Eleanor Widmer now recommends restaurants by telephone day or night!

Whether your hunger is for a sequel to a recent rom-com or a drive-in where you can drive up and down the same story, Eleanor Widmer’s Restaurant List is the best around. The STREET section of the Reader is a guide to the city’s best dining spots, and our tips are often based on Eleanor’s recommendations. 

Call 1-900-444-8600, 24 hours a day.

1. Speak to Eleanor: She’s got several grooves to her voice and can spread the word of the Extraordinary. You’ll find others’ reviews of her restaurant recommendations on the Reader’s website.

Restaurants by type of food

1. New and notable
2. Local and unique
3. Asian
4. Mexican
5. Italian
6. Seafood
7. Vegetarian
8. Gluten-free
9. Vegetarian
10. Chinese
11. Italian
12. Seafood
13. Mexican
14. Asian
15. Local and unique
16. Vegetarian
17. Gluten-free

Restaurants by area of town

1. North Park
2. Hillcrest
3. La Jolla
4. Mission
5. South Park
6. Coronado
7. Pacific Beach
8. Normal Heights
9. Kensington
10. University Heights

Restaurants by restaurant type

1. French
2. Mexican
3. Italian
4. Seafood
5. Vegetarian
6. Asian
7. Local and unique
8. Gluten-free

1. Asian restaurants
2. Vegetarian restaurants
3. Gluten-free restaurants
4. Local and unique restaurants
5. Vegetarian restaurants
6. Gluten-free restaurants
7. Asian restaurants
8. Vegetarian restaurants
9. Gluten-free restaurants
10. Local and unique restaurants

1. Fine dining
2. Casual dining
3. Laid-back
4. Eclectic
5. Comfortable
6. Fancy
7. Rustic
8. Modern
9. Trendy
10. Traditional

1. Dinner
2. Lunch
3. Breakfast
4. Brunch
5. Snacks
6. Late-night
7. Brunch
8. Late-night
9. Dinner
10. Lunch

1. Best of the best
2. Hidden gems
3. Family-friendly
4. Romantic
5. Business
6. Casual
7. Fine dining
8. Casual dining
9. Laid-back
10. Eclectic

By James McDonnell Slade • Illustrations by Helen Redman
"We could offer no follow-up—no explanations."

Birth Defects
Grow in the Dark

By Alex Oliner

San Diego, California—San Diego County suffers a higher incidence of birth defects and Down's Syndrome than the state average. Many health officials believe the county's warmer climate and higher altitude contribute to the problem.

In the early 1980s, epidemiologists from the California Birth Defects Monitoring Program began noting a rise in birth defects, particularly in areas with higher altitudes. This trend continued through the 1990s, with an increase in the number of cases reported each year. The data shows that counties with warmer climates have a higher incidence of birth defects.

The California Department of Health Services has identified several factors that contribute to this trend. Among them are higher levels of pollution, decreased workplace protections, and increased exposure to environmental toxins like lead and mercury. These factors are believed to affect the developing fetus, leading to an increased risk of birth defects.

Epidemiologists continue to study the relationship between environmental factors and birth defects in an effort to better understand the underlying causes and develop strategies to prevent them.
"We could offer no follow-up...no explanations."

Birth Defects Grow in the Dark

By Eve Opinci

Babies born in San Diego County suffer a higher incidence of eye and brain formation defects than do babies born in the rest of California. The state's health department is not using this data to improve medical services. It cannot even explain why.

"There seems to be a "measurably higher" rate of birth defects in the region," said Dr. Sammee Gevan, state health officer. "And the local medical community is about to blame eye or brain problems on the county's air quality."

The county health department said it has not identified a causal relationship between the defect and the level of air pollution. The county has been granted a $10,000 grant by the Deschamps Foundation to continue its study.

Dr. Andrew White, director of the San Diego County health department, said the study will look into the possibility of a relationship between the defect and the county's air quality.

"We have not found any evidence to support the idea that air pollution is a significant factor in the increase in birth defects," said Dr. White. "But we have not ruled out the possibility.

"The study will look into the possibility of a relationship between the defect and the level of air pollution. We will also look into the possibility of a relationship between the defect and the county's air quality.

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As Tom’s trial neared, around October, the whole hossa business reached a crescendo, with Tom zooming in and out of the shop, tending his TV repair arrangement with Paul, cursing Mo Dees and the cops, always dropping tidbits of raw intelligence, and arranging to leave for Portland.

"They said it couldn’t be done. But we did it. We had the money to do it. We had the resources. We had the support. We had the determination."

"And we fought hard. We fought with all our might. We fought with all our strength."

"We didn’t back down. We didn’t give up. We didn’t allow ourselves to be intimidated."

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"And we proved that we are not afraid of anything."

"And we did it. We did it with our heads held high."

"And we are proud of what we accomplished."

"And we will never forget the lessons we learned."

"And we will always remember the people who supported us."

"And we will always remember the challenges we faced."

"And we will always remember the victories we achieved."

"And we will always remember the future we created."

"And we will always remember the memories we made."
As Tom's trial wound around October, the media hounded the business and political leaders involved in the Ms. Does and the-cigs.

Meanwhile, Bob and his TV repairmen were busy supporting Paul, clearing the air, and running errands. The story started to unfold in the spring, and by fall, people were paid out. Paul was just happy to be rid of his TV business, which had been a disappointment.

The trial ended, and Paul moved on to other ventures. The story didn't die, however, as the controversy continued to burn.

The whole episode was a reminder of the perils of business and the power of the media.
LIES

Complain (from page 17)

It's a completely new world, with no old rules. The only thing that's clear is what's not clear. The only thing that's certain is what's not certain. The only thing that's safe is what's not safe. The only thing that's good is what's not good. The only thing that's right is what's not right. The only thing that's wrong is what's not wrong. The only thing that's possible is what's not possible. The only thing that's impossible is what's not impossible. The only thing that's true is what's not true. The only thing that's false is what's not false. The only thing that's real is what's not real. The only thing that's unreal is what's not unreal. The only thing that's good is what's not good. The only thing that's bad is what's not bad. The only thing that's right is what's not right. The only thing that's wrong is what's not wrong. The only thing that's possible is what's not possible. The only thing that's impossible is what's not impossible. The only thing that's true is what's not true. The only thing that's false is what's not false. The only thing that's real is what's not real. The only thing that's unreal is what's not unreal. The only thing that's good is what's not good. The only thing that's bad is what's not bad. The only thing that's right is what's not right. The only thing that's wrong is what's not wrong. The only thing that's possible is what's not possible. The only thing that's impossible is what's not impossible. The only thing that's true is what's not true. The only thing that's false is what's not false. The only thing that's real is what's not real. The only thing that's unreal is what's not unreal. The only thing that's good is what's not good. The only thing that's bad is what's not bad. The only thing that's right is what's not right. The only thing that's wrong is what's not wrong. The only thing that's possible is what's not possible. The only thing that's impossible is what's not impossible. The only thing that's true is what's not true. The only thing that's false is what's not false. The only thing that's real is what's not real. The only thing that's unreal is what's not unreal.

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Dr. Martin's office is modern and clean, and the staff is friendly and helpful. I highly recommend Dr. Martin to anyone looking for a patient-centered approach to their surgical needs. He is the best!
A RECKLESS ASSAULT ON EL CAJON MOUNTAIN

By James Knight
photos by Robert Burroughs

A small group of friends and I were planning to spend a day hiking and camping on the high peaks of the San Diego Mountains. We had arranged to meet at the mouth of the El Cajon Canyon, a local hiking area in the foothills of the San Diego Mountains, to begin our adventure. We were excited to explore the beautiful landscape and challenge ourselves physically.

Upon arriving, we found the parking lot already bustling with activity. The trailhead was located at the mouth of the El Cajon Canyon, where we would begin our hike. We were greeted by the warm embrace of nature, with the sun shining brightly overhead and the cool breeze blowing through the trees.

Our path led us through a dense forest of redwoods and pines, their towering trunks reaching up to the sky. The air was filled with the sweet scent of pine needles and the occasional call of a bird. We followed the trail, our footsteps crunching underfoot.

As we continued, we came across a beautiful waterfall cascading down a rocky ledge. We stopped to take in the breathtaking view, the waterfalls glistening in the sunlight. We knew we were getting close to the summit.

Finally, we reached the peak, where we sat down to enjoy the panoramic view of the surrounding mountains. The skyline was dotted with peaks and ridges, their peaks reaching towards the heavens. We were truly in awe of the natural beauty that surrounded us.

We spent the afternoon hiking and exploring the area, taking in the sights and sounds of nature. As the sun began to set, we made our way back to the parking lot, tired but satisfied from our adventure.

Overall, it was a wonderful experience, and we left the mountain with memories that would last a lifetime. We were grateful for the opportunity to disconnect from the hustle and bustle of daily life and reconnect with nature.

(continued on page 34)
A RECKLESS ASSAULT ON EL CAJON MOUNTAIN

Covered from page 25

A superpower second-paced and suddenly ahead of the chase, she was making her way up the mountain, her momentum carried forward by a fierce determination to conquer the summit. Her lungs burned, her muscles screamed, but she pushed on, driven by a fierce willpower that would not be denied. As the rocky path gave way to steep, narrow ledges, she felt her heart pumping faster, her breath coming in gasps. She reached the top and stood there, panting, her face flushed with exertion. The view was breathtaking, but she knew she could not停留 here. She had one more pit to climb, although this one was easier than her previous ascent. She could hardly contain her excitement as she reached the peak, her arms outstretched in triumph. She had done it! She had conquered the mountain, and now she stood on the summit, basking in the glory of her victory.

It was once 1900. We had arrived at San Diego and were ready to explore the city. We had heard about the bustling city, the vibrant culture, and the many things to see and do. As we walked through the streets, we were struck by the hustle and bustle of the city. The people were busy, the stores were full of life, and the atmosphere was electric. We knew we had made the right choice in coming to San Diego.

We set out to climb the ridge to the highest peak in the area, and the central peak of the ridge loomed large. Some 300 feet above the sea level, the peak was covered with a thick layer of fog. We could see the top, but it was shrouded in mystery. As we reached the peak, we were greeted by a breathtaking view. The city below us was a sight to behold, and the sun was setting in a beautiful orange glow.

We continued our climb, and as we reached the summit, we were rewarded with a stunning view of the city. We could see the ocean, the mountains, and the downtown area all at once. We were in awe of the beauty of the place. We knew we had made the right choice in coming here.

Neveh ever got over my verbal abuse, and the ominous hood that joined us gradually deteriorated. We climbed together one last time after our adventure, but it just wasn't the same.
Homeboy on the Range

By Luis Urrea  Illustration by Tom Ovss

Let me tell you a story about a man named Bob. He was a man of many parts, a true cowboy at heart. Bob loved the open range, the prairie, the sense of freedom that came with it. He was a man who knew how to survive in the wilderness, a man who knew how to ride a horse, a man who knew how to shoot a gun. Bob was a man who was at home in the wild.

Bob lived in the heart of Montana, a state known for its vast open spaces. He was a man who loved the quiet solitude of the countryside, a man who loved the feel of the wind in his hair. Bob was a man who knew how to make a fire, a man who knew how to cook a meal over an open flame. He was a man who knew how to live off the land, a man who knew how to survive.

Bob was a man who was always on the move, always on the go. He was a man who was always looking for adventure, always looking for a new place to call home. He was a man who was always on the lookout for a new horse, a man who was always on the lookout for a new gun. Bob was a man who was always looking to expand his horizons, a man who was always looking to learn something new.

Bob was a man who was always alone. He was a man who didn't need anyone else to survive. He was a man who was content with his own company. He was a man who was content with the life he had chosen for himself.

Bob was a man who was always prepared. He was a man who was always ready for anything. He was a man who was always on guard, always on the lookout for danger. He was a man who was always ready to defend himself, a man who was always ready to protect his home.

Bob was a man who was always looking for a new adventure. He was a man who was always looking for a new place to call home. He was a man who was always looking for a new horse, a man who was always looking for a new gun. Bob was a man who was always looking to expand his horizons, a man who was always looking to learn something new.

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I Asked If He Had Saved the Carcass

By Tom Bradley

In my own house we had an occasional rat or squirrels for dinner, but there was never any great fear about the food. Sometimes we would find mice on the kitchen table or in the pantry. As the foxes and other large game grew less, the smaller rodents became more frequent. In the spring, when the snow was melting, the small squirrels would be seen running about the yard, sometimes even coming too close to the house. The children would be delighted to see them, and would often try to catch them. But their efforts were not always successful. The squirrels were very quick and could usually manage to escape. Nevertheless, the children would continue to try, much to the amusement of the adults. One spring day, a large squirrel was seen running across the street, and the children followed it with great interest. Eventually, they managed to catch it, and took it home to play with. For several days, the squirrel was kept as a pet in a cage, but eventually it had to be released back into the wild. The children were sad to see it go, but they understood that it was best for the animal to be free. From that day on, they never tried to capture squirrels again.
By Tom Bradley

I Asked If He Had Saved the Carcass

In my own home we had an occasional rabbit or squirrel for dinner, but there was not a sliver of an excuse we could find to eat the meat when there were only a couple of hours before the meat would be expired. Sometimes they would die simply because the whiskey got to them, but that was another story. It was not until the following morning that I realized how bad the meat would be.

One day, I received a call from one of my colleagues who told me that he had found a dead chicken in the street. He had been walking down the road and saw it, and I thought that I would follow him and see if there was anything I could do to help him.

When I arrived, my colleague was standing in front of a dead chicken, and I could see that it was not going to be a good idea to try to make it into a meal. However, he had brought along a few bottles of water and some salt, which I thought I could use to make a simple recipe.

In Norwalk, Illinois, while visiting some friends, I was served a rabbit stew that was so good that I asked the woman who had made it to share the recipe with me. She told me that she had prepared the meat by first soaking it in water and then cooking it slowly over low heat.

I decided to try to make the same dish, but I realized that I had no idea how to do it. I went to the library and found a cookbook that had a recipe for rabbit stew, but I had to make a few changes to it to use the ingredients I had.

To make the dish, I first soaked the rabbit in water for a few hours, then I removed the skin and cut the meat into small pieces. I then put the pieces into a pot and added some salt, a little bit of water, and a few sprigs of parsley. I let it simmer for a while, and then I added a little bit of flour and let it cook for a while longer.

When the dish was ready, I tasted it, and I was surprised to find that it tasted even better than the one I had had in Norwalk. I decided to write down the recipe and share it with my colleagues.

By the way, I was so satisfied with the result that I decided to make a small amount of the dish and share it with my colleagues who had helped me. They were all very happy with the dish, and I decided to make it again.

My uncle would have his best buddies over for cards, and the main feature would be some local varmit placed center platter.

My uncle would have his best buddies over for cards, and the main feature would be some local varmit placed center platter.
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Old Stone Face
Boffo Ed Sullivan Retrospective Hits Local Airwaves

- Old Stone Face
- Boffo Ed Sullivan Retrospective hits Local Airwaves
- Paying the Price for Eden
- American Society of Landscape Architects Show
- San Diego with its Spectacular 1992 Garden Tour
- Home of the Scorpion
- Peet Gary Snyder: Healts from His New Book in La Jolla
- So Brilliant, So Dashing, So Courageous, So Ruthless
- Events Listings

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Taking the Rest of Us with Him

Michael Karn, Candace Gordon in Mortal

R E V I E W

The production's strongest suit is its world to witness. Smoke
smoke is, you know, New York and isn't afraid to use
its middle-class, Cohen's Comedians, of course. The

three are well-ventilated. Smoke nen, and New York is,

smoke, and in its middle-class, Cohen's Comedians, of course.

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smoke, and in its middle-class, Cohen's Comedians, of course.
At the heart of the play are Dora's questions: "Why do we love? What makes us do it?"

The play culminates in an enthralling Love/Death scene that is beautifully performed by Brian Whitaker and Susan Griffin. With their powerful performances, the audience is left breathless.

"Mystery" is a thought-provoking play that explores the complexities of love and relationships. It is a must-see for anyone interested in the beautiful art of theater.
Vegetables on the Wing

By Frank Cadenhead

San Diego's newest theatrical production, "Vegetables on the Wing," is a delightful mix of musical, dance, and comic elements that keep the audience guessing throughout the performance. The story follows a group of vegetables as they embark on a journey to find their way back to their home, the farm. Along the way, they encounter a variety of characters, each with their own unique personality and backstory.

The production includes a variety of dance styles, from contemporary to tap, and the music ranges from upbeat jingles to emotional ballads. The set design is simple yet effective, with a few key props and a backdrop that changes to reflect the different locations the characters visit.

The performances are delivered with passion and energy, and the cast members truly bring their characters to life. The audience is left with a smile and a sense of joy at the end of the show, eager to see what other adventures the vegetables will embark on next.

In summary, "Vegetables on the Wing" is a must-see for anyone who enjoys a good laugh and a bit of whimsy. It's a fun and engaging show that is sure to delight all ages.

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Aging Ungracefully

Kim A. Johnson

Electronic Music: "Music for the Masses" created by Boston's Oren Ambarchi and installed at the University of California, Los Angeles, is a multimedia project that explores the relationship between music and technology. The installation features a series of interactive displays that allow visitors to create their own compositions using a variety of electronic instruments.

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How Much Insanity Do You Want on a Monday Night?

In the wake of recent high school wire fraud and the prevailing mood in San Diego's musical scene — heavy metal bands coming to town — it was refreshing to see a lineup of rock bands as long as the San Diego rock acts at Park Place in El Cajon were on a Monday night. It seemed as though every band on the bill had a message or a back story of some sort.

The opening act, RamONES, were the first to hit the stage, and their energy was infectious. They were followed by The Ramones-style bands, each with different styles and influences. The lead singer of the next band, The Special's Beat, had a unique voice that stood out. The crowd was engaged and responsive, making it clear that the bands had made their mark.

The fourth act, Special's Beat, continued the high energy and showed off their versatility with a range of songs. The final act, Sonic Youth, brought the night to a close with their signature sound. The audience cheered and clapped as they took their final bow.

Overall, it was a successful evening of music that aimed to keep the audience on the edge. The bands' performances were complemented by well-crafted setlists and engaging stage presence. The night concluded with a sense of anticipation for what the next event would bring.
THE MUSIC SCENE

WHITNEY HOUSTON

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BAND'S GUIDE TO THE MUSIC SCENE
End Game

REVIEW

Above the end game are the first tennis court at the Lakeside Performance and Visual Arts Gallery, which is located in the north, located in a multi-story brownstone across from the park. The gallery is open from 10 a.m. to 5 p.m. on weekdays, and from 11 a.m. to 4 p.m. on weekends. The gallery is located at 325 W. 1st Street. If you missed the art show, you can still enjoy the music and the gallery's exhibits, which are open until 9 p.m. on Fridays and Saturdays.

Mr. and Mrs. Kahn, who own the gallery, were inspired by the end-game scene in the movie "The Godfather" and decided to create a similar end-game scene in their gallery. The end-game scene is a series of photographs that depict the end of a tennis game, and it is displayed in the gallery's main exhibit space. The photographs feature black and white images of the players, the ball, and the tennis court, and they are accompanied by a set of rules and scoresheets.

The gallery's end-game scene is open to the public, and visitors are encouraged to participate in the game. The rules are simple: players take turns hitting the ball back and forth, and the player who misses the ball or hits it out of bounds loses. The winner is the player who reaches 100 points first. The game is played on a standard tennis court, and the gallery provides all the necessary equipment.

The gallery's end-game scene is a unique way to engage with art and participate in a fun activity. It is a reminder of the importance of playing sports and staying active, even in a gallery setting. If you are interested in participating in the end-game scene or learning more about the gallery's exhibits, feel free to visit the gallery during its open hours.
**REVIEW**

A young man, light brown skin, curly hair, wears a fedora, talks to a woman, sitting in a cafe. He smiles, has a pleasant demeanor. The woman, with long hair, laughs. The setting is bright and cheerful.

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THE MUSIC SCENE

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SATURDAY, October 1

TUESDAY, October 1, 9:30 pm

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SATURDAY, October 3, 5:30 pm

ALBERT COLLINS

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**THE MUSIC SCENE**

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All Night! Sunday is Country Night

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**Maddie’s PB**

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"You gotta keep a constant lookout for black widows. They just love to string their nests under those things." Fifty-one-year-old Jerry Fujiwara crouched behind a 1972 Whirlpool washing machine tilted forward on a pile of old clothes in a garage in Serra Mesa. (continued on page 14) By John Britzolara