 p.m. 454-0183.

The Events Page is compiled every week and is sponsored alternately by Southern California First National Bank and Bare Woods Furniture. Listings as well as photos, etc. should be sent to READER EVENTS, P.O. Box 60803, San Diego, CA 92138 and should reach us by the Saturday before each Thursday of publication.

TRUNCATED SPOOL TABLE
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READER'S GUIDE TO THE MUSIC SCENE

The Music Scene is compiled every Sunday. Send information and photos to **READER MUSIC SCENE**, P.O. Box 80803, San Diego 92138. Or call 235-6176 by Sunday. In San Diego...

Concerts

Altman Brothers Band, Marshall Tucker Band, Outlaws, Sunday, October 12, noon, Balboa Stadium, 236-6510.
Kenny Rankin, Thursday, October 9, 8 p.m. Monterey Hall, S.D.S.U., 286-6947.

Charlie Rich, Friday, October 17, 8 p.m. S.D. Sports Arena, 224-4176.

Johnny Rodriguez, Tammy Wynette, Friday, October 10, 8 p.m. S.D. Sports Arena, 224-4176.

San Diego Jazz Club Concert and dancing exhibition, Friday, October 10, 8 p.m. Hawaiian Room, Hilton Inn, 1775 E. Mission Bay Drive, 296-1413.

Clubs

Alamo: Gene Davis and the Star Routers, country/western, nightly except Monday, 3593 Claremont Dr., 726-2240.

The Albatross: Matrix, jazz, Tuesday through Saturday, 1309 Camino del Mar, Del Mar, 1-755-6744.

Ancient Mariner: Hipshot, rock & roll and oldies, Wednesday through Sunday, Paul Hobbs and Danny Walker, original acoustic rock, Monday and Tuesday, 2725 Shelter Island Drive, 224-6242.

Another Bird: Jazz, jazz/rock, Tuesday, October 7 through Sunday, October 12, 12:30, Tuesday, October 14 through Thursday, October 16, 140 S. Sierra, Solana Beach, 755-6733.

Athens West: Greek bouzouki music and dancing, nightly except Monday, 918 Pearl St., La Jolla, 450-3613.

Atlantis Restaurant: R. B. People Movers, pop, Tuesday through Saturday, Joy Ride, Sunday and Monday, 224-2434.

Aunt Emma's Diamond Lounge: Evergreen, country, 1523 E. Main, El Cajon, 442-7288.

Big Al's: Latin Fever, Latin style music, Thursday through Sunday, 6149 University Ave., 286-1646.

Boom Trenchard's: Dan Murphy, folk guitar, Wednesday through Sunday, 2888 Pacific Highway, 291-6555.

Botaford's Old Place: John Hartman, acoustic guitar, Tuesday through Sunday, 1205 Prospect, La Jolla, 459-6262.

Bump City: Odisa, Latin rock & roll, Friday and Saturday, 8th and National, National City, 477-1011.

Butterfield Express: Barry Scott on acoustic guitar, Contemporary music, Friday and Saturday, 6737 La Jolla Blvd., La Jolla, 459-3633.

Cafe Del Rey: As Children, soft rock, Wednesday through Sunday, 1549 El Prado, Balboa Park, 234-8511.

Catamaran: Ahmad Jamal Quintet, modern jazz, Tuesday through Sunday, 1403 East Valley Parkway, Escondido, 1-748-5100.

Chuck's Creek House: And The Bass Went Home, top 40, Wednesday through Saturday, 1250 Prospect, La Jolla, 454-5325.

Chuck's Creek House: Bandit, country rock, Thursday through Sunday, 1403 East Valley Parkway, Escondido, 1-748-5100.

C. J.'s Steak: Cathy Collins Trio, country music, Thursday through Sunday, 8647 Mission Gorge Rd., San Mateo, 448-9848.

Classic III: Color, Latin music, Thursday through Sunday, Luis Cacho, mariachi, every Sunday 3-8 p.m., 1862 Palm Ave., Imperial Beach, 429-1151.

The Climax: Madhouse, rock/soul, Tuesday through Sunday, 202 Market, 239-9336.

Conception Bay Fish Co.: Joint Effort, soft rock, Wednesday through Saturday, 2805 Shelter Island Drive, 224-3611.

Crosroads: Matrix (formerly known as the Bluebelles), rock and band, Saturday, 345 Market, 233-7856.

Culpeppers: Shine On, mellow 40s, Thursday through Saturday, 7380 Golfcrest Pl., San Carlos, 460-5400.

Dirty Dan's: Noony Rickett, rock, Tuesday through Saturday, 4000 Kearny Mesa Road, 227-2230.

Elmers New Saloon: Acoustic/soft rock - live nightly, Sunday, open mike; Monday, Tuesday and Thursday, Steve Dangler from "Homegrown 1"; Wednesday, Terry Sheridan, original music, 4078 Adams Ave., Kensington, 284-9656.

Fat Fingers: Kirk Bates and the Fat Fingers House Band, blues/jazz/rock, Tuesday through Sunday, Monday night disco show, oldies but goodies, 1051 University, Hillcrest, 295-2195.

Folk Arts: San Diego Shade Noise Singers, folk, Wednesday, 3743 5th Avenue, 291-1786.

Floyd Smith's Roy Bruder, original folk/rock, Friday and Saturday, Mike Stewart, folk/blues, Sunday, Tuesday through Saturday, 3746 Mission Blvd., Mission Beach, 488-2290.

G. R. B.: Baptized by Fire, folk/rock trio, Thursday through Saturday, dancing to live music, Sunday and Monday; Hootenanny, Tuesday and Wednesday (musicians welcome but call in advance), 225 15th Street, Del Mar, 755-1414.

Haleygon: Jake Rhythm Band, rock, Tuesday through Saturday, 4260 West Point Loma Blvd., 225-9559.

Hungry Hunter: Claudia Waters, singer/guitarist, folk and soft rock, Tuesday, Friday and Saturday, Pioneer St. and Fletcher Parkway, El Cajon, 442-0517.

Infinity: night club for 17-25 years old, Live music Wednesday through Sunday, Tuesday through Sunday, 464-8001 for band information, 8822 Lake Murray Blvd., La Mesa, 239-9336.

Iron Horse: Conch, rock, Tuesday through Saturday, 8238 Parkway Drive, La Mesa, 460-7663.

The Iron Maiden: Ed Wilson, folk/country originals, Thursday through Saturday, 279-2033.

Isla Vista House: RoAnn and Stu, popular music, Monday through Saturday, 1441 Quivira, 224-3541.

Ivy Barn: Sugar Bear, country/rock, Friday and Saturday, 911 Camino del Rio South, 296-0164.

John Bull: First Flight, contemporary music, Wednesday through Saturday, 2200 Highland, National City, 474-2200.

Jelly Ox: Tomson and Parish, guitar/rock, Tuesday through Saturday, 881 Camino del Rio South, Mission Valley, 272-0241.

La Baron Hotel: Waterfall, soft rock, Tuesday through Saturday, 290 Hotel Circle North, Mission Valley, 291-1777.

La Chale: Jo Trainer, piano, Wednesday through Saturday, 5046 Newport, Ocean Beach, 222-5300.

The Lost Knight: Windheather, folk/rock, Friday and Saturday, 4873 North Harbor, Drive, 223-3632.

Main Gate: Larry Green and the Fugitives, rock, Wednesday through Sunday, 415 Broadway, Chula Vista, 420-4828.

Mama's Mink: Fire Creek, western rock, every night except Sunday and Tuesday, 533 E. Main Street, El Cajon, 442-5573.

Mandolin Wind: Elmwood Bird Band, Wednesday through Saturday, modern, 308 University, Hillcrest, 297-3017.

Mom's Saloon: Super Bolt, rock, Tuesday through Saturday, 943 Garner, Pacific Beach, 488-3366.

The New Glass: Goliath, Tuesday through Saturday, 6849 El Cajon Blvd., 464-9500.

Nite Owl East: Bach 'A', La rock, Tuesday through Saturday, The Social Workers, modern, Sunday and Monday, 667 N. Mollison, El Cajon, 447-3854.

Notsom Flotom: Pure Corn, country-western, Wednesday through Saturday, 417 Santa Fe Drive, Encinitas, 1-753-0329.

Orange's: Dave Evans, blues, and E. Z. Mark and Friends, old-timey, Friday and Saturday, 112 W. Washington, Hillcrest, Call 291-1786 for music information, otherwise 299-4174.

Palms 500: The Funky C., Pepper Band, rock, Monday through Saturday, 500 Hotel Circle North, Mission Valley, 291-7131.

Palomino Star: The Country Manager, country music, Wednesday through Saturday, 3008 Main, Chula Vista, 427-5889.

Park Place Lounge: Listen, Wednesday through Sunday, Leroy Zeke, Monday and Tuesday, 1280 Fletcher Parkway, El Cajon, 446-4179.

The Peasles: Tomcat, blues, Sunday: Keith Mathewson, piano, Monday through Wednesday, David George, Douglas Johns, Thursday through Saturday, 4970 Voltaire, Ocean Beach, 223-8773.

Rain Tree: Free Spirits, rock, Tuesday through Saturday, 10450 Friar Road, 290-1141.

Royal Palms Restaurant: Oasis with Lottie Jo, Friday and Saturday; Nova Jazz Group, Sunday through Thursday, 3003 Carlsbad Blvd., Carlsbad, 1-729-2339.

Shaker's Pizza Parlor: Roy Young, popular guitar, Friday and Saturday, 2720 Fletcher Parkway, El Cajon, 461-3771.

Shaker's Pizza Parlor: George Schurr, ragtime piano, and Don Pathe, the Flying Dutchman, banjo, Friday through Sunday, 7888 Oxnello, Friar Mesa, 279-3500.

Shaker's Pizza Parlor: Eddie Zencaver, guitar, dobro, harp and vocals, Friday and Saturday, 3744 Mission Blvd., Oceanside, 757-5370.

Shelter Island Inn: The Spring Winds, soft rock, Tuesday through Saturday, 2061 Shelter Island Drive, 222-0551.

Sparky's Saloon: Search, rock, Tuesday through Saturday, Thunderbolt the Wonderbolt, Monday, 2655 Midway, 223-3154.

Spirit of '76: Glory, rock, Friday and Saturday, mariachi, Sunday, 1130 Buenos (off W. Morena), 276-3993.

Stallion Oaks Resort: A Taste of Honey, country rock, Friday and Saturday, Boulder Creek Road, Descanso, 445-4179.

Stardust Room: Jack Richards Trio, country, Tuesday through Sunday, 2089 Claremont Dr., Claremont, 276-2879.

Sumatra: Aero, soft rock and jazz, Tuesday through Saturday, 224-2434.

Swan Song: David Cheney, Flamenco guitar, Thursday and Friday, 4287 Mission Blvd., Pacific Beach, 272-7802.

Tomatino's: The Texas Pride, country, Friday and Saturday, 843 Grand Ave., San Marcos, 744-1649.

Triton Restaurant: RPM with John Mason, Cooke La Fleeta, Darrell Ray and Shane Alexander, Tuesday through Saturday, College and El Cajon Blvd., 583-3240.

Voyager: Search, rock, Tuesday through Saturday, 1901 Shelter Island Dr., 222-0421.

Wellbears: Liquid Blue, soul/top 40s, nightly except Monday, Midway and Roscamers, 223-3138.

Walter O'Sweeney's: Splash, rock, Tuesday through Saturday, O.D. Corral, rock, Sunday and Monday, 3969 Sports Arena Blvd., 725-1251.

Webb's: The Flame, rock, Friday and Saturday, 1921 Bacon, Ocean Beach, 222-6822.

In Los Angeles...

Concerts

Altman Brothers Band, Elvin Bishop, Monday, October 20, 7:30 p.m., L.A. Forum, 1213-673-1300.

Average White Band, Leon Haywood & Bazuka, Friday and Saturday, October 17 and 18, 8 p.m. Hollywood Palladium, Tickets at Ticketron.

Emmylou Harris, Friday, October 10, 8 p.m. Cal State Long Beach Gym, (213) 498-5241 or (213) 498-4994.

Emmylou Harris, Tuesday, October 14, 8:30 p.m. Royce Hall, U.C.L.A., (213) 825-2953.

Ahmad Jamal, Wednesday, October 15, 8:30 p.m. Royce Hall, U.C.L.A., (213) 825-2953.

Leo Kottke, Tuesday, October 21, 8:30 p.m. Royce Hall, U.C.L.A., (213) 825-2953.

Hubert Lewis, Oscar Brown Jr., Thursday through Saturday, October 9-11, 9 p.m. The Grove, Ambassador Hotel, 3400 Wilshire Blvd., (213) 480-0086.

Little Feat, Friday, October 10, 7 and 11 p.m. The Fox Venice Theatre, Venice, (213) 396-4215.

The Ohio Players, Main Ingredient, Buddy Miles, Friday, October 24, 7:30 p.m. L.A. Forum, Tickets at Ticketron.

Esther Phillips, Friday and Saturday, October 17-18, 9 p.m. The Grove, Ambassador Hotel, 3400 Wilshire Blvd., (213) 480-0086.

Bonnie Raitt and Tom Waits, Friday, October 17, 8 p.m. Santa Monica Civic, Saturday, October 18, 9 p.m. Crawford Hall, U.C. Irvine, Tickets at Ticketron.

Johnny Rivers, Thursday through Saturday, October 9-11, Roxy Theatre, 3008 Sunset Blvd., (213) 878-2222.

Johnny Rodriguez, Tammy Wynette, Thursday, October 9, 8 p.m. Anaheim Convention Center.

Marshall Tucker Band, Outlaws, Monday, October 13, 8 p.m. Santa Monica Civic Auditorium, Tickets at Ticketron.

Uriah Heep, Status Quo, Sunday, October 14, 8 p.m. L.A. Shrine Auditorium, (213) 749-5123.

Edgar Winter Group with Rick Derringer, Climax Blues Band, Tuesday, October 14, Long Beach Arena, (213) 437-2255.

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FRI: 50¢ pitchers COORS
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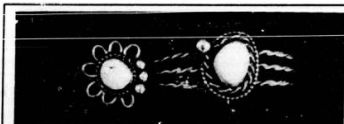
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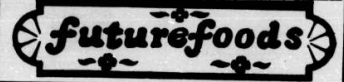
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