san diego reader

news & features

faster is better
slow is so passé. by geoff bouvier ........................................... 24

City Lights
Sanders, Froman Bunk Democracy 101; the Mayor’s
spin machine goes full cycle; and City Lights shorts ..................... 6
Big roundup: 65,000 shopping carts a year ................................... 7

Letters ....................................................................................... 8

Straight From the Hip
Milorganite: Poop in a bag ......................................................... 14

The Sporting Box
Liquid food and all-night rides .................................................... 16

Sheep and Goats
Evil can seem so reasonable at times .......................................... 18

Best Buys
Relax, baby ................................................................................. 20

Diary of a Diva
Barbara mind someone else’s business .................................... 22

Buddhist Pilgrimage
The monk wears Prada, by hawkins mitchell ............................... 52

La Semana en Español
A week’s worth of stories in spanish ........................................... 139

Off the Cuff .............................................................................. 150

Puzzle ....................................................................................... 162

Name This Place ....................................................................... 164

Say What?
The levity of brevity .................................................................... 167

picture story .............................................................................. 170

surfmobile
the car that fits a 9’10” inside ...................................................... 171

news of the weird ..................................................................... 181

Back When
No liquor on the old reservation ................................................. 183

Blog World
Everybody wants to party with the belly dancer ....................... 185

Blog Diego
The politics of rush hour ............................................................ 187

Remote Control King
Ollie does the wet-hand watusi .................................................. 189

T.G.I.F.
Iroquois in the schoolyard .......................................................... 191

calendar

Local Events ................................................................. 71
Roam-O-Rama
Ranch of the Spanish Daggers .................................................. 74

Classical Music Guide ......................................................... 86
Art Museum and Gallery Guide ............................................. 86

Pop Music
Blur ................................................................. 88
Don’t stare at Diana Ross! .......................................................... 92

Crasher
Skank never dies ................................................................... 116

theater Review and Guide
6h@Perris’ one hundred birds; and lamb’s dons
Josef’s Dreamcoat ................................................................... 118

Restaurant Reviews and Guide
A feast amid the cubicles ........................................................ 122
Home again at the gathering .................................................... 124
Sebastián’s busy kingdom ........................................................ 125

Movie Review and Guide
Goodballs you’d like to hang out with ....................................... 133

advertising

classified ads
Antiques & Collectibles .................................................... 186
Appliances ............................................................................ 186
Automotive Cars .................................................................. 188
Automotive: Trucks/Vans/SUVs ...................................... 190
Automotive: Classic/Custom Cars .................................... 190
Automotive: RV’s .................................................................. 191
Automotive: Parts ................................................................. 191
Automotive: Services ............................................................. 191
Bicycles ............................................................................... 186
Business Opportunities .................................................... 162
Career Training .................................................................... 157
Classes/Lessons ................................................................ 162
Computers ........................................................................... 186
Counseling/Support ............................................................. 165
Electronics ........................................................................... 186
Employment Agencies ....................................................... 156
Employment Services ....................................................... 157
Furniture ............................................................................. 186
Garage Sales ......................................................................... 186
Health & Fitness .................................................................... 186
Help Wanted .......................................................................... 141
Massage .............................................................................. 163
Miscellaneous For Sale .................................................... 188
Motorcycles ........................................................................ 188
Music, Equipment/Instruments .................................... 166
Music, Musicians Avail/Wanted .................................. 167
Music, Services ................................................................... 167
Notices .................................................................................. 165
Parent Resources ................................................................ 164
Personals ............................................................................. 166
Pet Central ........................................................................... 171
Photo .................................................................................... 185
Real Estate, Condos ........................................................... 183
Real Estate, Houses ............................................................ 182
Real Estate, Miscellaneous ................................................ 184
Rentals, Commercial ......................................................... 169
Rentals, Apartments/Condos ........................................... 171
Rentals, Houses ................................................................. 170
Roommates ........................................................................... 168
Roommate Services ............................................................ 169
Services Directory .............................................................. 168
Sports ................................................................................. 184
Stage Notes ......................................................................... 165
Tickets .................................................................................. 184
Travel & Getaways .............................................................. 166
Wanted/Trade .................................................................... 186
Wedding/Party Guide ........................................................... 164

display ads
Apartment Rentals ......................................................... 172
Automotive ........................................................................ 177
Career Training .................................................................. 172
Getaways ............................................................................ 72
Great Excapes ...................................................................... 72
Health and Beauty ............................................................. 43
Help Wanted ......................................................................... 141
Instruction ........................................................................... 162
Music ................................................................................... 166
Real Estate ........................................................................... 176
Research Studies ............................................................... 44
Services ............................................................................... 163
Singles Events ................................................................... 85
Wedding Guide ................................................................... 82

party like a dead rock star.
See Page 116

the steaks have been raised.

A world-class dining experience has arrived at Valley View Casino with the opening of Black & Blue, a contemporary American steakhouse with Las Vegas flair and San Diego attitude. Stop by for creative cocktails and signature martinis in our stylish Black & Blue Lounge. Then let renowned chef James Montepino and his team delight you with prime cuts of meat, fresh seafood and decadent desserts. Be the first to experience Black & Blue, only at Valley View Casino.

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Lounger opens daily at 2pm, dinner served nightly at 4:30pm

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Win your surf & turf!
Faster Is Better
SAN DIEGO’S SPEED KINGS

Sanders and Froman — A Culture of Command and Control – See Page 6
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– Michelle Stewart, San Diego

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Here’s what some of our patients have said about the LASIK procedure:

Q: How safe is the LASIK procedure?
   “I’m definitely the fearful type... so I talked to lots of people who did the procedure. My friends who did it said it was safe, and it was. Now I wish I hadn’t waited so long.”
   – Misha Sharra, San Diego, CA

Q: Is the surgery painful or difficult?
   “I had no pain during the procedure and no discomfort or pain afterward. Best of all, I can see without my glasses or contacts. It feels great.”
   – Greg Schwenk, San Diego, CA

Q: How soon after the process can I begin normal daily activities again?
   “When I came out of the surgery room I could see the hands of the clock – I was doing normal things the next day...amazing immediate results!”
   – Glenn T. Casey, Chula Vista, CA

Q: How long does the process take?
   “You and your staff told me that it would be a ten-minute, painless procedure and that I would be able to see very close to 20/20 as soon as the next day. Sure enough, it was painless, done in minutes, and I see 20/20.”
   – TP Fortin, San Diego, CA

Q: Do the effects of LASIK wear off over time?
   “I had the surgery done over 8 years ago and my sight is still a perfect 20/20.”
   – Sandra Maicas, San Diego, CA

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– Darush Mohyi, M.D., La Jolla, CA

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  - 0.08: NOT GUILTY
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  - 0.16: GUILTY
  - 0.17: OVER Turned
  - 0.17: DMV SUSPENSION
  - 0.21: OVER Turned
  - 0.16: DMV SUSPENSION

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– Chargers WR Kassim Osgood, #81

NFL Pro Bowl 2007

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**San Diego Reader**

June 7, 2007

Reader

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**Driving? Drunk**

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Minuteman, Minutewoman

By Don Bauder

They’re all marching to the same drummer. Nobody is supposed to get out of step. The rule is to obey orders.” That’s activist Norma Damashek talking about city government under Mayor Jerry Sanders, a former police chief, and his chief operating officer, Ronne Froman, a retired U.S. Navy rear admiral. “The police force is a quasi-military organization.” The mayor’s background “falls into the military model,” and Froman, his second-in-command, can’t shake her spit-and-polish roots, if she is even trying to do so. “There are tight controls and lines of authority. That is appropriate to a military, but a democracy dies if that’s what you do.” In particular, Damashek

Union-Tribspin

By Don Bauder

Watching Mayor Jerry Sanders distort the truth is as disgusting as watching the Union-Tribune helping him do so. Friday, June 1, was another example. At the request of the city attorney’s office, Sanders released documents showing that in December of last year, Sanders administration officials, working from the mayor’s office, helped Sunroad Enterprises circumvent the “stop work” order demanded by the city attorney’s office. That office was trying to block completion of Sunroad’s building near Montgomery Field that defies Federal Aviation Administration and California Department of Transportation standards. Bottom line: the building still sits near Montgomery Field, and there is only smoke and others are deeply concerned about the double-time pace at which the mayor’s hand-picked charter review committee is trying to push through changes that would concentrate power in the mayor’s office well beyond the scope of the so-called strong mayor concept.

Damashek has put her finger on a major problem of the Sanders administration: it is not compatible with democracy. “City employees are fearful to speak and directed not to speak,” says Councilmember Donna Frye. “The public person is ‘I have an open government and people are free to speak,’ but heaven help them if they do. They are not going to be long for this world.”

“Somebody should give Ronne Froman a copy of the Federalist Papers,” says Steve Eric, professor of political science at the University of California, San Diego. Those papers spell out protection of individual liberty, describing “checks and balances, separation of powers — the essence of representative government,” says Eric. “Today’s city hall is all about “the Navy culture of command and control. Sanders and Froman represent a democracy that has dominated San Diego for a century and once again is worsening.” Froman has complained to the mayor’s charter committee about interference — but she was complaining about people who were just doing their job in a democracy.”

continued on page 8

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continued on page 8
The Cart-Theft Posse
By Joe Deegan

Paying a company to return shopping carts that people were taking off our lot got too expensive,“ says the manager of a supermarket in San Diego.” The truck driver who brought the carts back said he was finding them everywhere. Some idiot left one in a canyon. Don’t mention my name or my store, though,” he tells me, stepping from behind his checkout stand. “I don’t want to piss off my customers.”

In a Normal Heights neighborhood, I go looking for abandoned carts. The first one I see sits on the sidewalk across Cherokee Avenue from the Adams Avenue Vons store. But wait, I think, this Vons is known in the neighborhood to use an electronic system for locking the wheels of shopping carts that are taken off the store lot.

How did the cart I’m spying get out there?

Over on the Vons lot, 18-year-old Chris Garene, in his senior year at Cathedral Catholic High School near Del Mar, is doing a 25-hour-per-week job pushing trains of carts into their holding enclosure. He agrees to demonstrate how the wheels locks work. “See these dots on the concrete?” he says, pointing to a line of circular orange marks in the Vons driveway several yards before the street. “There’s something in the

CITY LIGHTS

There is something in the several yards before the street. “I don’t want to piss off my customers.”

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How did the cart I’m spying get out there?
Minuteman
continued from page 9
The mayor’s charter review committee is made up of 15 citizens, and a majority are lawyers, lobbyists, and toadies of various kinds representing the establishment, particularly developers. It’s the plutocracy stumping for autocracy. The committee leaders are trying to get recommendations to the council by September 14 so the package can go on the council by September 14 to get recommendations to committee leaders are trying to stumping for autocracy. The developers. It’s the plutocracy lawyers, lobbyists, and toadies stumping for autocracy. The developers. It’s the plutocracy lawyers, lobbyists, and toadies stumping for autocracy. The developers. It’s the plutocracy lawyers, lobbyists, and toadies stumping for autocracy. The developers. It’s the plutocracy lawyers, lobbyists, and toadies stumping for autocracy. The developers. It’s the plutocracy lawyers, lobbyists, and toadies stumping for autocracy. The developers. It’s the plutocracy lawyers, lobbyists, and toadies stumping for autocracy. The developers.

This is a public meeting. Aguirre is an elected official, and the mayor’s messenger is giving instructions [to him through his representative].

This is the typical military mentality: the way to handle corruption is to issue an order forcing people to stop talking about it. One of the 15 members of the charter review committee (a member of the small minority representing communities) remarks, “The way to end corruption is to let the sunshine in. But I have never heard anything like that mentioned in any of the meetings.”

As (Matt Potter revealed in a recent Reader column, Julie Dubick’s husband was representing Sunroad Enterprises in a tax matter at the same time the city bureaucracy was giving the developer the go-ahead to complete a building that defies Federal Aviation Administration and California Department of Transportation height guidelines near airports.)

Damashek and the two minority committee members I interviewed report that the committee and subcommittees were along with a paid consultant, keep taking small arms pots at Aguirre. Again, this is typical military. The district attorney, attorney general’s office, U.S. attorney’s office (with Carol Lam now gone), the police and sheriff’s offices are all in the pocket of San Diego’s big money. Only Aguirre is fighting corruption. So Sanders and his committee heads want to make the city attorney’s post an appointed one. Former mayor Pete Wilson was invited to address the committee: “Wilson wanted more positions that are now elected to be appointed; he footed that horn, particularly regarding the city attorney,” says one minority committee member.

Similarly, the committee heads want Sanders, in effect, to control the naming of a city auditor rather than having it an elected post. At one meeting, Andrea Tevlin of the Office of Independent Budget Analysis said that Sanders’s system for controlling the auditor post is outdated, remembers Damashek, “Nobody is recommending that kind of system now,” Damashek says, “But the mayor wants it. It looks like it is independent but isn’t. It’s a matter of keeping control of information so typical of the military mindset.”

Tevlin reports to the council, not the mayor. At one committee meeting, Froman made “inappropriate” remarks about Tevlin, according to one minority committee member, and just recently the mayor’s lackeys said they wanted to look at the independent budget analyst’s job. That is hardly surprising: the word “independent” is in Tevlin’s title. That’s anathema to the military. One committee member recalls a discussion of whether meetings might be held out in the neighborhoods. The committee head was against doing much of it. “All these things are decided by the mayor [and his inner circle] when we are not around,” says the member, who adds, “I’m beginning to think this charter committee is just for show, I’m being used.” Communities are being shortchanged; the out
Minuteman

continued from page 6

siders “are thinking of submitting a minority report.”

Sanders/Froman have a military communications machine.”Our City must speak with one voice at least with respect to the departments under my command,” Sanders said in a note to staff August 4 of last year. “Employees in mayoral departments should reflect the opinions of my administration when speaking with the news media.”

“...the employees are supposed to write down and report whatever information councilmembers, the city attorney, or budget analyst request,” says Frye. “The most difficult thing today is getting accurate, timely information without having to go through the spin machine.”

“This Navy culture will grow with Ronne Froman; many more things will have a Navy twang,” says a pro-community member of the charter review committee. This member thinks the military mentality will particularly affect the business process re-engineering initiative, along with companion plans to outsource government work to the private sector under competitive bidding. “This is a carbon copy of what the Department of Defense and Navy started doing in the mid- to late 1990s,” says the member. The problem is that Sanders is counting on re-engineering to provide big savings, but he won’t get specific on just what that entails.

That's happening in the military, too. These processes "can make sense in some situations, but they are not all-encompassing, and some say the government is not saving what it says it is saving,” says the committee member. In San Diego, there will be one big risk: when work is outsourced to the private sector, "A contributor base is developed. It funds the mayor’s campaigns,” says Eric, who is writing a book for Stanford Press, Troubled Paradise: Fiscal Crisis and Political Turmoil in San Diego.

“This administration needs a check on executive power. It’s an imperial government with no checks, beholden to an attorney, or budget analyst. It’s a workaholic administration. "But that was an outright lie," says Blank. "They were putting heating and ventilating equipment on the roof, and we have pictures to prove it."

Blank observes that San Diego elected a supposedly strong mayor, “but he has proven nothing more than miserably weak when faced with developer interests.” Of course, Feldman raised thousands of dollars for Sanders. The punch line: even though Sanders now says that Sunroad is irresponsible, and he professes to take blame for the debacle, his office is still counting on re-engineering to provide big savings, but he won’t get specific on just what that entails.

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San Diego Reader June 7, 2007 11
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Correction

The chess player on the cover of last week’s Reader and on page 26 was misidentified. His name is Alan Tsoi.

Don’t Stop At Starbucks

Be “Sporting Box,” “Great Race. Part 1” (May 31).

I was part of a team that did Race Across America (RAAM) in 1998. What prompted me to write is the hype that you can do RAAM on the cheap. Technically, one could; practically, no way. In order to finish RAAM, the support crew has to be totally on top of what they are doing. Thus, the rule, only one cup of caffine per day, be it cof-fee, tea, or cola. This in-cludes riders. On the cheap is putting everyone at risk.

The race is hard enough as it is. The training is bru-tal. For six months, I spent at least four hours every day in the saddle; about 300 miles per week. Almost all of it was by myself. Lucky for me I (still) have a wife that fed me, for I didn’t have time for anything but eat, sleep, and go to work; no friend, no other family, nada!

My hat’s off for anyone, solo or team, doing RAAM. My undying appreciation to the unsung heroes, their support crew.

P.S. Tyler is doing great, which made the effort all worth it.

Gregg Team Tyler

Patrick Daugherty responds: Gregg, I don’t understand what the one cup of coffee, tea, or cola has to do with being totally on top of it. Here’s a sentence from the column in question, “They are in it to win. If you’re in it for fun and to finish, you only need one re-liable vehicle and a crew of three resourceful buddies.” This indicates, at least to me, that there is a category of riders with money and pur-pose to win, another category of riders with little money and a purpose to finish.

We agree on a couple of things. Nobody can do it on the cheap in terms of the time they have to spend training. And every rider I talked to remarked how cru-cial it is to have good crew. Double that for having a good wife.

It’s an inspiring race. Congratulations for riding it.

Helpful Hank

About Jorge Hank Rhon, an interesting insight that the public doesn’t get through the media (”Jorge Hank Talks,” Feature Story, May 31). Jorge has led an in-teresting life. It’s full of con-troversies. Felix “El Gato” was an arrogant and unpro-fessional journalist. In his Mexican custom, he re-quested and received gratu-ities for his abilities. Psycho-logically, he would provide a Shakespearian/Freudian masterpiece for a plot. As an American, I can attest to Hank’s generosity to un-derprivileged kids when help was needed.

Jorge has many critics because of personal jealous-ies and a Chilango her-i-tage. People of Baja will have a final say in August, when they vote for their new governor.

Jerry Lesser

Art Of The Living


Last time I checked, it was the SAN DIEGO Reader. If I want to read about Los Angeles, I’ll buy the L.A. Times.

Another thing, get out of the museums and walk among the living. Every publication in San Diego writes the same long-winded reviews of the same shows.

I don’t need to be told about shows that are over-mentioned. Tell me about new and exciting work that you haven’t heard of. Also, knock off the two-page re-vIEWS; the only person you’re impressing is your-self. Cover two or three shows in San Diego at one time; then I might take the time to read your entire review.

Now, go out there and cover some San Diego shows, but get the hell out of the museums.

Dan Adams

Clairmont Mesa

In Toto, Too

First off, thanks for publishing my adjectival dia-trive (“Wildly Dreamy, Delicate, Madcap, Scruffy,” Letters, May 31) unedited (!) and in toto. Placed, I turned to the “Movie Re-view” section to see what the (now apparently “Onion”) A.V. Club was up to this week. Bemused and plac-edated all the more, I only got as far as the subtitle before my bloom of good will faded: a “jittery teacher…stumbles into a strange semi-flirtation with…a pushy gym teacher whom everyone assumes is gay.” Apparently all the charac-ters in the movie assume her is gay, this female gym teacher whom appears gay but whom is not.

Nice. So much for the blue pencil.

This week’s series of questions: Has the “Movie Review” section to the Cookie Monster? Is this the 21st-century equivalent of Mickey Ross’s ex-posed to the next national election cycle

Re Bauder article about Mayor Sanders and the Montgomery Field building height (“A Confession That Wasn’t,” “City Lights,” May 24).

When the mob could no longer bankroll Las Vegas, it was taken over by the deeper pockets of big busi-ness who run it for profit. There’s a lot not to like about the mob and devel-op-er-controlled San Diego government.

For example, developers want the land under Lind-bergh Field, so the City continues to perform mil-lion-dollar studies without taxpayer approval and with no data to justify the need. Next, and again without taxpayer approval, the City contracted $250,000 for an outside audit by Kroll of the city budget, which came in years late at a final cost of $20.3 million. This budget was then presented to a city council, and on August 9, 2006, the Union-Tribune said, “Kroll officials found widespread wrongdoing at City Hall, including deliber-ate disregard for the law, disregard for fiduciary re-sponsibility and disregard for the financial welfare of the city’s residents over an extended period of time.”

Next the mayor said he would study it and report back his recommendations, most of which do not be-come a reality until Mayor Sanders leaves office. It is kind of like President Bush telling the press when asked when the U.S. would be out of Iraq that that would be for the next president to decide.

For anyone paying at-tention, the control of and corruption in city hall is no secret. Yet, on matters like the pension funding, city hall behaves like unfaithful men in denial who have lost the trust of their mates.

Roger Newell
College Area

Get Out Of My E.R.!

I’m writing to express my outrage regarding the treat-ment of David Ross in the dastardly dumps case mentioned in “Water Man: Down, Then Out,” by John Brizzolara, in your May 24 issue (“City Lights”).

To be sure, this is not just an isolated incident in San Diego and the country in general. In fact, hospital dumping of indigents (or apparently indigent folks, in Mr. Ross’s case) is a national issue. The treatment of David Ross in the dastardly dumps case mentioned in “Water Man: Down, Then Out,” by John Brizzolara, in your May 24 issue (“City Lights”) is a national issue.

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Hey, Matt:
Where I live in University Heights there are signs everywhere on sidewalks, monuments, and such that say “University Heights” with an ostrich below. What’s the deal with the ostrich?
— Dale in UH

Hike on over to the intersection of Park and Adams, face north, and imagine this scene. San Diego’s most popular park ca. 1900, Mission Cliff Park; the nearby city trolley barn; and, next door, Harvey Bentley’s Ostrich Farm (ladies’ hat plumes, our specialty). Now imagine adventurous San Diegans taking the trolley to the park; eating and aching at the view over the valley; then rounding out the day with a ride on one of Harvey’s cranky birds.

Hey, Matthew:
How do you start a bank? They’re well-lit businesses with polite staff and dotty customers. Judging from the nice locations, expensive furniture, and money they have for advertising, banking seems reasonably profitable too. But why can’t I find anything about how to start a bank? Can I simply mosey on down to some government office with bad parking, fill out an application, get a permit, rent a storefront, and pop up a Mike’s Bank sign?
— Mike, Vista

Theoretically, you can mosey, fill out ap, and let’er rip, Mike. But more realistically, complete this sentence: $500 is how much I spent on (a) my shoes, (b) my car. Nothing in the law says you need $500 shoes to start a bank, but it wouldn’t hurt if you hung out with that crowd. After that, the paperwork isn’t so bad.

To obtain a charter for a new bank in California, you have to do is submit an application package to the Department of Financial Institutions, wait a few months for the okay, then open the doors. The application package has to convince the banking commission that (1) you and your board members have the financial savvy to make the plan work; (2) California must have your new bank to serve some unmet need in the financial marketplace; and (3) you have the ability to raise, oh, maybe $10 mil to capitalize the place.

So, were you planning to put your brother-in-law on the board, just as soon as he gets out of prison? Is your major financial experience three summers as a checker at Big Lots? Does your business plan involve competing for customers with Wells Fargo? When you open your wallet, do morgs fly out? I don’t mean to stifle a man’s ambitions, but you’d better have your financial ducks in a row, and they’d better be pretty wealthy and experienced ducks.

Heymatt:
Is it true that snakes won’t go where geraniums grow? There has never been a snake anywhere near my geraniums, but I am only one person in a world of flowers.
— Snakeless in Chula

And a hippo’s never been near your geraniums. And the research elves have never been near your geraniums. Wonder what that means? Anyway, don’t count on posies to keep you from being snakebit. The snakes-geraniums business is an old, old bit of folk wisdom. Unfortunately, it came from some very dumb folk. It’s kind of a perky rhyme, but otherwise, no clue why lives on after hundreds of years, since there’s not a shred of truth to it. Maybe kept alive by a particularly crafty geranium salesman.

No Wonder Wisconsin’s So Green!
Re: “Pee-tunias,” last week. You wrote about “experiments” going on using human waste as fertilizer. In southern Wisconsin, that “experiment” has been going on for nearly 100 years. Milorganite, a lawn and garden fertilizer produced at a sewage treatment plant [from the remains of sewage sludge, by the city of Milwaukee Sewerage Commission] has been commercially available since 1925. . . . You can even buy the stuff on eBay. A friend of mine has fond memories (well, okay, I added the “fond”) of a summer job in his teens that required him to shovel a big pile into the back of a pickup truck on a humid, sweltering day. He said that no matter where he stood, the wind would blow it into his sweaty face. So literally everyone in the Milwaukee area does essentially the same thing that P.R.’s friend does [pees on golf course fairways because he’s lazy and it’s “good” for the grass . . . , only they’ve found a much, much more dignified way to do it.
— Kel Tyree, San Diego

Milwaukee ORGAnic NITrogen, the bestest thing to happen to golf courses since the invention of the curse word. I hope we have not given P.R.’s friend new ideas. Milorganite is actually made of the microbes that devour the sewage, said to be far better for grass, especially than manure or chemical fertilizers.

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Great Race. Part Two.

‘N’ever heard of it.”

“‘It’s a fairly unpublicized event,”
says Jim Penseyres. “ABC put it
on TV from ’81 through ’87, but even then
it didn’t get much public attention.”

Penseyres is referring to Race Across
America (RAAM), an annual bicycle race that,
on Sunday, will kick off its 26th running in
Oceanside, and end 3043 miles later, in
Atlantic City. Outside Magazine calls it the
“World’s Toughest Race.”

Jim Penseyres, 60, and his brother Pete, 64,
are members of the eight-man North Coast
Cycling Team, representing North Coast
Community Service, a nonprofit connected to
Vista’s North Coast Church. Both men are
UltraCycling Hall of Fame inductees. Pete has
run RAAM in three decades, owns or shares
four records including the race’s heavyweight
title: fastest solo ride across America. It’s a
record set in 1986, and no one has bettered him it yet. His
brother, Jim, has run RAAM as a solo three times, as part of
a record-setting four-person Human Powered Vehicle
team once, and as part of an
eight-person team once, going
for twice this year.

Jim’s on the phone. I
wanted to know how the race
started. “My brother and I did
the race in the ‘80s as a solo
event. We switched off, one
would run every other year.”
Silence. “Over time the pain
dissipates,” Penseyres laughs.

“How did you prepare for a race that long?”

“Overnight rides?” This could get ugly.

“We’d get off work on Friday and ride all
night long. We rode out to Palm Springs, then
around the Salton Sea, come up over Julian,
and back to Fallbrook. We’d get 400 miles in
and then have a day off.”

Inconceivable. “Ride the whole 24 hours?”

“Yeah. Our wives followed us in the car
and shook their heads,” Penseyres laughs. “But
you have to simulate the race. You have to get
used to riding all night.”

“With all the chit-chat; you’re basically
alongside you and chit-chat; you’re basically
incredibly emotional roller coaster.”

“You couldn’t take the whole race
in your mind. You could
only look at the next town,
and you’d ride to the next

town. And after that you’d
ride to the next town. You
had to break it down into
small increments.

“The rules are such that
your crew can’t drive up
alongside you and chit-chat; you’re basically
out there by yourself. You try and stay focused,
but you daydream a lot. When you’re staying
up 22 hours a day, you go through an
incredible emotional roller coaster.”

“What kind of support did you have?”

“For the solo event you always have a car
right behind you with two or three people in it
and bikes and so forth. We mostly took family
members. Eating was always done on the bike.

“Overnight rides?” This could get ugly.

“Yeah. Our wives followed us in the car
and shook their heads,” Penseyres laughs. “But
you have to simulate the race. You have to get
used to riding all night.”

“Yeah. Anything over a couple hundred
miles gets you into different problems. Some
of them can be just feeling bad, not thinking
you can go any further.” Silence. “You don’t
jump into racing 3000 miles in a week. We
built up. We were going 350 miles a week, and
we built up to 450, I think we ended up at 800
or 850 miles a week.”

“What about eating?”

“You’re body is going downhill after the
third day [of riding]. It’s a fuel problem. How
much food can you eat per hour is how long
you can stay on the bike. Basically, it’s being
time to move along. What were you looking for
when you went off the starting line
that first time?”

Just to be able to finish. You couldn’t take the whole
race in your mind. You could
only look at the next town,
and you’d ride to the next
town. And after that you’d
ride to the next town. You
had to break it down into
small increments.

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I was three steps from the entrance of my building when I noticed him. He was ten paces beyond my door, farther than my eyes usually roam. But one doesn’t need to be paying attention to notice certain things — like a blaring siren, the vision of a man lying face down on the sidewalk is impossible to ignore. The things — like a blaring siren, the vision of a man lying face down on the sidewalk is impossible to ignore. The sound of the siren upset the man in a $1000 fine at worst, time in the detox tank at best. This guy was so messed up he couldn’t stand. He was looking at the man standing by, tall and of a strong build, and said, “We should keep him in our sight. I’m really worried he’s going to get up and try to go, and this guy clearly can’t watch out for himself right now.” He nodded and said, “Yeah, he doesn’t look too good.”

I shifted my load and thought about the situation while keeping an eye on the seat sand-ly-haired fellow whose overcast gaze was as indistinct and misty as the sky above us. I wondered if someone had seen him vomit, if someone had seen him fall and, if so, why that person had chosen not to stop. Why did I stop? Why did I feel a sort of responsibility for this stranger’s well-being? Why did I feel compelled to help someone who seemed to have chosen his current state of helplessness? I didn’t want him to get in trouble. In California, one’s inability to exercise care for one’s own safety due to inebriation could result in a $1000 fine at worst, time in the detox tank at best. This guy was so messed up that he couldn’t stand. He was looking at me, but his gaze was vacant. As I stared at his eyes, I could almost feel his spinning, the disorienting absence of balance that kept him on the ground.
on the sidewalk. Tears rolled down his face, leaving dark pink trails on his dusty cheeks. “Why did you call?” he blubbered, his eyes fixed on some distant spot in the air. “I didn’t do anything. I wasn’t minding my own business. Why did you...why?” He broke into sobs and tried again, unsuccessfully, to stand. “Minding your own business? I thought. Why?” His tears flowed more freely now and he shook his head back and forth like a child trying to refuse broccoli but knowing he will be forced to eat it anyway. In answer to one of the firemen’s questions, the man mumbled something about suicide. This sparked an interrogation: Had he taken any pills? Did he still want to die? Should the cops be called or was he willing to go to the hospital? My chest tightened and my eyes welled with moisture as I watched the man shake his head and ask to be left alone in response to the barrage of questions fired at him.

An ambulance pulled up in front of the fire truck and two paramedics popped out of the back with a stretcher. “Hey, we just saw you last week,” one of them said to the man, whom the firemen were helping to stand. They lifted him onto the stretcher. I pointed out the black wire earphones left on the sidewalk to one of the firefighters, and he grabbed them for the man. The kind city worker

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In mathematics, speed is expressed as distance over time. The fastest humans run about 26 mph, horses can go 55, cheetahs hit about 70, and some drummers are able to play over 1100 beats per minute. The top speed of all is represented in physics by the letter c, the speed of light. It’s nearly 670 million miles per hour.

I chatted with ten locals who have little in common except that they’re all authorities in aerodynamics, connoisseurs of cadence, purveyors of pace, vendors of velocity, monarchs of momentum, and kings and queens of quick.

Kathy Marmack, animal-training manager at the San Diego Zoo

The fastest land animal is the cheetah. I understand that we have a cheetah at the zoo.

“The cheetah that we have is Karroo. She’s six years old, and she’s been at the zoo since she was three months old. Cheetahs don’t become too large. Their average weight is about 75 to 135 pounds. Karroo weighs 107.”

Does she ever get to run?

“Oh, yes! And it’s wonderful. We take her out to the Wild Animal Park, and it’s a specific activity that runs most weekends throughout the year. It’s called Cheetah Run Safari. It’s limited to about 30 people at a time, and they take you out to, like, a little African outback with tents, so it’s like a real safari. And not only do you get to watch a cheetah run, but you get to watch a falcon fly. A peregrine falcon, which is the fastest bird, actually.”

How do you set up the running of the cheetah?

“We have a track that’s a little over 100 yards long, and it has soft turf on it. And we have a line that’s pulled by a mechanical winch. And Karroo likes a
green-and-purple giggle ball, a child’s toy that makes a noise. She’s loved that ball since she was very young, so it was an easy thing to teach her to pursue. We started by just putting her in an aluminum crate where we could easily open the door and throwing the ball up the hallway in front of her. And she’d run after it and capture it, and we’d give her a food reward so we could take the ball and do it again. And what was funny, she learned what we were doing so quickly, she would run back into her crate and stand there as if to say, ‘I’m ready. Let’s do this again.’

“So the same thing happens at the Wild Animal Park. We take her down in a crate in a little electric vehicle, and we get it all set up: we put the lure on the ground and show it to her, and then we attach it to the line. And when we’re ready, she’ll run on the track after the lure. And she’s so fast. The female cheetahs especially are really, really fast. And the toy goes into a box at the end of the track, after it’s pulled. We’re trying to switch her over to a toy octopus, because it balances better when it’s pulled, instead of bouncing along the turf the way the ball does. But it has to be pulled at least 75 miles per hour; otherwise she’d catch it. The lure starts pulling, and she springs out of the crate, and then she’s in mad pursuit of this lure. It’s phenomenal. She actually caught the lure twice last week.”

How much faster than other cats are cheetahs?

“Cheetahs are much, much faster. They’re made for speed. That’s their claim to fame. They can go from 0 to 45 miles per hour in two seconds flat. Isn’t that amazing? And it’s evident when you watch them run. They’re completely built for speed. They’re very sleek, long-bodied, light-boned, and they have long legs. You know, everything about them says ‘speed.’ They’re sleek, not fluffy; their fur is very short; they have a small head, small ears, so there’s no wind resistance; and their mouth is small, so that they don’t take down large prey. But the one thing that’s really amazing is their paws. The cheetah’s paws are very compact and tight; they’re not big, fat, and squishy like other cats’. Their nails are blunt, too, and small,
and they’re not really retractable. Only the dewclaw (the thumb) is partially retractable. And the pads on the bottoms of their feet are really deeply furrowed and wrinkled for grasping the ground. Cheetahs also have a very flexible spine, which enables them to spring and catapult along the ground. They’re really physical marvels.

So they must be incredible hunters in the wild.

“They’re daytime hunters, for the most part, because they have to avoid the other, larger predators like lions, hyenas, and leopards. And they’re not designed for fighting. So the cheetah will do a hot pursuit of their prey, and they can only keep up their tremendous speed for about a quarter of a mile. After that, they’re beat. They collapse in a heap, huffing and puffing, and sometimes it takes them half an hour to calm down before they can eat. They’re just incredible athletes.”

Gabe Serbian, drummer for the Locust

What kind of music does your band play?

“It like to call it an orchestrated car crash. But I’ve heard some other names for it, like ‘sci-fi grindcore.’ You know, superbrutal, just an all-out assault. Although now I think we’re getting better at our instruments, and we can do a lot more than we used to. So it’s still very aggressive at times, but maybe we’re getting a little less frantic.”

Your fans are really into speed. One of them described your drumming as “insanely fast.” Do you care about the sheer, all-out speed of your drumming?

“When I’m playing, I know I’m playing fast, but it doesn’t feel like I’m playing fast. I’ll hear it later, and I’ll be, like, ‘Fuck, dude, that is pretty fast.’ But when I’m playing, it’s kind of like slow motion almost. Although when I’m done playing, I’m kind of like the cheetah. I heard they get really tired after they run down an antelope or a gazelle, right? That’s how I am, because when I’m done, I just have to sit there and breathe a little bit before I can even talk or do anything.”

When did you start playing drums?

“I started playing drums about 15 years ago when I was about 15. I’m 30 now. I can play the guitar and keyboards and stuff, but I’m all self-taught, so I’m not like any studied cat or anything like that.”

So you’ve never taken lessons?

“No. When I was 15 I had one drum lesson, but that was pretty much it. So I learned the proper way to sit behind a drum set, how to hold sticks right, and how my feet should be positioned, but that was pretty much it.”

How do you go from there to being a superfast professional drummer?

“I was just obsessed with it. All I did was play. All I did was practice playing drums.”

How many hours a day do you play?

“Nowadays, I don’t get to do as much as I’d like. But I try to get behind my drums at least once a day, and then I’ll play anywhere from an hour to four hours.”

So do you practice being faster? Do you practice speed techniques?

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“No, I’ve never done anything like that. I have wanted to get one of those things that joggers wear so they can determine how many steps they took when they went for a run. I want to get one of those so I can see how many times I hit my kick drum in a set. I haven’t done that yet, but I want to try it out.”

So it sounds as though you’re more proud about how fast your feet are, not just your hands.

“Well, kind of. Because it’s a lot easier to play really fast with your hands. So I try to do, like, stick exercises with my feet, just to build more independence between my feet. I’m right-handed, so my right foot is what I follow through with, mostly. So I try to do stuff so I can...”
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San Diego Reader June 7, 2007
strengthen my left foot a bit more. Like, there’s a stick technique called a paradiddle that you do with the right and left hand. It’s like right left right right, and then you switch it so it goes left right left left. But I do that with my feet, and I just practice that a bunch. It’s pretty hard to do that left left part with my feet. So I just do that for a long time, and the next thing you know, my left foot’s pretty strong. In fact, there’s a beat called a ‘blast beat,’ where your snare drum’s going dat-dat-dat-dat-dat, really fast, and your feet are just doing pretty much the same thing, and my left hand is actually a bit faster than my right hand now, which is kind of weird. But I can do those 32nd notes really fast with my left hand now.

Do you have any idea just how fast you are? “I have no idea. I don’t even know how to measure it. I just try to play as smoothly and fast as possible.”

It does seem that trying to play fast would go against trying to play smoothly. “Yes. Definitely. But I’ve been told that I’m really fluid. And that made sense to me. Because when I play my drums, it’s, like, I don’t know. You can either be kind of robotic and just nail it out, or you can be kind of fluid and move with the rhythms with your whole body. I move with the rhythms, and it makes it easier. It’s almost like a dance, you know? Like, instead of just sitting there and trying to crank it out, I move with the rhythm, which makes it easier to let it out. And also, it creates a lot cleaner of a rhythm. It’s not so jagged.”

Isn’t it essential to relax? Even though you’re moving at that manic speed, you have to really calm down, don’t you? “Yeah, but it’s kind of hard to. Especially when I’m playing live. That adrenaline, I get really excited, and it’s kind of hard to relax. So I find myself in the middle of a song where I have to just mentally kind of go, ‘All right, man, you have to calm down.’ Because otherwise I’m going to burn myself out. Like, when I’m playing, sometimes I’ll realize that I’m holding my breath. So now I just try to remind myself that I have to breathe. I even tried chewing gum for a while, like, to calm myself, but I would choke. And that was no fun. So I also do this other thing where I’ll just stare at the wing nut on my crash cymbal, and it kind of relaxes me. Just staring at one thing that’s stationary, it calms me down, and then the next thing I know, all the parts are just flowing together.”

Darcy Ahner, associate head coach for the UCSD men’s and women’s track teams How can human beings train to run faster? “Certainly, there’s a built-in talent level. You can always get faster from where you are, but the talent level for speed — in terms of natural biomechanics — is a huge component. You have to have narrow hips and a high ratio of fast twitch muscle. But height and weight don’t matter much. There are fast sprinters who are short, and there are some that are very tall. But speed is turnover times stride length. So it’s how quick you are on the ground times how long your steps are. You have to have both.”

“So if I showed up at your track and wanted to run faster, what exercises would you do with me?” “The best training for sprinting is sprinting. Now, from there it all falls into the category of speed endurance. You have to not only be fast, but you have to be able to hold that speed. You have to be efficient enough to maintain a high speed for an extended period of time. That’s true for every race, from 60 meters on up.”

So how does one become faster for longer? “You have to be able to continue to drive the ground but have relaxation through the rest of your body, so that all of your energy is really how much force you’re putting into your ground contact. You want all of your energy to go into the downward movements of the legs and the downward movements.
of the arms. And then your recovery mechanics in the air have to be in a relaxed way. Getting your feet to snap up to your butt and getting your knees to come up high — that should be a recovery, not an action. It should be a reaction, where no force is applied, not an action that uses energy.

So it’s all about efficiency of form?

“Yes.”

And what’s the best form for fast sprinting?

“Let’s see. You want to have a slight forward lean. You want to have a tall, strong posture: nothing loose, nothing bent over. You want the spine to be in a nice, tall position. Kind of like a pencil with an eraser on it. If the eraser on a pencil hits the ground, it’ll bounce up nice and easily. But if you have an eraser on a string, then the forces are going everywhere, and there’s no telling how it will bounce. So the posture’s very important. You want to have dorsiflex feet — as opposed to plantar flexion, where you point your toe like a ballerina — but you want to have the opposite. You want your feet flexed.

“Then, during a race, when you’re in the acceleration phase, which is about 20 or 30 meters, you’ll have an acyclic component, more up and down, and then when you start the top-end speed phase, you want to have a cycling motion, kind of like having your feet going in a big, giant circle. And it gets progressively more cyclic as the race goes on. So out of the starting blocks, you churn like a piston, knees up and down, high on the balls of your feet or up on your toes more. And then when you get out of acceleration, you get more of a big-circle motion, knees coming through high, feet flexed, and the foot comes through high to the butt.”

So you break the

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sprint races down into phases?
“Every coach does it a little differently, but, yes, most of us talk about the acceleration phase and the transitional phase and the speed-maintenance phase. But some coaches break it down even more than that.”

What about these more subtle speed techniques we hear about, like racers shaving their legs and wearing sleek clothes?
“I think that the mental component is extremely important, and a lot of athletes are really superstitious, and that can help them or hurt them. But for running, those things make very little difference. It’s not the same as a swimmer when they shave their legs. It’s just not.”

And what about the musculatures of sprinters? How come most of them seem to have giant chests and legs and arms?
“Sprinting requires a lot of power. The amount of force that’s applied is extremely high. It’s like when you lift a weight. There are two components that constitute muscle recruitment. One is speed of movement, and the other is the amount of weight that’s being lifted. When you’re sprinting and your legs and arms are coming down from a distance, there’s a lot of force being applied into the ground. You’ve got the body-weight component, and you’ve got the maximum speed of movement. So the muscle recruitment for sprinting is tremendous. It’s just about as high as you can get.”

Lydia DeNecochea, executive director for RaceLegal.com
Tell me about RaceLegal.com.
“The program started in 1998, and it was started by Dr. Stephen Bender, who was a professor from SDSU, and he was concerned with the public-health issue of young San Diegans dying and being seriously injured due to illegal street racing. In 2002, it got to the point where there were 16 dead and 31 injured. When you converted that into a rate, for every thousand who participated in street racing, 49 were either killed or seriously hurt. Dr. Bender obtained those statistics through surveillance and working together with the San Diego Police Department.”

So he started a legal street-racing program. When and where do you hold your races?
“We shoot’ between 24 and 30 times a year, so it comes out to about twice a month. We race at Qualcomm Stadium. It’s always on Friday nights. We race from 6:00 p.m. until midnight, and it costs $30 to race for the entire evening or $8 to watch.”

How many people show up?
“We host an average of 200 racers and about 2000 spectators.”

What are the rules?
“The vehicle tech inspection pretty much follows National Hot Rod Association guidelines. And it depends on how fast your car goes. The faster you go, the more safety equipment you’ll need. The most common things, you know, you have to wear a helmet, closed-toed shoes, long pants, a shirt with...
sleeves. And then your car has to have no leaks, you need a battery tie-down, the tires have to be in good shape, you can run nitrous [nitrous oxide], but it has to be outside, and so on.”

So to inspect all those cars and run the races, it sounds as though you must have a lot of people working for you. “We’re the only place that has side-by-side one-eighth-mile tracks. And we run both tracks. It takes about 60 of us to run the entire event.”

And I understand the police get involved? “Yes, a part of our program is called Code 4, and they’re off-duty police officers who have their own race cars that they trick out. They’re black-and-whites, usually. And they come out, but everyone is off-duty. And out, gangs will come out, different car clubs will come out, and it’s really nice piece of the program.”

You haven’t had any legal troubles at any of the races? “Never. The crowd is really respectful. It seems to be neutral ground. We have had colors come out, gangs will come out, different car clubs will come out, but everyone is really well behaved. They just use the racing as a way to do battle.”

And the noise doesn’t bother anyone? “We have a good-neighbor policy. No car can exceed 93 decibels. We use a meter that, if the sound is too loud, then we take it aside and have it reviewed.”

That seems low. But that’s because it’s only for an eighth of a mile? “Correct. Not many cars can get that fast that quickly.”

And how do cars get that fast and quick? “Well, they all have their own engines and exhaust systems and everything reworked. So they know cause and effect very well. They know if they change one thing, then they need to change the other thing in order to support what it is that they want their car to do. You’ll see drivers who pull out the back seats and passenger seats to get the cars lighter. Or some cars run slicks, which are racing tires, for better grip, because we do treat the track. Nitrous also gives some of the cars that little extra juice. But mostly this is geared toward daily drivers. What they drive during the day is the majority of what you will see at the track. There are a few that trailer in cars that are specifically designed for just racing — that aren’t registered for the street — but that’s only a handful.”

Could you be more specific about how to tune a car for speed? For instance, how would you get 500 horsepower out of a 2.2-liter Honda engine? “Well, you’d have to address fuel management, the intake mani-

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fold, exhaust, turbo piping, and the intercooler. For example, you could port and polish the cylinder head for better flow, upgrade the valve train, install forged pistons for increased strength, replace connecting rods, resleeve your block to add strength for high boost, add a turbo — and size is important; bigger is not always better — change cam profiles, and increase fuel-injector size. Some folks might have other ideas, but those are the basics. With the correct engine builder, such a goal would be rather easy to reach. But more important, this also costs more money.

"It seems the emphasis is more on quickness, really, instead of all-out speed. Correct. It’s more skill; it’s coming off the line quick enough. A perfect reaction time is .5 seconds, so that’s a goal. And then your second measuring point would be your 60-foot time. And then the elapsed time at an eighth of a mile. So your driving skill really is what’s going to determine how good of a racer you are."

Well, I’m just playing devil’s advocate, but come on. Driving skill? All you have to do is just push your foot down hard and hold on tight.

“That’s a real simplified version, because if you press the accelerator and you have a ton of horsepower, then the front end of your car could come up or the back end could slip out from underneath you. And then how do you get out of it when you’re fishtailing? You could go sideways. So there’s all kinds of things during your burnout, when you warm up your tires, to when you get to the front line, to when you take off, that can all affect your elapsed time.”

Have you ever had any accidents? "We have had a couple guys lose control and hit the concrete rail but never two cars crashing into each other and certainly no one being transported to the hospital. So we’ve had some pretty banged-up cars, but they’ve all been able to drive off. I think mostly what we’ve had accidentwise is some pretty banged-up egos."

Tony Daniels, project director for the California High-Speed Rail Authority

You’re the project director for the CHSRA. Exactly what project are you directing? “We’re proposing a network of high-speed trains, operating at speeds in excess of 200 miles per hour and covering the metropolitan markets of San Francisco, Sacramento, through the Central Valley into Los Angeles, Orange County, the Inland Empire, and to San Diego.”

But it doesn’t exist yet. “No. An environmental impact report/environmental impact statement has been signed off by the federal government and the state at the program level. And we are currently now beginning the implementation of the whole program. The first piece of that is to do..."
the project-specific environmental documents and the preliminary engineering on the overall route." So it’s going to happen. "Only if the budget is there. Now, the budget is there this year, and the rest will depend, then, on a bond issue, for roughly $10 million. And that comes out in November 2008. And if that bond passes, then, of course, we’ll move into much heavier design and the start of construction."

And when will we have fast trains in San Diego? "It depends on how it’s staged. You can’t build the whole 700 route miles in one go. We are estimating that if we had all the money and if everything went perfectly as planned, the whole system would be available by 2020. But there will be stages of that, and depending on what stage is built, we could be using the system before then, probably in the order of six to seven years from now."

And what’s the prospective total cost? "About $40 billion."

Wow. Okay. Now, I’m from back East, and we have trains all over the place there. How come it seems there are so few trains by comparison in California? "I think it’s just California’s love of freeways and love of the automobile. But with the urban sprawl over the last 40 to 50 years, in the Bay Area and in the Los Angeles Basin and in San Diego, more and more movement has gone toward transit and commuter rail. The fact that the population of this state over the next 20 years will go up maybe 11 to 12 million people — so you might have 50 million people in California — and you cannot build now enough freeways or airport gates to cater for that increase in population. And that leads you to needing something like the high-speed rail system that will link, for example, downtown L.A.
to downtown San Francisco in 2½ hours. And you can’t beat that by air. It’s not affected by any environment. Weather won’t cause any delays, for example.”

But I’ve heard that earthquakes would affect trains. “Earthquakes could slow it down. But it’s like in Japan. There are earthquake detectors on the tracks. And either that will stop the train or slow it down.”

Automatically? Without intervention from an engineer? “That’s correct.”

So it sounds safe. And where would it stop? “Well, part of the train being fast is that it won’t stop in many places. This isn’t a commuter line; it’s a high-speed line. The train would go from University City to downtown San Diego to Escondido to Murrieta, Riverside, Ontario, Anaheim, and into L.A. Then up to Burbank, Palmdale, Bakersfield, Fresno, Merced, Modesto, Sacramento, and then over into the Bay Area — San Jose, San Francisco, and Oakland. That’s the 700 route miles.”

So from San Diego to San Francisco, almost end to end, how long would it take? “That would take 3 hours and 32 minutes.”

And San Diego to L.A.? “One hour, 14 minutes. And that’s dedicated track. No chance of delays. I’ll be one hour and 14 minutes every single time you make the trip.”

Will this be the first high-speed train in the United States? “There is one that runs at 150 miles an hour in the Northeast corridor, between New York and Washington, but that’s the fastest.”

I’ve been on high-speed trains in Europe, and it’s just amazing. It’s as though you’re gliding on ice. Can you describe what it feels like to travel at high speeds on a high-speed rail? “You don’t feel the acceleration. It gets up to its highest speeds imperceptibly over several miles. And when you’re traveling at 200 miles per hour, you don’t feel that you are. It just feels effortless. The thing is, these trains can go much, much faster than they do. The world record for high-speed trains was just set in France at 557 miles per hour. But that train only cruises at about 220, so it’s not even breaking a sweat. So if you’re sitting on the second deck of one of these trains, you’ll get a beautiful view, and you won’t even know that you’re traveling. There’s almost no motion you can feel at all. Until you look down — and then you’ll see the ground blurring by, and the cars on the highways going 70 miles an hour will look like they’re crawling.”

And what’s the technology that makes these trains so fast and safe and efficient? “The Japanese started some 40 years ago, their bullet train. It’s been operating for that length of time, and it’s had over 6 billion passengers without a single fatality. The fast train in Europe just celebrated over 25 years of running, and that again hasn’t had a single fatality. So how is this operated? It’s electric traction. The train takes its power from overhead catenary lines, similar to these trains can go much, much faster than they do. The world record for high-speed trains was just set in France at 557 miles per hour. But that train only cruises at about 220, so it’s not even breaking a sweat. So if you’re sitting on the second deck of one of these trains, you’ll get a beautiful view, and you won’t even know that you’re traveling. There’s almost no motion you can feel at all. Until you look down — and then you’ll see the ground blurring by, and the cars on the highways going 70 miles an hour will look like they’re crawling.”

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steals more than your mood.
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Weight Gain

is often part of taking medications for Schizophrenia

People taking medications for schizophrenia often worry about gaining weight. If you are taking an antipsychotic, you may qualify to participate in a clinical trial of an investigational drug that might not lead to weight gain.

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If you participate, there is no cost to you…instead:
• You will receive up to $780 for time and travel.
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If You Or Someone You Know Suffers From

Schizophrenia

or

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and are between the ages of 18 and 65, you or that person may be eligible to participate in a clinical research trial.

Participants will receive study-related exams and investigational drug at no charge and compensation for time and travel.

For more information, call: 888-619-7272

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A clinical study is being conducted in your area to research an investigational treatment for Restless Legs Syndrome (RLS). Eligible participants will be compensated for time and travel.

You may be eligible to participate if you are 18 years or older and are between the ages of 18 and 65, you or that person may be eligible to participate in a clinical research trial.

Call today for more information.

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Joe Noris, owner of Skate San Diego and former professional ice hockey player

I understand you’ve been involved in some new technology for inline skates.

“Yes. We believe we’re going to revolutionize inline skating.”

That’s a bold statement. How fast will skaters be able to go?

“In terms of flat-out speed, top speed, probably not that much faster.

But from a maneuverability standpoint — turning, cornering, transitioning from forwards to backwards — we’re talking phenomenally faster. From a quickness standpoint, meaning starting from a dead stop and the first ten feet, these skates are much, much quicker.”

And what makes these skates so much quicker?

“The technology is called Sprung frames. They’ve been developed over the course of the past ten years by a man in Los Angeles named Keith Longino. I’m his business partner. The company’s called Sprung Suspension. And that’s all we do — and all we’ve been doing — is building and

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testing prototypes of these frames. And in order to do something that's brand new, especially when you want speed and function, if you went to anybody and said, 'I have a new frame,' the first question out of their mouth would be, 'How light is it?' So in conjunction with that, when you need to build something light, you have to underbuild it and then continually correct it and fix the weak links. So over the last three years, we'd get a set of ten new prototypes, mount them on different guys' skates, find out what the weak link was, correct it, and then that went into changing the computer drawings and the molds. And it took between three to four months to move through each new prototype. And we're now to the point where the durability and the function is just unbelievable.

What's so special about these sprung frames?

"Okay. Every traditional inline frame today, whether it's for roller hockey, fitness skating, recreational skating on the boardwalks, speed skating, or aggressive skating, for the most part, is on an axle system that's solid. There's no give. We have the patented technology for independent wheel suspension. So each of the wheels moves independently. So if you can imagine, when you're taking off, your front wheel going down, and your next wheel a little bit more, and then your next wheel a little more, and your next wheel, okay? Then what you have is that same feeling as in ice hockey, where your ice blade cuts into the ice, and then you get that extra leverage. You get that extra torque on the floor longer, and then because of the suspension springs we have in there, you get sprung out. When you go to turn, you get the feeling that you're carving into turns, instead of just having a hard turn.

And that's the revolution?

"Well, when you're talking about innovation in inline skates, you're usually talking about the wheels, which are changing all the time, and you're talking about boot comfort and feel. Now, wheel technology has made some dramatic changes over the years, but they're just shaving inches now, if you know what I mean. It's like the swimmers who switch their suits to lose one one-hundredth of a second, you know what I mean? But with these frames, and the leap we're taking, it's a pretty gigantic leap. For people who are already into skating, it will change what they can do completely."

Anke Kamrath, director of the user

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If you qualify, you will receive all study-related care and medication at no cost.

Qualified participants could be compensated for time and travel.

For more information on these and other clinical studies, call (toll-free): 877-927-5337

Pacific Sleep Medicine Services

**Insomnia**

Sleepless Nights
Exhausted Days

A clinical research study for insomnia is now underway. Doctors are enrolling patients in a study of an investigational drug for insomnia.

To qualify for participation in this study, you must:

- Be 18-64 years of age
- Have had trouble falling and staying asleep for more than 1 month

Study participation includes, at no charge:

- Study visits with a medical professional
- Investigational study drug
- Study procedures and tests

Qualified participants could receive compensation for incidental costs and travel.
services division at the San Diego Supercomputer Center at UCSD

The Supercomputer Center has been around since 1986. I imagine that the supercomputer you had back then was even slower than the home computer I own now.

“Totally true. It was a Cray X-MP. I think it was around 250 megaflops.”

Megaflops? “Yes. A megaflop is a million floating-point operations per second. A flop is a floating-point operation, so it’s like a math operation, basically. So that old Cray could do about 250 million math operations per second.”

And how fast is my computer now? “If you have a system with a gigahertz, it can probably do four times that.”

Wow. So in 1986, supercomputers were a quarter as fast as personal computers now? “Pretty much. Yes.”

And how fast is your supercomputer now? “Well, let me add something else to that. The networks back then were much slower as well. So the biggest networks across the country were only 56 kilobytes. So that’s only thousands of bits per second. So you look at those two things and compare them to the numbers today. Systems today are still measured in flops, and of our two systems here, one is a 15 teraflop and one is a 17 teraflop. And ‘tera’ is tril-

dion. So we went from mega to giga to tera.”

And what’s next? “Peta. A thousand trillion. And it’s no joke. We’ve got a proposal in for a multi-petaflop system that the National Science Foundation has to approve. And just to push the envelope for you a little more, our archives here are usually one order of magnitude more than our operating systems, so we’re storing petabytes of data in our archive already. And the next is exa. Exaflops. That’s a quintillion. That’s a one with 18 zeros after it.”

How fast is that? Can you give me some perspective? “I asked some of our researchers how our supercomputer would compare with a desktop, and they were doing some work in protein folding. And these biologists told me that a three-dimensional simulation that would take three years on a typical desktop could be done in 20 hours on our 17-teraflop system.”

And how fast is San Diego’s supercomputer compared to the world’s fastest? “I think we’re in the top 25 right now. And it’s a leapfrog thing. Sometimes we’re in the

Are you suffering with Bipolar Disorder?

If you are 18 years or older, and you have been diagnosed with Bipolar Disorder, you may be able to participate in a new clinical research study of an investigational drug being studied for long-term use to see if it improves the condition of persons afflicted with this disorder.

- Volunteers who qualify will receive study drug and study-related medical care at no cost.
- You do not need medical insurance in order to participate.

If you are suffering from Bipolar Disorder and are having trouble managing the symptoms of this disorder, please contact Synergy Clinical Research Center at 1-888-619-7272 to learn more about how you may qualify to participate in this very important research trial.

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Are You Suffering from Insomnia?
Do You Take Medication to Fall Asleep?

Pacific Sleep Medicine is currently participating in a national clinical research study of an investigational use for an approved prescription sleep medication.

If you are interested in participating in this new clinical study, you must be:

- Undergoing treatment for at least 3 months
- Currently using a prescription sleep medication at least 4 nights per week
- Must be willing to discontinue current sleep medication (after signing an Informed Consent Document)

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You may qualify if you are:
• Diagnosed with schizophrenia
• Between 18 and 65 years old
• Have taken Zyprexa (Olanzapine) or Risperdal (Risperidone) for the past 3 months
• Have not been hospitalized for schizophrenia in the past 3 months

Those who qualify will receive study-related procedures, such as physical exams, laboratory tests, and study medication.

For more information about this study, please contact:
(619) 688-6565
See our website: www.ari-inc.com

Are you Suffering with Bipolar Disorder?
If you are 18 years or older, and you have been diagnosed with Bipolar Disorder, you may be able to participate in a new clinical research study of an investigational drug being studied for long-term use to see if it improves the condition of persons afflicted by this disorder.

• Volunteers who qualify will receive study drug and study-related medical care at no cost.
• You do not need medical insurance in order to participate.

If you are suffering from Bipolar Disorder and are having trouble managing the symptoms of this disorder, please contact Affiliated Research Institute to learn more about how you may qualify to participate in this very important research trial.

For more information about this study, please contact:
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• Between 18 and 70 years of age?
• A non-smoker for at least 3 months?
• Available for study-related visits for a year?

If you answered yes to all these questions, you may be eligible for our investigational drug research study. If eligible, you will receive medical evaluations, including blood tests and electrocardiograms, nutritional and lifestyle counseling, investigational medication treatment, and visits to the clinic at no charge.

For more information about this study, please contact:
(619) 688-6565
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Depression Study
If you are one of the 15 million adults affected by depression, you may be eligible to participate in a research trial of a new depression medication now being studied.

You may be eligible for the study if:
• You are between the ages of 18 and 70
• You are experiencing symptoms of depression

All qualified participants will receive study-related care and study medication for up to 8 weeks at no cost.

To find out if you qualify for this study or for more information, please contact:
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See our website: www.ari-inc.com

Bipolar?
Affiliated Research Institute is currently looking for men and women diagnosed with bipolar disorder. Volunteers must be at least 18 years of age and unhappy with their current medications due to unpleasant side effects and/or weight gain. Patients suffering from bipolar disorder must be currently experiencing a major depressive episode and be willing to change their current medications. All necessary office visits, medical evaluations and study medication will be provided at no cost to qualified patients.

For more information about this study, please contact:
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High Blood Pressure can cause more damage than you think – like causing the wall of your heart to thicken.

If you have hypertension, you may be eligible to participate in a clinical research study. This study is testing the effectiveness of an investigational drug in patients with high blood pressure and a thickened heart wall.

We are looking for 18-80-year-old volunteers who have high blood pressure to participate in this research study. Qualified participants will be asked to make up to 19 morning clinic visits over a 14-month time period. All study-related medical exams, laboratory tests, and study medication are provided to qualified patients at no cost.

For more information, please contact: 619-229-3909
San Diego Sports Medicine and Family Health Center
6699 Alvarado Road #2100
San Diego, CA 92120
CLINICAL RESEARCH

Bipolar Disorder • Depression • Schizophrenia

Researchers at Sharp Mesa Vista Hospital are currently enrolling men and women into inpatient and outpatient studies.

Eligible participants may receive all study-related care at no cost, and may be reimbursed for time and travel.

Participation is confidential and trials are safely conducted under the supervision of experienced physicians and research specialists.

To learn more, please call the Sharp Mesa Vista Clinical Research Center at (858) 694-8350

Do You Have Body Dysmorphic Disorder?

Are you preoccupied with a defect in your physical appearance?

Spending hours a day worrying about it or looking in the mirror?

Do you groom excessively or try to camouflage your flaw?

Do you avoid having people see it?

The UCSD OCD Program is looking for people who are excessively concerned about a physical flaw to take part in a study that is providing:

• 12 weeks free medication treatment
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For more information, call Dr. Jennifer Sumner at: 858-534-8056

Frustrated with Type 2 Diabetes?

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google map | yahoo map

Location: Chula Vista

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Gayle Van Leer, Thoroughbred racehorse bloodstock agent

You deal with fast horses? “I’ve been in the business over 35 years and done a lot of different aspects of the business. Right now what I’m doing is buying and selling racehorses. So it’s my business to try to find the fastest horses, and so far it’s working pretty well.”

How do you find a fast horse? “Well, there’s distance horses and sprinting horses and grass horses and dirt horses. So everybody’s kind of looking for a little bit different horse. But you want to have the fastest one in that particular division you’re looking for. Basically, you’re looking for the best horse in a particular body style, the most athletic one you can possibly afford. For example, in the case of sprinters, you’re looking for more of a short-coupled horse. They usually have big, huge hips on them. Instead of a long, stretchy body, they have more of a squished-up body. In a sprinter, you’re looking for a Thoroughbred that looks like a quarter horse, basically. They tend to be kind of chunkier and heavier looking. Whereas distance Thoroughbreds kind of look like those old paintings that you see from the 18th Century: the long, stretchy horses.”

And if two horses are standing side by side, then where do you start looking for subtle signs that one might be faster? “The whole issue is whether or not they’re going to stay sound, and that comes down to how their legs are aligned. So you start kind of picking through that, basically. But if they have two exact body types and their legs are aligned the same, then you’re going to go off what their pedigree is.”

Is pedigree really all that important? “Oh, it’s all about pedigree. You have these proven records that go back hundreds of years that attest to the qualities of these horses’ families. And that has a lot to do with everything, including how the horses are priced. Horses can cost anywhere from zero to millions of dollars, just because of their pedigrees. I got an unraced yearling filly for close to a million dollars just because of her pedigree.”

Once you find a top pedigree, and you’ve got a good horse, then how do you make that horse faster? “You don’t make it faster. You breed the best with the best and hope for the best. When you’re buying unraced horses, you try to give them to the trainers who will do the best job possible with them preparing them for the races, who are smart enough to know how to do it the right way. What you do is you bring out the natural ability in that horse. You won’t make it any faster than it can naturally go, but a good trainer will bring out the best in a horse.”

How do good trainers do that? “It’s a balance between fitness, spacing of the races, being able to figure out the horse mentally… There’s a lot of different things that go into it.”

And how fast will a horse finally go? “Well, for instance, these horses I’m looking at now, they’re going eighths of a mile in around ten seconds. So if you work that out into miles per hour, it’s about 40 to 45 miles per hour, for short bursts.”

I’ve read that the fastest horses can run more like 55 miles per hour. “As far as racing horses goes, the quarter horses who do quarter-mile sprints — or less, because they’re actually going different yardage distances, for the most part — most quarter horses on those little sprints are going to be faster than Thoroughbreds. But once you get past a certain distance, then the Thoroughbreds just blow away the quarter horses. They have the stamina, whereas the quarter horses are bred to just go really fast for very short periods of time.”

What’s the best horse you’ve ever dealt with? “I’d have to say Best Pal. He was one of my all-time favorites. I think he finished fourth on the all-time earnings list nationwide. So he was a pretty special horse. Anyone who lived in San Diego County during the time he was racing, about ten years ago, will remember him.”

So this can be a pretty lucrative business? “No, not necessarily.
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There’s a lot of other stories about horses you paid a million for and they turned out to be duds. It’s really a numbers game. Every horse is not going to be profitable. So if you buy ten, maybe two of them are great, three are duds, and the rest break even. Something like that.”

Dave Sanford, engineering manager for the San Diego Low-Speed Wind Tunnel, located on Pacific Highway

Tell me about the tunnel. What does it look like?

“From the outside, it looks like just a big gray building. But when you’re inside the control room, you’re looking through a large, plate-glass window into a test section that’s 12 feet wide by 8 feet tall, and that’s where we do all of our testing. So when we test the scale-model airplane or the bicyclist or the member of the USA Luge team, they will be in that test section, and we’ll be running air over them, acquiring data.”

“So it isn’t really a tunnel. ‘Yes. We could kill them. But we don’t do that of course. We had a Luger Sherlock in here, who’s a San Diego resident — he’s a downhill skateboarder — and we had him up to 123 miles an hour before we blew him off his skateboard. And that was on Discovery Channel. But usually, you know, for cyclists, we’re testing anywhere from 25 to 30 miles an hour, and the testing we did for the USA Luge Olympic team, we were testing those guys at 80 miles an hour.”

I can picture how a bicyclist could use the wind tunnel, but a luge rider? What does he do, just lie there on his sled?

“Yes, he lies there on his sled, but then what we’re testing is body positions and also suit materials.”

How are you measuring what the air’s doing to the suit material?

“We use what’s called a ‘balance.’ It’s a load-measuring device.

Dave Sanford, engineering manager for the San Diego Low-Speed Wind Tunnel, located on Pacific Highway
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There’s different ones depending on which application you’re using. But the ones we use for bicycle testing and the luge testing are super-precise, and they measure very small differences in loads very accurately. So if you were to push on the cyclist, you’d see a drag force show up on our balance. So the wind hits the cyclist, or the wind hits the slider — which is what the luge people are called — and it measures the amount of force the wind is exerting.

“So we’ve had companies use the tunnel to test suit materials, and what they do is they’ll have a cylinder of a fixed diameter, and they’ll put a real tight cloth over it, and they’ll measure the drag, and then they’ll put a different cloth and a different cloth and figure out what material works best for that cylinder diameter at that velocity, and then they’ll go to a different diameter. So it has a lot to do with how the flow stays attached or separates from the person moving through the air. So what Nike did for Lance Armstrong’s time trial suit — that suit was actually made of about four different materials, of four different roughnesses, depending on whether it was on his arms or on his legs or on his back. And that suit was customized for his body and then the model of the airplane is mounted to the cylinder, and all the loads transfer through that into our data system.

What does this balance look like?

“The one we do our sports testing on is just like a large platform. So it’s probably about three feet long and two feet wide, and it’s a plate that has a bunch of very accurate load cells attached to it in a specific way to measure all the loads that are acting on the test subject. And the one that we use for airplane testing is actually two inches in diameter — it looks like a little steel cylinder, and then the model of the airplane is mounted to the cylinder, and all the loads transfer through that into our data system.

That’s ironic. The balance is bigger for the little person and smaller for the big airplane.

“Well, we can’t put a whole plane in here. We run one-tenth-scale model airplanes. And the way aerodynamics works, you just make some corrections, and you can scale that up. The problem with the cyclist or the slider is that their weights are low and the air is moving over a larger area relative to their weight, so you’re looking for a much smaller load with the tunnel at a lower speed and a lot less force, and then trying to pick out differences in that very small force number, so you have to have a larger balance that’s going to be sensitive to that.

Larry Ricci, surfboard shaper for South Coast Surf Shops

Tell me about the fine art of shaping a surfboard.

“There are a lot of different steps involved in building a surfboard. You start with a core, usually a polyurethane core or a Styrofoam core, which is called a ‘blank.’ Blanks are roughly shaped like a surfboard, and they come out of a mold, and that’s when the shapers get them, and we use various hand tools or machines to sculpt the raw form. If you’ve seen a surfboard, you know it has a foam core and then fiberglass and resin and cloth on the outside to encapsulate it, waterproof it, and give it strength. And then the fins are attached to give it control. And then you float on the water, the wind creates a wave, and you ride that energy.”

“Where do you shape the surfboard to make it faster?”

“There’s a lot of variables. There’s a kind of recipe that you use. Not to get scientific, but if you just think of it as a sculpture — everything is curved on a surfboard,
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You couldn’t make a board that’s always fast in any situation?
“Well, no. You’d need ideally a variety of boards. For example, your average 6-foot surfboard for small waves for a 150-pound individual would be inappropriate for 20-foot surf. There just isn’t enough area for the surfer to paddle into it. I could get more technical, but…”

And wax helps speed the boards, too, no?
“No. It’s not like in skiing. The wax is used on the deck of the surfboard simply for traction. It isn’t like a snowboard or a ski where you use it for a lubricant. It’s the opposite. But it also goes on the opposite side of the board.”

Where’s the fastest surf in San Diego?
“Generally it depends on the storms that come in. And how powerful the storms are, and how fast the waves are rushing toward the beach. But generally you’ve got your sandy beach breaks like Black’s, and that’s probably overall the best surfing in town because of the deep-water canyon and the abruptness of the beach itself. It’s not really a reef break, but because there’s so much power that can come up from the deep water, the waves come into shore unimpeded, and then once they feel the bottom contour, they lift, and they can break very swiftly and very hollow.”

How fast can a surfer go?
“You’re running about as fast as the wave goes. You’re not necessarily riding the wave itself straight into the beach; you’re riding it at an angle. So you might actually be traveling a little faster than the wave is traveling toward the shore. I don’t have any idea how fast that might be in terms of miles per hour.”

Is speed the best part of surfing?
“It is a great rush just to ride the wave itself, and most people just love the idea of speed, whether they’re riding skateboards or bicycles or automobiles. But nowadays, just being able to take off on a flat-out big wave and drive down the face and get the speed is fun, but also being able to do the maneuvers—turning and cutting—that’s fun, too.”

Is there such a thing as a perfect surfboard?
“Everyone talks about the magic board that got away, but there’s no such thing. There’s no such thing as a magic surfboard. But you can get pretty close.”

— Geoff Bouvier
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<table>
<thead>
<tr>
<th>Extension 7010</th>
<th>Abdominoplasty/Tummy Tuck</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 What is abdominoplasty?</td>
<td></td>
</tr>
<tr>
<td>2 Full v. mini v. liposuction</td>
<td></td>
</tr>
<tr>
<td>3 Surgery</td>
<td></td>
</tr>
<tr>
<td>4 Risks &amp; side effects</td>
<td></td>
</tr>
<tr>
<td>5 Recovery</td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Extension 7070</th>
<th>Botox</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 What is Botox?</td>
<td></td>
</tr>
<tr>
<td>2 Botox &amp; wrinkles</td>
<td></td>
</tr>
<tr>
<td>3 Effects of Botox</td>
<td></td>
</tr>
<tr>
<td>4 How much does it cost?</td>
<td></td>
</tr>
</tbody>
</table>

**Dr. Glynn Bolitho, MD, PhD, FACS**  
9834 Genesee Ave., Suite 311, La Jolla  
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<table>
<thead>
<tr>
<th>Extension 7040</th>
<th>Breast Surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Breast augmentation</td>
<td></td>
</tr>
<tr>
<td>2 Silicone v. saline implants</td>
<td></td>
</tr>
<tr>
<td>3 Breast lift</td>
<td></td>
</tr>
<tr>
<td>4 Breast reduction</td>
<td></td>
</tr>
<tr>
<td>5 Male breast reduction</td>
<td></td>
</tr>
</tbody>
</table>

**Extension 7100**  
**Cosmetic Dentistry**

| 1 About our office |
| 2 Procedure |
| 3 Cost |
| 4 Recovery |
| 5 Benefits |

**D. Glynn Bolitho, MD, PhD, FACS**  
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<table>
<thead>
<tr>
<th>Extension 7100</th>
<th>Face-lift</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 About our office</td>
<td></td>
</tr>
<tr>
<td>2 Procedure</td>
<td></td>
</tr>
<tr>
<td>3 Cost</td>
<td></td>
</tr>
<tr>
<td>4 Recovery</td>
<td></td>
</tr>
<tr>
<td>5 Benefits</td>
<td></td>
</tr>
</tbody>
</table>

**Mario S. Yoo, MD, FACS**  
4150 Regents Park Row Ste. 245, La Jolla  
858-546-0060  
yoo@rosscmg.com

<table>
<thead>
<tr>
<th>Extension 7190</th>
<th>Hair Transplant/Restoration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 How it works</td>
<td></td>
</tr>
<tr>
<td>2 Who is a candidate?</td>
<td></td>
</tr>
<tr>
<td>3 What to expect</td>
<td></td>
</tr>
<tr>
<td>4 Resuming activities</td>
<td></td>
</tr>
<tr>
<td>5 About our center</td>
<td></td>
</tr>
</tbody>
</table>

**Extension 7100**  
**Laser Eye Surgery**

| 1 About LASIK |
| 2 Who is a candidate? |
| 3 Your eye exam |
| 4 Surgery |
| 5 After surgery |

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The professionals who provide this information are solely responsible for its content. This information does not address all medical situations, nor is it intended to replace a medical consultation. It is provided free, but if calling from outlying areas, you may incur toll charges on your telephone bill.
I did not look down during the plane’s descent, for I had no wish to glimpse the massive Boudhanath Stupa, the holy shrine that dominates the landscape. Known as the Great Stupa, Boudhanath rises over 100 feet and is more than 300 feet around, garlanded in red, white, blue, green, and yellow prayer flags, each the size of a handkerchief. The painted eyes of the Buddha stare out into blue ether.

Boudhanath Stupa (stupa is a Pali word that means holy shrine) was built in the 5th Century. As famous in that region as, say, Notre Dame is in Paris, the stupa is freighted with legend. Those seeing the shrine for the first time (even from an airplane) are urged to offer their best prayer, for that prayer is sure to be answered.

“I read that in one of my guidebooks,” said the young American woman on my left. “Have you seen the stupa before?” I had, on a visit in 1998. But I’d known nothing of this business of answered prayers. Putting the genie back in the bottle proved simple.

“This will be my first real view,” I offered, splitting Jesuitical hairs.

The young woman said nothing, her mind on what lay below. Meanwhile, I pondered a dilemma: What do you ask for if your prayer is promised answering?
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I am both middle-aged and a Buddhist monk, so fame and fortune no longer hold much appeal. I could pray for quick enlightenment or to serve as an example to others, but the first seemed like cheating and the second almost banal. Luckily, as I had not yet settled on a prayer, the stupa did not appear on our side of the aircraft. Later, at the Hyatt hotel where our pilgrimage party would stay, through wall-sized windows I caught the wink of the shrine’s golden entablature and looked away. I was still not prayer ready.

* * *

Locals circumambulate the stupa as a meditation, and the next morning our group decided to do the same. Tramping from the hotel to the shrine, moving ever closer and still not sure what I wanted to pray for, I felt my gut tighten. We reached the marketplace, and suddenly there was a parade of men with braided black hair and women in traditional long wraparound skirts, wearing chunks of turquoise and coral. They span their prayer wheels or fingered prayer beads with labor-coarsened hands. Two men wearing leather aprons and wooden hand-guards made full prostrations on the ground with each step. The circulating scene moved past like a merry-go-round. Bowls of birdseed, bought for a few rupees, sent flocks of pigeons lifting and dropping. Amid the tromping of feet, the rise of brown dust, the birds, and the chorus of bells, mangy dogs slept in spots of sunlight. Then we were upon the shrine itself, its thick walls a creamy white. The narrow gateway, the smoke of incense, the lines of people moving along the three outdoor tiers — I looked up at the painted eyes and gulped a prayer. May my three-week pilgrimage prove significant and valuable. As prayers go, it wasn’t much.

The next day I lost my voice.

* * *

I visit my family in San Diego twice a year. Otherwise, I spend my time in a trailer in a forest in Northern California. I have no full-time job and little spending money. But last July, at the end of a meditation course, one student, Will Manson, gave me his newly resoled Pradas. The shoes were lavender and had a neon-orange stripe up the back, a contrast with my maroon robes. Unfortunately, they fit perfectly.

“But where will I wear them?” I asked.

Sandi, Will’s wife, handed me an envelope. Inside were three crisp $100 bills. The money was earmarked for Robina Courtin’s “Chasing Buddha Tour.” Within five months I had $400. Dr. Dover vaccinated me against hepatitis A and typhoid and warned against dehydration. He outfitted me with insect repellant and a ciprofloxacin pack in the event of “Montezuma’s revenge,” warned of clots and emboli that came of long plane rides in cramped seats. He spoke of rabies, blood-borne diseases delivered by unsafe sex, even the plague, which I’d presumed died out with the Middle Ages. His
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to qualify as bald. If she thought him bald, then what about the others; and how about fat?

We left our seats to examine the buffet. There was a pot of steaming beef stew and rice with lamb, warm breads, and salads. Our group stared in horror about fat?

Our group joined in celebrating the fifth birthday party of a pretty little boy who was said to be the holy monk’s reincarnation. We looked in the boy's face for signs.

Three times a day we’d sit in the dining room and enjoy the view. Below lay Kathmandu Valley, its buildings in blues and corals and poppy-red. With the rising landscape the scene grew.

---

We eyed pitchers of water standing on the sideboard as if their contents had been dredged from a crud-clogged water duct. Dr. Dover would have approved.

* * *

The next day, we followed Venerable Robina onto the second tier of the stupa. Amber had set out tin bowls and tea candles. We filled the bowls with water and lit the candles, then pulled out our prayer books, turned to the same page, and began to read aloud a prayer of refuge.

I was struck with a rack-cough. I set aside my book, took deep breaths, and returned to the page. I read aloud a word or two and again there it was. After a third try, Venerable Robina asked, “Something wrong?”

* * *

Over the next days, as we toured Kathmandu Valley, I coughed steadily and was forced to speak in a whisper. For an offering of a few rupees, we saw the Living Goddess, a prepubescent girl standing in for some Hindu deity. The Goddess appeared at the second-story window of her parents’ apartment. Heavily made up and testy, she poked her head out, then quickly withdrew.

At the village of Pharping, we visited shrines, including one to the female Buddha, Vajra Yogini. Later, the sky aglow with the orange of sunset, we visited Swayambhunath Stupa, known as the Monkey Temple. There are more than 300 steps and wild monkeys crowd behind the first rise. Males and females have the same thoughtful gaze, but it is easy to spot which is which as nature has painted their sex organs fuchsias. They walk on all fours and gambol about, the females’ nipples hanging like tinkles, and all the rest shamelessly exposed. They tore from our hands bags of rice carried for offering at the temple. They pick-pocketed handkerchiefs, rupees, pens. They went for glasses and earrings, screeching and jibbering, eyeing us with an impersonal malevolence. I clutched my camera while, behind me, someone screamed. It was like running a gauntlet at the top of which stood the temple itself. There we lit candles, filled water bowls, and said our prayers, and, to return to our bus, slipped down the back way.

On the third day we left the Hyatt for Kopan Monastery, at the foothills of the Himalayas. The monastery was quiet, with well-tended lawns, a bookstore, and a café that served delicious banana pancakes.

I washed dirty clothes in an outdoor tub, rubbing with soap, and pounded them with a rock. An exquisite stupa with waterworks and candelabras had been built in honor of a monk reported to have achieved Enlightenment in one lifetime. Our group joined in celebrating the fifth birthday party of a pretty little boy who was said to be the holy monk’s reincarnation. We looked in the boy’s face for signs.

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Sean S. Daneshmand, M.D.
we were still in Nepal and, by the time we got to the Hotel Lumbini Gardens, I was, as they say, onboard with the program. The program that afternoon was to visit the place of the Buddha’s birth.

Lumbini Park was a ramble of trees, hedges, and flowering plants. Still, it was not hard to find the tree. It was among the largest and gleamed where gold-leaf had been rubbed into its trunk.

According to legend, Mayadevi, the pregnant wife of the tribal king of the Shaky dynasty, set out for her parents’ home, accompanied by female attendants. She decided to rest in this cool grove of Lumbini where a sal tree lowered its branches for her to hold as her labor suddenly began. Over 2600 years later, that legendary tree is gone, but ours was a respectable match.

We set up an altar of water bowls and tea candles, laid down our plastic tarp to sit on, and said prayers. Whether in Rome, Jerusalem, or Mecca, there is a moment in a pilgrimage when the spirit of the undertaking hits home. This was it.

We spent two hours at prayer and looking about the gardens. It was dusk as we left the park. Booths were set up at the exit, where tourists could buy statues of the Buddha, postcards, and rosaries—items for sale at every holy site. Men moved among the pilgrims, goods draped over their arms.

“How much you pay for this?” they asked, standing close and lifting their wares.

We’d already done much of our shopping in Kathmandu, so passed on to the area where the beggars, who are not allowed inside the holy sites, waited.

Pilgrims come from all over the world in devotion to a spiritual practice that urges responsibility for one’s neighbor. Encounters with beggars are painful for what happens to the pilgrims and their high-minded values. Newcomers shut down, the only way to deal with the crowds and noise. In a day or two, pilgrims thaw enough to engage street beggars in conversation. A day or two more and they stop talking to the locals, but can still be observed to be listening.

“Hungry, lady!” the beggars cry, and open their mouths like feeding chicks. Within a week, the seasoned pilgrim/tourist has stopped speaking and listening; within two weeks, they no longer see the beggars. Until they happen upon a scene too wrenching to ignore.

John and I left the park together. Wrapped up in a discussion of architecture and museum installations, we passed beyond the reef of beggars. We came, finally, upon several young men. In the purplish twilight, they looked harmless. A glint of metal—the party included two men in wheelchairs. The others must have delivered the chairs to their respective spots, for one fellow was in no shape to wheel himself over gravel. He had the skeletal look of a polio victim.

The other young man was hydrocephalic, his head enlarged from water accumulating in his brain. He sat straight in his high-backed...
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wheelchair. I thrust a couple of American dollars at an attendant, who took the bills, laughing. They were all laughing. The man in the wheelchair followed me with his gaze, his pumpkin-size head leaning against the back of his chair, his mouth a dark hole.

We left Lumbini the next morning, underwent passport control at the India/Nepal border, changed rupees, and continued on to Balarampur. We set up our altar at Jeta Vana, a grassy space where the Buddha spent 25 rainy seasons in retreat. The quiet had a rare sweetness. The earth seemed to tremble the air.

The next day we visited Ramihar Stupa where the Buddha was cremated. The memorial was a pile of bricks 49 feet high, 155 feet around at the base, and 112 feet around at the highest terrace—all set into a shapeless mass. John and I joined busloads of pilgrims circumambulating the cremation site.

“How many bricks do you think are in that pile?” I asked.

The bricks, John said, were handmade, centuries old and of varying sizes. “They not only have irregular shapes, but voids of space around every brick.” Any calculation, he concluded, was bound to be so inaccurate that he would not even guess.

The head of alumni at Saint Augustine High School had asked graduates to have themselves photographed there. The letters? Perhaps I’d owned a home in Orleans Saints. Her empathetic gaze suggested that perhaps I’d owned a home in New Orleans destroyed by Hurricane Katrina. Wasn’t I lucky to have survived? Wasn’t I glad to be alive?

The woman, I realized, held the thing up and positioned herself. “Can you see the letters?”

A passing American woman stopped. “How is it going down there now?”

“Pardon me?” I had no idea what she was talking about.

“After the flooding and everything…” She pointed sadly to my sweatshirt. “Just terrible.”

The air was thick with afternoon heat. The Buddha was cremated. The memorial was a pile of bricks 112 feet around at the base, and 112 feet around at the highest terrace—all set into a shapeless mass. John and I joined busloads of pilgrims circumambulating the cremation site.

“Take my picture!” I shouted.

Themselves photographed themselves photographed themselves photographed themselves photographed something with a Saints logo. They also reduced pore size and broken capillaries. They also reduced pore size and broken capillaries. They also reduced pore size and broken capillaries.
Festival of Lights, and bumper-to-bumper traffic was complicated by water buffaloes and a herd of bleating goats moving among the cars, buses, scooters, and rickshaws. There was even an elephant, a gray hulk with tiny crazed eyes. In the old town, we traded our bus for rickshaws; for the last mile we walked.

Descending concrete steps, we joined a crowd at the river’s edge. A chorus line of handsome young Hindu priests in yellow robes lifted and dropped fiery torches operated by a pulley system of bells and weights suspended from 12-foot-high beams. Some of our party paid to be taken out onto the Ganges to look at the show from the river itself, but I found a seat on shore. Soon a beggar appeared, grabbed my hand, and began crunching the knuckles. “Massage!” he explained.

Our group visited Saranath, where the Buddha offered his first teaching after reaching Enlightenment. The next day we set off for Raigir, a 12-hour drive. We visited the excavated buildings that had once been

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**Reader San Diego**

San Diego Reader June 1, 2007 65
made my way from the institute. Dust lofted amid the back-and-forth of traffic so that the air glittered and the sky had a hazy aura.

Twenty minutes later, I faced the stupa and the bodhi tree. While I said my morn- ings prayers, I watched Ten- zin Lhundup, a handsome monk of 38 (like most, looking ten years younger), rise then drop to full-length prostrations. Each day he com- pleted 2100 of them. We chatted when he took breaks to gulp water and wipe off sweat. He spoke little Eng- lish, and I no Tibetan, but I left content.

On my way out, I stopped to offer prayers in the temple. Hundreds of pilgrims, including parties of Burmese monks and Vietnamese nuns. It was a hil- ligeone of all kinds, a leprosy cen- ter — perhaps the only one.

In the night air.

It was an informal affair 6:30, on Saturday evening. Begun in a mix of languages filled with starlings trilling, its trunk gleaming under the night air. Hundreds of pilgrims chimed. Incense perfumed the air. Hundreds of pilgrims circled on the topmost prom- enade; others sat or made prostrations in the grassy quads below, a green bracelet encircling this most holy of Buddhist sites. Chants offered by all communi- ties.

I was barefoot in the middle of pretty shadows. Two thou- sand six hundred years ago, the ascetic, Siddhartha, sat under a Bodhi tree, prom- ising not to move until he reached Enlightenment. The main stupa, which honors his achievement, rises to a height of 15 stories. It was bleached white under arc lights, while the bodhi tree — 50 feet tall and with branches stretching nearly as wide — was draped in prayer flags, its trunk gleaming under the fog from the valley floor, we fog from the valley floor, we...
After our meal, I said goodbye to Rajeesh, then returned to the stupa for more prayers. By then, I knew I was in trouble. Walking twice to town and sweating under my clothes, I’d had a dust storm going on under my skirt. Moisture combined with gritty dust left my inner thighs chafed.

“I have to take a rickshaw,” I explained.

It was torture climbing in, but worse getting out. Someone gave me talcum powder and knockout pills, so I could sleep. The next day the pain was reduced, but my stomach was not right. We flew to Nepal, and at our farewell dinner at the Hyatt, six of us were sick to our stomachs. Rajeesh’s comment about the milk had proved accurate.

We said our goodbyes the next morning and flew home, I still feeling under the weather.

* * *

If our pilgrimage did not close on a noble note, it was a success. Pilgrimages, I learned, do not begin upon arrival at a holy site, nor end when one departs. A pilgrimage is a mindset, and I was back in my forest retreat for a few weeks, and still feeling that sense of spiritual renewal, when I prepared to visit my family in San Diego.

A single road winds through the woods hereabouts and leads to town, with sharp turns, a dropoff, and not quite enough room for two cars. I was not strictly paying attention, and one of the locals, coming in the opposite direction, was driving too fast, when suddenly we were on top of each other. We swerved and avoided a collision. I did not know the other driver and he did not know me, but we flashed on each other as we passed. He was in his late 20s, wearing plaid, a local of limited prospects and, from his florid color, a nearly unlimited capacity to drink beer. As for what he saw, I heard it all in his passing: “Why don’t you go back where you come from?”

If a pilgrimage must end at some moment, I expect mine ended here. I knew, of course, what he meant. But where had I come from? San Diego? India? Nepal? I could not say. I knew only that I’d at last returned home.

— Hawkins Mitchell
I just wanted to let you know that I really appreciated the story you did on the Water Man and his problems with the hospital (“Water Man: Down, Then Out,” “City Lights,” May 24). I think this is something that people need to know about, and it is great that you take the time to inform the public of these types of topics that aren’t typically discussed. Just wanted to show my gratitude. Thank you.

Lindsey Ward via e-mail

Angel
Thanks for John Brizzolara’s recent article on David Ross (“Water Man: Down, Then Out,” “City Lights,” May 24). I’m awed by David’s will and perseverance. This guy is as close to a guardian angel as the street people will ever get. He helps from the heart on his own meager income (and a few contributions) and did so every day until he was attacked. If the readers out there would like to do something that really counts, please consider helping David Ross with his mission. You’ll sleep better, and so will countless, nameless others.

Chuck Brewer via e-mail

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**City Lights, by Matt Potter**

**Published May 30**

**Posted by Firy on 05/30/07, 12:38 p.m.**

“For 40 years, the U.S. Public Health Service has conducted a study in which human guinea pigs, not given proper treatment, have died of syphilis and its side effects,” Associated Press reporter Jean Heller wrote on July 25, 1972. “The study was conducted to determine from autopsies what the disease does to the human body.”

**Blog Diego**

**Published May 30**

**Posted by lorraine on 05/30/07, 5:41 p.m.**

Loved the sweet, sad soul-bearing reviews, I don’t know all the music Paloma speaks of, but her words make me want to listen to it and breathe it in to test my own reaction.

**City Lights, by Matt Potter**

**Published May 30**

**Posted by Lorelie on 05/30/07, 12:38 p.m.**

I understand the inference that residents of the ‘poor- est’ neighborhoods were chosen as guinea pigs, but I don’t think that is the primary reason why those districts were chosen. I could be wrong, but I think they are more interested in gathering data on the effectiveness of the product and they need to use it often to do so.

**Reply by Don Bauder**

**Published May 30**

**Posted by Ryan on 05/31/07, 9:29 a.m.**

Why were the poor neighborhoods selected for the experiment in the first place? (Yes, volume of trauma cases was definitely one reason, which we have previously reported. The poor areas were indeed high-volume trauma neighborhoods, and Northfield wanted to get its “bang for the buck.”) 2. Why weren’t the residents of those poor areas, as well as the rest of the citizenry, explicitly informed that their neighborhood trauma units had been selected for the experiment? The bio-ethicists we talked to said this was a serious omission on the part of UCSD and the City of San Diego.

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**Posted by Ryan on 05/30/07, 9:29 a.m.**

Those medic units are assigned to a fire station but during transport of a patient then leave the district to go to the hospital. When that happens another ambulance comes into the district to cover. Often the units mentioned will be sent to another district for this reason. The units that were listed are some of the busiest in the system and see some of the highest rates of trauma (polyheme would most likely be needed in trauma, not medical, calls). I understand the inference that residents of the ‘poor- est’ neighborhoods were chosen as guinea pigs, but I don’t think that is the primary reason why those districts were chosen. I could be wrong, but I think they are more interested in gathering data on the effectiveness of the product and they need to use it often to do so.

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Valerie Youngblood, M.D.
it seems to me you are being renumerated without providing any labor input in return.

Posted by Ned on 05/31/07, 9:38 a.m.

Don, I have a few friends working for the deep-pocketed City of San Diego. We are about the same level experience wise (civil engineers), but they make around 10% more. They will both retire at 56, will I be lucky to retire at 65. Not sour grapes, just astounded. Thanks!

Reply by Don Bauder: This is a story that most people don't know. Perceptions stay around long after reality has changed. Years ago, civilian government employees made less than their private sector counterparts in salary, but made up for it with generous retirements. But in the last 2 decades, the private sector has been slashing both salaries and retirement benefits (except at the top), so government pay and fringes are now far, far ahead (again, except at the top).

Posted by retired too early on 05/31/07, 11:20 a.m.

when i retired in the 90’s my pay was way below the private sector, all i was promised was retirement benefits. now all of a sudden i am classified with the new high pay group and my benefits are at risk. i see why hedge funds pay so well, the county pays 45 million more this year for investment advice than last after losing 100 plus million, they even enjoyed a party in vegas to celebrate before admitting losing the investment and the interest gained. now you want to blame me for those extra benefits, how about getting somebody like the former canned LAMB to investigate the real cause of this theft.

Reply by Don Bauder: I don't blame city or county employees who retired some time ago. I blame a system that permits current employees to rake in both higher pay and fringes than people get in the private sector. Mike Aguirre tried to do something about it, but the dishonest U-T and Kroll (taking in its $20.3 million) poo-pooed his effort, permitting a weak-kneed judge to dispose of much of the case, although major portions are still pending. We are a little like Imperial Russia. Royal families are at the top (grossly overpaid corporate CEOs, hedge fund and private equity wheeler-dealers today); government bureaucrats also live comfortably; the peasants are living increasing poorly.

Posted by Chuck on 05/31/07, 5:50 p.m.

Don… Civilian employee’s Social Security in the 1980s, but set up a second pension plan, Supplemental Pension Savings Plan, which is far better. The employee contributes 3 to 6 percent of pay and the city matches. This defined contribution plan is in addition to the defined benefit plan. When the employee dies, the money from SSPS is inheritable. That is not true of Social Security.

Posted by Billy Bob Henry on 05/31/07, 11:53 p.m.

Social Security for FULL retirement is 67 for ANYONE born after 1960 — and that age will likely climb much higher by the time that 1960 person retires. City PD/FD retire at age 50 making MORE money than their average...
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years work. The private worker is working 60% longer and getting maybe 70% less than their highest years pay than that of City PD/FD. The Supplemental plan that non public safety is allowed — can generate 140% of highest years salary. This is a scam plain and simple, brought on by Jack McGrory — Jack should be prosecuted civilly for malfeasance of duty for this scam — and the pension board that agreed to it should rightfully so stand trial — lets hope they don’t walk for their breach of fiduciary duty to both their members and the public. Don Bauder — you are one of the smartest business guys this City has ever seen. Keep up the good work — you watch out for the tax payer and the scams never get by you.

Reply by Don Bauder: True, safety employees don’t get SPSP. But I stand by Richard Rider’s statement that nonsafety employees retiring after 30 years are going to make more than 100 percent of their highest pay, and probably 130 percent if they donated their full amount to SPSP. As to bonuses: some city employees make tiny or no contributions to their defined benefit plan; the city makes the payment, and it is considered a bonus.

Reply by JF: Don’t be a madman! 140% of highest years pay, more than 100% of highest years pay plus bonus, 70% less than City PD/FD. The Supplemental plan that non public safety is allowed — can generate 140% of highest years salary. This is a scam plain and simple, brought on by Jack McGrory — Jack should be prosecuted civilly for malfeasance of duty for this scam — and the pension board that agreed to it should rightfully so stand trial — lets hope they don’t walk for their breach of fiduciary duty to both their members and the public.

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Chocolate Might Save Your Life

The Omnivore's Dilemma

S
ince I moved to California from New England, I find that I can pretty much eat anything I want without gaining weight,” says Michael Pollan, author of The Omnivore’s Dilemma. “I’m convinced that when you have high-quality food you don’t need as much to be satisfied.” Pollan will discuss his book on Tuesday, June 12, as a part of the University of California San Diego’s Revelle Forum at the Neurosciences Institute.

Though Pollan says that his book about the origins of food consumed in America has turned many people into vegetarians, he continues to eat meat. “The biggest change in the way I eat, based on my research, is that I started avoiding industrial meat, or meat from animals that live in big confinement feed lots. Especially beef. What I saw there really put me off my feed, both as a matter of health and morality. I also stepped up my eating of fruits and vegetables, and I eat less processed stuff.”

Pollan only purchases beef that has been grass fed. Cows that are fed corn, which is difficult for them to digest, are in a weakened state of health and thus antibiotics are often added to their diet to stave off infection. “You are what you eat, thus antibiotics are often added to their diet to make one a more responsible eater. “In general, the more people know about where food comes from, the better choices they make.” For example, after witnessing a pig in a cramped, smelly environment, Pollan says, “You wouldn’t want to eat that stuff.”

Pollan warns against a tendency to demonize food. “The misunderstanding is that food can be divided into evil nutrients and good nutrients; that if you eat good nutrients and avoid evil nutrients, you’ll be healthy. In America, I think that the most common misunderstanding [about food] is that something like fat is toxic. But fat is good for you, your brain is 70 percent fat. You need to eat fat, but the right kind of fat.” Pollan cites a recent study in which a psychologist asked, “What would be the one food you would take with you to survive on a desert island?” Responses included spinach, hot dogs, salad, and chocolate. “The best choices are hot dogs and chocolate,” says Pollan. “You need the energy and fat; you would die really quickly on spinach.”

There is very little processed food in Pollan’s home, though he admits a weakness for chips. On a typical morning, Pollan will have oatmeal or eggs for breakfast. Occasionally he will add bacon from Niman Ranch, a company composed of independent family farmers using only natural methods for raising livestock. For lunch, Pollan often enjoys bread and cheese, fruit with yogurt, or premade frozen dinners.

For dinner, Pollan might have steak, chicken, or fish. “We eat fish several times a week — salmon, halibut. We have fruit for dessert and occasionally a cookie.” But you won’t find the word “Nabisco” in Pollan’s pantry — all his baked goods come fresh from local bakeries.

Pollan says the consumers have more choices available than they might realize: there are many healthier alternatives to fast food or even boxed and canned food. “If you can buy food and cook it yourself, you will eat much better,” he says. “The least healthy foods you couldn’t possibly make in your kitchen, even if you wanted to. Like a Twinkie — no one could cook a Twinkie. If you have to shop for food, you look for real ingredients — you won’t be adding things like high-fructose corn syrup.”

Food taboos and fads, Pollan explains, have a profound effect on the way Americans eat. Current faddish foods include almonds, pomegranates, and just about any canned eat. Current faddish foods include almonds, pomegranates, and just about any item that has been the focus of recent health research and proven to contain antioxidants or to be “heart healthy.” Taboos include carbohydrates and fat. “The Atkins diet put taboo is trans fats. I generally try to avoid novelties in food, like margarine. I can’t believe that eating whole-grain bread or even potatoes with skin is bad for you. Food that people have been eating for hundreds of years, there’s evidence that it can’t be bad for you.”

Pollan stresses that Americans who obsess about food and health are precisely those who are prone to the unhealthy habit of binging and dieting. “Health is not the only reason to eat,” he says. “There’s pleasure, sociability, identity; people eat for all sorts of reasons. We lose track of that in America.”

— Barbarella

The Omnivore’s Dilemma, book signing and discussion
Tuesday, June 12
7 p.m. to 8:30 p.m.
The Neurosciences Institute auditorium
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UCSD
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Agaves (a.k.a. century plants) are coming into bloom in many summer gardens this month. After a decade or more (not a century) of growth, the larger kinds of agave send up a tulip, yellow-blossomed flower stalk from a base of rosette, succulent, thorn-tipped leaves. The stalk and basal leaves die, but suckers make new plants and begin the cycle anew.

Buckwheat, a late-bloomer among native plants in our area, is showing off its small, inarticulate clusters of cream-colored flowers this month. Several kinds of buckwheat, found in dry, sunny locations throughout San Diego County, are the source of the “wild buckwheat” honey sold locally.

Near the coast look for flat-top buckwheat, common on south-facing slopes. Here it shares space with other low-growing shrubs of the sage-scrub plant community like black sage and California fescue.

Eldorado, two species of which range over most of San Diego County, is in full bloom this month. The flat-topped, creamy-white blossoms of this large shrub or small tree can be seen in the natural coastal canyon areas such as Tecolote Canyon and Los Penasquitos Canyon Preserve, as well as in the more moist areas of the foothills and mountains. The eldorado’s tiny fruits, which ripen in late summer, have traditionally been used for various drinks and preserves.

“June Gloom,” the cool and intermittent overcast conditions likely to dominate the beach and coastal areas through the remainder of this month, mocks the already ready-sizzling temperatures inland. If it weren’t for the ocean’s enormous resistance to changes in temperature, the hottest weather along the coast would occur soon after the summer solstice — June 21. Our warmest beach weather will probably not arrive until August or September, and even then the time over water temperatures are peaking.

Western Azalea, a native rhododendron, is blooming this month in scattered locations throughout the county’s higher mountains. Fund of semi-shade, western azalea’s fragrant white (sometimes pink or yellow tinted) flowers are borne in rosette clusters. Palomar Mountain State Park harbors a colony of them alongside a trail linking Doane Valley and Chimney Nuts. White flowering azaleas will undoubtedly appear again along the Azalea Glen Trail in Cayucos Rancho State Park, but it may take several years before this fire-damaged landscape sufficiently returns to life.

Trail Repair Work in Paseo Picacho continues in Cayucos Rancho State Park on Saturday, June 9, at 9 a.m. Bring work shoes, gloves, hat, water, snack. Group gathers at Paseo Picacho campground main tenance area behind fire department building. Free. Registration: 619-851-2385. CAYUCOS RANCHO STATE PARK.

Fried Eggs with Lots of Mustard!
Trail guides lead wheelchair- and stroller-friendly walks to Old Mission Dam, where fried egg flowers (a.k.a. Matilija poppies) and mustard plants flourish, Saturday, June 9, 8:30 a.m., in Mission Trails Regional Park at Kameyama Campground entrance ground (Two Father Junipero Serra Trail). Free. 619-668-3281. (SAN CARLOS)

Removal Trash along San Diego River on Saturday, June 9, starting at 9 a.m. at Hotel Circle Circle. Equipment and refreshments provided. Free. 619-297-7380. (BRENNEN GORIS)

Help Restore Gonzales Canyon by cleaning up, removing invasive plant species, Saturday June 9.

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A GUIDE TO UNEXPECTED SAN DIEGO AND BEYOND | BY JERRY SCHAD

Coral’s Rancho Carrillo community trail circles what used to be the heart of the 253-acre Rancho de los Quites (Ranch of the Spanish Daggers). Stage and screen actor Leo Carrillo founded the ranch in 1937 and built most of the structures on it during the following three years. In 2003 the ranch’s 27-acre core, including several restored early-California style buildings, were dedicated as the Leo Carrillo Ranch Historical Park. As is typical of the entire North County region, much of the remainder of the original ranch property is gradually being subdivided for housing.

To circumnavigate the historical park—a two-mile walk mostly on City of Carlsbad trails—start at the Leo Carrillo trailhead parking lot on Mainsetta Lane near Melrose Drive and just west of Carrillo Elementary School. Begin by heading west on the wide unpaved trail. To the left and below, initially are the fenced grounds of the historical park. A little over 0.3 mile, turn left and cross one of the most elaborately expensive hiking/biking bridges in the county. The concrete span takes you high over a broad ravine filled with riparian vegetation and a trickling stream, which will flow until the onset of summer heat. On the far side of the bridge, curl upward along a hillside and make a left to go east, staying alongside some houses on the right and alongside the ravine on your left. Keep going until you reach a pavement at the residential street called Via Conquistador. Make an immediate left and a quick left again, and you’re on Via de los Quites, which leads in a block to the main entrance to Leo Carrillo Ranch Historical Park. At the historical park’s entry gate you have two choices: if the park is open, or if you are traveling with a pet, stay right on the path that squeezes between the historical park’s perimeter wall and Melrose Drive. Stay on that route all the way around the outside of the wall to reach your starting point. Better, if the park is open (Tuesday through Sunday), walk down to the grounds below, check out the visitor center, admire the architecture and gardens, and by all means spend some time watching the resident peacocks. When you’re fin-

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days at the Fleet” showcases Dol-
phins (6 p.m.) and Volcanoes of the Deep Sea (7 p.m.) on June 8. Ticket prices and showtimes: 619-238-
1233. (BALBOA PARK)

“Poder Escondido: Stories of Latino Civic Engagement in Es-
condido” presented by Media Arts Center San Diego’s Teen Producers Project on Thursday, June 7, 6:30 p.m., at Orange Glen High School Performing Arts Center (2200 Glenridge Road). Students at Orange Glen High School produced two ten-minute documentaries focusing on Latino civic engagement in North County. Discussion follows with youth producers, video intervie-
wees. Films include Seeds of Change and Poder Escondido/Hid-
en Power. Free. 619-230-1938 x102. (ENCINITAS)

“24 Solo” chronicles Chris Eutough on his quest for a seventh world title in discipline of 24-hour solo mountain bike racing. Catch film on Thursday, June 7, 8 p.m., at La Paloma Theatre (471 South Black’s 2006 documentary fo-

“Life and Debt,” Stephanie Black’s 2006 documentary fo-
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- **writer Adam Gopnik**, Friday, June 8, San Diego Museum of Art.

(SEE LECTURES)

**COOKING UP CANCER PREVENTION**

- Cancer Project's Tracy Childs promises lectures, presentations, discussions on June 13. $35. 619-299-7012 x2247.

- Other animals, basic nutrition, survival, Wednesday, June 13, 6 p.m., at San Diego County’s Water Conservation Garden (5500 Gaines Street). $11. Reservations: 619-660-7545.


- "Waking Dreams" — James Grebli explores this collection of British Pre-Raphaelite paintings and objects for Insight Gallery talk, Thursday, June 14, 6 p.m., at San Diego Museum of Art. $10. 619-696-1966. Talk repeats on Sunday, June 17, 3 p.m. (BALBOA PARK)


**MANDATORY**

- "Getting Started with Irish Genealogical Research" is topic for Mary Russell, Wednesday, June 13, for Irish Interest Class sponsored by British Isles Genealogical Research Association. Meeting starts at 10:30 a.m. at LDS Family History Center (4195 Camino del Rio South). Free. 858-453-9053.

**MUSEUMS**

- "Accessing the WorldCat" is topic when Robyn Gage, catalog librarian for San Diego Public Library, addresses Computer-Oriented Genealogy Group of North San Diego County Genealogical Society, Tuesday, June 12, 1 p.m., in Carlsbad Civic Center Chambers (1208 Carlsbad Village Drive). "WorldCat" is described as "largest union library catalog in the world." Free. 760-630-5720.

- "The Seven Expressions of Greatness: Reach Beyond the Ordinary" is topic when author, life coach Debbie Ford addresses Shared Vision Network, Wednesday, June 13. Registration at 11 a.m., luncheon and presentation at 11:30 a.m., at Morgan Run Club and Resort (3690 Cancha de Golf), $55 at door. 760-822-9234.


**Lecture Series**

- "Climate Science at Scripps" begins at 3 p.m. on Saturday, June 9, at San Diego Museum of Art. $20 general. 619-232-7931.

- "An interdisciplinary event highlighting the exclamation and explanation of design" — Interrohapang lecture series continues with talk by Basser Simpson, Tuesday, June 12, 7 p.m., at Museum of Contemporary Art San Diego (700 Prospect Street). $18. 619-232-0199.

- "How to Live Happily Ever After with Your Dog" is topic, Wednesday, June 13, 6 p.m., at San Diego Humane Society and SCPA (3500 Gaines Street). Housetraining, socialization with people and other animals, basic nutrition, more. $35. 619-299-7012 x2247.

- "Regionalism and Modernity: The Arts and Crafts Movement in San Diego" explored during ninth annual Arts and Crafts Conference hosted by San Diego Historical Society, June 21–24, at Mingei Mu-

**DANCE**


- Aspire Playwrights Collective 8:15 Series, new play workshop convenes Friday, June 8, 8:15 p.m., at Twigg’s Coffeehouse Green Room (4590 Park Boulevard). Help cook up a “weird and wacky stew of short plays,” suggested donation: $5. 619-549-3408.

- "Candye Cane Plays the Blues" for Concert on the Green on Friday, June 8, 6 p.m., at Prescott Promenade (21112 E. Main Street). Free. 619-401-8858.

- "The Johnny Cash Tribute Band Cash’d Out" performs with DJ Geno for dance/concert, Friday, June 8, 6:30 p.m., at Encinitas E. Lodge (1393 Windsor Road). $15. 760-753-6041.

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For a full list of events and locations call Wine Australia on +1 212.351.6585 or visit WWW.WINEAUSTRALIA.COM/USA.
LOCAL EVENTS

HArdonic Sound Concert, self-described “sound healer, recording artist, and author” Diane Mandle presents “Sarasvati’s Dream Concert: A Tapestry of Harmonics and Light,” Friday, June 8, 7 p.m., at Well Within (355 2nd Street). $20. 760-944-3441. Bring a mat to recline on.

Belinda Gail and Curly Musgrave take stage for AcousticMusicSanDiego concert on Saturday, June 9, $15, $20. Their concert follows performance by Missy Raines and the New Hip, Friday, June 8, 10 p.m. at Poway Park (14134 Midland Road). Performances, food from local restaurants, guest speaker, student performances, $7 adults • $4 kids (12 and under). 619-427-2448.

San Diego Padres’ First Baseman Adrian Gonzalez signs autographs, takes photographs with fans at Cricket store (4530 Camino de la Plaza) on Saturday, June 9, 11 a.m.–1 p.m. Bring photographs, jerseys, hats, baseball cards to be signed. Free. 619-224-0145. (SAN DIEGO)

San Diego Padres at D.G.Haase’s Ritmo Caribe (Sabor de Africa, guest speaker, student performances, food from local restaurants, Saturday, June 9, 6 p.m., at WorldBeat Center (2100 Park Boulevard). Proceeds create scholarships for high-school-aged Liberian refugee students living in Ghana. $10. 619-220-1190. (DOWNTOWN)

Last Comic Standing” featuring Chris Porter and Ty Barnett, Saturday, June 9, 8 p.m., at 4th & B (345 B Street). Tickets: $18–$28, available through Ticketmaster (619-220-TIXS). (DOWNTOWN)

It’s for the Chicks, Stupid! Alex Reynolds, one of the original Latin Kings of Comedy, brings his tour to Sprechels Theatre (121 Broadway) on Saturday, June 9, 8 p.m. Tickets: $24–$29, available through Ticketmaster (619-220-TIXS). (DOWNTOWN)

Stand-Up Comedy planned Saturday, June 9, 9:30 p.m., at Finnegan’s Pub and Grill (1814 Marron Road). $5. 760-726-5311. (SOUTHBAY)

Mind-Boggling Feats! Tomás Kubinek “performs mind-boggling sleight of hand, hypnosis, magic, hand illusions, and comedy tricks plays classic Motown tunes, Saturday, June 9, 3 and 7 p.m., at California Center for the Arts, Escondido (340 North Escondido Boulevard). $20. 800-988-4233. (ESCONDIDO)

“Inner Journeys” — enjoy jazz improvisations by Bob Ravencroft (piano), Dwight Kilian (bass), Rob Moore (drums), and Bano Barnabe (visualizations) for Musical Mosaics series, Sunday, June 10, 4 p.m., at Christ Lutheran Church (4761 Cass Street). Offerings benefit El Shaddai Orphanage in Rwanda. Reception follows. 858-483-2300. (PACIFIC BEACH)

Music in the Park“ series continues when Pacific Brass and Electric plays classic Motown tunes, Sunday, June 10, 5 p.m., at Salt Creek Park Recreation Center (2710 Otay Lakes Road). Free. 619-585-5682. (OCEANSIDE)

The Featured Reader is local poet Larry K. Dossey at Rebecca’s Coffee Shop (3015 Juniper Street) on Sunday, June 10, 5 p.m. Free. 619-284-3663. (CHULA VISTA)

Mind-Boggling Feats! Tomás Kubinek “performs mind-boggling sleight of hand, hypnosis, magic, hand illusions, and comedy tricks plays classic Motown tunes, Saturday, June 9, 3 and 7 p.m., at California Center for the Arts, Escondido (340 North Escondido Boulevard). $20. 800-988-4233. (ESCONDIDO)

“I really love the way I look” — Brooke, Lap-Band System patient. Lost 160 lbs.
AIR SHOW!
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Fathers’ Day Weekend
JUNE 16 & 17, 2007
Gillespie Field, El Cajon
Sat & Sun, 8 AM – 3 PM  Admission: $12, Kids 6-11 and Military with I.D. $6, Under 6 – Free
Tickets and Info: www.wingsovergillespie.org  619-448-4595

In Blues We Trust
Julian Blues Bash
Saturday
June 23, 2007
MENCHINI WINERY
GATES OPEN
AT 10am
SHOW
11am-7pm
$25.00
FREE PARKING
KIDS UNDER 12 FREE
SPECIAL THANKS TO THE
JULIAN MERCHANTS ASSOCIATION

AUNT KIZZY’Z BOYZ

THE DENNIS JONES BAND

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Sri Chinmoy in Concert
“Discover the music of genius.” - PULSE! Magazine
“Lovely, very modern.” - Washington Post

FREE admission, but tickets are required
Thursday, June 14
COPLEYS SYMPHONY HALL
750 B Street, Downtown San Diego
Two Shows 6:00 pm and 8:30 pm
To reserve your free tickets, call: 619/640-9100
www.srichinmoyconcert.org/sandiego

Sponsored by Jyoti-Bhanga Vegetarian Restaurant and Pilgrimage of the Heart Yoga.
Yoga studio owner Sujantra McKeever will be signing copies of his book, Secrets to SuperHealth after the concert.
San Diego Reader June 7, 2007

Calendar
LOCAL EVENTS

some of her thoughts on the writer’s craft itself. Free 619-236-5890.

Open-Mike Poetry Reading, Monday, June 11, 8 p.m., at Twigg Teas and Coffee (4900 Park Boulevard). Free. 619-296-0616. (UNIVERSITY HEIGHTS)

“Just for Fun (and Money)” Poetry Slam, Monday, June 11, 8:30 p.m., hosted by San Diego Poetry Slam at Voz Alta (1544 Broadway). Competitors 5.5, donation for spectators. 619-239-3872. (EAST VILLAGE)

Changing the Way Americans Eat? Bestselling author Michael Pollan speaks for UCSD’s Revelle Forum on Tuesday, June 12, 7 p.m., at Neurosciences Institute Forum on Tuesday, June 12, 7 p.m., at Neurosciences Institute. Find shop at 7812 Girard Avenue, 858-454-0347. Free. (LA Jolla)

What’s All the Noise? Matchboxes, wooden pokers, brooms, garbage cans, Zippo lighters, hubcaps—all help create the percussive pleasures of Stomping, returning June 12-17 to San Diego Civic Theatre (Third Avenue and B Street). Tickets range from $62-97, depending upon seat, show time, available through Ticketmaster (619-220-1255). (DOWNTOWN)

4x4x,” Sushi Performance and Visual Art’s performance series continues Tuesday, June 12, 7 p.m., at Bluefoot Bar & Lounge (3404 30th Street). Participants present new or in-progress works in “alternative, casual social setting,” all pieces low-tech, limited to ten minutes, performed on 4’ x 4’ stage. Tickets $3 and older. Suggested donation: $5. 619-235-8466. (NORTH PARK)

The Henry Franklin Quintet performs for KSDF-Jazz 88’s Jazz Live series, Tuesday, June 12, 8 p.m., in Saville Theatre at City College (1313 Park Boulevard). Line-up includes Henry “the Skipper” Franklin (bass), Theo Saunders (piano), Aza Lawrence (guitar), Tony Waters (percussion), Tony Austin (drums). $10. 619-388-3037. Concert may be heard broadcast live on KSDF, 88 FM. (DOWNTOWN)

Broadcaster, Actor, Actress, TV talk-show host, and SDSU adjunct professor Kathi Diamant discusses her book, Kathi’s Last Love, Wednesday, June 13, 6:30 p.m, at La Jolla Library (7555 Draper Avenue). Free. 858-552-1657. (LA Jolla)

Poet, Author, Illustrator Seretta Martin reads from her work for Magpie Park Poets, Wednesday, June 13, 7 p.m., at Cole Library (1250 Carlsbad Village Drive). Free. Open reading followed. 760-402-2626. (CARLSBAD)

Suspenseful and Stylish, Alan Forsyth signs, discusses Foreign Correspondent..., Wednesday, June 13, 7:30 p.m., at Warwick’s Bookshop (7812 Girard Avenue). Free. 858-545-0447. (LA Jolla)

“Three Incredible Power of Music” presented by pianist/entertainer Jacqueyne Silver, Thursday, June 14, 4 p.m., at College Avenue Senior Center (inside Beth Jacob Synagogue, 4853 College Avenue). $5. 619-583-3300. (COLLEGE AREA)

San Chimney in Concert, Thursday, June 14, 6 and 8:30 p.m., in Copely Symphony Hall (750 B Street). Listen for “melodies of the echo flute, the ethereal tones of the ancient Indian...” grand piano. Free. Reservations—619-640-9100. (DOWNTOWN)

Thriller Author Robert Ellis signs City of Fire, Thursday, June 14, 7 p.m., at Mysterious Galaxy Books (7531 Clairemont Mesa Boulevard). Free. 858-288-4747. (CLAREMONT)

Local Guitarist and Songwriter Nick Crieve plans acoustic/classical guitar concert, Thursday, June 14, 7:30 p.m., in Roundabout Theatre at San Diego Academy (300 Santa Fe Drive). Scheme will be accompanied by guitarist William Wilson. Donations benefit school’s music council. 760-655-9141. (CLARKSON)

The Movement,” evenings of dance, poetry, performance featuring bSOUL, Collective Purpose, and the past, (modern performance also presented June 14-16. The three groups present new works “too innovative to categorize.” Return tickets at 8 p.m. in downtown San Diego, Friday, June 15, 7:30 p.m., at Birch North Park Theatre, 2911 University Avenue. $30, $33, $10 off for student/elder. 619-239-8836. (NORTH PARK)

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Shine Designs By Lisa Handmade Wedding Jewelry Custom style, quality-crafted gowns. Veils, hairpieces, picture and more! Gourmet Wedding Receptions, our experienced staff categorize.” Curtain rises at 8 p.m. (PALA)

*/

Birch North Park Theatre, 2891 5th Avenue. $30, $33; $10 off for student/elder. 619-239-8836. (NORTH PARK)

7 p.m., at Mysterious Galaxy Books (7531 Clairemont Mesa Boulevard). Free. 858-288-4747. (CLAREMONT)

The “Scottish James Taylor” Live acoustic singer-songwriter music from Dougie MacLean and band on Thursday, June 14, 7 p.m. in Saville Theater at City College (College Avenue). Tickets $18-$25, available through Ticketmaster (619-220-1255). (DOWNTOWN)

“A Night of Fine Dining and Wine,” presented by pianist/enter-

Travel to Span This Weekend. 3-Course Flamenco Dinner Show $75 For two with a bottle of wine only!

Travel To Span This Weekend. 3-Course Flamenco Dinner Show $75 For Two with a Bottle of Wine Only!

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Bridal Bazaar Sunday, August 19 5:30 Convention Center 10am-4pm. More than 200 exhibitors with everything for your wedding. Info, coupons. www.bridalbazaar.com...$200

www.ReceptionsBG.com Offering carefully selected vendors for weddings, reunions, our experienced staff categorize.” Curtain rises at 8 p.m. (PALA)

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**San Diego Polo Club Opening Day** is Sunday, June 10. Preliminary matches begin at 1:30 p.m., feature match at 3 p.m. General admission is $5, as is parking. The club meets at 14555 El Camino Real. 858-481-9217. (SAN DIEGO)

**Pacific Coast Skydiving** continues through September 4 at San Diego Velodrome (2221 Morey Field Drive). Racing starts at 6:30 p.m. Fee for spectators. 619-573-4953. (CHULA VISTA)

**Tuesday Night Bicycle Racing** continues through September 4 at Crown Point Beach. All skill levels welcome. Nonmember fee: $65 adults, $20 for kids. Registration: 619-255-0203. (MISSION BAY)

**What is a Humanist?** Discuss with P&R discussion group on Thursday, June 7, 7 p.m., at Other Side-Coffee House. Fee: 619-370-1027. (MISSION PARK)

**It’s a Surprise Party at TNT** (that is, the Thursday Night Thing) on June 7. Party starts at 7 p.m. at Museum of Contemporary Art San Diego (1001 Kettner Boulevard). “Cerca Series” artist William Ferney will talk about his work; art-making activities, live music by local bands. Donation: $3. 858-454-3541. (DOWNTOWN)

**Salute to Heroes** is theme for San Diego County Fair, running Friday, June 8–Wednesday, July 4, at Del Mar Fairgrounds. Numerous competitions and exhibits, including fine arts, livestock, children’s arts, gems, minerals, home arts, fun zone with rides, games, commercial exhibits; food, contests (bubble gum blowing, pie eating); craft brewers festival and live music by local bands. Donation: $3. 858-755-1161. (DEL MAR)

**Rare and Limited-Edition Books** and fine-art prints offered during seventh annual used book sale, Friday and Saturday, June 8 and 10, 10 a.m.–5 p.m., at Lawrence Family Jewish Community Center (1412 Executive Drive). Fee: 858-362-1174. (LA JOLLA)

**North County Street Machines** and Pick Ups Ltd. are showcased during Cruzin’ Grand, June 8. Events held every Friday through September 28, 5–9 p.m. Over 400 pre-1974 American-made hot rods, custom, vintage, classic cars and trucks participate in cruise loop running down Grand Avenue and back up second Avenue. Free viewing. 760-745-8877. (ESCONDIDO)

“**masters of the Moment,**” juried art exhibition by members of East County Art Association opens with awards and reception, Friday, June 8, 5:30 p.m., at East County Performing Arts Center (210 East Main Street). Fee: 619-440-2277. (EL CAJON)

**Luiseno Mission Indians International Powwow,** June 9 and 10, at Mission San Luis Rey. Many different tribes, cultures represented in dance, art, music. Gourd dancing starts at 10 a.m. both days, grand entry at noon and 7 p.m. on Saturday, noon on Sunday. Intertribal and competition dancing follows grand entries.

**Salute to Heroes**

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**$125* Tandem**

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May–September 2007

6 to 9 pm

**New!**

Enjoy live music, food and drinks on our intimate outdoor plaza overlooking the ocean.

**Wednesday, June 20**

**ROCKOLA**

60s tribute to the Beatles’ Sgt. Pepper album

**Wednesday, July 18**

**EVE SELS**

Americana music, blending country, gospel and rock ‘n roll

**Wednesday, August 15**

**LEN RAINLEY & THE MIDNIGHT PLAYERS**

High energy blues, jazz and rock ‘n roll

**Wednesday, September 19**

**THE BIGFELLAS**

Fun, funky, friendly original rock

** RSVP: 858 534-4109**

Ages 21 and up; 6–9 pm
Public: $20/concert ($30 season rate)
Aquiarium Members: $15/concert ($65 season rate)
Walk-in Admission: $25/concert

**Birch Aquarium admission, concert and parking are included. Proceeds benefit aquarium programs.**

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aquarium.ucsd.edu
Out & About

The Beat of Urban Art
Justin Bus, Distinction Art Gallery, Saturday, June 9.
(See Galleries)

Brewers of California You’re invited to “mix with the luminar-
ies of the California craft brewing community” during even-
ts on Monday, June 11, 5–8 p.m., at Stone Brewing World Bistro and
Gardens (1999 Citracado Parkway). Representatives on hand from
Anchor, Alpine, Butte Creek, Craftsman, Port Brewing, Pyramid, Sierra
Nevada, more. Free admission. 760-471-4999.

Cajon Classic Cruise Car Show continues on Wednesdays through
August 29, 5–8 p.m., on East Main Street. “NASCAR Up Close” is theme on June 13. Free.
619-401-8382. (Cajon)

Have a Story to Tell? San Diego Public Library’s digital community
storytelling station remains available through June. Gather reminiscences of your
neighborhood, memories of in-
teresting jobs, tales of special in-
terests and activities, to record San Diego history as told by gen-
eral public. Find library at 801 E Street. Requirements, reserva-
tions: 619-236-5821 or 619-230-
1938 (community).

Calling All Harry Potter Fans! San Diego State University Li-
brary plans series of brown-bag book discussions of each title in J.
Rowling’s series, every Thurs-

day, June 14–July 26, noon, in room 430/431 of SDSU Library.
Bring lunch, a book, comments and questions for discussion of each book, start-
ning with first in series and ending with discussion of final book (the week after its
619-594-5148, 619-594-4991. (SDSU)

Predatory Lending — Who Gets Hurt? Outdoor screening of film
“Who Gets the Money” June 14, 7 p.m., at Other Side Coffee, 49th Street.

Leopold Bloom’s 1904 Ram-
buck is made up of students aged
15–18. Reservations: 619-819-
1904, in James Joyce’s Ulysses is
commerated with Bloomday cele-
brations, Friday, June 15, noon–3:30 p.m., at UCSD Faculty Club
(9500 Gilman Drive). Readings,
Bloomday lunch, short talks about Joyce, short film. $25 in-
cludes lunch. Reservations by
June 13: 858-534-0876. (La Jolla)

James Hubbell Father’s Day Open House, now in its 25th year,
dated for Sunday, June 17, 11 a.m.–5 p.m. Tour home, art studio of this organic artist and
architectural designer. Cedar Fire rebuilding is complete, boasting new mosaics, stained glass, an ex-
panded garden, natural wood. More. Tickets: $50 general, $30 students, free for those 12 and younger. Reservations: 619-7590. Hubbell’s flan-Lael prop-
erty is found at 950 Orchard Lane, with parking behind Ofrilla Win-
y. (Santa Ysabel)

Palomar Observatory As-
trology evening tours spon-
sored by Reuben H. Fleet Science Center continue on Saturday, June 23. Guests get close look at famous 200-inch telescope. Hear astronomy lecture, view sky through 60-inch telescope (weather permitting). Tour starts at 3 p.m. to midnight. $75 fee in-
cludes round-trip bus transportation. Reservations: 619-238-1233 x802. (Palomar Mountain)

Local Events

Social and congregational singing. Hymnals/missals provided with
English-Latn pages.

Gregorian Chant Mass
Schola and congregational singing. Hymnals/missals
provided with Latin-English pages.

Sunday, June 10, 4:00 pm
Pizza Social with singing by the Schola after Mass.

Our Lady of the Rosary Church
San Diego’s Jewel Box of Baroque and Rococo Art State and Date Streets (Little Italy) Downtown San Diego

San Diego Reader
June 7, 2007

Calendar

both days. Vendor village, food. Hours 9 a.m.–11 p.m. Saturday, 10 a.m.–6 p.m. Sunday. Find mission at 4000 Mission Avenue. Admission is free. 760-724-8505, 760-727-0595. (Mission Avenue)

“Parrot Expo Extravaganza” hosted by Parrot Education and Adoption Center, Saturday, June 9, 10 a.m.–5 p.m., at Marina Village Conference Center (room D1), 1936 Quivira Way. Find bird-related toys, playstands, cages, artwork. No birds will be adopted directly at this event; adoption and seminar informa-
tion on offer. Free admission. 619-287-8200. (Mission Bay)

Queen Elizabeth, Backstage Tours, and live performances planned during Old Globe open
house, Saturday, June 9, 10 a.m.–
1 p.m., on Old Globe Plaza. Enjoy scenes from 2007 Shakespeare Festival, costume displays, back-
tage tours, a kids’ craft area, more. 619-231-1941. (Old Globe Plaza)

Spring Pottery Sale hosted by San Diego Potters’ Guild, Sat-
urday, June 9, 10 a.m.–4 p.m., at Spanish Village Art
Center. Sale promises “thousands
more. 619-231-1941. (Old Globe Plaza)

California Wolf Center hosts public programs focusing on North American grey wolves every Saturday at 2 p.m. Programs include slide show, visit and tour with resident wolf pack. Tickets: $8 general, $5 for seniors, $4 for children ten and younger. Re-
quired reservations: 619-234-WOLF (9653). (OCEANSIDE)

Board Game Party, a fund-
raiser for Heifer International, slated for Saturday, June 9, 2:30–5:30 p.m., at Naval Training Center
(2820 Roosevelt Road, building 201). Play a variety of board games ranging from Taboo to Scrabble. Donation: $15. Reg-
istration: 619-204-8834. (Point Loma)

Take Your of Solar System
to San Diego Art Archi-
ological, 1.5 mile east of San
Diego Wild Animal Park (1666 Pa-

Six Artists, One Show, meet “contemporary fine artists” with works from glass to sculpture to home furnishings, Saturday, June 9, 6–9 p.m., at Hallmark Galleries (1182 Prospect Street). Free. 858-521-8108. (La Jolla)

Hillcrest Book and Literacy
Fair is Sunday, June 10, 10 a.m.–
5 p.m., on Fifth Avenue (at Robinson). Bookstores will offer all manner of books; authors on
hand (including Amy Wallens, Mariannine McDonald, Gayle Brandes, Catherine E. Martin); music and live theater, children’s activities, vendors. Free. 619-299-3330. (Hillcrest)

Put All Those Hours of Drink-
ning to Good Use! San Diego
Amateur Tasters-Off blind tasting
competition is set for Sunday, June 10, 1–5 p.m., at WineSellar and Brasserie (3550 Waples Street, suite 115). Each round consists of three wines poured double-blind. $60 for competi-
tors, $30 for spectators “who want to sip along the way.” Reserva-
tions: 858-450-9557. (Mission Valley)

Tea on Terrace at Marston
House, 1 p.m. on Sunday, June 10. The $25 fee includes tea,
finger sandwiches, scones, “au-
thetic clotted creams,” coconut
cream pie (“the most popular dessert served at the highly fash-
ionable 1910s-era Marston de-
partment store”). Find Marston

Wine and Roses Wine Tasting and Flower Show” hosted by So-
cial Service Auxiliary, Sunday, June 10, 3–6:30 p.m., at Westgate
Hotel Rooftop Garden Terrace (1055 Second Avenue). Featured wines from San Diego International
Wine Competition, food, music. $75. 619-383-WINE. (DOWNTOWN)

“Wine and Roses Wine Tasting and Flower Show” hosted by So-
cial Service Auxiliary, Sunday, June 10, 3–6:30 p.m., at Westgate
Hotel Rooftop Garden Terrace (1055 Second Avenue). Featured wines from San Diego International
Wine Competition, food, music. $75. 619-383-WINE. (DOWNTOWN)
**SINGLES**

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A comfortable, safe environment with great music and fun people. Parties for singles over 30.

**San Diego Single Natural History Museum**

museum celebrates American railroads with “the largest permanent operating model railroad and toy train exhibit” in North America. Four scale-model railroads of the Southwest, the “San Diego County Relief Map” exhibit, and an interactive toy train. There is a multimedia presentation on railroad, an operating railroad semaphore signal, and interpretive displays on railroads and model railroading. The museum is downstairs in the Casa de Balboa building, 619-696-9199. (BALBOA PARK)

**San Diego Natural History Museum**, the permanent exhibit "Fossil Mysteries," showcases last 75 million years in Southern California and Baja California. The museum is located at 1203 Hodges Boulevard, San Diego CA 92109. (NORTH CITY)

**MUSEUMS**

**San Diego Aerospace Museum**, the museum features art and artifacts from the original cobblestone jail that was built in 1835. The museum boasts artifacts, photographs, equipment, and vehicles, along with exhibits from each of the departments making up the organization such as Crime Lab, Fire, Police, and the Sheriff’s Department. It delivers mobiles, crime lab, bomb squad, and many others. Find the museum at 2386 San Diego Av- enue; 619-260-1850. (OLD TOWN)

**San Diego Electric Railway Association**, located in historic history, including a complex of buildings including the Verlaque House (the only Western adobe home of French design still in existence), wagons, antique exhibits, and artifacts. There is a cowboy bunk house, women's clothing and accessories from 1700 to 1800, a ranch blacksmith shop and tack room. The Casey Tibbs Memorial Exhibit is dedicated to Tibbs, a local resident who was a world-champion rodeo rider. The Bancroft Memorial Rose Garden is on the grounds. Rare documents, historical exhibits, books, and artifacts, and a research library are also part of the complex. Find it all at 455 Main Street, 760-789-7644. (IMMACULEE)

**San Diego Aerospace Museum**, the technological advancements made in aircraft propulsion over the last century are showcased in "100 Years of Aircraft Engines," including an RQ-1K Predator UAV (unmanned aerial vehicle) on indefinite loan from the National Mu- seum of the United States Air Force at Wright-Patterson Air Force Base, which “saw action over the Balkans in the late 1990s,” a replica of Spirit of St. Louis, a Fokker Storch (or Fokker Eindecker V), a World War I Spad VII, flight deck of the USS Yorktown, and a Lockedheed Blackbird on display. Over 400 scale models, 10,000 aviation-related items, and memorabilia from Montgomery hot-air-balloon era to Space Age, along with an Interna- tional Aerospace Hall of Fame.

**San Diego Natural History Museum**, the 150-year history of the sheriff’s department is highlighted at the museum which is located “just feet away” from the original cobblestone jail built in 1835. The museum boasts artifacts, photographs, equipment, and vehicles, along with exhibits from each of the departments making up the organization such as Crime Lab, Fire, Police, and the Sheriff’s Service, de- tentions, crime lab, bomb squad, and many others. Find the museum at 2386 San Diego Avenue; 619-260-1850. (OLD TOWN)

**San Diego Electric Railway Association**, located in historic history, including a complex of buildings including the Verlaque House (the only Western adobe home of French design still in existence), wagons, antique exhibits, and artifacts. There is a cowboy bunk house, women's clothing and accessories from 1700 to 1800, a ranch blacksmith shop and tack room. The Casey Tibbs Memorial Exhibit is dedicated to Tibbs, a local resident who was a world-champion rodeo rider. The Bancroft Memorial Rose Garden is on the grounds. Rare documents, historical exhibits, books, and artifacts, and a research library are also part of the complex. Find it all at 455 Main Street, 760-789-7644. (IMMACULEE)

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American and French Music
singing from “Slaughter on Tenth Avenue” by Richard Rodgers and Bernstein’s “Three Dances from On the Town” in Debusoby’s “Clar de Lune” and Auber’s “Crown Di-

On the Town”

Bernstein’s “Three Dances from

“Arthur Lavine: Nimble Wit-

“My Corazón Escondido (My

“Sounds of Summer”

“Black and White,”

“Sounds of Summer”

“Personal Connections: An In-

GALLERIES

“Tribe to the Earth,” solo ex-

“Personal Connections: An In-

“Mi Corazón Escondido (My

“Fascination!”, a variety of media on exhibit

“Black and White,”

“Fascination!”, a variety of media on exhibit

Paintings include landscapes,

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Calendar

**ART**

Hidden Heart by David Avalos focuses on life in contemporary Escondido. Avalos worked in collaboration with county artists, poets, activists, and residents to transform everyday objects into art suitable for chapels, tea markets, museum galleries.

**Museums of Photography**

All of these exhibitions close on Wednesday, July 4.

- **Eva Zeisel — Extraordinary Design**
  Location: The Balboa Park Museum of Photographic Arts
  **Description:** Celebrates Zeisel as the first designer in the United States to produce an all-white object. By Zeisel's account, she's designed more than 75-year career. By Zeisel's account.

- **Reflex**
  Location: Museum of Contemporary Art San Diego, La Jolla
  **Description:** Features 1988 to present, comprising all of his major series to date. The Brazilian artist has been making photographs documenting his pictorial reconstructions of famous images of well-known people, photojournalism, and art history, constructed from materials including dirt, sugar, wire, string, chocolate syrup, peanut butter, ketchup, color chips, plastic toys, junk, diamonds.

- **The Big Sneeze, Please**
  Location: Museum of Contemporary Art San Diego, Downtown
  **Description:** Featuring 2010 to present, comprising all of his major series to date. The Brazilian artist has been making photographs documenting his pictorial reconstructions of famous images of well-known people, photojournalism, and art history, constructed from materials including dirt, sugar, wire, string, chocolate syrup, peanut butter, ketchup, color chips, plastic toys, junk, diamonds.

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Insiders say two Del Mar Fair Grandstand headliners this year will get paid a lot more to play the venue than what they would otherwise get for a local show.

Switchfoot, which would normally command about $30,000 to perform in their hometown, will earn $50,000 to play the fair on July 3. New York-based pop/hip-hop quartet Gym Class Heroes, estimated to be worth about $30,000 to perform in their hometown, will earn $50,000 to play the fair on July 3. New York-based pop/hip-hop quartet Gym Class Heroes, estimated to be worth about $30,000 to perform in their hometown, will earn $50,000 to play the fair on July 3.

“Today, bands have a short shelf life,” says Gym Class Heroes manager Scott Nagelberg. “But for [the Gym Class Heroes] it is just an opportunity to get back to San Diego and play at an accessible venue for their fans, I don’t think [playing fairs] really has the commodification some people give to it.” — Ken Leighton

Don’t Want to Be Your Slave

Richard Aguirre says he approaches things differently than his uncle, City Attorney Mike Aguirre. Yet, Richard says they are “on the same mission. He works from the top down. I go from the bottom up.”

Aguirre attempts to make a statement with the five-year-old “beach funk” group he named the Karl Marx Band; at shows, he passes out “The Capitalist Manifesto,” his self-published booklet. All we are is anti-Bush and pro-working-class people,” says Aguirre. “I have a nonprofit 501C3 [organization] called Find the Flowers. It was named after my first album. We want to raise money and build 100 libraries in Latin American villages. We want to give them computers and show them that they shouldn’t be slaves to corporations like Del Monte and Dole.”

The group has yet to build a library, but Aguirre says, “We have a couple thousand in the bank. It’s hard to raise money; people are broke.”

Aguirre earned a degree in geography from UC Berkeley. Other than his college years, he says he’s lived in OB all his life. “San Diego” has all the great things of a left-wing city, except for the people. When I moved back from Berkeley, I thought I had moved to hell. So many capitalists had taken advantage of every little piece of heaven we have.”

Are there any counterculture OBceans left in OB?

“Yeah, there’s, like, 27 left, and we all know each other.” — Ken Leighton

In the past year, the Karl Marx Band has been playing Humphrey’s Backstage Lounge, a few miles from OB’s jam-band haven. “I don’t play clubs that rip off the artist…. Now it seems like playing music is all about the collection of money. A musician’s role should not be to sell alcohol so the bar owner can live in a mansion…. It seems like they’re upsaling OB. The other night I went to one place I won’t mention that sold Newcastles for $8.25.” — Ken Leighton

The Karl Marx Band appears June 22 at Humphrey’s Backstage Lounge. — Ken Leighton

Almost as Old as Stones?

Mariachi bands have violins and sombreros. Norteno bands dress like cowboys and use accordions. Bandas are big (14–18 players), brassy Mexican dance bands. There are about 15 bandas in Tijuana, but only 1 performs regularly in San Diego.

“Work visas are getting harder and harder to get,” says conga player Luciano Hermosillo of Banda Santo Tomás. “We are the only [Tijuana] banda that can play in San Diego.”

Four of the 16 members in his band live in San Diego; the other 12 live in Tijuana. Banda Santo Tomás is named after the trumpet player and singer who has run the show for 40 years.

“People only leave when they join a better band,” says Hermosillo. “We never fire anybody. The person who is leaving or the band owner looks for a replacement.”

Banda Santo Tomás has three clarinets, four trumpets, two trombones, one timbale, a bass, tuba, congas, and two singers. Because of the large payroll, most of Hermosillo’s bandmates have day jobs. Are there any other difficulties the band must work around? “You have 16 different minds. We never fight onstage, but when you get home, yeah, it happens.” — Ken Leighton

Banda Santo Tomás has released six CDs and played in Chicago, Miami, and New York. They appear on Fridays at Mar y Sol in Chula Vista ($15 cover) and Sundays at El Kora in Spring Valley (free admission). — Ken Leighton

Just Insane

Gary Hustwit, a presence in the San Diego music scene through the ’80s and ’90s, thanked the cheering full house at Philadelphia’s Drexel University last month after a screening of his directorial debut, Helvetica. The documentary concerns the sans serif typeface, invented in Switzerland by font designer Max Miedinger and unleashed on the world 50 years ago. Kicking off the Q&A, the director invited any questions “except [asking] if my next film is about Times New Roman — then I will physically eject you…” Hustwit, a former frustrated SDSU student (“I got kicked out twice”), managed SD bands (Charms, aMiniature); created and presided over the Independent Music Seminars at the height of SD’s early/mid-’90s indie-hipster heyday; and launched the music industry-oriented Incommunicado Press before moving to New York in 1999. After a series of online ventures, Hustwit settled into building his DVD label and film-production company Plexifilm. He produced such documentaries as the award-winning Wilco feature I Am
ON SALE NOW!
At Humphrey's Box Office
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JUNE
Lindsey Buckingham of Fleetwood Mac
Monday, June 11 • 7:30
George Benson / Al Jarreau
Thursday, June 14 • 7:00
Alan Parsons Live Project
Thursday, June 21 • 8:00
Don Rickles / Joan Rivers
Friday, June 22 • 7:30
Jonny Lang
with special guest Jan Mc Laughlin
Saturday, June 23 • 7:30
Michael McDonald
Sunday, June 24 • 7:30
Steve Winwood
Wednesday, June 27 • 8:00

John Hiatt / Shawn Colvin
Tuesday, July 10 • 7:00
Lyle Lovett and his Large Band / k.d. lang
Wednesday, July 25 • 7:00
Bob Weir & RatDog / Keller Williams
Friday, July 27 • 7:00
Hootie & The Blowfish
with special guest Cowboy Mouth
Sunday, July 29 • 7:30
Tears For Fears
Monday, July 30 • 8:00

AUGUST
Musiq Soulchild
with special guest Chirstette Michele
Friday, August 3 • 7:30
Huey Lewis & The News
with special guest Paul Thorn Band
Sunday, August 5 • 7:30
Otmar Liebert
& Luna Negra
Sunday, August 12 • 7:30
Keb’ Mo’ /
The Robert Cray Band
Tuesday & Wednesday
August 14 & 15 • 7:00
Jim Gaffigan
with special guest Rich Brooks
Thursday, August 16 • 7:30

dave koz & friends:
At The Movies, Summer 2007 Tour
with special guest John Fetterman
Phil Perry and Kelly Sweet
Friday, August 17 • 7:30

dave brubeck quartet
Monday, August 20 • 7:30

OCTOBER
Air Supply / Christopher Cross
Friday, October 5 • 7:00
Steve Tyrell
Sunday, October 7 • 7:00

LEXUS PREMIUM PACKAGES
PACKAGE INCLUDES
2 premium-seat concert tickets (center section, rows 1-4)
2 dinners at Humphrey's Restaurant and a suite, junior suite or a guest room at Humphrey's Half Moon Inn & Suites

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Robert Moog, Helvetica “is the film I wanted to see a few years ago but it didn’t exist,” explained Hustwit, a dabbler in typeface design during his SD publishing days (he once held a font-release party at the Live Wire bar). “I just couldn’t believe there hadn’t been a film about [typography and] designers of type; just insane.”

After Hustwit narrowed down his subject to the history and controversies of Helvetica, he went around the world to film its use and collect interviews with designers. Sixty hours of footage were whittled down to a document full of contradictions: Is Helvetica the contrived default typeface of conformity and capitalism or the mother-tongue font of democratic socialism? Is it totally safe and “I use the tiny flame from the Bic lighter to ignite flash material — a high-octane explosive,” said Rodger Samo, a performance artist who performs solo as “Clifford,” who — Clifford M. Jomuad, who — Jay Allen Sanford

Friday, June 12

BOMBS BELOW “I woke up in the tour van in the middle of a field at about 5:00 a.m. to see a sign that said, ‘No trespassing, unexploded mines.’” Revenge Club singer Amy Padack says. “We were on the way back from Lake Havasu, and Sean [Lawson, bassist], after drinking some 32-ounce beers, went joyriding in the middle of the field.”

Lawson explains, “Driving through Arizona takes you up on either my guitar or my butt area. For special occasions, such as a bar mitzvah, maybe all three.” He says he’s lit himself up at Rebecca’s Coffeehouse, Dublin Square, the Tiki House, and elsewhere, with only a few complaints about the pyrotechnics he insists are “totally safe. I use the tiny flame from the Bic lighter to ignite flash material — a totally safe technique.”

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Helvetia is everywhere

“Our music is a perfect match for a film about an overused font,” joked Dunn by e-mail. “We did bump into Helvetica once or twice.”

This weekend finds Dunn dealing with the history and controversies of Helvetica screenings. The SD premiere will be presented at the Museum of Contemporary Art in La Jolla on July 10, with Hustwit in attendance and a possible set from El Ten Eleven. — David Stample

This Ain’t No Great White Show “Not only am I banned from Winstons — sometimes lights himself on fire or my crotch or my butt area. For special occasions, such as a bar mitzvah, maybe all three.” He says he’s lit himself up at Rebecca’s Coffeehouse, Dublin Square, the Tiki House, and elsewhere, with only a few complaints about the pyrotechnics he insists are “totally safe. I use the tiny flame from the Bic lighter to ignite flash material — a totally safe technique.”

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Provider Delivers the Goods

“I was so fed up that I walked offstage after five songs. The promoter wanted to fight me.”

A really good friend of my family’s has been U2’s tour business manager for about 20 years, so I got to meet famous people,” says Brendan Concannon, drummer for Big Provider. “When I was 12, I ate lunch next to the Edge. They were rehearsing for the stadium leg of Zoo TV in Hershey, Pennsylvania, and I was in the catering tent eating Swedish meatballs when he sat down next to me. I almost fell out of my chair.”

The 26-year-old recalls, “I met Les Claypool, Perry Farrell, Henry Rollins, Peter Gabriel…When I was about 20, I was a runner for the short-lived Perry Farrell, Henry Rollins, Peter Gabriel…When I was about 20, I was a runner for the short-lived Perry Farrell, Henry Rollins, Peter Gabriel…When I was about 20, I was a runner for the short-lived Perry Farrell, Henry Rollins, Peter Gabriel…”

Concannon’s bandmates — Jackson Price (vocals/guitar) and Joey Sutera (bass/vocals) — are half-brothers. “They fight, and brothers fight more bitterly than workmates or friends,” he says. “They’re like Oasis Lite — all the confrontation, with none of the hard drug abuse.”

Big Provider performs at the 710 Beach Club in Pacific Beach on Friday, June 15.

WHAT’S IN YOUR MUSIC PLAYER?

Jackson Price:
1. AFI, December Underground (“Tight musicianship with powerful choruses and amazing production.”)
2. Dave Barnes, Brother, Bring the Sun (“Cool guitar riffs all throughout the CD and a great vocalist.”)
3. Sergeant Garcia, Un Poquito Que Quiero (“Latin influenced reggae with cool melodies and horn parts, as long as you don’t mind Spanish lyrics.”)
4. Odessa, Oak Park Avenue (“A small band from New Zealand, funky as hell…the recording sounds like a ’70s Tower of Power recording.”)

Joey Sutera:
1. The Living End, Modern Artillery (“There is nothing better to sing with, it’s just kick-ass rock and roll.”)
2. Toad the Wet Sprocket, Dulcinea (“It’s so simple and so good.”)
3. John Mayer, Continuum (“Couple of real tasty slow jams.”)
4. AFI, Sing the Sorrow (“I’m trying to overcome a serious AFI addiction.”)

Lists

Jay Allen Sanford

Brendan Concannon:
1. Bouncing Souls, The Gold Record (“A band that never disappoints, with some great punk rock.”)
2. The Bronx, self-titled (“Completely balls out rock and roll, probably the best band I’ve heard in the past five years.”)
3. The Alkaline Trio, Crimson (“Great drumming, catchy songs; they do a lot for a trio.”)

DESSERT-ISLAND DVDS?

Price:
1. Ace Ventura: When Nature Calls (“Just for the sheer ridiculousness of Jim Carrey’s humor.”)
2. Legends of the Fall (“Awesome scenery, and one of those movies that chokes you up no matter how many times you watch it.”)

Sutera:
1. Clerks (“Pretty much the greatest movie ever.”)
2. Dance with Wolves (“I hate when the American soldiers shoot the wolf.”)
3. Point Break (“So corny, but you’ve gotta love Anthony Kiedis getting rough.”)
4. Ben Foldes Live (“You’ve never seen anyone conduct an audience like Ben Foldes.”)
5. Homeward Bound: The Incredible Journey (“It’s not just for kids; this movie has some serious dramatic elements.”)

Concannon:
1. Better Off Dead (“The writing is genius, and Casak is a great loveable loser.”)
2. Caddyshack (“I hear Chevy Chase is an insufferable jerk in real life, but he’s a great comedic actor.”)
3. Fight Club (“Good, unapologetic, gratuitous violence.”)

WORST MUSIC EVER?

Price:
1. Sean Paul, “Gimme da Light” (“How many times can you repeat the same shit?”)
2. Afrooman, “Because I Got High” (“Something about the tone and delivery in his voice is so annoying.”)
3. Nelly, “Air Force Ones” (“Something about singing about your shoes?”)

Sutera:
1. Mariah Carey (“Absolutely disgusting.”)
2. Gwen Stefani (“Used to be so good.”)
3. Fall Out Boy (“Most ridiculous lyrics I’ve ever heard.”)
4. Ted Nugent (“One of the humans I’d least like to meet.”)

Concannon:
1. Anything by Celine Dion or Michael Bolton will do just fine.

WORST GIG?

Price:
1. Last July, South Lake Tahoe, we showed up just to find out we weren’t even on the schedule. The place was a gay bar converted to a venue that had absolutely no draw. We played over two hours of music to about four people. We ended up getting drunk and skinny dipping in the lake at four in the morning with some girl from the show.”

Sutera:
1. The Jumping Turtle, couple years ago — our old drummer never showed, Jackson and I played acoustic, but our buddy Faustino kept feeding us tequila. Jackson was falling asleep on his stool, and it just got uglier from there.

Concannon:
1. About two years ago, with a different band at ’Canes, I was so fed up with everything and everyone at the time that I walked offstage after five songs. The promoter wanted to fight me.

FAVORITE TV SHOWS?

Sutera:
1. I have no TV channels. Sometimes I try to get my rabbit ears up to watch the Tour de France, or Ironman triathlon, or the Super Bowl, or some big sporting event, but it’s always fuzzy, so I turn it off, and that’s fine.

Concannon: “The Office, Scrubs, and The Simpsons. I’m all about mindless, goofy humor.”

BIGGEST POLITICAL CONCERN?

Price: “What is the deal with not letting gays get married? It makes no sense to me, and if George Bush only knew how many gays were in Iraq fighting for his ass…”

Sutera: “The environment — global warming, etc. — is clearly our biggest concern. This is not political either; it’s a humanitarian concern. Taxes, welfare, immigration, education, civil rights, democracy in Iraq — all of these things are trivial if we destroy our environment.”

Concannon: “To get somebody in charge of the country who I don’t think I could beat in a Boggle tournament.”

IF YOU WERE A STAR TREK CHARACTER, YOU’D BE...

Sutera: “…wishing I’d been cast on Knight Rider instead.”

Concannon: “…mortal. I hate science fiction.”

PHOTOGRAPH BY REBECCA DUN PHOTOGRAPHY
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THURSDAY
The Charlie Daniels Band: Palomar Starlight Theatre, Thursday, June 7, 3 miles east of I-15 on Hwy 76, Pala. 760-519-0803.
Unwritten Law: House of Blues, Thursday, June 7, 1055 Fifth Avenue, Gaslamp. 619-299-2583.
Los Lobos: Belly Up Tavern, Thursday, June 7, 143 South Cedros Avenue, Solana Beach. 858-481-8140.

FRIDAY
Kingspade and (Odd) pe: House of Blues, Friday, June 8, 1337 India Street, Little Italy. 619-595-0300.
The Paint: Soma, Friday, June 8, 3350 Sports Arena Boulevard, San Diego. 619-231-4343.
Ramsey Lewis: Anthology, Friday, June 8, and Saturday, June 9, 1337 India Street, Little Italy. 619-595-0300.

SATURDAY
Vicente Fernandez: Soma, Saturday, June 9, 2260 Jimmy Durante Boulevard, Del Mar. 858-755-1161.
The Raveonettes: The Casbah, Saturday, June 9, 2241 Shelter Island Drive, Shelter Island. 619-303-8176.
Bob Schneider: Belly Up Tavern, Saturday, June 9, 143 South Cedros Avenue, Solana Beach. 858-481-8140.
*Reggae Festival!*: Del Mar Fairgrounds, Saturday, June 9, 2200 Jimmy Durante Boulevard, Del Mar. 858-755-1161.

SUNDAY

JUNE
The Wallers: Del Mar Fairgrounds, Thursday, June 14, 2200 Jimmy Durante Boulevard, Del Mar. 858-755-1161.
Al Jarreau and George Benson: Humphrey’s Concerts by the Bay, Thursday, June 14, 2241 Shelter Island Drive, Shelter Island. 619-303-8176.
Umphrey’s McGee: House of Blues, Thursday, June 14, 1055 Fifth Avenue, Gaslamp. 619-299-2583.
Kenny Loggins: Del Mar Fairgrounds, Friday, June 15, 2200 Jimmy Durante Boulevard, Del Mar. 858-755-1161.
Elliott Yamin: House of Blues, Friday, June 15, 1055 Fifth Avenue, Gaslamp. 619-299-2583.
O.A.R.: Open Air Theatre, Friday, June 15, 5200 C Campus, College Area. 619-594-6947.
Jane Monheit: Anthology, Friday, June 15, and Saturday, June 16, 1337 India Street, Little Italy. 619-595-0300.
REO Speedwagon: Del Mar Fairgrounds, Saturday, June 16, 2200 Jimmy Durante Boulevard, Del Mar. 858-755-1161.
Tenacious D: House of Blues, Saturday, June 16, 1055 Fifth Avenue, Gaslamp. 619-299-2583.

THURSDAY
Lindsay Buckingham: Humphrey’s Concerts by the Bay, Monday, June 11, 2241 Shelter Island Drive, Shelter Island.
Jonatha Brooke: Belly Up Tavern, Monday, June 11, 143 South Cedros Avenue, Solana Beach. 858-481-8140.

FRIDAY
Leon Russell: Belly Up Tavern, Tuesday, June 12, 143 South Cedros Avenue, Solana Beach. 858-481-0840.

SATURDAY

SUNDAY
Mason Jennings: House of Blues, Sunday, June 10, 1055 Fifth Avenue, Gaslamp. 619-299-2583.

MONDAY
Lindsay Buckingham: Humphrey’s Concerts by the Bay, Monday, June 11, 2241 Shelter Island Drive, Shelter Island.
Jonatha Brooke: Belly Up Tavern, Monday, June 11, 143 South Cedros Avenue, Solana Beach. 858-481-8140.

TUESDAY
Leon Russell: Belly Up Tavern, Tuesday, June 12, 143 South Cedros Avenue, Solana Beach. 858-481-0840.

WEDNESDAY

UPCOMING CONCERTS

FRIDAY
The Charlie Daniels Band: Cans, Friday, June 8, 3105 Ocean Front Walk, Mission Beach. 858-488-1750.

SATURDAY
Los Lobos: Belly Up Tavern, Saturday, June 9, 143 South Cedros Avenue, Solana Beach. 858-481-8140.

SUNDAY

TUESDAY

WEDNESDAY

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Tenacious D: House of Blues, Saturday, June 16, 1055 Fifth Avenue, Gaslamp. 619-299-2583.

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Jonatha Brooke: Belly Up Tavern, Monday, June 11, 143 South Cedros Avenue, Solana Beach. 858-481-8140.

TUESDAY

WEDNESDAY

UPCOMING CONCERTS

FRIDAY
The Charlie Daniels Band: Cans, Friday, June 8, 3105 Ocean Front Walk, Mission Beach. 858-488-1750.

SATURDAY
Los Lobos: Belly Up Tavern, Saturday, June 9, 143 South Cedros Avenue, Solana Beach. 858-481-8140.

SUNDAY

TUESDAY

WEDNESDAY
FRIDAY JUNE 15, 2007

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FRIDAY 6.15: DANNY TENAGLIA 8-HOUR SET | SATURDAY 6.16: LAVELLE DUPREE
FRIDAY 6.29: BOYS NOIZE | SATURDAY 6.30: MISS LISA "BRING THE DIRTY" CD RELEASE PARTY

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Michael McDonald: Humphrey’s Concerts by the Bay, Sunday, June 24, 2241 Shelter Island Drive, Shelter Island.
“Mariachi Festival”: Del Mar Fairgrounds, Sunday, June 24, 2241 Jimmy Durante Boulevard, Del Mar. 858-755-1161.
The Game: 6th & B, Sunday, June 24, 1337 India Street, San Diego. 619-231-4343.
Hot Tuna: House of Blues, Monday, June 25, 1055 Fifth Avenue, Gaslamp. 619-299-2583.
Paula Rubino: Viejas Casino Concerts in the Park, Tuesday, June 26, 5005 Willows Road, Alpine. 619-445-5400.

Concerts

The All-American Rejects: Del Mar Fairgrounds, Thursday, June 28, 2241 Jimmy Durante Boulevard, Del Mar. 858-755-1161.
Acoustic Alchemy: House of Blues, Thursday, June 28, 2241 Shelter Island Drive, Shelter Island.
The Delfonics: Viejas Casino Concerts in the Park, Wednesday, June 27, 5005 Willows Road, Alpine. 619-445-5400.

Bay Area

Switchfoot: Del Mar Fairgrounds, Tuesday, July 3, 2050 Jimmy Durante Boulevard, Del Mar. 858-755-1161.

Blues Traveler: Humphrey’s Concerts by the Bay, Thursday, July 5, 2241 Shelter Island Drive, Shelter Island.
The Squirrel Nut Zippers: Belly Up Tavern, Tuesday, July 10, 143 South Cedros Avenue, Solana Beach. 858-481-8140.

Rusted Root: House of Blues, Thursday, July 12, 1055 Fifth Avenue, Gaslamp. 619-299-2583.
Willie Nelson: Open Air Theatre, Thursday, July 12, 345 B Street, San Diego. 619-594-6947.

The Royal Crown Revue: Anthology, Tuesday, July 17, 1337 India Street, San Diego. 619-594-6947.
Humphrey’s Concerts by the Bay, Friday, July 20, 2241 Shelter Island Drive, Shelter Island.
The Disco Biscuits: House of Blues, Wednesday, July 25, 1055 Fifth Avenue, Gaslamp. 619-299-2583.

The Beach Boys: Humphrey’s Concerts by the Bay, Sunday, July 22, 2241 Shelter Island Drive, Shelter Island.
No Use for a Name: San Diego Sports Arena, Thursday, July 26, 3500 Sports Arena Boulevard, 619-488-1780.
Allie X: 5400. 5005 Willows Road, Alpine. 619-445-5400.

The Cowboy Junkies: Humphrey’s Concerts by the Bay, Tuesday, July 24, 2241 Shelter Island Drive, Shelter Island.
The Polyphonic Spree: Humphrey’s Concerts by the Bay, Thursday, July 26, 2241 Shelter Island Drive, Shelter Island.

Legacy

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San Diego Reader | June 7, 2007

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SUNDAY JUNE 10

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FRIDAY JUNE 22

PAULINA RUBIO
TUESDAY JUNE 26

WIDESPREAD PANIC
SUNDAY JULY 1

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GIPSY KINGS
RANDY TRAVIS
BILL COSBY
LOS LONELY BOYS
TODDS & THE NATYLS
WEDNESDAY AUGUST 22
THURSDAY AUGUST 30
FRIDAY AUGUST 31

DEFTONES
DIRENGREY · THE FALL OF TROY

PAT BENATAR
NEIL GIRALDO
TUESDAY JULY 10

TOWER OF POWER
WEDNESDAY JULY 25

LYNYRD SKYNYRD
THURSDAY JULY 26

CHRISS CORNELL
SATURDAY AUGUST 4

SQUEEZE
SATURDAY AUGUST 11

SANDY FOUNTAIN OF WAYNE

STYX
SUNDAY OCTOBER 7

BILL ENGVALL
FRIDAY OCTOBER 12

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VIJAS ENTERTAINMENT
Lyle Lovett and k.d. lang: Humphrey’s Concerts by the Bay, Wednesday, July 25, 2241 Shelter Island Drive, Shelter Island.

Tower of Power: Viejas Casino Concerts in the Park, Wednesday, July 25, 5005 WHisong Road, Alpine. 619-445-5400.

Lynyrd Skynyrd: Viejas Casino Concerts in the Park, Thursday, July 26, 5005 WHisong Road, Alpine. 619-445-5400.

Bob Weir and Keller Williams: Humphrey’s Concerts by the Bay, Friday, July 27, 2241 Shelter Island Drive, Shelter Island.


Godsmack: Viejas Casino Concerts in the Park, Saturday, July 28, 5005 WHisong Road, Alpine. 619-445-5400.

The Bangles: House of Blues, Saturday, July 28, 1055 Fifth Avenue, Gaslamp. 619-299-2583.

Hootie & the Blowfish: Humphrey’s Concerts by the Bay, Sunday, July 29, 2241 Shelter Island Drive, Shelter Island.


Tears for Fears: Humphrey’s Concerts by the Bay, Monday, July 30, 2241 Shelter Island Drive, Shelter Island.

“Projekt Revolution”: Coors Amphitheatre, Tuesday, July 31, 2050 Entertainment Circle, Chula Vista. 619-471-5600.

AUGUST


Clay Aiken: Palomar Starlight Theatre, Friday, August 3, 5 miles east of I-15 on Hwy 76, Pala. 760-510-4560.

Real Big Fish and Less Than Jake: House of Blues, Friday, August 3, 1055 Fifth Avenue, Gaslamp. 619-299-2583.

Vanilla Ice: ‘Canes, Friday, August 3, 3105 Ocean Front Walk, Mission Beach. 858-488-1780.

Berkley Hart: AcousticMusicSanDiego, Saturday.
San Diego's Only Rooftop Restaurant & Premier Music Venue at the Beach!

**THURSDAY, JUNE 7**

**NEW ORLEANS BRASS BAND**

**SATURDAY, JUNE 9**

**ALICE IN CHAINS TRIBUTE**

**WEDNESDAY, JUNE 13**

**AMERICAN HITMEN DAILY DOSE • MOTUS HECTOR’S REVENGE**

**FRIDAY, JUNE 15**

**BEAUTIFUL TROUBLE • THE STRANGERS SIX • GRIN’S EDGE**

**TUESDAY, JUNE 19**

**AMERICAN HEAD CHARGE • GODHEAD • OBLIGE CANOBILIS**

**THURSDAY, JUNE 21**

**ADEMA • ARM TH’ ANGELS • GLASS PIÑATA • DECOMPRESS**

**SATURDAY, JUNE 23**

**THE SAMPLES • CANES & BIZ MARKIE • AUDIBLE MAINFRAME • BACKYARD PIMPS**

**TUESDAY, JUNE 25**

**Digic Roots • one drop**

**FRIDAY, JUNE 29**

**SAMMY DREAD STRANGER • ROOTS COVENANT**

**SATURDAY, JUNE 30**

**BAND OF HORSES**

**UPCOMING**

7/11: STEPPING FEET (Dave Matthews Band Experience)
7/12: THE BEATNUTS
7/13: THE POLYPHONIC SPREE
7/14: TAINTED LOVE (80’s Tribute)
7/15: REBIRTH BRASS BAND
7/16: B-SIDE PLAYERS
7/17: CANESBARANDGRILL.COM • WWW.MYSPACE.COM/CANESMUSIC
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7/19: Lunch & Dinner Served Daily
7/20: Breakfast on Weekends
7/21: Happy Hour Monday-Friday
7/22: $1.75 Pints & $6 Pitchers after 7 pm
7/24: 619-204-9300
7/25: The Flame: Second and final Saturday of the month, 7 p.m.-2 a.m.
7/26: 7570 Park Boulevard, Hillcrest.
7/27: Gaslamp Tavern: Fridays, Saturdays, Sundays, and Mondays, 4 p.m.-2 a.m.
7/28: Dewils Knighy and Teds spin hip-hop, 90’s, and RB.
7/29: 801 7th Avenue, Gaslamp.
7/30: 1-2:30 a.m. high school students and up. 775 Metcalf Street, Escondido.
7/31: Tacos & Tequila, 9 p.m.
8/1: Free Pool All Day
8/2: 40 Ounces
8/3: 4696 30th Street, North Park.
8/4: $1.75 Pints & $6 Pitchers after 7 pm
8/5: 4673 30th Street, North Park.
8/6: 718 Water Street, San Diego.
8/7: 619-292-5416
8/8: 4746 El Cajon Boulevard, Talmadge.
8/9: DJ Dizzy D spins hip-hop, R&B, and Top 40, techno, and '80s. Wednesdays, Fridays and Saturdays, 9 p.m.-2 a.m.
8/10: DJ Robin Roth and Adam Atom. 9 p.m. to 2 a.m.; 21 and up.
8/11: 3780 Park Boulevard, Hillcrest.
8/12: 619-295-4163
8/13: Klub Retro, 9 p.m.-2 a.m.; 21 and up. Saturdays, Sundays, and Mondays, DJs Billie Knight and Dark '80s with DJs Robin Roth and Adam Atom. 9 p.m. to 2 a.m.; 21 and up.
8/14: Gaslamp Tavern: Fridays, Saturdays, Sundays, and Mondays, 4 p.m.-2 a.m.
8/15: Dewils Knighy and Teds spin hip-hop, 90’s, and RB.
8/16: 801 7th Avenue, Gaslamp.
8/17: 4746 El Cajon Boulevard, Talmadge.
8/18: 9 p.m. to 2 a.m.; 21 and up. No cover.
8/19: The Flame: Second and final Saturday of the month, 7 p.m.-2 a.m.
8/20: 7570 Park Boulevard, Hillcrest.
8/21: Gaslamp Tavern: Fridays, Saturdays, Sundays, and Mondays, 4 p.m.-2 a.m.
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9/4: Gaslamp Tavern: Fridays, Saturdays, Sundays, and Mondays, 4 p.m.-2 a.m.
9/5: Dewils Knighy and Teds spin hip-hop, 90’s, and RB.
9/6: 801 7th Avenue, Gaslamp.
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“Paige is a breath of fresh air. She sings like an angel and her personality is delightful.”

- Sue Meyers, KCSD Program Director

Local songstress Paige Aufhammer began her career writing and recording in a friend’s Encinitas garage. Her fresh voice and simple, swaying folk songs will win you over.

---

DANCE (continued)

Kettner Boulevard, Middletown.
619-543-0933.

The Kensington Club: Wednesdays, Re:Do, hip-hop and R&B with DJs Buddha and SC. 4079 Adams Avenue, Kensington. 619-284-2848.

Lucky Star Nightclub: Wednesdays, Re:Do, hip-hop and R&B with DJs Buddha and SC. 4079 Adams Avenue, Kensington. 619-284-2848.

Mission Valley Resort: Thursdays and Fridays, Mambo Lounge, salsa, bachata, and cha-cha. 8:30 p.m. to midnight. 875 Hotel Circle South, Mission Valley. 619-298-8281.

Moonshiner’s Pacific Beach: Sundays, What’s Good with DJs Enigma and Cous. 9 p.m. 832 Garnet Avenue, Pacific Beach. 858-483-6350.

Show Palace: Fridays, Fuego Nights, house, hip-hop, and old skool with DJs Que and DJ Dizzy D. 1527 E. Mission Avenue, Oceanside. 760-439-1100.

South Park Bar & Grill: Fridays, Shakedown, funk, disco, and ‘80s with DJs Riddles and Myson King. 1946 Fern Street, South Park. 619-696-0096.

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TODAY'S HAPPY HOUR 4-7 PM
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THURSDAY 6/7 • 8-11pm
Big Daddy of West Coast Cookies in conjunction with Da New Network presents
MIC CHECK • Featuring Lil Uno

FRIDAY 6/8
Half-n-Half, Hip-Hop and R&B Celebration
CORNABOY HUSTLZ
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SATURDAY 6/9
SATORI • DISASTER MAGNET
KOMPANY OF KINGS
ZERO SUM

TUESDAY 6/12
O.B. BEACH PARTY
4 pm-Midnight • Photos by the fame from Casonovos

UPCOMING — SATURDAY 6/16
Big Daddy’s Birthday Show
STARRING AT STRANGE • KICKING KB
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7/8
Best Live
Thursday, June 21

THE GOLDEN RAMBLERS
7/21
8/7

DIMBROOK & THE RIVER BAND
DJ 74
Thu 6/7 • 8:00 PM

BRICK BY BRICK
7/9
Surf Band
Monday, June 25

THE MICHAEL SCHENKER GROUP
DOUG DOPPLER
RITUAL HABITS
Wednesday, June 27
30th Anniversary
BAD MANNERS SIGN OF ONE

BOOKINGS: 1130 Buenos Ave.
619-276-6988
www.bricksbybrick.com
DANCE (continued)

video. 9 p.m.; 21 and up. 600 Fifth Avenue, downtown. 619-236-1616.

The Whistle Stop: First and third Saturday of the month, Transport, Brit rock, indie, and electroclash with DJ Gabe Vega and guests. Second and fifth Saturday of the month, One Nation, electro, 80s classics, and hip-hop with DJs Blackstone and Atari. 2236 Fern Street (corner of 30th and Juniper), South Park. 619-284-6784.

The Kraken, 2551 Old Highway 101, Cardiff. 760-436-6483. Thursday, Air West Coast Blues Boys; Friday, Jeff Moore and the Witchdoctors; Blues, Saturday; Plato Soul; Sunday, Air Blues Brothers, blues. 2531 Old Highway 101, Cardiff. 760-436-6483. Thursday, the West Coast Blues Boys. Friday, Jeff Moore and the Witchdoctors, blues. Saturday, Plato Soul. Sunday, the Blues Brokers, blues jam. Wednesday, Charles Burton, blues.

La Scala, 1132 Prospect Street, Point Loma. 858-454-0771-1132. Thursday, 6:30 p.m. to 10 p.m., jazz; Saturday, 6:30 p.m. to 10 p.m., piano bar.

La Valencia Hotel, 1132 Prospect Street, Point Loma. 858-454-0771. Thursday, 6:30 p.m. to 10 p.m., jazz. Sunday, Keith Jacobsen, smooth jazz saxophone.

The Lodge at Torrey Pines, 11480 N. Torrey Pines Road, La Jolla. 858-453-4420. Grill: Friday and Saturday, 6:30 p.m. to 9:30 p.m., Mike Nelson, solo jazz guitar.

Pasquale on Prospect, 1270 Prospect Street, La Jolla. 858-433-4425. Grill: Friday and Saturday, 6:30 p.m. to 9:30 p.m., Mike Nelson, solo jazz guitar.

CLUBS BY AREA

If you wish to submit a listing, call 619-235-3000, ext. 405, night or day by 5 p.m. Friday, the week prior to publication. To send weekly or monthly schedules, fax to 760-788-1309 or mail to Reader Music Scene, P.O. Box 85803, San Diego CA 92186-5803. You may also submit information online at SanDiegoReader.com by clicking on the music section.

BEACHES

Bar Leucadian, 1542 North Coast Highway 101, Leucadia. 760-753-2094. Friday, Nude Bar-B-Q, rock. Saturday, the Small Town Heroes, rock.

Blue Parrot, 4993 Niagara Avenue, Suite 103, Ocean Beach. 619-222-1722. Thursday, Friday, and Saturday, 7 p.m., John Tafolla and Friends, variety.


Che Café, UCSD Campus, 9500 Gilman Drive, Student Center B-0323C, La Jolla. 858-534-2311. Saturday, Weatherbox, Laterns, the Narrator, the End of the World, and Cancer Leo, alternative. Wednesday, Calvin Johnson, Julio Duron, Edding Transmitter, and Jeremy Fay, acoustic.


Hennessey’s Tavern (PB), 4650 Mission Boulevard, Pacific Beach. 858-483-8847. Friday, Ron’s Garage, classic rock. Saturday, the Mojo Brothers, rock.

La Scala, 1132 Prospect Street, Point Loma. 858-224-2272. Friday, 7 p.m. to 10 p.m., jazz. Saturday, 6:30 p.m. to 10 p.m., piano bar.

La Valencia Hotel, 1132 Prospect Street, La Jolla. 858-454-0771. Thursday, 6:30 p.m. to 10 p.m., Barry Leitch, jazz. Sunday, Keith Jacobsen, smooth jazz saxophone.

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Pasquale on Prospect, 1270 Prospect Street, La Jolla. 858-433-4425. Grill: Friday and Saturday, 6:30 p.m. to 9:30 p.m., Mike Nelson, solo jazz guitar.

The Kraken, 2551 Old Highway 101, Cardiff. 760-436-6483. Thursday, Air West Coast Blues Boys; Friday, Jeff Moore and the Witchdoctors; Blues, Saturday; Plato Soul; Sunday, Air Blues Brothers, blues. 2531 Old Highway 101, Cardiff. 760-436-6483. Thursday, the West Coast Blues Boys. Friday, Jeff Moore and the Witchdoctors, blues. Saturday, Plato Soul. Sunday, the Blues Brokers, blues jam. Wednesday, Charles Burton, blues.

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Fino, John Galvao, Dave Scott, and Cynthia Hammond. Saturday, 9 p.m. Mario Olivera and Latvia Jones, Latin jazz.

St. Tropez Bistro and Bakery, 417 South Coast Highway 101, Encinitas. 760-633-0894. Saturday, 5:30 p.m. to 9:30 p.m., Keiko Jackson, smooth jazz saxophone.

710 Beach Club, 710 Garnet Avenue, Pacific Beach. 619-483-5144. Thursday, 9 p.m. to 11 p.m., Heel Rocknrolla, funk.

Patrick’s II, 428 F Street, downtown. 619-235-2677. Music is blues/rock unless otherwise noted. Thursday, 8 p.m. to 11 p.m., Middlerandin and Blue Street. Friday, Soul Diego. Saturday, Sun Jifferent. Sunday, Chad Carter and Air Committee. Monday, Blue Large. Tuesday and Wednesday, the Texas Troubador.

Rock Bottom, 401 C Street, Gaslamp. 619-231-7000. Friday and Saturday nights, live pop/rock/alternative.

Sally’s Seafood on the Water, 11 Manchester Grand Hyatt San Diego. One Market Place, downtown. 619-232-1224. Saturday, 1 p.m. to 4 p.m., and Sunday, 11 a.m. to 3 p.m., Sally’s Soul Doo Wop, calypso.

Seville, 355 Fourth Avenue, downtown. 619-235-5979. Club sixes Thursday, Seda Caliente, salsa. Tuesday, Tabay o, salsa.

The Shout House, 655 Fourth Avenue, Gaslamp. 619-231-6800. Rock and roll with local bands.

The Westgate Hotel, 1049 Second Avenue, downtown. 619-218-1818. The Piano Bar. Thursday and Monday, 7 p.m. to 7 p.m., Piano Price of Peru. Tuesday and Wednesday, Kevin McColly, piano.

Evening Entertainment: Thursday and Friday, 7 p.m. to 11 p.m., Piano Lounge, pop/blues. Saturday, 7 p.m. to midnight, Karen Georgia, cabaret. Sunday and Monday, 7 p.m. to 11 p.m., John De La Fuente, Latin. Tuesday and Wednesday, 7 p.m. to 11 p.m., Funk Page, international standards.

SAN DIEGO


The Aero Club, 3383 India Street, San Diego. 619-207-7223.

The Alibi, 1803 University Avenue, San Diego. 619-295-0881. Live rock/indie/alternative.


Sunday, 7 p.m. to 9 p.m., Willowlark, smooth jazz/blues.


Borders Books and Music (Mission Valley), 1012 Camino del Rio North, Mission Valley. 619-295-2201. Friday, 8 p.m., Jane Crawford, contemporary piano.

DOWNTOWN

Anthology, 1317 India Street, San Diego. 619-995-2000. Thursday, Bill Chelley, jazz. Friday and Saturday, Al Ramirez Live Trio. One Tuesday and Wednesday, Karro Alyssum.

Blarney Stone Pub, 301 Fifth Avenue, downtown. 619-231-8356. Friday and Saturday, Steve Brovner, acoustic.

Borders Books and Music (Gaslamp), 670 Sixth Avenue, San Diego. 619-710-4201. Friday, 4 p.m., Derrick Been, American folk. Saturday, 9 p.m., Araceli Penneiro, pop/folk.

The Cabash, 2501 Kettner Boulevard, midtown. 619-226-7111. Music is rock/indie/alternative/pop unless otherwise noted. Thursday, the Delta Spirit. Friday, Paterson Bathurst and Deep Sea Diver. Saturday, Concrete, the 410 Roses, and More. All of the above.

The Ravehouse, 2000 Market Street, downtown.

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How many performers can one singer be compared to? In the case of Mason Jennings, a little-known singer/songwriter from Minnesota, the list is long. Reading through three years of his press clippings, the comparisons include Bob Dylan, Harry Nilsson, John Mayer, Nick Drake, David Gray, Johnny Cash, Lou Reed, even blues field hollers. Funny thing is, they’re all accurate assessments. Jennings has one of those familiar but indirect voices that leaves a listener searching.

When I gave Jennings’s latest CD Boneclouds a listen, a singer I haven’t seen mentioned by any of the rock press came to mind — I heard John Lennon’s presence in every single breath of recording studio air that Jennings took in during the making of that record. It’s the sound of an older Lennon, one with Yoko’s hand on the emotional tiller. I can hear that distinctive legacy in the way Jennings slips in sty little meter changes on the downbeats, or in the way he drags a single note over a bar and gives it a little bend — all Lennon-esque. This is a no-fault comparison: Lennon was a pop messiah, is there a better rock mentorship than his singing on “A Day in the Life”? The comparisons to Dylan come, no doubt, from the subtle Midwestern twang that Jennings has, and the Johnny Cash feel is a direct descendant of Jennings’s simple acoustic guitar work. Born in Honolulu, raised in Pittsburgh, Jennings dropped out of high school to live out a Kerosuc fantasy and travel the country. That’s been his education. Jennings’s best gift is for storytelling in the most economical sense, where simple verse explodes with meaning: “Jesus,” he sings on Boneclouds’s final track, “are you stronger than a loaded gun?”

MASON JENNINGS, House of Blues, Sunday, June 10, 7 p.m. 619-299-2933. $20.
The band's website is a self-conscious one. On mission statement that makes the Pipettes so that each may appeal seemingly tailored look, seemingly tailored.

Los Angeles, 500 Catbird Village Drive, Catbird Village Drive, 720-720-4467. Thursday, 4 p.m. to 9 p.m., the Bahama Blue Band, rock. 2 p.m. to 7 p.m., the Stilettos, rock.

Wally Malone's, 1270 Main Street, Ramona. 760-993-4000. Friday, 6 p.m. to 10 p.m., the Enboard Natives, rock. 2 p.m. to 7 p.m., the Bahama Blue Band, rock.

Coyote Bar and Grill, 500 Catbird Village Drive, Catbird Village Drive, 720-720-4467. Thursday, 4 p.m. to 9 p.m., the Enboard Natives, rock. 2 p.m. to 7 p.m., the Bahama Blue Band, rock.

The Wrigley, 1201 North Coast Highway, Oceanside. 720-722-1711. Saturday, 3:30 p.m. to 7 p.m., Z-My jazz.

Gama Time Tavern, 12723 Poinsette Road, Poinsette. 760-747-0015. Friday, Eight Myl, acid rock. Saturday, Full Spectrum, classic rock.

The festive group sound of the early '60s keeps popping up these days. There was Dreamgirls, then Ronnie Spector and the Ronettes were inducted into the Rock and Roll Hall of Fame, and Mary Wexler of the Shangri-Las recently released her first new music in 40 years. Now one of the most talked-about new indie pop acts to come out of Britain in recent years is the Pipettes, a seven-piece band from Brighton that features three female vocalists who sing in harmony and perform synchronized dance moves. Riette Beckel, Rosay, and Gwennie, as they call themselves, wear matching polka-dotted outfits, but each has a distinctive look, seemingly tailored so that each may appeal to a certain part of their audience.

In fact, they are tailor-made that way. Bobby Cassette, the band's guitarist, collaborated the band after noticing the crowd reaction whenever he played girl-group songs while he was working as a DJ. The Pipettes set out to try recapturing a pre-Beatles kind of escapism, albeit a self-conscious one. On the band's website is a mission statement that makes the Pipettes seem more like a thesis project than an actual pop group. "Art, according to John Cage, is not a thing made by someone, but a process through which everyone involved learns and experiences new things."

Luckily, little of this theorizing makes its way into the music, and the music is charming. The Pipettes are not something we should think about too much. Just enjoy them while we've got them.

PIPETTES, The Casbah, Sunday, June 10, 8 p.m. 619-232-4395.
VINYLRADIO > hometown CDs

BY HELE

Artist: Vinyl Radio
Label: self-released
Where available/price: At live shows, the Cow in Ocean Beach, Taang! Records in Mission Beach, and Lou’s Records in Encinitas for $3.
Band: Matt Binder (vocals, tambourine), Andrew Bernhard (guitar, electric piano, organ, xylophone, theremin, vocals), Keith Hilton (guitar, vocals), John Foley (bass), Buddy Rose (drums)
Website: www.myspace.com/vinylradio

Extra info: Vinyl Radio is scheduled to perform the Kensington Club on July 6.

Garage rock persists through every generation, from the Shadows of Knight in the ‘60s, revived by the Stooges in the ‘70s, to the latest incarnation: the Strokes, the Vines, the Hives, and the White Stripes.

Vinyl Radio lives up to its predecessors’ legacy with fuzzy-guitar riffs, popping drums, and a tambourine squeezed in. From the first note of the first song, heavy punk guitars attack. Electronic piano, bass, and desperate vocals continue the assault. There is no let-up. Added flavor comes from the shuffling of digital recording for hissy analog tape. And I have to say, I’m a sucker for it.

Vocals wall themes of love, frustration, and fights. From track 6, “Out to Ride,” Vinyl Radio captures the garage motif with the line, “You said you loved me, you didn’t care, you said you needed me, but you never cared.”

Although garage rock’s popularity lives and dies in cycles, the bands are always here in their small practice spaces and blue-collar dedication. With Sirius Radio’s Little Steven’s Underground Garage channel, Vinyl Radio could break from the local scene to a national audience.

JAZZ / BIG BAND

Nena Anderson: L’Albergo Del Mar Resort and Spa
The Archettes: Croce’s Jazz Bar
The B-Side Players: Casino
Tom Bishop: Rancho Bernardo Inn
Ray Brin: Hotel del Coronado
Amelia Browning: South Park Bar and Grill
Chet Cannon: Humphrey’s
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Here’s a sample of the great deals available!

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From Alex’s Brown Bag every Friday at Happy Hour. Live music starts at 5 pm. $3 well, wine and draft. $5 martinis. Offer expires June 30, 2007. Expiration dates are renewed the last week of each month. Coupon not valid on holidays.

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Reader Coupons 619-235-3000

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710 Beach Club 2 for 1 cover
Tio Lea’s Lounge $1 off admission

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Readers Corner

The Kensington Club: Bands
The Jumping Turtle
The Casbah
O’Connell’s Pub and Grill
The Kraken
The Taylor Harvey Band:
Faded Chroniclez:
Dregs of Sada:
Forrest and Friends:
Red Lane:
Kompany of Kings:
Nightclub Hellhound:
The Mojo Brothers:
Misty and the Mobys:
Metro:
Coyote Bar and Grill
The Radiology Band:
The Pity Party:
The Pipettes:
The Pheromones:
Nude Bar-B-Q:
Motus:
Monster Bobby:
Tavern (PB)
Modern Day Moonshine: Viaje Casita, Modern Band (San Ysidro)
The Major Brothers: Humphrey’s Tavern (PB)
Monster Bobby: The Casbah
Motion: Cans
Nude Bar B-Q: Bar Locomotion
The Parson Redheads: The Casbah
The Phenomenes: Tiki House
The Pipelines: The Casbah
The Pity Party: The Casbah
The Pop Rocks: Jimmy Lee’s Blues Maison
The Radiology Band: Doc Lee’s Blues Maison
The Ravenettes: The Casbah
The Restless Natives: Coyote Bar and Grill
Dusty Rhodes: Bally Up Tavern
The River Band: Bally Up Tavern
Rockandy: Humphrey’s Tavern (Carlsbad)

Ron’s Garage: Humphrey’s Tavern (PBI), Hotel del Coronado
Rosetta Stone: Molly Malone’s
Rosy Monocle: Humphrey’s
Satori: Dreamtrust
Serious Guise: Second Wind (San Carlos), Second Wind (San Diego)
Sight Unseen: The Jumping Turtle
The Small Town Hero: Bar Locomotion
Smooch: The Casbah
Soul Stew Revival: 4th & B

The Stilettos: Humphrey’s Tavern (Carlsbad), Jimmy’s Pub
3 Against 7: Bally Beach Club
The Derek Trucks Band: 4th & B
Trunk Monkey: Ocean House
Walter Drive: 710 Beach Club
Zero Sum: Dreamtrust

POPC / TOP 40
PTrack Armament: Pasquale on Prospect
Gil Baron: Pasquale on Prospect
Truffle Capote’s Shameless Dance Band: Caddy Shack

James East: Pasquale on Prospect
The Five Percent: Leta’s Coffee House
Mark Fulton: Pasquale on Prospect
The Good Times: Jimmy Lee’s Blues Maison
The Love Rangers: The Alley
Rick Lyon: The Imperial House
Midnight Dance Craze: The Jumping Turtle
The Soul Ravers: Jimmy Lee’s
Superfunk Fantasy: Jimmy Lee’s
Trade Winds: Humphrey’s

SAN DIEGO SPORTS CLUB

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6/7  Thur.  So Cal Beach Rock

6/14  Fri.  The Devastators, Maestro & the Liberation Posse

6/15  Fri.  Josh Wolf

6/16  Sat.  Shoestring Strap, The Chi Club

6/17  Sat.  Banyan

June 7, 2007
San Diego
as i hear it
BY BRIAN CARVER

I don’t know if I could think of any (comparisons) offhand…. To me it was like an acid trip — lots of highs and lows. I was surprised that I couldn’t hear the words. Usually in a song you want to hear the words and the music together. I guess you have to give every musician credit for being able to play, so I really can’t knock them on that. (The song would go well with) some dark, seedy nightclub where everyone is dressed goth.

SAN DIEGO SONGS TAKE THE STREET TEST

Artist: Sue Palmer and Her Motel Swing Orchestra
Song: “Everything He Lacks” (from the CD Sophisticated Ladies)
Heard By: James Bollinger, Boston, MA

I kind of got a taste of Elsa Fitzgerald, Rickie Lee Jones, a little bit of Patsy Cline, and maybe some Aretha Franklin. I like it. I thought it was a nice mix, as far as swing and jazz go. I’d probably listen to it for just background music to have playing in the house. Obviously, (the lyrics were about) how she cares for her loved one. I was listening to the lyrics and the meaning. I really liked the piano; the old western salon-style piano solo was really cool. (The music) was just a nice kind of atmosphere.

TO GET YOUR LOCAL CD HEARD, PLEASE MAIL IT TO:
Music Editor, As I Hear It, San Diego Reader, P.O. Box 85803, San Diego, CA 92186-5803

The Strange Fruit Project: The Casbah
The Texas Twisters: Patrick’s II
Billy Watson: Dixie’s
The West Coast Blues Boys: The Kraken

EVERYTHING ELSE
Tom Baranak: CD-Georges on Fifth
Roy Corea: The Boucher Shop
Jamie Crawford: Borders Books and Music (Mission Valley)
Nyles Do Regglements: Winstons
Julio De La Huerta: The Westgate Hotel
Karen Giorgio: The Westgate Hotel
Not Like Nothing Else: Winstons
The Narrator: Chi Café
Nuh Hedz: Winstons
Faith Pages: The Westgate Hotel
The Rebirth Brass Band: Casa
The Ed Reppisi Duo: Redfox Steakhouse
Salsa Caliente: Sevilla
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Tabaco y Ron: Sevilla
John Taffeta: Blue Parrot
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I got a call from Tracie, a friend of a friend. She said, “I’m having a party. And you have gone to so many parties... Help me come up with a theme. But it has to involve a disco ball.”

“The obvious is a disco theme,” I suggested.

“I don’t know. My friends won’t want to dress up like that. And, I don’t want to play disco music.”

She told me that she was turning 27. I said, “You were born in the disco era. It’s perfect.”

“Don’t you have any other ideas?” she pleaded.

The pressure was on. I said, “Okay, here’s one. At 27, Jim Morrison, Janis Joplin, and Jimi Hendrix all died. So did Robert Johnson. And Kurt Cobain killed himself at 27.”

Tracey freaked out. “This is perfect! A dead-rock-star party! I’ll do it! But how do I decorate?”

“Ah, the possibilities are endless,” I said. “You can get posters. I can lend you albums. You can go online, find out how they died, print out bios, or you can get morbid and show how they died. Otis Redding — plane crash. Sam Cooke — shot by prostitute. Things like that.”

I could tell by her silence that she wasn’t sure who either of those people were. I said, “How did that singer of Sublime die? An overdose? You can have your guests dress up as their favorite dead rock star.”

She called back to borrow some party props from me. I lent her 20 CDs from various dead rock stars — Buddy Holly, John Lennon, Jim Croce, Eddie Cochran... I attached notes to each, such as, “When you burn songs from Warren Zevon, use ‘Werewolves of London,’ ‘Lawyers, Drugs, and Money,’ and ‘I’ll Sleep When I’m Dead,’ since it fits the theme.” She called again to tell me that she was charging her guests $5 or $10 to get in but added, “Don’t worry, I’m not charging you since you let me borrow all this stuff.” Gee, thanks!

I wondered which rock star I should be? I can’t do Elvis, I thought, everyone is going to do that. I dressed up as him in the 11th grade. (I had empty pill containers filled with Sweet Tarts that I kept “popping” all night.) Then I remembered that I had the John Lennon New York City T-shirt. I knew it was in bad taste, but I painted a few bloody bullet holes on the back.

My date asked, “What are women going to dress as? Fat women will probably show up as Janis Joplin or Mama Cass, but what about everyone else?”

Since she has long black hair and is tall, I suggested she go as Joey Ramone. A friend had a Ramones leather jacket that we borrowed, and we went to the swap meet to buy sunglasses.

I called Tracie and said, “You might have one problem. Someone could be dressed up, and you won’t know who they are. This will be embarrassing for both of you. So, have a sign-in sheet. Next to their name, they could put the rock star they came as. You could walk over periodically and glance at it.”

I found out the day before the party that we might have jinxed the real-life rock world. The lead singer of the group Boston had killed himself.

Strange.

We showed up to the Ocean Beach party and Julie, the first woman we met, was dressed as [I AM THE WALRUS]

by Josh Board

Top: “Wendy O. Williams” on left, Tracie on right

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Nancy Sinatra in tall white boots. I said, “I saw her performing in the Belly Up Tavern a few years ago. I don’t think she’s died since then.” Julie said, “Yeah, I know. But I didn’t know who else to go as. And I had the boots.”

I looked around. I couldn’t believe there wasn’t a single Elvis or Janis Joplin. A bald friend of mine had called me asking who he should be.

“Britney Spears,” I joked. He showed up in a T-shirt and jeans, with a baby on her head and getting a tattoo. “I’m the most comfortable in my costume… It’s just so strange about her shaving my costume.…”

I was in a T-shirt and jeans, with the crazy hair, headband, and psychedelic shirt. I could tell from across the room he was Hendrix. The second Jimi there.

I didn’t want to write Lennon on my tag. I wrote, “I am the Walrus.” My date said, “They just went as Janis Joplin. A bald friend of mine had called me asking who he should be.”

One guy who commented on my nametag was Jim Morrison. I joked that he better not unzip his pants. He looked at me as if I was insane. I had to explain his costume. I said, “I would’ve thought if someone had a belt, it around his neck had to explain his costume. I said, “I would’ve thought if someone had a belt, it would be around their arm, with a needle. Who are you?” He asked what the deal was with that, and the guy explained that the singer hung himself.

There was a lot of food and alcohol in the living room, and the place was appropriately decorated. (I noticed the disco ball was spinning outside.) I heard several songs by singers who were alive. When Tom Petty came on, I asked Trace what the deal was. “I decided to play all kinds of music.”

One woman if she was Wendy O. Williams. She asked who was who, and said, “A punker from the Plastickins who wore black tape over her nipples and blew things up. She ended up killing herself.”

I’d never seen someone so thrilled by such news. She said, “Now I know who I am!” She filled out a nametag and said, “I just threw this stuff on. I didn’t know what to do, but this looked like a rocker. Thanks for telling me who I am.”

Crash your party? Call 619-254-2300 to leave an invitation for Josh Board.

Columns archived at SanDiegoReader.com
Metaphors and Technicolor

He was an “atom bomb” in their lives.
And now they’ll make him pay.

The lights come up. We’re in a room under repair: boards tilt against bare walls, faux blue marble fireplace. In the center’s a silver tarp and a blindfolded old man slumped on a chair. There’s blood on his bandidged right arm and the blindfold. His left arm sticks out, as if broken. If he’s alive, he’s barely breathing.

He looks like a political prisoner, between interrogations and in no shape for another. But the two nervous guys standing over him don’t wear uniforms. Bearded, gruff Mike’s in jeans and black, something-about-Chicago T-shirt, Dean’s in white shirt and slacks.

At first it’s hard to put the two men, late-twenties/early-thirties, together with the old man, since they talk about this and that. Dean, for example, says he met his new wife in rehab and loves their honesty, based on the truth-telling the 12-step program demands.

“She know about your former wives?” asks Mike.

“No.”

The room is part of an apartment complex getting converted to condo. And the man on the chair, it turns out, abused Mike, Dean, and Terry, who shows up later, when they were in the fifth grade. He was an “atom bomb” in their lives. And now they’ll make him pay. Or should they?

One Hundred Birds, by local playwright Ira Bateman-Gold — which may be a pseudonym for Dale Morris, artistic director of 6th@Penn — recalls William Mastrosimone’s Extremities, in which a victim turns the tables on a rapist. It also recalls the movie Pulp Fiction, in which the bad guys — Tarantino’s pet device — pass the time talking about interesting things. In Birds, Mike, Dean, and Terry talk about the play’s diffuse tension, they detract from the play’s strength. Bateman-Gold knows how to write dialogue for actors — “what to leave in,” as Bob Seger once sang, “and what to leave out” — loading fragments of speech with nonverbal information. You can feel the men’s torment in what they can’t express: the struggle between what remains of their humanity versus wanting revenge. But just about every time the one-act begins to catch up the emotions, however, it swings into a lecture culled from the Discovery Channel or NPR.

The 6th@Penn production, part of that theater’s Human Rights Festival 2007, rivets when the writing does. Greg Wittman heads the cast as Mike, the least articulate and most torn between two evils. Robert Borzych gets much of Dean’s confusion, including the sense that, since the fifth grade, he and the others have remained arrested, incomplete. Thomas Hall has the most difficult task. In the second half of Birds, Terry has several lengthy monologues. Hall has the requisite intensity but often repeats vocal patterns and keeps returning to the same pep talk, re-urging Dean and Mike to finish the job — as if revenge alone can make them whole.

When Moses and the Israelites sought the land of milk and honey, not one but two arks led the way: the Ark of the Covenant, with the Ten Commandments, and the “Ark of Bones,” the latter was a sarcophagus carrying the remains of Joseph, the great Old Testament figure of mercy. The popular story of Jacob’s favorite son and his “coat of many colors” has been told many times (including Thomas Mann’s four-volume novel, Joseph and His Brothers). One of the most appealing versions is one of the most simple: Andrew Lloyd Webber and Tim Rice’s pop musical, Joseph and the Amazing Technicolor Dreamcoat.

It was Webber and Rice’s first collaboration, composed without the budgetary largess that has overburdened their musicals with gaudy effects ever since. The score, so eclectic it feels like a Whitman’s sampler of Webber’s versatility, ranges from calypso to rock to country and western (the hilarious “One More Angel in Heaven”) to Elvis and beyond. Like The Fantasticks, the minimalist show uses humble, “found” props and costumes and narrates Joseph’s journey to Egypt through music and Rice’s inventive lyrics alone.

Lamb’s Players Theatre, which has staged Joseph and the Amazing Technicolor Dreamcoat, music by Andrew Lloyd Webber, lyrics by Tim Rice, playing through July 8; for days and times call 619-437-0600.

**REVIEW**

JEFF SMITH

One Hundred Birds, by Ira Bateman-Gold
6th@Penn Theatre, 1704 Sixth Avenue, Hillcrest
Directed by Dale Morris; cast: Greg Wittman, Robert Borzych, Thomas Hall, Bud Coleman; scenic design, Kerrie and Brenda McFarlane; lighting, Mitchell Simkovsky
Playing through June 18; for days and times call 619-488-9210

Joseph and the Amazing Technicolor Dreamcoat, music by Andrew Lloyd Webber, lyrics by Tim Rice
Lamb’s Players Theatre, 1424 Orange Avenue, Coronado
Directed by Robert Smyth; cast: Deborah Gilmour Smyth, Spencer Moses, Keith Jefferson, Steve Limones, Jon Lovece, Lance Smith, Season Duffy, Colleen Kolzar, Joy Tendrell, scenic design, Mike Buckley; costumes, Michelle Hunt; lighting, Nathan Pienow; sound, Patrick Duffy; musical director, C. Scott Lacy
Playing through July 8; Tuesday through Thursday at 7:30 p.m., Friday and Saturday at 8:00 p.m. Matinee Saturday at 4:00 p.m. and Sunday at 2:00 p.m. 619-437-0600.
metallic pyramid in the rear — is upscale. As are Michelle Hunt’s quality costumes. But they take so much time to change that on-stage actors must stretch the interludes to accommodate them, which leads to stop-and-go pacing. The show remains a crowd-pleaser, but the sense of humble, scavenger-hunt improvisation is gone. It is as if the show got moved from Glitter Gulch to a tonier part of the strip.

**THEATER LISTINGS**

Theater listings and commentary are by Jeff Smith. Information is accurate according to material given us, but it is always wise to phone the theater for any last-minute changes and to inquire about ticket availability. Many theaters offer discounts to students, senior citizens, and the military. Ask at the box office.

All in the Timing
Due to popular demand, Ion Theatre reprises its hugely funny production of David Ives’s one-act, this time in a downtown bistro with a lively atmosphere that enhances the playwright’s surrealistic mood states, which can change. Ion’s smart, daring physical comedy matches Ives’s postmodern language with visual accents (even the minimalist scenery gets changed with a flourish) and crisp business. Co-directors Glenn Parris and Claudia Ruygueta accept only bold choices from a game four-person ensemble: energized Andrew Kennedy does Rabbit of voices; Jonathan Sachs handles roles as disparate as a typing chimps named Milton (this version of Hamlet’s “Of man’s first disobedience...”) to Leon Trotsky philosophizing with an axe in his skull; gifted Laura Rosanchi shines as various women put in strange circumstances: from Philip Glass’s ex-lover (Glass buys a loaf of bread, and the cast turns the mundane event into a hilarious, postmodern show tune) to a lost, stuttering soul who believes “language is the opposite of loneliness” — and proves it; Kim Straussburger’s a scream as a chimp named Kaka (who keeps typing Es and wonders if she’s being redundant) and as Trotsky’s mercurial wife so sex-crazed, at one point, she tumbles through a window. This show could run for a long, long time.

**Worth a try.**

**SOUTH BAY VILLAGE DISTRICT, 1285 SIXTH AVENUE (CORNER OF SIXTH AND B), DOWNTOWN, OPENENDED RUN; THURSDAY, FRIDAY, SATURDAY AT 8:00 P.M.; SUNDAY AT 2:00 P.M. 619-374-6894.**

August Wilson Festival at Cygnet Theatre
This year, the San Diego Black Ensemble and Cygnet Theatre performed staged readings of five of August Wilson’s “Pittsburgh Cycle” plays: Joe Turner’s Come and Gone, Ma Rainey’s Black Bottom, Fences, and The Piano Lesson. The series became so popular that several evenings sold out. Through June 10, Cygnet hosting a festival of the readings, one per night, to give audiences a second chance to hear the work of one of America’s most important playwrights.

**August Wilson Festival at Cygnet Theatre**

**DOWNTOWN, OPEN-ENDED RUN; THURSDAY, FRIDAY, SATURDAY AT 8:00 P.M. THROUGH SATURDAY AT 8:00 P.M.; SUNDAY AT 2:00 P.M. 619-374-6894.**

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**If you don’t see another show all summer, catch Joseph. Absolutely not to be missed!”**

Andrew Lloyd Weber & Tim Rice’s

**Joseph and the Amazing Technicolor Dreamcoat**

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**“If you don’t see another show all summer, catch Joseph. Absolutely not to be missed!”**

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-- Los Angeles Times

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-- San Francisco Chronicle

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PHOTO © OLEG MICHEYEV • SAN DIEGO SKYLINE PHOTO BY RANDY ROVANG

Photo by Norman Jean Roy
A cross between improvisational San Diego Theatresports: DAY AND SATURDAY AT 8:00 P.M. THE PLAYHOUSE, 6821 E CAJON BOULEVARD BETWEEN 68TH AND 69TH, COLLEGE AREA, FRIDAY AT 7:45 P.M. SATURDAY AT 2:00 P.M. AND 8:00 P.M. SUNDAY AT 2:00 P.M. 619-483-7493.

Sassy Sarah Vaughan, “The Divine One” The Ice Adelphie Repairer players present the West Coast premiere of Calvin Manson’s musical drama tribute to Sarah Vaughan. Manson directed. CASSER’S CAFE, 311 E C STREET, DOWNTOWN, FRIDAY, JUNE 8; THROUGH JULY 1; FRIDAY AND SATURDAY, DINNER AT 8:00 P.M.; CUMBERLAND AT 2:00 P.M. CASSER’S CAFE 1163-6235.

The School of the World Vantage Theatre presents the world premiere of Sal Cipolla’s drama about arch-rivals Leonardo DaVinci and Michelangelo painting giant murals in the Palace Vecchio, at the same time CENTRO CULTURAL DE LA RAZA, 204 PARK BOULEVARD, BALBOA PARK, THROUGH JUNE 8; FRIDAY THROUGH SUNDAY AT 8:00 P.M. 619-230-3635.

The Sopranos’ Last Supper Ellitar Productions presents an evening with the notorious Bari- tone family “gambling, dinner, dancing, and good old mobster fun.” HOLLYWOOD INN ON THE BAY, 1305 NORTH HARBOR DRIVE, SAN DIEGO, OPEN ALCOHOL 30 DAYS SELECTED SATURDAY AT 7:30 P.M. 699-9683.

San Diego Theatresports: The Playhouse A cross between improvisational comedy and Family Feud. Improv, making up a funny scene as you go along, is tough enough. Add competitive scene making, with the audience avoiding points and voting to win. Purists might balk at the audacity of comparisons used in this format, but the “game show” — on Fridays — is a hit. The 90-minute evening offers different bits. The show I caught had “Team Sports” — two pairs of players competed, taking different sides — and audience participation scenes, using the other four as actors. The winner got a banana, the loser a “forfeit” (other formats include “Micetro” and “Improv Survivors”). Some attempts went nowhere (I repeat: improv is tough; I did it in my, as hindsight reveals, callow youth). Others made amaz- ing twists and turns. The group makes it much more fun than the misses. Their gui, Keith Johnston, wrote one of the very best books I’ve ever read about making theater. And they put their peals to good use. Their motto “Remember, when it’s not funny, it’s art.” Worth a try.

Day at 8:00 P.M. through June 17; FRIDAY AND SATURDAY AT 8:00 P.M. 1355 NORTHERN AVE, SAN DIEGO. 619-234-5774.

Improvise San Diego Theatresports: The Playhouse, 2031 El Cajon Boulevard, University Heights, Thursday, Friday, Saturday, Sunday at 8:00 P.M. 619-235-0804.

Nest InterMission Productions presents a stage reading of San Diegan Goethe’s play in which “a tiny incident is blown completely out of proportion and changes peoples’ lives in radical ways.” Carla Nell directed.

New Vision Theatre Company, SUNSET HEIGHTS, SUNDAY, JUNE 10, AT 8:00 P.M. 619-280-0386.

The Prisoner of 2nd Avenue New Vision Theatre Company presents Neil Simon’s serious comedy about a man who loses his job, dis- puts with neighbors, and gets “helpful” family support. Kelly Neller directed.

New Vision Theatre Company, SUN- DAY AT 8:00 P.M. MATINEE SUNDAY AT 2:00 P.M. THROUGH JUNE 17; FRIDAY AND SATUR- DAY AT 8:00 P.M. 1355 NORTHERN AVE, SAN DIEGO. 619-234-5774.

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San Diego Theatresports: The Playhouse A cross between improvisational comedy and Family Feud. Improv, making up a funny scene as you go along, is tough enough. Add competitive scene making, with the audience avoiding points and voting to win. Purists might balk at the audacity of comparisons used in this format, but the “game show” — on Fridays — is a hit. The 90-minute evening offers different bits. The show I caught had “Team Sports” — two pairs of players competed, taking different sides — and audience participation scenes, using the other four as actors. The winner got a banana, the loser a “forfeit” (other formats include “Micetro” and “Improv Survivors”). Some attempts went nowhere (I repeat: improv is tough; I did it in my, as hindsight reveals, callow youth). Others made amaz- ing twists and turns. The group makes it much more fun than the misses. Their gui, Keith Johnston, wrote one of the very best books I’ve ever read about making theater. And they put their peals to good use. Their motto “Remember, when it’s not funny, it’s art.” Worth a try.
Oasis of Indulgence

The WineSellar and Brasserie is a longtime local favorite “splurge” restaurant, oddly located in a soulless industrial park, one of many such parks that dominate an area that looks as if designed en masse by a single life-hating architect or committee: You pass blocks of and rectangular boxes, gray-tan or tan-gray, a smoggy neutral color that, when employed with such uniformity, seems designed to transform individuals into robots that serve an unknown entity’s bidding. (It’s Fritz Lang’s industrial nightmare Metropolis translated to the Information Age.) But here in the bleached barrens of Efficiency-Land is a serious wine shop, devoted to one form of sensuality, and upstairs, an attractive white-tablecloth restaurant serving those wines to accompany craftmanly cuisine — more pleasure, indulgence, ease. The WineSellar is a hidden oasis, a haven of human vitality in the corporate desert. I went there with my most frequent posee — the Lynnester, Jim (the chocooholic samurai), Sam, and his friend Mark, visiting from Colorado. As we debated what starter to order, Mark noticed the yellowfin tartare — it hasn’t invaded Boulder yet. The rest of us gently vetoed it as a local cliché, but I think our attentive waiter must have overheard.

After we ordered, and before our starters arrived, we were treated to amuse bouche of that very item — puffs of minced raw tuna over squares of brioche toast, with lemons, capers, fresh herbs, and a crown of crème fraîche. The crème fraîche put it over the top, making it special after all. A crown of crème fraîche. The top of the foie was painted with a mango coulis, spread on ethereal croutons of toasted brioche. The overall effect was of tasty Italianate cooking by a good home cook, falling just short of its riveting possibilities. Soft corn is hard to find off-season, but several other local chefs somehow manage it (heaven knows how), so it’s not impossible.

When I saw pan-roasted pheasant on the menu, I knew I had to have it — not because I’m so taken with that snooty fowl, but because cooking it is so perilous that I love to let other people do it. When you get it right, the white meat has a lovely piney undertone — but the breast is so stringy, it’s only fit for braising or gravy. The only solution I ever found was to forget the dumb “roast pheasant un-nutted” mystique and divide the critter to cook the parts separately. So I was very pleased when a half bird arrived in two pieces. The crisp-skinned thigh-leg was simply pan roasted, a piece plump and tender enough to indicate a farm-raised bird, not a shot-ridden fowl from the woods. The breast

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Lotus Thai
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★★★★ (Very good) — San Diego Reader, 2006
“If you like Thai food and haven’t been to Lotus Thai lately, you may be missing out on a treat!”
— Naomi Wise, San Diego Reader, 2006

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Buy one entrée and 2 drinks, get second entrée of equal or lesser value free. Max value $10. Please present coupon when seated. Downtown location only. Offer not available for lunch specials or delivery. Dine-in only. One coupon per party. Not valid with any other offer.
Expires 6/21/07.

The WineSellar and Brasserie
★★★★ (Very Good to Excellent)
9530 Waples Street (between Hunekens and Steadman), suite 115, Sorrento Hills/Mira Mesa, 858-450-9557, www.wineseller.com

HOURS: Lunch Tuesday–Friday 11:30 a.m.–4:45 p.m., Saturday 11:30 a.m.–1:00 p.m.; dinner Tuesday–Friday from 5:30 p.m., Saturday from 6:00 p.m. until closing (about 9:00 p.m. weekdays, a little later on Saturdays).

PRICES: Starters, $8–$23 (caviar much higher); entrées, $33–$38; desserts, $9. Lunch entrées, $13–$18. Saturday lunch, tasting of six wines, $11.30 extra.

CUISINE AND BEVERAGES: French-California with some Pacific Rim touches, elaborate desserts, many dishes highlighting luxury ingredients. Wines at 20 percent over retail, ranging from bargain to pricey rarities, from well-stocked wine store downtowns. (Winner of Wine Spectator Magazine’s top award annually since 1989.) If desired, sommelier can guide you to glasses for each course, at overall price you set.

PICK HIT: Foie gras with mango compote; honey-soy-cured hamachi; yellowfin tartare; pheasant stuffed with foie gras; Maine Diver scallops.

NEED TO KNOW: Dining room upstairs, no lift; accessible seating in first-floor Tasting Room, with full facilities. (Call ahead.) Located one block south of Mira Mesa Boulevard between I-805 and I-15; enter industrial park from Waples; when you see the sign pointing to restaurant, turn left and make another left to the back of the parking lot, behind the corporate buildings. Reservations usually necessary, as restaurant holds many sold-out special events.

Ratings reflect the reviewer’s reaction to food, ambience, and service, with price taken into consideration. Menu listings and prices are subject to change.

Go to SanDiegoReader.com to find hundreds of past reviews.

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Turnip, you're…beautifu!) (“Without your glasses, Miss sweet sauce, turned alluring. vegetables that, soaking up the to chew and swallow. The ac-

criddled with gristle, impossible the breast slices were tender, but than to haute cuisine home-style once again closer to top-notch, (out or the skin to tear.) Here, the task of crunching and crack-
cisco) is a thin coating of bread 

What divides an ordinary con-

rendered fat to crisp the surface). leg (legs and thighs braised ten-
baby root vegetables. It was a fine dish. The bird came 

moist stuffing anchored by foie 

was skinned, boned, and 

started a fun game, an 

body (had to be Mark or Jim) 
dress. But the WineSellar did get 

in fact — isn’t the same if you 
sides — thin, pretty, scalloped 

on “con-

Back to the main point. 

organizational possibilities.

First, the new dishes: A tangerine souffle with vanilla crème anglaise. This resembled panna cotta translated into a cake, sweet air bound by flour as well as egg whites, with tan

crème anglaise. This resembled 

The ac-cents of Port cherry sauce,

tastes closer to Colorado lamb 

dized dessert chef, Alexandra 

was eventually sold.)

cooking. (After Organ’s depar-

more urban, upscale spot, with

opened Laurel on Banker’s Hill, 

Our first choice was a tan-

Our second choice was a rich, decadent lava 

Jim commented between tastes, 

chocolate duo. “This is a smooth, 

waiter, indulging a fellow addict, 

minutes’ drive from Chino 

organ was chef), and wanted it 

sauce. The thin cannoli shells 

filled with banana mascarpone 

fruity,” said Mark. Second 

if you like your desserts light and 

cake, sweet air bound by flour 

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Welcome Back!

“That’s Dan. He kept our salary going for the whole year we were closed.”


They laugh. “The place looks beautiful,” says the lady, Anne, looking around. “I can’t believe it’s been a whole year.”

But it has. That’s how long since a fire just about destroyed this much-beloved cafe. It happened in the kitchen, spread up to the roof when the sprinklers didn’t work, and put this Mission Hills landmark, The Gathering, out of business.

So this week, I’m hurrying past, heading for the bus to meet Hank, and just happen to glance in to see how the repairs are going, when I see—

“Can I use your cell?” I ask. He hands it to me, “We missed you!”

Dan is The Gathering’s owner and longtime magician. The guy used to run a hip bar in Miami called Magic, because that’s what he and friends would do there. Then he came back to California in ’86 and started The Gathering, a sort of “Cheers” bar with food. Lisa comes up with a menu. “Can I get you something to drink?”

“Coffee,” I croak. “And is there a pay phone somewhere?”

“No,” says Lisa, “Is it a local call?”

“You can use my cell.”

Wow. That is so…The Gathering. While she goes off to get the phone from her purse, I check out the menu. It’s mostly pretty traditional fare, although priced to cover Mission Hills rents. The Goldfinch Burger with fries, fruit, or a cup of soup is $7.95. The Southwest Burger with avocado, jack cheese, and salsa, plus sides, is $9.95, and the wicked-sounding Monte Cristo (grilled egg, “dipped Texas toast” with Swiss, ham and turkey, powdered sugar, and a side of jam) is $11.50. The San Diegan sounds more interesting, with crab and seafood salad, asparagus, cheese on grilled garlic sourdough, all on grilled garlic sourdough. It goes for $9.95. Appetizers such as the Maryland crab cakes ($8.95), potato skins ($8.95), and French onion soup ($7.95) aren’t that much cheaper than the “lunch entrees” — like seafood crêpes, chicken quesadilla, fish and chips — and salads, which all hover between the $9 and $14 mark. The most expensive thing on the menu, at $16.95, has to be the “lunch entrées” — like seafood crêpes, chicken quesadilla, fish and chips, covered in sautéed onions and mushrooms.

I’m looking all this over when Lisa comes back with her phone. A Razr.

“I order that. Then I take a drag of cawfee, flip open Lisa’s phone, and start dialing. Ooops. Dialed my own number. Clumsy. I close it before Carla answers, and start again. Man.


“You mean, where the magic guy is, where the fire was?”

“Yes and yes, I’m just gonna have me some breakfast before you work my knuckles to the bone.”

“What are you having?”

“Snow crab omelette.”

“You’ll be disappointed. Great looks, lame taste.”

I remember now. That’s what I had last time. But too late to back out. And anyway, when it comes, with potatoes lyonnaise — flaked and sauteed — I discover that a little help from salt, pepper, and Tabasco makes it delicious.

A young backpacker couple comes in. “Excuse me,” the guy says. “Is this Old Town?”

“Uh-uh,” says Dan. “This is Mission Hills.” Brad and his girlfriend Nafisa are Canadians.

“Look, I’ve got a car,” says Dan. “I’ll drive you down there.”

And he’s gone. “But they aren’t even customers,” I say to Becky, another waitress.

“That’s Dan. He kept our salary going for the whole year we were closed.”

By the time Hank shows up, Dan’s back and showing me a couple of his famous card tricks. I notice his right hand’s kind of pulsing. “I’ve been diagnosed with Parkinson’s,” he says. But before we can get maudlin, he’s joking about it. “The only thing I can do in the kitchen now is toss the salad.”

The other day, I met Michael J. Fox. Our hands wouldn’t meet.”

Hank gets a coffee ($2.25, endless refills) while I chomp my last bite. Good. This is the sort of life up here. Christy’s finishing up her favorite reservations for next week. They have been serving moonstruck, a kind of “Cheers” bar with food. They do it well. Everything’s reliable, fresh. And part of what makes their formula work is that it tastes good because you feel good here. You come in through the door and let life slip away.

I chomp my last bite. Good. This is the sort of place where you don’t get gastro-picky and you don’t count calories (though they have lo-cal choices). You enjoy yourself, dammit, and make resolutions for next week. They have been serving moonstruck, a kind of “Cheers” bar with food. They do it well. Everything’s reliable, fresh. And part of what makes their formula work is that it tastes good because you feel good here. You come in through the door and let life slip away. If you could call it magic.

“Time to work, dude,” says Hank. He gets up. “Can I use your cell?” I ask. He hands it to me. I dial home.

“Darling…I called accidentally…” “Bedford…that was you? I recognize that tone. She saw the caller ID.

“Who’s Lisa? Is it Lisa?”

“Welcome Back!”
**Options**

“Any way that you can get wine from a piece of dirt and onto a retail shelf, we’re doing it.”

I think I first encountered Pepperwood Grove Syrah in the mid-’90s. I was astonished that a $6 California Syrah could taste the way it did — namely, like honest-to-goodness Syrah. Then they did it again, this time with Pinot Noir. Then Zinfandel. Who are these guys?

Connoisseurs of bargain wine will no doubt shake their heads at this. “The mid-’90s? Pepperwood Grove was already a decade old! Who are these guys? Has he never heard the name Sebastiani? Hello?”

Indeed. It turns out that Pepperwood Grove was born in 1986 — not with the planting of a vineyard, nor with the purchase of tanks and barrels, but rather, with the installment of a telephone in one room of the house belonging to Don Sebastiani. Don was (and is) the grandson of August — one of Sonoma’s iconic early producers — and he had just been installed as the new Man in Charge. Almost immediately, he started up Pepperwood Grove as a side project with his brother-in-law, Roy Cecchetti. Don’s son Donny takes up the story. “It was a very pure, bare-bones, no-asset-negociant operation. They had the telephone and that was it. Somebody else was making the wine, somebody else was selling the wine, the whole nine yards.” But Don and Roy made it all come together, assembling the wines and selling them under the Pepperwood Grove label.

It might seem odd to be starting a side venture just as you’re settling into power, but the move was entirely in keeping with Don’s general approach to business. “One of our strengths,” says Donny, “and something my dad has always preached — is that we don’t fall in love with any one particular idea. When he took over the Sebastiani winery in 1985, he didn’t have a grand plan, but he wanted to create options.” That meant diversifying. “In 1985, everything that went out of that place was branded Sebastiani, and it was low-end stuff.” Don set about dividing his kingdom, creating multiple brands. “The lower-end stuff started going out under the Nathanson’s Creek and Vendange labels. The option there was to have a product that didn’t have our family name on it. You could have everyday prices, even be super-aggressive, and you didn’t have emotional and political ties to a trademark.” And without those ties, an outright sale to a strategic buyer — should such a thing ever prove desirable or necessary — would be a lot easier to contemplate. “It’s just an asset, as opposed to your last name.” (Sometimes, it’s tempting to wonder how the original Charles Shaw — whose name now graces the Bronco-owned wine known as Two-Buck Chuck — feels about the brand these days.)

By the time Don left Sebastiani Vineyards in 1999, he’d sold off Grandpa August’s core assets — six brands and two Lodi wineries — to Canandaigua Wine Company (now Constellation). “My dad developed all those assets, and they were all core assets. We didn’t sell any of the Sebastiani trademarks, the Sebastiani brand name, or any of our real estate in Sonoma County.” After the sale, Don resigned as chairman and CEO of Sebastiani Vineyards, handed over control of the core assets to his sister and her husband, and used his new liquidity to found Don Sebastiani & Sons. At the same time, he bought out Roy Cecchetti’s interest in Pepperwood Grove and made it the first brand of the new operation. Again, it was about keeping options open. “At Sebastiani, even though he was CEO, he still had family constraints. He was looking for some elbow room. And my generation was getting ready to come into the workforce — there are 14 grand-kids. You have to start thinking about who’s going
Another chapter of the business, however, keep to that strip-down ethos. "We work on low margins, but we make our money off of getting a private company, so we don't have to go to Wall Street every quarter and hit profit-margin numbers. We buy growth with our profit margin by spending more money on grapes and wines and by getting really aggressive on price. In the wake of Sideways, we were, to be honest, losing money on Pinot Noir. We just said, 'We've got this big demand for this brand that we've built, so let's spend whatever it takes to fill the Pinot Noir slot.' But that was an anomaly."

The general trends in the wine market have some help, of course. 'I've been in the wine business for ten years, and throughout, there's been a pretty consistent excess in supply. It's still difficult to find Pinot Noir, and Dry Creek Zinfandels are pretty hot. But for the most part, you can find whatever wine you want for that under $10 range. I don't want to discount what our winemakers do — they do a phenomenal job — but the wine is available.'

Interestingly enough, the bare-bones business style sometimes aids in the practice of keeping one's options open. "People talk about the success of screw-cap wines," offers Donny. "Clearly, consumer acceptance is on the rise, but I think it's only in a particular category — the more wineries like New Zealand Sauvignon Blanc — wines that are crisp and fresh and cold? There, screw-caps work. But for an $8 Merlot? I think that definitely calls up the wrong association. It can be a hindrance toward sales, and we definitely walked into that bear trap. But we were able to walk back right out. We didn't spend $2 million on contracts. We spent $5 million on packaging and television ads. If it doesn't work, walk away from it.' The model is working, and the industry is taking note. "I don't know if people are actually following us, but we're definitely adopting the model."

Users are trying to get assets off the balance sheet. They're saying, 'Listen, we don't have to have an address to sell wine.'

The wine is good. We should be taking the produce and putting it into making the wine better, making the price point sharper, whatever."

## RESTAURANT LISTS

The Reader's Guide to Restaurants are recommended listings written by our staff, including Barbara David, Anne Marie Martin, Stu McCullough, Max Nash, Dianne Walters, Naomi Wise. Each restaurant contains only a fraction of our over 500 reviews. A complete searchable list is available online at SanDiegoReader.com.

### NORTH COASTAL

**Bobby's Gelato**
317 South Highway 101; Lumberyard Shopping Center, Encinitas, 760-436-3365.

This tiny storefront does only a few things (sandwiches, gelato, and gelato sandwiches), but it does them exceedingly well. The "gourmet sandwiches" really do live up to their designation with Mediterranean combinations of olive oil and fresh garlic, herbes de Provence, and fresh eggplant, Gorgonzola are among the choices of ingredients on soft, round, fresh bread. You can get a local muffin if that's your flavor. Gelato and sorbet are also available (both made fresh daily), and if you don't get your fill one day, they have an array of "sorbetto" flavors to pick from. Open daily in the Lumberyard area of downtown Encinitas. Inexpensive. — N.W.

**Fidel's Carlsbad**
3033 Carlsbad Boulevard, Carlsbad Village Drive, Carlsbad, 760-229-0900. It's not upscale modern Mexican — no cumin-in-fused, mountain-fed, slow-cooked dishes. But Fidel's "menu — but who gives a飞行 fajita when you can order just about any traditional SoCal-Mexican dish and know it was made fresh here?" argues Naked Donny. "Whether you try the chicken-and-rice soup with fresh cilantro and avocado chunks, fluffy chile rellenos, a crab enchilada, arroz con leche and all the trimmings, or a lovely al carte chicken burrito, you're going to be a happy camper. Add a reliable margarita or a beer and you're set at this popular North County mainstay. Open seven days a week for lunch and dinner. Inexpensive. — E.R.

**Firenze**
162 South Ranch Santa Fe Road; Rancho Santa Fe, Rancho Santa Fe, 760-603-0123. This big, beautiful, gracious restaurant is located on the family-owned Rancho Santa Fe Ranch, and features a romantic and a romantic, "very Italian"-feeling patio. The well-spaced tables are laden with huge portions of food. The menu, subtitled "Nouvelle Italian Cuisine," resembles the somewhat ambivalent, "ooh-northern Italian" bills of fare that you encounter all over Littlerock and the Galley. It is in fact a partner restaurant to Hillcrest's Armandino. The signal of Orionis are the pink peperoncini, goat cheese, sun-dried tomatoes, and light cream sauce that consist with the more traditional mozzarella-tomato sauce sauce. Real, but no one ever a special daily, which offers the greatest charge for fresh ingredients and creativity. Agedashi Tofu

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NORTH INLAND

Ashoka the Great 9474 Black Mountain Road (off Miramar Road), Mira Mesa, 858-491-9574. Seek out this splendid Indian restaurant. The setting is lovely, the service excellent, and the food first-rate. Don’t overlook the tandoor dishes. Numerous selections are available for vegetarians. An all-you-can-eat buffet is served daily. Dinner buffet Monday and Tuesday. Open daily, lunch and dinner. Inexpensive. — E.W.

Athens Market Cafe 11440 Carmel Mountain Road, Suite 12A, near Pacific Theaters, Carmel Mountain Plaza, 858-633-2226. At this offshoot of Mary Pappas’s downtown Athens Market, sister Vicka’s food is just as good. If you want a big start, order the spanakopita (spinach in filo pastry), tomatoes, cucumbers, tsatziki dip, hummus, feta cheese, and olives. But come for the lamb. It’s wonderfully flavorful, sketched in the sourolike essence (which comes with beans and rice) or as lamb chops. Moussaka (baked eggplant, rice, and ground beef) goes down well too. Or what’s wrong with a simple plate of feta cheese, kalamata olives, and a glass of Greek red? Open daily, 11 a.m. to 9:30 p.m. Inexpensive to moderate. — E.B.

Bamboo Hut 2001 Black Mountain Village, 9132 Mira Mesa Boulevard (one driveway west of Black Mountain Road), Mira Mesa, 858-345-0414. You’ll find a taste of Hawaii in a strip mall in a neighborhood that’s all-your-own. The little hut “has” bamboo chairs, a bamboo ceiling, bare floors, and uncluttered tables, with a sushi counter next to a tiny kitchen with a singing gas grill. A large lattice afternoon offers outdoor seating a few steps from the door. The quality of the food is all over the map, though — this is not the place to try your first Spam sushi. The bamboo hut is good, though, including a fine Hawaiian Roll with really sweet crab. The more creative rolls can cream cheese and hot sauce. “Local food” choices include a tasty shrimp and excellent chicken kabobs; the little short ribs are tough, though. Plate lunches include one to three entrees (priced accordingly) with steamed or mild garlic-flavored rice, macaroni salad, and green salad with bright orange dressing. The French feel they deliver what you order; there are no limits. Open seven days, lunch and dinner. Very inexpensive. — N.M.

Bistro 211 211 East Grand Avenue (near Calima), Escondido, 760-737-7398. This genteel bistro — with comfortable chairs and an enclosed patio — is totally by the sidewalk — is especially tasty at lunch, with its sophisticated spanakopita and a classic burger and fries cooked your way. At dinner simple starters shine, including a “boule” Florida version of gumbo and Maryland crab cakes with minimal filler. The dinner entrees are also the best, including beef rouladen with Gorgonzola and gougeres cooked just off the Florida shore. A “Louisiana” bread pudding is moister (hence more pleasing) than most of its nameakes. No wheelchair access for restaurants. Free parking behind restaurant. Ordinary wine list. Lunch and dinner Tuesday through Friday; dinner Saturday. Lunch moderate, dinner moderate to high. — N.W.

La Tapatia 140 West Grand Avenue, Encinitas, 760-437-8282. Take a walk on the mild side at this family-owned favorite, in business since the 1950s. You’ll find standard Mexican fare in a comfortable dining room, and, in good weather, a lovely, airy-like stone walled-patio. The most celebrated dish is the “cheese crisp,” a large tostada covered one-third in ground beef, one-third in beef, chicken, and one-third in beans, with cheese, avocado puree, and sour cream over all. Many preparations (grilled steak, etc.) can be adapted. Vegetables taste fresh. Seasonings are rather de-fined, but there’s a satisfactory and a lively salsa on the table. Open daily, three meals. Moderate. — N.W.

The Place El Parque 2659 Reche Road, Fallbrook, 760-731-2755. Just think Little Red Riding Hood — this is Grandma’s place. Okay, it’s not a little old, datedxFFE5 in the Live Oak woods, and you can sink your teeth into some pretty fair Mexican food here, sitting along with a interesting bunch of agri-cultural workers and maybe some ruby miners. Good combination plates include the tostada and beef taco, and are, for a restaurant in a three-foot-high pot. Open daily, breakfast through early dinner. Inexpensive. — E.B.

The Wayside Cafe 507 South Main Avenue, Fallbrook, 760-723-9633. Local love meeting and eating in this long low-pitched building — partly because it’s all just feet from downtown Am-eria. The place used to be Mahrs’ Serv- ice Station. You can even sit at the old Lube Bay to eat. Count on generous servings, especially the mountain-piles red-skinned home fries as a side at

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$1 Off Spring Rolls or Egg Rolls* Cannot be used with 10% off entire check offer.

10% Off Entire Check* $10 minimum purchase.

Expires 6/21/07.

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10% Off Entire Check* $10 minimum purchase.

Expires 6/21/07.

• Special fried noodle soup with beef
• Steamed rice with BBQ chicken, pork, shrimp or beef
• Rice vermicelli with BBQ chicken, pork, shrimp, beef or vegetable with tofu
• Excellent spring rolls and egg rolls

Sundays at 5:00 pm
Steak-rubbed
Prime Rib

639 J Street (Across from Petco Park)
888-801-8227
Lunacafe.com
The Marine Room 8000 Swami's Drive (off Poinsettia Drive), La Jolla, 858-489-7222. High cuisine, high atmosphere — but the prices aren't terribly high. With chef Bernard Rachofsky at the helm and his wife, Helen, handling the front of the house, this is one of La Jolla's finest restaurants. French-inspired dishes are available every night, in addition to the menu. Excellent pastas, such as mango and scallop, will satisfy vegetarians. Separate room for bar, private dining room. Lunch Monday through Saturday, dinner nightly. Enclosed patio for summer outdoor dining. Moderate. — W.R.

Sante Ristorante 7811 Herschel Avenue, La Jolla, 858-454-1313. The name is Italian for “saint,” and the hip sartorially conscious crowd here probably thinks of it that way. The menu features seafood and meats, such as the grilled salmon. The wine list is extensive, with more than 100 selections. Moderate. — W.R.

King's Fish House 825 Camino de la Playa (at Epler Street), La Jolla, 858-454-1374. (Also at 2015 Bird Road, Chula Vista, 619-596-1881.) You can't beat the fresh seafood in the mega-mall, go-west right of 50 Koo Koo Roo and follow the line of lights to the free valet parking. It's a chain, but it's the classiest chain you'll ever eat at. Fresh fish and seafood of a quality that's well above average, including crabcakes from a live tank and a dozen varieties of pristinely oysters. Generously sized entrees come with soup or salad (including a Caesar that's above suspicion) and two sides. The menus of American-style preparations changes daily to reflect the fresh catch, and includes some rotating regional specialties (e.g., New Orleans, Hawaii, New England). Don't order the fried fish or sea bass or sticker appetizer, if available, and for dessert, the Minnesota baked apple. The atmosphere is good and there are always two waiters at your table. Moderate. — W.R.

The Philadelphia Sandwich Co. 11100 Judicial Dr. (at Cass), Pacific Beach, 858-272-8400. This cheerful café instantly became a gathering spot for many PB-ites, including the foxes and felines of La Jolla and Solana Beach. Catch the early bird special (e.g., New Orleans, Hawaii, New England). Don't order the fried fish or sea bass or sticker appetizer, if available, and for dessert, the Minnesota baked apple. The atmosphere is good and there are always two waiters at your table. Moderate. — W.R.

San Tong Palace 6381 El Camino Real (between Vicars and International), La Jolla, 858-654-1616. San Tong's innovative menu features unique ingredients. The San Tong Palace offers a great deal of fun in their current location. Moderate. — W.R.

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C E N T R A L  
S A N  D A N I E L O

El Comal
3321 Imperial Avenue, Grant Hill, 619-239-7101. (Other locations at 334 Broadway, Chula Vista, 619-420-3111.) No border compro- mises here — just great home-cooking from Michoacan, Guerrero, Jalisco, and Oaxaca, prepared by Jews Herrera Barajas, a biology teacher from Acapulco. Try the huarache (cactus slices with carne asada, frijoles, cheese, and onions) or the mole colorado a la bandeja (pork, melted cheese, and guacamole inside two tortillas) and have a glass of mezcal (a refreshing salted drink). Chula Vista location has parilladas meals. Breakfast through dinner until 8:30 p.m. Inexpensive. — E.B.

Lefty’s Chicago Pizzeria
3448 30th Street (at Myrtle), North Park, 619-285-1720. An eight-pound pizza! That’s what Lefty claims his “king of all pizzas” weighs at his often-crowded little corner pizzeria. Truth is, you can’t help but be drawn, especially at night, to the little ribbon of lights framing the sidewalk canopy with its tables and benches. Lefty is determined to bring “the real Chicago” to San Diego. So of course we’re talking deep-dish pizzas, as well as some thin and crispy. But the ultimate is his “stuffed” pizza, a 14-inch, eight-pound monster that needs one hand’s “make and bake” time. They also do Chicago hot dogs, char burgers, beautiful spicy fries, jucy Italian Beef on au jus sandwiches, and a decent “Lefty’s carbonara” (spaghetti, eggs, bacon, Parmesan, and cream). Open lunch and dinner six days, closed Mondays. — E.B.

Old World Restaurant
3950 30th Street, North Park, 619-284-0568. This is a delight for anyone who loves Northern European food. Their “Great Grilled Grouper” — homemade corned beef on rye with Swiss cheese, sauerkraut, Thousand Island dressing, and mustard is, as they say, “genuflect.” Also, try the sausage platter: grilled bratwurst, kielbasa, sauerkraut, potato salad, spicy mustard, and rye bread. Open for breakfast and lunch daily. Inexpensive. — E.B.

Red Sea Restaurant
4171 University Avenue (at Euclid), City Heights, 619-285-9772. You’ll find richly sea- soned (and potentially very spicy) Egyptian cuisine served communally on a tiny lined with a porous pancake, nym, which looks like an edible dish towel and serves as both an edible spoon and an edible tablecloth. (Use pieces of it to scoop up morsels in your right hand.) The meat combination plates here aren’t exactly as exciting as a selection of the kefta (spicy beef tartare) is very good, the poyo-grool (mutton cubes in spicy but- ter) is excellent; both are cooked (or not cooked) to your order, and scou- soned to your specifications (if you say “hot,” “super hot”). Vegetables are fine, too, the yellow split peas, especially, sing with flavor. Restrooms not wheelchair-accessible. Vegetarian friendly. Can be noisy on weekend evenings. Open daily. Very inexpen- sive. — N.W.

Uncle Joe’s Pizzeria
491 E Cajon Boulevard, Talmadge, 619-584-2535. The owner’s a retired Navy medic, one of the first women to serve in the Mid- dle East combat zone. She’s named sandwiches for career stops, like “The Recent Training Center, Orlando, Florida” (chicken breast, ham, avocado, provolone cheese, spinach, tomato, and onion) or “North Island Dental Clinic” (turkey, ham, bacon). But try a main dish like eggplant Parmesan or chicken with sautéed mushrooms, or a massive chunk of lasagna, plus bread and salad. Coffee? You get a huge French-style press-the- coffee-down affair. Your big decision: eat out on the flower-strewn bistro patio or inside among black leather easy-chairs and a giant screen? Open for lunch and dinner daily until 10 p.m. (until midnight Friday and Saturday). Inexpensive. — E.B.

E A S T  C O U N T Y  &  C O L L E G E  A R E A

Greek Town
345 West Main Street, El Cajon, 619-441-9708. Just another Greek buffet? Well, yes. Your choices are standard: giannakopoulo, moussaka, dolmades. And the decor is the usual blue and white with Greek is- land pop. But it’s the customers who give it an exotic feel, speaking languages from Russian to Greek to Somali. And if you’re hungry, this all-you-can-eat deal is great. Hot gyro meat, but also try the chicken souvlaki (grilled lemon chicken), or start with the excellent dé- méne (grape leaves wrapped around beef and rice). The lemons’ tangy taste and the lemony sauce inside get your juices running. Don’t forget salad… or the dessert table (how could you leave without baklava?). Open for lunch and dinner, seven days. Inexpensive. — E.B.

Grassmont Student Center Cafeteria
2400 Cartwright College, 8800 University Avenue, S.D. 619-644-7000. This is a no-brainer, with its dozen food franchises and Persian food, from Russian to Greek to Somali. And the decor is — no, I don’t mean that you keep running your hand down the wall — but the usual blue and white with Greek is- land pop. “Your choices are standard: giannakopoulo, moussaka, dolmades.” And the decor is the usual blue and white with Greek is- land pop. But it’s the customers who give it an exotic feel, speaking languages from Russian to Greek to Somali. And if you’re hungry, this all-you-can-eat deal is great. Hot gyro meat, but also try the chicken souvlaki (grilled lemon chicken), or start with the excellent dé- méne (grape leaves wrapped around beef and rice). The lemons’ tangy taste and the lemony sauce inside get your juices running. Don’t forget salad… or the dessert table (how could you leave without baklava?). Open for lunch and dinner, seven days. Inexpensive. — E.B.

New Japanese Restaurant
in Hillcrest
$10 Off First Meal
Minimum purchase $20
Valid only with this ad.
Valid only with other coupons.
Expires 6-30-07.
2288 University Avenue, S.D. (University at Richmond, across from USPS)
Open daily. Breakfast and Lunch served 8 am-3 pm.

June Specials
Submarine Volcano $5.50
Lover’s Lips $6 (baked green mussels with white sauce)
White Lava $7 (veggie gratin with béchamel sauce)
Expires 6-30-07.

Ichiban
8000 University Avenue (across from SDCC)
1299 University Avenue, S.D. (across from University at Richmond)
1299 University Avenue, S.D. (across from SDCC)

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Reservations welcome.
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On Father’s Day, bring Dad and enjoy:
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• Eggs Florentine
• Seafood Crepes
• Rack of Lamb
• Grilled Salmon

Or choose from any of the entrées on our Father’s Day menu.

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On Father’s Day, bring Dad and enjoy:
• Eggs Benedict
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Catering • Restaurant • Bakery
June 7, 2007

Inexpensive.

sive.
lunch Sunday and Monday; three meals
roasted shredded beef). Beans are so
the “machaca sonora style” (dry-
weekends. Inexpensive.

Eagle Harvey Street (off Congress), Old
29-235-3272. This little joint
meat trucked in from

macher pants — are pressed, tossed, and
beets, chicken, broccoli, shrimp with
— N.W.

South Philly itself.
whole wheat — are pressed, tossed, and

Good beer list. Sound system runs loud in-
teriyaki, tempura) made with seafood

BUTTER — bustle by.

in restaurants, from the cooking schools of

FAR EAST


dessert. Wines (in-

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Over 75 Restaurant Coupons at SanDiegoReader.com

Here’s a small sample to whet your appetite!

<table>
<thead>
<tr>
<th>10% off entire check</th>
<th>50% off entrée</th>
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<tbody>
<tr>
<td><strong>Pho Lucky</strong></td>
<td><strong>Lai Thai</strong></td>
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<tr>
<td>Vietnamese Special Rice Beef Noodle Soup</td>
<td>Restaurant</td>
</tr>
<tr>
<td><a href="http://www.pholucky.com">www.pholucky.com</a></td>
<td>1430 E. Plaza Boulevard, National City, 619-474-5546</td>
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<tr>
<td>Reader Coupons 619-235-3000</td>
<td>Reader Coupons 619-235-3000</td>
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<tr>
<th>10% off lunch or dinner</th>
<th>15% off any entrée</th>
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<tr>
<td><strong>Touai</strong></td>
<td><strong>Fix Me A Plate Café</strong></td>
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<tr>
<td>200 feet of the world’s largest All-You-Can-Eat Japanese seafood buffet! Sushi, hot entrées, salads, sashimi, seafood, fruits, desserts and more!</td>
<td>Open Tuesday-Sunday 11:30 am-2 pm &amp; 5-9 pm. Full detailed review including interior pictures and pictures of food available at: <a href="http://www.yourmagsandiego.com">www.yourmagsandiego.com</a>.</td>
</tr>
<tr>
<td>Todai Restaurant</td>
<td>918 Fletcher Parkway, La Mesa, 619-466-6084</td>
</tr>
<tr>
<td><a href="http://www.toidai.com">www.toidai.com</a></td>
<td>Reader Coupons 619-235-3000</td>
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<tr>
<th>Pacific Beach, Mission Beach &amp; Ocean Beach</th>
<th>South Bay &amp; Coronado</th>
<th>Uptown &amp; North Park</th>
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<tbody>
<tr>
<td>Atoll at the Catamaran Hotel</td>
<td>Lai Thai</td>
<td>A La Française</td>
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<tr>
<td>Big Kahuna’s <strong>free breakfast, lunch or dinner</strong></td>
<td><strong>free combo plate</strong></td>
<td>Awash Ethiopian <strong>1/2-price entrée</strong></td>
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<tr>
<td>Canes <strong>$5 off any entrée</strong></td>
<td><strong>free appetizer</strong></td>
<td>B Fried Rice</td>
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<tr>
<td>Chateau Orleans <strong>50% off</strong></td>
<td><strong>free combo plate</strong></td>
<td>Brazil By The Hill <strong>1/2-price entrée</strong></td>
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<tr>
<td>Costa Bravo <strong>free tapa for lunch</strong></td>
<td><strong>free appetizer</strong></td>
<td><strong>$2 off entrée</strong></td>
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<tr>
<td>French Gourmet <strong>free dessert</strong></td>
<td><strong>free appetizer</strong></td>
<td>House of India <strong>Free dinner</strong></td>
</tr>
<tr>
<td>Great Moon Buffet <strong>10% off total bill</strong></td>
<td><strong>free appetizer</strong></td>
<td>Lipton’s <strong>50% off dinner</strong></td>
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<tr>
<td>Gringo’s <strong>free appetizer at lunch</strong></td>
<td><strong>free appetizer</strong></td>
<td>Rudolph’s <strong>$2 off entrée</strong></td>
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<tr>
<td>Lahaina Beach House <strong>free breakfast</strong></td>
<td><strong>Japanese dinner</strong></td>
<td><strong>Downtown &amp; Point Loma</strong></td>
</tr>
<tr>
<td>Pacific Beach Bar &amp; Grill <strong>2 for 1 entrée</strong></td>
<td><strong>Italian dinner for two $29.95</strong></td>
<td>Blue Water Seafood <strong>25% off</strong></td>
</tr>
<tr>
<td>Pacific Rotisserie <strong>free entrée</strong></td>
<td><strong>Italian dinner for two $29.95</strong></td>
<td>The Boathouse <strong>2 for 1 entrée</strong></td>
</tr>
<tr>
<td>Sam’s by the Sea</td>
<td><strong>free appetizer</strong></td>
<td>California Gourmet <strong>Free gourmet sandwich</strong></td>
</tr>
<tr>
<td>Saka’s <strong>$12 off second entrée</strong></td>
<td><strong>free appetizer</strong></td>
<td>Dublin Square <strong>15% off or free lunch</strong></td>
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<tr>
<td>Strawberry Frozen Yogurt <strong>Free frozen yogurt</strong></td>
<td><strong>free appetizer</strong></td>
<td>Embers Grille <strong>50% off entrée</strong></td>
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<th>North County</th>
<th>Fast County &amp; State College</th>
<th><strong>Downtown &amp; Point Loma</strong></th>
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<tbody>
<tr>
<td>Calypso <strong>Free appetizer</strong></td>
<td>Fix Me A Plate Cafe <strong>15% off any entrée</strong></td>
<td>Blue Water Seafood <strong>25% off</strong></td>
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<tr>
<td>Greek Village <strong>Free sagasiki</strong></td>
<td>Greek Town Buffet <strong>50% off 2nd dinner buffet</strong></td>
<td>The Boathouse <strong>2 for 1 entrée</strong></td>
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<td>India Princess <strong>Free dinner</strong></td>
<td>Habana Cuban <strong>Free appetizer</strong></td>
<td>California Gourmet <strong>Free gourmet sandwich</strong></td>
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<tr>
<td>Jamroc <strong>101 free island sampler</strong></td>
<td><strong>Windy City Buffet 1/2 off menu item</strong></td>
<td>Dublin Square <strong>15% off or free lunch</strong></td>
</tr>
<tr>
<td>Mikko Japanese <strong>50% off sushi</strong></td>
<td>Windy City <strong>$2 off entrée</strong></td>
<td>Embers Grille <strong>50% off entrée</strong></td>
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<td>Noodles &amp; Company *</td>
<td><strong>Windy City Buffet 1/2 off menu item</strong></td>
<td><strong>The Field Free lunch</strong></td>
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<tr>
<td>Pho Lucky <strong>30% off entire check</strong></td>
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<td>Hard Rock Café</td>
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<tr>
<td>Wild Note Cafe</td>
<td><strong>Windy City Buffet 1/2 off menu item</strong></td>
<td>Hornblower Cruises</td>
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Restaurants listed without coupon offers have only menus online. Restaurants with * have multiple locations. See online menu or coupon for all locations.
The Fabulous Pancakes 526 Boudin (across from Chula Vista Center), Chula Vista, 619-425-5131. This is a great place to find dinner, with the pancakes in quality, the prices are moderate and the food is delicious.

Tamales Cart

The South Bay

El Dorado 51 Palmero (at 3rd Ave; 619-336-1940, 336-4545. Thrice favored by this reviewer, a famous and popular Mexican restaurant. The service is always friendly, the food is always excellent, and the prices are moderate.

El Nido Boulevard Menu (619) 336-7292. A little cinder blocky but a good restaurant, which is the whole point — business

evening menu too — built around a fountain.

SOUTH BAY & CORONADO

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or enjoying nazoque office parties in a rickety little room in a tiny attic. Whatcha access the street patio and bar (but only dining rooms are up or down). Reservations urged, but don’t get too fancy or dressy. Extremely expensive — N.W.

Monsoon Exotic Cuisine of In-\n
The Brasserie

Fonda Roberto’s

The Daily Catch

For the readers of the San Diego Reader, here are some of the best restaurants in the area:

The Bistro

Chili’s

The Osteria

The top restaurants in San Diego are:

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The Bistro

Chili’s

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The top restaurants in San Diego are:
Core Anxieties
They are trying to launch a website, but they smoke weed and clown around most of the day.

The small miracle of Judd Apatow’s 40-Year-Old Virgin is that it played by the rules of a frat house sex comedy — the inexperienced nerd hero, the cadre of guys pushing him into action, ample T&A and raunchiness — but it tweaked them with knowing humor and underlying sweetness. With several of his gifted troupe of actors returning from Virgin (and a few more from his beloved TV shows Freaks and Geeks and Undeclared), Apatow pulls off the same feat in Knocked Up, an uproariously frank treatment of pregnancy and impending adulthood. Movies about family chaos are generally the province of PG-rated Steve Martin comedies, which makes the raw candor of Apatow’s film not only refreshing (and infinitely funnier) but more honest in its sentiment. After all, what’s a more common experience: chasing after a dozen obnoxious kids or the core anxieties of bringing that first baby to term?

A lovable fixture in Apatow projects since Freaks and Geeks, Seth Rogen is a revelation as a stoned slacker who lucks into a one-night stand but struggles to deal with the complications that follow. Perpetually between jobs, Rogen and his housemates (Jay Baruchel, Jonah Hill, Martin Starr, and Jason Segel — all brilliant Apatow discoveries) are trying to launch a celebrity skin website called fleshofthestars.com, but they smoke weed and clown around most of the day. With a little charm and a lot of alcohol, that great equalizer, Rogen manages to seduce Katherine Heigl, a gorgeous career-minded woman who’s well out of his league. When Heigl discovers that she’s pregnant, she gets back in touch with Rogen, and they have to figure out how to make their relationship — as mother and father, and possibly as boyfriend and girlfriend — work. Paul Rudd and Leslie Mann lend invaluable support as Heigl’s brother-in-law and sister, who know a lot about the stress of child rearing and long-term partnerships.

Knocked Up goes through every step of the pregnancy — without skimping on the gynecological details — and watches as the baby develops, along with Rogen and Heigl’s relationship. Naturally, there’s some confusion between the two; just because they want to do the responsible thing as parents, does that make this odd couple right for each other? Apatow and company take these matters seriously, yet most of the scenes are played for laughs, too, and they mine a wealth of great material. No one writes for ensembles better than Apatow (who could probably spin whole movies out of the misadventures of Rogen’s buddies or Rudd and Mann’s contentious marriage), and his players are all skilled at giving his work a loose, improvisational feel. That looseness again results in a comedy that stretches well past the two-hour mark, but that’s part of the Apatow touch: He makes viewers want to hang out with his characters indefinitely.

— Scott Tobias
A.V. Club Rating: A

Here are two things to know about Mr. Brooks going in: 1) Demi Moore plays a million-ai re cop, and 2) that’s one of the less
from its dreamy, high-contrast black-and-white cisural American melodrama to the glittering romance of its Paris setting. But at heart, it’s just the latest from one-man industry Luc Besson, so even though it looks like art, it plays like schlock. Like the farces of commercial-minded countryman Francis Veber, Besson’s gimmicky, crowd pleasing romps embody so much of the faults endemic to American studio filmmaking: it’s hard to watch his French movies, particularly Angel-A, without imagining an American remake, say with Ben Stiller as its hapless everyman guard Angel-A, as one seriously in-your-face guardian angel.

Days of Glory’s James Debbouze plays the aforementioned loser, a hapless would-be player contemplating suicide after lacking up debts with seemingly half the hoods in Paris. But before Debbouze can take that fatal plunge, he saves the life of fellow bridge-jumper Rie Rasmussen, a tall, model-pretty blonde who happens to be Debbouze’s guardian angel. Rasmussen quickly sets about solving all of Debbouze’s problems en route to teaching her self-destructive young protégé to believe in himself, seize the day, and other empowering nonsense. There’s ample opportunity for dark comedy in a film about a gorgeous guardian angel with a mouth like a sailor, fists of fury, and the baldad atitude of a sneering punk rocker, but Besson inexplicably goes for soft-headed romance. Debbouze repays Rasmussen’s incredible kindness with thin-skinned irritation bordering on outright contempt. Naturally, the gorgeous, sharp-witted Rasmussen falls hopelessly in love with the feral,iligent loser in her charge. Angel-A offers dreamy escapism, but its romantic fantasy would be a lot more appealing if its male lead didn’t spend nearly the entire film cravenly sucking up to male hoods and bullying his literally heaven-sent savior. Debbouze exhibits an appealing vulnerability in two scenes, but they don’t make up for the flaming sakkassy of his con duct during the rest of the movie. Lacking the infectious loopiness of Besson’s best work, this dopy Haroldquin romance—the Wings of Desire for dummies—leaves little doubt that Besson’s book of love is as lifeglittering and booked with fluffy little heart stickers as a nine year-old girl’s Trapper Keeper. The seemingly inevitable American version can only be an improvement. — Nathin Rabin

A.V. Club Rating: B

**MOVIE LISTINGS**

Duncan Shepherd is on summer leave; he returns in the fall. Capsule reviews are by J.R. Jones, Jonathan Roseanski, and Andrea Grodbeck; reprinted by permission from the Chicago Reader.

**Angel-A** — Reviewed this issue. With James Debbouze and Rie Rasmussen; directed by Luc Besson.

**Away from Her** — However great Julie Christie might be, she’s not generally regarded as a tragedienne. Yet after seeing this wonderful adaptation of Alice Munro’s story *The Bear Came Over the Moutain,* I began to think of Christie’s role as the one-man industry Luc Besson, so even though it looks like art, it plays like schlock. Like the farces of commercial-minded countryman Francis Veber, Besson’s gimmicky, crowd pleasing romps embody so much of the faults endemic to American studio filmmaking: it’s hard to watch his French movies, particularly Angel-A, without imagining an American remake, say with Ben Stiller as its hapless everyman guard Angel-A, as one seriously in-your-face guardian angel.

**Days of Glory** — J. R. Jones, Jonathan Roseanski.

**The New York Times**

**AN INSTANT CLASSIC**

**Knocked Up**

**NEWSPAPER**

**HILARIOUS IN WAYS YOU HAVE TO SEE TO BELIEVE!”** — Richard Roeper and David Edelstein, Guest Critics

**People**

**COMPLETELY FRESH AND FUNNY.”** — Jenison Lynch

**ROLLING STONE**

**“UPROARIOUSLY FUNNY!”** — Peter Travers

**NEWSWEEK**

**“IT’S TERRIFIC! REALLY, REALLY FUN!”** — Richard Roeper and David Edelstein, Guest Critics

**“TWO THUMBS UP!”**

**REVENGE IS A FUNNY THING.**

**TWO THUMBS UP.”**

**OCEAN’S THIRTEEN**

**FILM CRITIC CHOICE**

**VILLAGE ROADSHOW PICTURES**

**A UNIVERSAL PICTURE**

**Basinger (as reporter Vicki Vale) — Tim Burton directs Michael Keaton in the title role (1989). Production designer Anton Furst takes a good stab at making Gotham City seem corродed and oppressive, but all the best scenes and story ideas here come from other films (Flasher, A Clockwork Orange, Dune — not to mention Louis Feuillade’s serials and Fritz Lang’s Mabuse films). The film is watchable enough, and Jack Nicholson has a field day as the sinister Joker. But Keaton and Kim Basinger (as reporter Vicki Vale) register as wadsbots, and both the narrative line and the action sequences tend to be cumbersome. Still, the conceptual side of the movie — two rather sick two-sided antagonists having it out in a black and sordid context — lingers. — J.R.**

**Black Book** — Paul Verhoeven’s triumphant 2006 return to Dutch cinema after 20 years of Hollywood releases (Total Recall, Basic Instinct, Starship Troopers) is commercial moviemaking of the highest order, superbly mounted and paced. Its story of a sexy Jewish singer (Carice Van Houten) who poses as a Nazi for the Dutch resistance during World War II is based on 40 years of research and 20 years of script development with cowriter Gerard Soeteman (Soldier of Orange). Like much of Verhoeven’s best work, it’s shamelessly melodramatic, but in its dark moral complexities it puts Schindler’s List to shame. Van Houten and Sebastian Koch (The Lives of Others) are only two of the standout in an exceptional cast. In
Blinking all the problems of the 生意 mockumentary follows Chalk O’Byrne. — J.R., Lynn Collins, and Brian F. own sick logic. With Harry Connick rather rhetorical quality, but you walls. The shocker ending has a ncy that includes several electrifying embraces the story’s staginess and cape her own problems. Friedkin suasively unstrung as the woman him with aphids; Ashley Judd is per-
genre powers have infested 1996 production, is all crawling skin reprising his role from the original Blades of Glory English and subtitled Dutch, Ger-

Blades of Glory — Will Ferrell and Jon Heder are rival figure skaters whose public brawl gets them banned from competition for life after learning that they’re still eligible for the pairs category, they decide to team up on the ice. “As if figure skating wasn’t gay enough already,” remarks one character, precisely locating the movie’s comic nerve ending — you just know these guys are going to wind up with their balls in each other’s faces. Ben Stiller produced, and the movie is so reminiscent of Zoolander (2001) that I wish he had rounded up Owen Wilson and starred in it himself. Ferrell and Heder are pretty funny, but they’re consistently upstaged by supporting players William Fichtner, Will Arnett, and Amy Poehler. The first-time directors are Will Speck and Josh Gordon. — J.R.J.

Bug — Steppenwolf ensemble member Tracy Letts adapted his play into this fearsome horror movie, directed with single-minded claustrophobia by William Friedkin (The Exorcist). Michael Shannon, reprising his role from the original 1996 production, is all crawling skin as a man convinced that unknown government powers have infested him with aphids; Ashley Judd is persuasively unstrange as the woman who buys into his delusions to escape her own problems. Friedkin embraces the story’s staginess and sense of implosion as the pair retreat into paranoid madness, a journey that includes several electrifying scares and ultimately plays out in blue light against tattooed-covered walls. The shocker ending has a rather rhetorical quality, but you have to admire Letts for obeying his own sick logic. With Harry Connick Jr., Lynn Collins, and Brian F. O’Byrne. — J.R.J.

Chalk — Truthful and funny in the style of the BBC series The Office, this indie mockumentary follows four young teachers through nine months at a fictional public high school in Austin, Texas, wickedly satirizing all the problems of the profession: insulting kids, difficult coworkers, crushing workloads. Mike Akel and Chris Mass, improv artists who have both taught in Austin, conjured up the script in 6 a.m. sessions before the school day kicked in and drew on a lively bunch of students and colleagues to cast the classroom and teachers’ lounge scenes. Mass, Ianelle Schremmer, and Shannon Haragan all give good performances, but especially noteworthy is Troy Schremmer as a first-year history teacher who makes every mistake in the book and whose students eat him alive. Akel directed. — J.R.J.

Day Watch — The second part of a trilogy based on the sci-fi novels of Sergei Lukyanenko. With Konstantin Khabensky and Maria Poreikina, directed by Timur Bekmambetov.

Disturbia — The pitch must have sounded like a no-brainer: a teen-age, suburban remake of Rear Window, updated with digital technology. This time the bored voyeuristic hero (Shia LaBeouf) who’s spying on his suspicious neighbor (David Morse) is under monitored house arrest for slugging his Spanish teacher. And this did keep me alert for a while, thanks partly to Sarah Roemer (who has some of Cybill Shepherd’s insouciance) in the Grace Kelly part and Carrie-Anne Moss as the hero’s hot mother. If you’re happy to watch a thriller about a tenth as good as Alfred Hitchcock’s, director D.J. Caruso and screenwriters Christopher B. Landon and Carl Ellsworth hold up their end of the deal, at least until the proceedings devolve into standard horror-movie effects and minimal motivations. But of course Hitchcock’s original never had to resort to thunder and lightning to goose up the suspense. — J.R.
Fracture — An engineer (Anthony Hopkins) goes on trial in Los Angeles for trying to murder his wife (Embeth Davidtz), and the prosecutor (Ryan Gosling) attempts to push through what appears to be an open-and-shut case but isn't. With its lavish architecture and Spielbergian lighting, this absorbing thriller has a high-toned look, but director Gregory Hoblit and writers Marci Pyne and Glenn Gers got much of their training in TV cop shows, which shows. They sometimes abjectly create characters and plot developments to slide us past various incongruities. The manifold story based on the juxta- posing of Gosling's Method acting with Hopkins's more classical style, a species of sense loss and nearness than the settings. With David Strathairn and Rosamund Pike. — J.R.

Georgia Rule — Lindsay Lohan's abandonment on the part of this bloody drama prompted an angry letter from the CEO of Morgan Creek Pictures, who knew. "It's discouraging, irresponsible, and unprofes- sional," but if she'd had any sense she'd never have shown up at all. The main story based on the fact that from Happy Days creator Garry Marshall, it stars Lohan as a Califor- nia woman who ends up finding herself in Idaho with her rigid, God-fearing grandmother (Jane Fonda). The confused script thrusts in such heavy topical topics as alcoholism and child sexual- abuse, but every dramatic scene plays like one of those schmaltzy Happy Days moments that even she evidently drew a big "Awwwwww" from the studio audience. With Dermot Mulroney and Gary Elmes. — J.R.

Graeie — An end title dedicates this film to the memory of William Shue, a brother of actors Elizabeth (Leaving Las Vegas) and Andrew (Mellor's Place) who died in a freak accident in 1988. But the movie is a family project featuring both actors and directed by Elis- abeth's husband, Davis Guggenheim (An Inconvenient Truth). It's a rather unnecessary undertaking. — J.R.
the young athlete, and Dermot Mulroney is good as her grieving, but-toned-up father. — J.R.

Hostel: Part II — Horror sequel, written and directed by Eli Roth; with Lauren German, Heather Matarazzo, and Bijou Phillips.

Hot Fuzz — After scoring with the horror spoof of Shaun of the Dead, British comedy writers Edgar Wright and Simon Pegg take on American cop thrillers, and as in their earlier movie the good humor bubbles up from a deep reservoir of affection for Hollywood schlock. Pegg, who played the underachieving Shaun of the earlier movie, plays it ramrod straight this time as an overachieving London patrolman assigned to a sleepy country village. Roly-poly Nick Frost also returns, as Pegg’s partner, an incompetent bounty hunter with a head full of melodrama derived from blockbuster films like Point Break and Bad Boy II. The transplanted action clichés mix easily with the eccentric English characters, and as a director Wright is adept at framing and cutting for excitement as well as laughs. — J.R.

Knocked Up — Reviewed this issue. With Katherine Heigl and Seth Rogen; written and directed by Judd Apatow.

The Lives of Others — I spent only an afternoon in East Germany before the Berlin Wall fell, but the fearful silence in public places left a lingering impression. The reasons behind it are explored by writer-director Florian Henckel von Donnersmarck in his accomplished first feature, about the Stasi, the country’s secret police, which had a staff of over 90,000, plus countless informers, and spied on friend and foe alike. The fictional story here, set between 1984 and 1991, focuses on the investigation of a popular and patriotic playwright (Sebastian Koch); that the captain assigned to his case (toyingly played by Ulrich Mühe) is mainly sympathetic and working surreptitiously on the playwright’s behalf only makes this more disturbing. But with Martina Gedeck (Mostly Martha), in German with subtitles. — J.R.

Meet the Robinsons — The transplanted action clichés mix easily with the eccentric English characters, and as a director Wright is adept at framing and cutting for excitement as well as laughs. — J.R.

Ocean’s Thirteen — The third installment in Steven Soderbergh’s heist-flick series; with Brad Pitt, George Clooney, Matt Damon, El- liott Gould, Al Pacino, Don Cheadle, and Bernie Mac.

Once — In the opening scene of John Carney’s engaging indie, a Dublin busker (Glen Hansard of the Frames) hands his guitar to a cleaner repairman, falls in love with the singer, a poor vacuum-cleaner repairman, and helps him put together a band for a party. The songwriters is never satisfactorily ex-plained. As a result this busy sci-fi movie, about the Stasi, the coun-try’s secret police, which had a staff of over 90,000, plus countless in-formers, and spied on friend and foe alike. The fictional story here, set between 1984 and 1991, focuses on the investigation of a popular and patriotic playwright (Sebastian Koch); that the captain assigned to his case (toyingly played by Ulrich Mühe) is mainly sympathetic and working surreptitiously on the playwright’s behalf only makes this more disturbing. But with Martina Gedeck (Mostly Martha), in German with subtitles. — J.R.

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Meet the Robinsons — The transplanted action clichés mix easily with the eccentric English characters, and as a director Wright is adept at framing and cutting for excitement as well as laughs. — J.R.
**Perfect Stranger** — A tabloid journalist (Halle Berry), assisted by a computer geek (Giovanni Ribisi), goes undercover to pin the murder of her old friend on a tyrannical tycoon (Bruce Willis). This stupidly contrived thriller is all the more disappointing if you admire previous work by Berry and director James Foley (After Dark, My Sweet). Did they cynically opt for a lame and unpleasant script (by Todd Komarnicki), or did they make this more sense before the suits got to it? Either way, they must have known how scuzzy all the characters are, and that the plot twists only make the whole thing seem more phony. — J.R.

**Pierrepoit** — True-life story of Britain’s most notorious hangman, starring Timothy Spall and Juliet Stevenson, directed by Adrian Shergold.

**Pirates of the Caribbean: At World’s End** — Nearly every element of the previous two movies resurfaces in this third adventure, which ends up overloaded with characters and subplots. Returning villains Geoffrey Rush, Bill Nighy, and Tom Hollander team with Chow Yun-fat and a half-dozen pirate lords to bedevil eyefoucuccer Jack Sparrow (Johnny Depp) and star-crossed lovers Orlando Bloom and Keira Knightley. Depp plays multiple versions of Sparrow, who now suffers from a split personality; his shtick is funny, but the players are all upstaged by the astonishing special effects. This is the second installment in creating a wondrous and menacing world. Gore Verbinski directed, with Naomie Harris, Stellan Skarsgard, and Keith Richards. — A.G.

**Rear Window** — Perhaps Alfred Hitchcock’s greatest movie (1954). James Stewart plays a news photographer trapped in his Greenwich Village flat by a broken leg. Out of boredom he starts following the stories of his neighbors across the courtyard, all of which represent variations on the romantic issues of his own relationship with a former model (Grace Kelly) who’s trying to goad him into marriage. When he deduces that one of his neighbors (Raymond Burr) may have murdered his invalid wife, he moves into high gear as an amateur sleuth. Chicago Reader critic Dave Kehr called this “the most densely allegorical of Alfred Hitchcock’s masterpieces, moving from psychology to morality to formal concerns and finally to the theological. It is also Hitchcock’s most innovative film in terms of narrative technique, discarding a linear story line in favor of thematically related incidents, linked only by the powerful sense of real time created by the lighting effects and the revolutionary ambient sound track.” With Wendell Corey and Thelma Ritter at her very best. — J.R.

**Shrek the Third** — The big green babysitter is back, but the charm has evaporated. Cinephiles will enjoy some of the in-jokes (watching an awful play, one character cracks, “This is worse than Love Letters”). But then, if you’re a cinephile, why would you bother with this? Chris Miller and Raman Hui directed; with the voices of Mike Myers, Edie Murphy, Cameron Diaz, and Antonio Banderas. — J.R.

**Spider-Man 3** — Even longer than its predecessors, 3 piles on the series’s usual comedy scenes and action sequences while adding some black slime from outer space and a few new actors (Thomas Haden Church, Tophet Grace) to the more familiar faces (Toby Maguire, Kirsten Dunst, James Franco, J.K. Simmons, Rosemary Harris). And a pile is what it feels like, especially when two superheroes ultimately join forces to defeat three supervillains. Given how bogus the movie is whenever it departs from formula, it’s not surprising that the funniest bit (in which Peter Parker becomes a disco smoothie) is stolen from Jerry Lewis’s Nutty Professor or that the best special effects, involving a gigantic Sandman, dimly echo King Kong. Director Sam Raimi tries to pump some life into this dutiful enterprise but seems more than a little bored himself, especially when he’s getting mushy about Spider-Man’s moral decline and regeneration. — J.R.

**Surf’s Up** — Computer-animated comedy, with the voices of Jeff Bridges, Shia LaBeouf, Zooey Deschanel, James Woods, Jane Krakowski, Jon Heder, and Michael McKean; directed by Ash Brannon and Chris Buck.

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**Chicago Tribune**

“ONCE may well be the best music film of our generation.”

— Michael Phillips

“The New York Times"

“close to perfect.”

— A.O. Scott

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**Sky Captain and the World of Tomorrow**, directed; with Rose Byrne, Robert Carlyle, Jeremy Renner, and Catherine McCormack. — J.R.

**28 Weeks Later** — Director Danny Boyle and the original cast have all bailed out, but this sequel to the apocalyptic splatter flick 28 Days Later (2002) is still well equipped to rip your face off. By now the highly contagious “rage virus” has swept the entire British mainland, its psychotic victims have all died of starvation, and a U.S.-led multinational force has established a sort of Green Zone where shell-shocked residents are supposed to repopulate the island. But after the quarantined population is infected, snipers are ordered to shoot the healthy and the crazed alike. Juan Carlos Freuraldillo directed; with Rose Byrne, Robert Carlyle, Jeremy Renner, and Catherine McCormack. — J.R.

**Waitress** — The late Adrienne Shelly, best known for her roles in Sleep With Me and Hal Hartley’s Trust and The Unbelievable Truth, wrote and directed half a dozen films, three of them features, but this tangy, resourceful comedy-drama is the first I’ve seen. Keri Russell plays a gifted pie baker and abused housewife who waits tables at a diner along with two romantically frustrated coworkers (Cheryl Hines and Shelly) and unexpectedly finds herself pregnant. The film isn’t average to reaching for Hollywood fantasies, but there’s a lot of what seems to be hard-earned wisdom here about women in bad marriages. The men tend to be either idealized (hunky Nathan Fillion, patriarchal Andy Griffith) or monstrously geeky (Jeremy Sisto and Edie Jemison), and Shelly clearly had fun with all of these caricatures. — J.R.
Otros balaceado

Amanda Borecató

Un agente de la Unidad de Investigaciones Especializadas de la Patrulla Fronteriza en El Cajón disparó y mató a un migrante de origen mexicano de nombre Benito González Alegria.

El incidente se suscitó la tarde del miércoles en los alrededores de Escondido cerca de la carretera 15 Norte en la salida de Mule Marrow.

El agente realizaba un operativo encubierto y detuvo una camioneta en la que viajaban 11 personas indocumentadas y un guía que conducía.

El oficial disparó la camioneta desde el área de Pine Valley hasta detenerse en Escondido, en donde pidió refuerzos y se llevaron arrestados a las 12 personas, después llegó un vehículos Mitsubishi.

El conductor se bajó del vehículo y se enfrentó al agente, que se dio cuenta de una nueva acusación en su contra.

En dicha acusación, los agentes achacaron cargos por el uso de drogas y lavado de dinero, este es el séptimo caso que se abre en la corte federal para ambos acusados.

En una audiencia de más de dos horas llevada a cabo el martes 28 de mayo, los abogados defensores dieron a conocer una serie de circunstancias relacionadas con la defensa de sus clientes.

La solicitud de la PGR se produjo luego de que la Secretaría de Hacienda y Crédito Público reportó que el popular conductor de televisión omitió pagos de impuestos por ingresos en los ejercicios fiscales de 2003 y 2004.

Las preguntas unidas en materia fiscal son por alrededor de 5 millones de pesos, de acuerdo con informes de la PGR.

No obstante, los cargos no son graves y permitirán a Advoc Larson y Objetivo, de la libertad provisional en caso de que le sean giradas dichas órdenes.
Acaba sueño

Servicios Diario San Diego

Seis indocumentados centroamericanos murieron asfixiados y gáchos en el pasado domingo dentro de un camión que transportaba pátanos, provenientes de Ciudad Hidalgo, Chiapas, y con destino a Phoenix.

El hecho ocurrió a las 10:30 horas de este fin de semana a la altura del poblado La Mina, sobre la carretera Salina Cruz-Coatzacoalcos. Los paramédicos de la Cruz Roja y enfermeros del sector salud levantaron en el sitio a cinco lesionados más que fueron trasladados al hospital civil de esta ciudad.

De acuerdo con algunos indocumentados sobrevivientes, en el tráiler viajaban poco más de 200 personas que habían abandonado el camino en Ciudad Hidalgo, Chiapas, para llegar a Phoenix, Arizona.

Un testigo de la escena, un joven de 42 años que viajaba en el camión, denunció que el conductor del camión no prestó la debida atención a la conducción de la carretera.

La conducción del conductor del camión fue descrita como peligrosa por los testigos presentes en el lugar.

Dan oración

América Barceló
Diario San Diego

En una solemne y conmovedora ceremonia religiosa, líderes del movimiento sanatorio de San Diego hablaron de los esfuerzos por proteger la justicia y dignidad de los migrantes indocumentados.

La catedral Episcopal de San Pablo reconoció el pasado domingo la labor de médicos de comunicación y activistas, que sin cesar han informado a la comunidad sobre el tema migratorio.

La ceremonia comenzó con un ritual presbístico en la plaza de la catedral, seguido del acto episcopal, que inició con emotivas palabras de los sacerdotes de la diócesis.

El sermón fue realizado por el rabino Laurie Coskew, director de la agrupación religiosa Interfaith, quien urgió por una reforma migratoria.

Con la narración de su historia personal como miembro de la comunidad judeo, Coskew agradó su corazón para expresar como las políticas migratorias de este país han sido causantes de miles de muertes y dolor de familias migrantes.

"Yo, como muchos de ustedes, tengo una historia triste que contar, porque hemos sido víctimas de la discriminación, mi familia siendo perseguidos por los nazis durante la Segunda Guerra Mundial, y los migrantes hispanos por las autoridades de inmigración que separan familias", narró.

Cambia ataque

Servicios Diario San Diego

El Tri mexicano cambió rápido la página, luego de derrotar 4-0 a Irán, que resultó al final un rival muy a modo, pero que contra Paraguay, selección que enfrentaron los martes las cosas serían diferentes.

Hugo Sánchez, técnico del Tri, aún se da tiempo para revelar las variaciones respecto al juego que ganaron en San Luis y presume a Omar Bravo como una de las novedades en la ofensiva ante Paraguay.

Para el entrenador nacional será el último cambio para afinar detalles, después de todo aseguró tener "prácticamente definidas las alineaciones de los jugadores ante Cuba y Honduras", los primeros del Tri en la Copa de Oro que a partir de esta semana se jugará en Estados Unidos.

"Ya lo había dicho, estos juegos de preparación me servirán solo para confirmar las alineaciones.

"Sólo en estos puedo dar avances de los hombres que jugarán, porque son de preparación, pero eso no lo haré para una competencia oficial", reiteró el timonel nacional con miras al duelo del pasado martes en el Azteca.

Recientemente en la Banda, Pável Pardo es otro de los llamados a aparecer entre los que iniciaron ante Paraguay, equipo contra quien culmina el Tri en el nivel que se vislumbra a Irán.
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ACCOUNTS PAYABLE in Sycamore property management company. Must be experienced. Background check last re- quired. APPLY ONLINE at www.mysycamore.com or call 858-329-8229 or e-mail mpayables@my-sycamore.com.
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CAREGIVERS: LIVE-INS, 2, 3, 4 or 5 days/week, $1200/day including sleep and meal periods. Weekends and holidays, 4-8 hour and 12 hour shifts available. No experience necessary. Requires valid driver’s license, vehicle/safety/registration, recommendation of current employer, ability to work in the United States. $350 hiring bonus after 30 days of employment, $750 after 60 days. 858-795-6036. Contact: John at maneinfo@san diego.gov.

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Houseman/Housewoman: FT, experience and valid driver’s license required.

**Housekeeping Coordinator**: FT, computer skills and familiarity with hotel housekeeping operations required.

Please send resume as attachment to: hr@ranchovalencia.com

Or apply in person at: 5921 Valencia Circle, Rancho Santa Fe, CA 92070

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No phone calls, please.

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**CONSTRUCTION**

144 San Diego Reader June 7, 2007

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Excellence in real estate required. 

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Call 858-444-2350.

**DRIVERS WANTED**

Required valid CDL A/Class and TWB multiple endorsements.

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Minimum of $10/hr.

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**Minimum Qualifications**

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**Salary:**

$34,088.80-$43,430.40 annually

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Bilingual men/women encouraged to apply.

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Maximum 85 applicants. Applications available at the test site.

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- Assistant Controller
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- Cafe Japengo Pastry Chef
- Cafe Japengo Pastry Cook II
- Cafe Japengo Phone Operator
- Banquet Houseperson
- Mini Bar Attendant
- Pastry Cooks
- Cook II & III
- Room Attendants
- Housekeeping Housepersons

Referral bonus. Excellent benefits.

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Resort: Full-service destination RV resort is currently seeking friendly and qualified applicants for the following positions:

- Marina Dockhand (Seasonal)
- Shuttle Bus Driver (PT)
- Market Shift Leader (PT)
- Reservations Clerks (Seasonal)
- Registration Clerks (Seasonal)
- Market Clerks (Seasonal)
- Site Cleaners (Seasonal)
- Bartenders (Seasonal)
- Airbrush Tattoo Artist
- Sales Clerks (Seasonal)
- Stockroom Clerk (Seasonal)
- Cafe Food Server/Cashier (Seasonal)
- Outdoor BBQ Cooks (Seasonal)
- Market Supervisor (Temporary)

Resort perks include free non-motorized boat rentals and resort discounts!

- Bartender
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- Market Shift Leader
- Shuttle Bus Driver (Seasonal)
- PBX Operator
- A/P Clerk
- Food Server
- Barista

GREAT SERVICE. EOE. Excellent benefits.

Stewards
- Cooks II & III
- Pastry Cooks
- Banquet Houseperson
- Phone Operator
- Cafe Japengo Greeter (P/T)
- Cafe Japengo Busser (P/T)
- Sales Clerk
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- Kitchen Supervisor
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Imagery Point Resort & Spa

- Barista
- Food Server
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- Hairstylist
- Kids’ Camp Attendant
- Nail Technician
- P/BX Operator
- Concierge
- Restaurant Busser

- Restaurant Greeter
- Reservations Agent
- Room Attendant
- Supreme Server
- Security Officer
- Retail Sales
- Kitchen Supervisor

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HAIRSTYLISTS. Zermatt Salon in the heart of Kensington is seeking an experienced professional stylist who enjoys working independently. Full-time plus commission, $15/hr. Laura.legler@sdsheriff.org or call 858-974-2336


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- Kids’ Camp Attendant
- Nail Technician
- P/BX Operator
- Concierge
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Sheriff’s Administration Center
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Registration by e-mail or phone is required prior to the Ridgehaven test ONLY.
recruit@sdsheriff.org

Bring valid photo ID.

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Are you a female looking for a rewarding career that offers room to grow and secure benefits? FREE informational seminars specifically for women interested in an exciting career in Law Enforcement or Detentions. Female Deputies, including Assistant Sheriff and a recent academy graduate, will answer questions and walk you through the process of becoming a Deputy Sheriff.
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June 7, 2007 Reader
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I was around 3:00 a.m. at work. I went in a taxi shop for food. Taco shops after midnight are always dangerous. We went to the window, and my friend started talking to these gang bangers. I see my friend hit one of them. I was sitting there wondering why he did that. Some guy then ran up and clocked me in the jaw and loosened my tooth. It ended up being six of them to us two.

“Okay, okay. But I’m right.” I immediately walked away.

I got off the school bus and was walking home. This girl was chasing me and yelling. She was mad I didn’t want to sit with her. She took a swing at me. We were between two cars on this main street going up a hill. She was with two girls that started kicking me. She was so pissed I grabbed her extensions and pulled them out. It’s the worst thing you can do to a girl. The two with her starting laughing.

I was 17. He was 55. I was messing with his girl. She was in the car with him when they pulled up. She left when the fight happened. He got out of the car and acted like he wanted to talk to me about the situation, and then he sucker-punched me. I ended up with three stitches.

I saw a crazy fight with a shipmate in Thailand that found out a woman he was kissing in a bar was really a tranny. He pushed her — him — and got punched back. They started fighting as the whole bar laughed. My fight wasn’t of a fight since I didn’t get any punches in. It was two World Cups ago. I was working at a bar in Scotland. It was opening day, Scotland vs. Brazil. I didn’t know how serious they took it. It was tied, and they scored on themselves on a weird play. People were mad, and I just shook my head and said, “Oh man, that’s rough.”

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**$50 Off**

Beach Body Boot Camp

Next camp starts June 9.

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**A Look at the Reader**

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REHABILITATION: Two locations—San Diego and Miramar. $180/hour, excluding insurance. Specializing in physical therapy, occupational therapy, and speech therapy. (619) 832-5858.


To move in is $1400.

POWAY. 619-226-1166.

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and bath, $700 plus security deposit, in-
pool, washer/dryer, fireplace. 1 bedroom

finished condo. Unfurnished large room,

Utilities included. $600/month, $300 de-

12x12, available for rent in 3 bedroom, 2


Share 2 bedroom, 2 bath. Own room/bath-

Smoke outside. Near beach, freeway. No

preferred. House, share bath,

rates. Exactly what you expect and de-

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Nine-year-old Brett May, 1963. His father, speedboat racer George May, encouraged Brett to get into racing the single-seat ten-horsepower boats that could reach 50 miles per hour. George May told our local daily: “There is no other sport I know of where a father and son can work and play together.” — by Robert Maruchi

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PHOTOGRAPH FROM THE SAN DIEGO HISTORICAL SOCIETY

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PICTURE STORY

Photograph from the San Diego Historical Society
Rental Apartments/Condos

**PLACE PRINTED AD IN THE Reader by Following the specified rates:**

**NAME:** SurfMoble

**Address:** P.O. Box 940, San Diego, CA 92112

**WEBSITE:** SanDiegoReader.com

**MAILING:** San Diego Reader, 3240 Park Boulevard, San Diego, CA 92103

**PHONE:** 619-236-1760

**FEE:** $975

**LOWER LEVEL**: 1 bedroom, 1 bath. New paint, new carpet, new appliances. Washer/dryer. All utilities included. Parking. **FREE**.$975

**UNIT**: 2 bedroom, 1 bath. New paint, new carpet, new appliances. Washer/dryer. All utilities included. Parking. **FREE$975**.

**AVAILABILITY**: July 1, 2006

**DESCRIPTION**: This new complex is located near UCSD and La Jolla Cove. It features modern decor, high ceilings, and a roof-top deck with great views of the ocean and downtown San Diego.

**CONTACT**: Call (619) 471-6000 for more information.

**PET POLICY**: Pets and children are welcome with a $100 deposit per pet.

**LOCATION**: La Jolla, CA

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Allegro Towers, San Diego’s premier high-rise rental community, offering luxurious living right in the heart of Little Italy. Rooftop pool, spa and sundek, gourmet BBQ area, stainless appliances, W/D, so much more. View a virtual tour at visitorent.com or call our friendly leasing staff Mon-Sun. 9 am-5 pm.

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2 bedrooms starting at $1436
1 bedroom starting at $1285

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- Convenient to I-5 & I-8
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HILLCREST.


HILLCREST.

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LA JOLLA.

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LA JOLLA.


LA JOLLA.


LA JOLLA.


LA JOLLA.

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LA MESA.


LA MESA.

$950. 1 bedroom, 1 bath apartment. All utilities included. $975/month! Near La Mesa Village. Easy on I-8. 5554 La Mesa Boulevard. 619-460-8011.

LA MESA.


LA MESA.


LA MESA.


LA MESA.


LA MESA.

$850, $700 deposit. $700 water/trash paid. No pets. Available 6/1. 3944 1/2 Centre Street. All Points Real Estate, 619-640-7530.

LA MESA.

$890. 1 bedroom. $950. 1 bedroom. $1095. 3 bedroom downstairs. $1200. 1 bedroom. $1250. 2 bedroom. $1295. 1 bedroom. $1395. 2 bedroom.

LA MESA.

$895. For just two hours you will earn $30 off first month! 619-957-7272.

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1 bedroom, 1 bath, $1300, 2 bedrooms. Open Saturdays, 12-4.

More Property Management, 858-514-8201.

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LEAD STORY
— High-Tech Pet Care: The Japanese company Medical Life Care Giken said it will begin marketing a device that measures pets’ stress levels. The tiny patch on the bottom of a dog’s or cat’s paw changes color depending on the amount of sweat secreted, according to the researchers at Toyama University who developed it. In March, New York’s Long Island Veterinary Specialists performed complicated hip-replacement surgery on a one-year-old Shih Tzu, using a material about the width of a wooden matchstick. Orso was discoveredwedged in the crawl space of a house. (Dog care replaces almost anything now, but cats were thought to be too small.)

Compelling Explanations
— Music producer Ricky Dackey, who has been making a fortune in March by a judge in Cincinnati to help a woman with six children? “No,” said Dackey, “I be concubining.” All six women are due during August, September, or October. Leachman, who had recently paid restitution to his victim, was released without additional sentence.

Ironies
— (1) So many U.S. executives want to visit India to make deals to outsource their companies’ jobs that in March, India’s Washington, D.C., embassy said it was forced to outsource the job of processing the executives’ visa applications. (2) Yet another U.S. job was outsourced — nationNow.com, the publisher of the website nationNow.com in Miami-Dade County have their official residence when Joshua chose to wear a Broncos jersey to school, even though his favorite team had been too small.)

Surgery on a one-year-old shorthaired cat using specialists performed complicated hip-replacement surgery on a one-year-old Shih Tzu, using a material about the width of a wooden matchstick. Orso was discoveredwedged in the crawl space of a house. (Dog care replaces almost anything now, but cats were thought to be too small.)

The Litigious Society
— (1) In lawsuit-friendly Madison County, Ill., termed “promised land” by some trial lawyers, a judge awarded $311,000 to Amanda Veret for a long series of painful injuries that her courtroom-veteran chiropractor has been treating for years. Skeptics ruled she was holding a doctor open at a Pizza Hut when an employee yanked it open farther, and calamitous arm, and hand injuries resulted. (2) In a more traditional settlement upchase in Chicago, Joyce Walker was awarded $4110 in May for a workplace injury when she hurt her knee in a hospital restroom after slipping on a banana peel.

In January, Joshua Vannoy, 18, filed a law-suit against the Big Beaver Falls School District near Pittsburgh for the disruptions he incurred at his high school when he and his family were forced to move to another school district because Joshua was being too harshly taunted. His troubles stemmed from an incident a year earlier, just before a Denver-Pittsburgh football game when Joshua chose to wear a Broncos jersey to class and stood on the sidelines of a stadium on the floor and endure paper wads being thrown at him because, he was according to the teacher, a “stinking Denver fan.”

The Continuing Crisis
— At least five convicted sex offenders in Florida’s Miami-Dade County have their official residences outside that city in the stands. The Miami-Dade School of Correctional, according to an April report by CNN. Officials say that the state’s tough zoning law for sex offenders bars the offenders from most neighbor-

bhoods in the county because they are too close to where children congregate (and some sex offenders maintain regular homes even though they pay a fine and have a restraining order against them). The causeway camps, officials say, keep the men visible to probation officers. "We're trying to figure out ways to make Parole that performs, but it's not something that we're too proud of," Great Britain is now famously surfaced with surveillance cam-

eras monitoring public spaces (4.2 million of them), creating alarming privacy concerns. On top of that, in February, Mid-

dlesbrough, the government announced it will attach loudspeakers to the cameras in 20 dis-

tricts to warn officials who monitor the video camera to give actual scolded children who are spotted engaging in “antisocial” behavior.

— Who Says the Internet Will Replace the Daily Newspaper? Sixth-grade students at South Hall Middle School in Gainesville, Ga., drew praise from the community in May with their impressive collection drive and charitable donation of 13,580 discarded newspapers (creating stacks totaling 142 feet). The local Humane Society’s dogs and cats will put the papers to good use, and furthermore, the school district is picking up the tab for the newspapers’ ink.

Oops!
— Try to Read This Without Wincing: A cable broke on a leg extension machine at a YWCA facility in Akron, Ohio, in 2004, catapulting a steel bar forcefully at a 22-year-old football player working out for a shot at a college scholarship, hitting him squarely between his parted legs, wounding him. (He says that he had a buyer. It’s unclear in May how much money he could get.)

— In a separate incident in May by a judge in Cincinnati to help a woman with six children? “No,” said Dackey, “I be concubining.” All six women are due during August, September, or October. Leachman, who had recently paid restitution to his victim, was released without additional sentence.

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Twenty-Five Years Ago

There was no liquor on the old reservation, says Margaret Largo, but as soon as the tribe was moved to Viejas, in 1931, “there was plenty of it — everywhere.” She started drinking when her first husband came back from the service. He couldn’t sleep unless he drank. Right away she liked the effects of alcohol. She liked wine, drank it even when she was alone at home. She began in the morning and drank until late at night, but she always took care of the kids.

—"THE SLOW MASSAGE," Amy Chu, June 10, 1982
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Jerry Sample, Jr. (General Manager) is an ASE Master Technician who is also Honda/Acura factory-trained. With over a decade of experience, including several years working as a mechanic, Mr. Sample has built a team of highly skilled technicians who are dedicated to providing the highest level of customer service. Our technicians are highly experienced in diagnosing and repairing a wide range of Honda and Acura vehicles, from routine maintenance to complex repairs. We pride ourselves on providing fast, reliable service at competitive prices. Our commitment to excellence is reflected in our ASE certifications and our dedication to ensuring customer satisfaction. We offer a comprehensive range of services, including oil changes, brake repairs, tune-ups, and more, all done using the latest tools and technologies. Our goal is to keep your vehicle running smoothly and efficiently.

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PARTY WITH THE STAR

There’s a rumor circulating among my friends that you can’t be popular in the belly-dance scene unless you “party.” Not like the Nevada brothel Moonlight Bunnyranch’s iteration of the word. I mean the rollicking good time, slur your speech, show up hung-over and bemoan the bright lights kind of party. You gotta be good-natured and smiling, probably a vegetarian, and willing to talk to anyone. Maybe it is more like the Bunnyranch than I thought.

This cool-kid mentality grinds my nerves. I understand about the schmoozing, the friendly talking, the hand-on-the-shoulder, I’m-just-your-friend-from-California-and-I-love-to-share-my-personal-details accountantship that means you sign every e-mail with “I’m so excited to see you!” I understand that image is part of this art form, as much as we wish it wasn’t. If we didn’t want image to be part of what we do, we’d stay at home and dance in the shadows, or become authors, who are supposed to look grimy, unsettled, and homeless.

This is why Miles Copeland is so damn funny with the BellyDanceSuperStars, the only regularly touring belly-dance company. He knows that image is about 80 percent of what you’re selling. Before you can get people to watch something, you have to make them WANT to watch something, and in a community where people already want to know what belly dancing you have, to make them want to watch YOU. That means being nice, being open and friendly and bitchy in the right way, and basically doing all the things that none of us knew how to do in high school because we were too busy reading Tolkien at recess and getting our heads dunked in the toilet.

Being a professional belly dancer has as much to do with belly dancing as being a professional chef has to do with killing a cow. They’re related, but so totally not the same.

So why isn’t it enough for pro dancers to just be friendly and open and nice without having to drink people under the table as well? Going out till all hours to show up and teach class hung-over (or still drunk) is treated like an understandable quirk, rather than a job-losing situation, as it would be in most other professional venues. (Try going to a rooftop presentation wobbling around with big circles under your eyes and see how well that works out for ya.) Why do we insist our stars resemble a frat party more than professional dancers? Where are all of the dancers who don’t like that attitude, and why are we playing to the rest of the market?

I think everyone wants to party with their stars. They drub me and me; she enjoys a drink, smoke, whatever, but oh, she’s a vegetarian, so she’s healthy. If I hang out with her, maybe some of that fame will rub off on me, and I’ll be famous too. Say I don’t approve of what she’s doing, I’ll act like I do, and then she’ll smile at me, she’ll love me, some of that will spill over, and I can be in the spotlight too. Then let their hair down to “have some fun.” They’re as close to gods as we’ve got.

Belly-dance fandom has started to grow overboard. I heard that world superstar Rachel Brice recently received a glass hand-painted with her own image on it; it reminds me of those painfully earnest macaroni sculptures people give actors at science-fiction conventions. It speaks to that little hidden part of ourselves that none of us wants to admit we have, the part that wanted to be a movie star when we were eight and still buys People magazine every month.

The editor of US Weekly said that she revamped the magazine to show more pictures of stars doing everyday things: walking their dogs, brushing their kids’ hair, eating French fries, because that’s what people want to see. They want to see the world behind the mask, and they’re hoping it’s close to theirs, because then you can think, “There but for the grace of a casting director go I.” They’re not so different from me. That could be my cell phone, Blackberry, movie deal. So maybe that’s why we want our drunken belly dancers. The surface is so shiny and pretty, we like to believe such beautiful things can be dirty and human. There but for the grace of fame go I.

http://people.tribe.net/safadacner/blog
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The bad news is the minimum estimate of 15,000 cars cutting through Leucadia each day will further degrade Encinitas by putting even more gridlock along the HW101 corridor throughout Encinitas. Encinitas needs to manage the traffic volume cutting through Encinitas and encourage them to stay on I-5!

The development should be conditioned to:
1. Design the access improvements to encourage access from Avenue Encinitas — NOT LEUCADIA HW101.
2. Redesigning the La Costa/HW101 intersection to:
   a. Reduce the current south-bound HW101 through lanes to one at La Costa Avenue for a small segment to manage the cut-through traffic in Encinitas. Making this small change would help Encinitas tremendously by moving the morning cut-through commuters’ queue north to Ponto (which is where it belongs), instead of gridlocking all of Leucadia and Encinitas every time the I-5 gets backed up. The cut-through traffic problem is only going to get worse in the future, with I-5 currently backed up 50 percent of the time and with projections to get much worse in the near future.
   b. Include two left-hand turn lanes from southbound HW101 turning east on La Costa Avenue.
3. Improve La Costa Avenue to handle the increased future traffic — including:
   a. Rebuilding the existing bridge over the railroad tracks.
   b. Rebuilding the intersections of Vulcan Avenue and Sheridan Road to assure no increase in cut-through traffic through the Leucadia neighborhood east of HW101.
   c. Bike lanes and walkways, and landscaping improvements.

Comments:
MP said...
“You people are all the same. There has never once been a documented case where new development caused problems for neighbors and adjoining towns.”
Gil Foerster said...
“MP — please drive out to San Elijo Hills and then drive in during almost any commute. San Elijo Hills made no accommodations or plans for NCTD in the development, hence EVERYONE in that development must drive to enter and exit. Follow the stream of cars: nice for a while, then gridlock in Encinitas. Very poor traffic planning and execution in that city development. This is not an isolated case.”
Anonymous said...
“Uh, people, MP is flashing with you.”
MP said...
“I have been walking around the walkable San Elijo Hills. San Elijo Hills is a new development; it is a shining example, showing how much the San Diego development industry is sincere about San Diego by bringing you smart growth and walkability. San Elijo Hills is the new urbanism, smart growth, walkable. Didn’t you read the advertisements? San Elijo Hills also has the other buzzwords that we want! Vibrant and bustling!”
Anonymous said...
“We are told that San Elijo Hills will save us all from overcrowding. Save us from gridlock. High density reduces traffic congestion and reduces resource usage! Didn’t you know that? Developers have a business. It is to make as much money as possible. They do this by packing in as many homes as possible and paying for the least amount of infrastructure possible. If they can fool a lot of people into believing that "new urbanism" is utopia, then people will look the other way when they upzone their property.”
Anonymous said...
“The firm that did the EIR is responsible for the majority of development within Irvine. Now I know why Carlsbad is using them. Don’t you just love Irvine? Their EIR is classic. It calls Encinitas Streets like N. Coast HW101 "Carlsbad Boulevard." It also shows that the existing level of service at Leucadia Boulevard and N. Coast HW101 is adequate and that it will be acceptable with another 15,000 cars per day. Guess again.”

Post date: May 13, 2007
Post title: I’m Down with this Norby Dude

The city of Encinitas wants to hire Peder Norby as the Highway 101 Main Street coordinator and has budgeted a healthy gob of money for the position.

At first I thought, Wow, what a scam. Why can’t the existing city staff provide infrastructure for the 101? Then I threw my head back and laughed.

Here is why I’ve decided to support Peder Norby: He did a good job with the downtown Encinitas streetscape program. I remember when the city first started talking about fixing up downtown coastal Encinitas, a lot of people were afraid that they were going to bulldoze the whole thing. I think Norby did a good job of fine-tuning and beautifying downtown Encinitas, enhancing its historic ambiance. Norby seems like a guy who gets stuff done.

The coast highway is beautiful, but the dirt medians kind of suck. Nothing has been the detriment to Leucadia more than the NCTD’s scorned-earth policy. It’s unclear if Norby can have any influence on the NCTD. Leucadia is great, but places like this section could really benefit from improvements. Could Peder Norby be mediator between the heart (you Leucadians) and the head (the city of Encinitas staff and council)?

Peder Norby and I have exchanged a few e-mails, and I think he is a smart, thoughtful guy. I like what he says here: “I have visited and worked in over 300 downtowns throughout the past 10 years. There is no example that I can point to as a success where they destroyed the culture and history of their downtowns — replacing it with ‘generica.’”

Besides, Norby now knows that if he turns coastal Leucadia into a touristy version of San Diego’s Seaport Village, then 10,000 Leucitans are going to march to his house with pointy sticks.

Got a blog you’d like to flog? Send your best stuff — around 900 words’ worth — to FlogYourBlog@SanDiegoReader.net. If we run your posts, we’ll send you $50.
MISS MUFFETT TRADED HER TUFFET, MANY YEARS AGO, for the comfort of Italian leather. But it isn’t her own seat Muffett is interested in at this moment. It is the seat of her stewardess.

Muffett reaches up and swats the stew on her can. Startled, the young lady lets out a little embarrassed laugh and walks quickly to the private jet’s galley to hide. She doesn’t want to let her boss see the tears that are streaming down her face.

“I knew this would happen. I knew I’d end up in a jail cell. But I didn’t think it would be like this,” Muffett says, wiping her tears away with a tissue.

“Your class hasn’t even learned that since you’re so smart, Mr. I’m-in-the-middle-of-nowhere, I’m not ashamed to say that I tear up while watching Rocky movies. I’m not normally an emotional person, but when the horns start blaring the Rocky anthem and I’m clutching my boxing gloves and wearing a sweaty shirt, I have to yell, ‘You can do it, Rocky!’ I squegee eye water from my cheek and yell again, ‘You can do it, Rocky!’”

“If you’re home watching TV Saturday night at 9, you’re probably only interested in one thing: who the Hell’s Kitchen winner will be. But for me, this is the one with Pierce Brosnan. And, guys, this is the one with Halle Berry’s orange bikini. Other than that, I don’t know any details about the movie. I’m guessing there’s a diamond-engrusted, jet-propelled watch that rockets Mr. Bond to safety at the last minute and a satellite or something has to be blown up before they can strip down and hop in the sack. Maybe next week you’ll dress up and have a cocktail somewhere instead of crying in your empty apartment, hmmm?”

“TUESDAY, JUNE 12

Fast Cars & Superstars: The Gillette Young Guns Celebrity Race

ABC 9:30 P.M.

For no reason at all, I now use the French word “crêpes” instead of “craps.” You can see where this is going. The image in my mind of a “celebrity race” television show is a very thin pancake rolled up with a fruit, cheese, and nuts stuffing.

WEDNESDAY, JUNE 13

Last Comic Standing

NBC 9:00 P.M.

Ah, comedy. Unless he can play a guitar, this is the last hope of the portly and socially awkward to get a girlfriend. Whoa. That hit close to home. I guess I should either learn to read music or work on my routine.

THURSDAY, JUNE 14

The Best Damn 2006 Hooters Pageant

FOX 9:30 P.M.

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Greenlight Honda Acura Care $300 off factory service

International Auto Service Brake service $48 plus parts

JPI Jesus’s Mufflers & Brake New catalytic converters $99

Kawny Mesa Smog Check $27 off smog check

Kok’s General Auto Repair $300 off engines

MD Auto & Tires Computerized alignment $34.95

Mission Village Auto Care $10 off computerized alignment

Motor Machine & Supply $50 off any engine work

Nexa Auto Repair Free computer diagnostic

Oasis Trade Wind Tin $30 off any service over $50

Overseas Automotive $10 off any factory service

Pacific Rim Auto Asles/balf shafts $68.95 + labor

PWA Auto Service $25 off 30K/60K/90K service

Precision Tune Auto Care $115.95 off alignment

Quick Smog $25 off any Test Only

S.D. Downtown Harley Freer lubricant upgrade

San Diego Smog & Auto Repair $30 off service

San Diego Smog Test Only $210.95

San Diego Smog Test Only $30 or service:

San Diego Tires & Brakes $15 off service

San Diego Tint $10 off any service

Santé Service Transmission special $95.99

Sea Side Classic Tinting Window tint $55

Smog Clinic $26.75 Test Only smog special

Sound Check $29 window tinting

South Bay Tire & Auto Lift kits from $2300

Speedy Auto Centers AC service $19 plus frozen

Streetside Auto Sound & Security 10% off window tint

Suspension Plus Free service Center One free shock or strut

T&T Smog Test Only Check $10 off service

Tao Automotive Smog check $16.75

Transmission SCA $100 off transmission rebuild

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TOYOTA RAV4 XA, 2000, V-6, automatic with overdrive, air conditioning, cruise, alarm with remote, air bags, CD, tinted, cargo area cover, $15,000. 760-492-6641.

Nissan Sentra, 1995, runs great, 2 door, 4 speed, 105K miles, air conditioning, power windows, power locks, tilt, cruise, pre-collision warning, runs well, second owner, all original, $1000. 760-799-9797.

NISSAN QUEST VAN, 1996, 80K miles, $10,000 firm. 760-492-7741.

MAZDA MPV MINI-VAN, 1993, 227,000 miles, AWD, air conditioning, cruise, cloth seats, seat covers, sunroof, CD/DVD, $3500. 760-525-2468.

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Today would be one of those Fridays at the end of the school year when "pupils," as we were known then, would find whatever was outside the classroom window inordinately fascinating. I can remember one classroom in particular from which, during certain periods of the day, I observed several fingernail shavings in and among the trees along Lake Street in the western Chicago suburb in which I lived.

The bank of classroom windows was of the type that pushed out or rather pulled into the room. Just above them was a hinged window pane that could be lowered by a pole with a brass hook at its end. This pole could also be used to grip the bottoms of each of the four window shades in the unlikely event that the setting sun from the west would filter through the tops of the sentinel maple trees outside the second floor and blind a few dozen students.

The hooked poles could also be used to fend off libertines, freebooters, or the French. Any one of them might attempt to board our classroom after a skirmish. That is, if their vessels had somehow survived a broadside from one of ours, or the French. Any one of them might attempt to board our classroom after a skirmish. That is, if their vessels had somehow survived a broadside from one of ours, or the French. Any one of them might attempt to board our classroom after a skirmish. That is, if their vessels had somehow survived a broadside from one of ours...
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