BEING FAT SUCKS

Oprah calls it an “Aha! moment,” as if a single occurrence, like waking up, can impel someone to change. A sinner is usually caught in the act of sin before “seeing the light,” a drug addict often hits bottom before embarking on recovery; but people are stubborn — it is rare that the proverbial camel buckles under the weight of the first straw.

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How to beat Starbucks

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No Such Thing As Soft Debt

By Don Bauder

The City of San Diego’s financial system needs to go on Viagra and stay on it. The Department of Finance is drawing a disturbing distinction between “hard debt” and “soft debt.” Several experts worry that the City is going back to the dysfunctional days of yore. The City should consider all of its debt obligations as essentially “hard debt” — something that has to be paid, no matter what. Thinking otherwise got the City in the big trouble it’s in now.

The words “hard debt” denote a borrowing arrangement in which a fixed amount of money is owed bondholders at a stated interest rate and on prearranged payment terms. The borrower is likely to put up collateral or so-called soft debt is more flexible, or lenient, some would say. While hard debt is a firm obligation, soft debt is paid when cash flow permits. In the case of San Diego, hard debt is owed to bondholders and soft debt is owed to pensioners.

The subject came up on July 25 at a meeting of the City’s Budget and Finance Committee. An official of the Department of Finance gave a PowerPoint presentation on the City’s debt management. There was nothing about the money that the City owes the pension system. “What I was hearing through their presentation was that they did not consider pension and retiree health debt as part of debt management,” says Councilmember Donna Frye.

She asked why such debt was excluded and was told that the pension debt was soft debt. Frye pointed out that every year the City has to make payments to retirees, and under Governmental Accounting Standards Board rules, this has to be shown as debt. “I was amazed that we had a debt management policy that ignored over $2 billion of debt,” she recalls. In June, the Department of Finance distributed an 84-page document, titled “City of San Diego Debt Policy,” explaining various kinds of debt — general obligation bonds, lease revenue bonds, tax allocation bonds, etc.

continued on page 8
Community Coffee

By Ernie Grimm

The Ocean Beach Starbucks on Newport Avenue, just west of Bacon Street, opened on September 11. Not September 11, 2007, but September 11, in 2001. Doubtless, many in Ocean Beach don’t consider that fact a coincidence but rather a cosmic commentary on the Seattle-based coffee giant’s practice of opening stores near successful independent coffeehouses. In Ocean Beach’s case, the successful café was Jungle Java. Its 51-year-old owner, Beth Turner, remembers that day. “They opened up, then they closed two hours later when the corporate edict came down that all Starbucks would close that day.”

Jungle Java occupies a small lot 100 yards from the beach on the south side of Newport Avenue. There’s no indoor seating. Patrons sit under a white shade tent such as you might see at a wedding. Turner has decorated the area under the tent with potted tropical plants, ferns, and cacti, most of which are for sale. Fourteen years ago, Turner was a computer programmer when she got the idea to take the undeveloped street-front lot and make a combination coffeehouse/nursery out of it. “I don’t want to tell you this part,” she says chuckling. “I was drinking across the street at the Sunshine Company up their upper deck looking down over this lot. It wasn’t being used for anything, and there was a bunch of junk thrown in here. I thought, ‘Somebody should do something with that’ and then kind of forgot about it for a while. Then I thought, ‘I wish we had an outdoor coffee shop.’ And then I kind of forgot about that for a while. Then it was ‘I wish there was a place that I could go buy some plants and fix up my patio.’ Then all the ideas kind of came together, and I thought, ‘I could maybe do something like that in the empty space.’”

Turner contacted the owner of the lot about using it as an outdoor coffeehouse–consignment nursery. He agreed, she opened Jungle Java, and a few years later she bought the land, the key to Jungle Java’s survival because “it has kept my rent fixed.” Turner continues, “When I opened, there were only two other coffee shops in town, and they were both independent and locally owned. I was the only one down here on this end of Newport.”

Before the Starbucks opened up six years ago, word spread through Ocean Beach of the company’s plans. A grassroots opposition movement popped up. “No Starbucks in O.B.” yard signs and bumper stickers abounded. Rallies against Starbucks drew hundreds. The town planning board sent a letter of opposition to the Starbucks corporation. All to no avail. Turner remembers those days. “It was really tough for me to figure out how to play that,” she recalls, “because I didn’t want to sound like sour grapes and I didn’t want to sound like I was afraid. At that time there were a bunch of vacant storefronts, and the storefront that Starbucks occupied had been closed for a couple of years, and it was attracting a lot of vagrants. So I was glad to see something going in there. I kind of took the position that as a citizen of this community — because I grew up here, and I have a house here, and this is my town — I don’t really want the feel of the community to change. But as a business owner, I appreciate the fact that a full Newport Avenue is good for everybody.”

Before Starbucks came to town, Turner says Jungle Java always had a 5 percent surge in business during summer. “But since Starbucks opened, I haven’t gotten that increase in the tourist season.”

But Turner says the hubbub over Starbucks coming to Ocean Beach in the first place has brought her a “slight increase in local business through the rest of the year,” which has offset the loss of summer tourist business. “It made people a little more aware, and a lot of people are making more conscious choices.”

It’s not lower prices they’re choosing. A 16-ounce latte costs $3.25 at Starbucks and Jungle Java. Turner believes the two stores attract “different clientele. I think that people that go to Starbucks are kind of going along with the crowd, and the people that come here appreciate, I think, a little bit more the uniqueness.”

John Husler, co-owner of Lestat’s coffeehouse, one shop from the corner of Adams Avenue and Felton in Normal Heights, echoes Turner’s comment about drawing a clientele different from Starbucks. “We’re really not competing for the same customer,” he says. “Starbucks customers are people who like brand recognition. They like that standardized, sort of corporate atmosphere. They know what they’re going to get when they walk into Starbucks, and that’s comforting to them. Our customers are just the opposite. They’re alternative-thinking, freedom-based people who are looking for something interesting and non-corporate. They come here for what used to be called that coffeehouse atmosphere created by freethinking people.”

Husler, 44, and his business partner, James Gerkowski, opened Lestat’s — named after a character in Anne Rice’s vampire novels — ten and a half years ago. It’s a small café with eclectic, comfy furniture. At one end of the room is a stage not much bigger than the top of a Ping-Pong table. Acts perform on that stage nightly. A 16-ounce latte costs $3.25, same as at Starbucks. Asked how he’s survived the Starbucks era, Husler laughs. “Well, I don’t know if I can say we’ve survived the Starbucks era, because they only just opened up in June.”

An archive of City Lights stories can now be searched on the Internet at www.SanDiegoReader.com

Neal Obermeyer

“Popeye” Steve Francis

John Husler

Lestat’s coffeehouse

Kensington Starbucks

PHOTOGRAPHS BY JOE KLEIN

PHOTOGRAPHS BY KIT ELN

North County Reader, September 7, 2007 7
Soft debt

There was nothing about the pension debt. After all, it’s supposedly “soft.” It was this kind of thinking that led to the City’s planning the pension fund in the late 1990s and early 2000s, then promising even bigger future payments to appease the workers. Result: an enormous deficit. The City says it has $2.2 billion of pension/health-care obligations, and unlike in past years, that liability will be revealed in any informational documents published for potential bondholders when San Diego finally returns to the bond market.

Official optimism is ubiquitous. On September 10, the City’s chief financial officer, Lay Goldstone, said in a speech sponsored by the Bond Buyer newspaper that San Diego has “a mayor with none of the baggage” of past mayors and “a whole new top management team.” Has he forgotten the recent, sudden departures of the chief operating officer, real estate czar, and head of the Development Services Department? “I never met a money problem that could not be solved,” effervesced Goldstone, claiming that the City has “great community credibility.”

“Goldstone says it’s a perception problem,” harrumphs a San Diegan with intimate knowledge of San Diego’s finances. Of the hard debt/soft debt separation, he says, “It is crazy. Debt is what drives every question in San Diego. To assume a soft debt doesn’t have to be talked about — and that all that has to be addressed is hard debt — sounds more like the past.” Omitting so-called soft debt from the debt management document is “more manipulation, sleight of hand, putting the head in the sand,” says City Attorneys Mike Aguirre. He points out that the pension-related debt is only $2.2 billion of a very liberal kind of accounting is used. By the conservative method that the City wants to adopt eventually, the pension/health-care obligation is more than $2.8 billion. “Till debt do us part,” sighs Steve Erte, professor of political science and director of the Urban Studies and Planning Program at the University of California, San Diego. “Debt is an absolutely precious to separate [hard debt from soft debt]. There is no such thing as soft debt.”

Scott Barnett, president and founder of Taxpayers Advocate.org, says, “If San Diego is ever going to fully put itself on secure financial footing, it must have a clear accounting of all its long-term obligations.” Among these are funding for infrastructure needs, information technology, maintenance and replacement of City facilities, and “pension and health for retirees.” It’s critical now “because this is in a time of likely slowing of revenue growth, especially in property tax receipts,”

Says Barnett, “The bottom line is if the mayor and council continue to ignore all of those areas, as they have done for decades, then the City will continue to be in a load of hurt.”

In short, the City must stand erect and face those hard/soft debt woes.

Pros

continued from page 6

The developers never delivered the office, hotel, and retail structures that were promised. And the condos were inordinately purchased by speculators and out-of-towners who are seldom in them. There is little boost to the economy, and since the condos were heavily subsidized, it is hard to tell if there is any net gain for the City at all. There really should be an audit to determine whether this project has been a net positive. But don’t expect an honest assessment from Center City: “They supply disinformation,” says Councilmember Donna Frye. “They include the numbers they want you to hear.”

Centre City boasts about income but never reveals expenses. The bulk of tax income from redevelopment projects goes back into more development, while expenses such as infra-

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Community coffee

The new Starbucks sits kitty-corner from Lestat’s. Asked if he thinks Starbucks opened across the street to try to siphon business from Lestat’s, Husler answers, “Oh, I know they did. And I understand that it’s business. They see a spot where there’s a successful coffee shop, and they know that there are people buying coffee at that corner. So they don’t need to do any research. It saves them time and money. That’s business, and I understand that. But I get a little resentful when I think of the amount of time and effort I’ve put into this community — I mean, I’ve nearly gotten into fights on the street outside my shop because I was trying to keep guys from selling drugs in front of my store. The neighborhood has improved partly because of our efforts, and now Starbucks is swooping in to capitalize on that.”

The nightly entertainment at Lestat’s has ended up being great for us,” Husler says. “It doesn’t make us a lot of money directly, but it’s great for word-of-mouth advertising. A lot of musicians’ friends come in to see the show, and they tell their friends and we get exposed to a lot of people who otherwise would not know about us.”

Lestat’s hours of operation, Husler believes, give it another advantage over the Starbucks across the street. “We haven’t closed in five years,” he says. “We’re open all night. It’s been great for us. Starbucks has tried to compete by staying open to midnight, but they’re pretty empty after nine.”

In those overnight hours, “We get a lot of young people, a lot of gamers with laptops. After two, we get the closing-bar crowd. And we actually get a lot of cops and firemen overnight, and they’re very welcome here.”

Free Internet access is another survival tool for indie coffeehouses. At Starbucks, Internet access costs from $6 an hour to $39.99 for a monthly pass. “We started offering Wi-Fi seven years ago,” Husler says. “It’s funny, it used to be people brought books to read at the coffee shop, books to read or a notebook to write in. Now people bring laptops.”

Since the Starbucks opened across the street, Husler says, “They’ve taken some of our business, and I think we actually do better than the Starbucks that. So I think we actually get a lot of cops and firemen overnight, and they’re very welcome here.” Farther east on Adams, where it intersects Marboro-ough, stands what was known as the Kensington Coffee Company until it was bought by San Diego Coffee, Tea and Spice, a local coffee-roasting company owned by 39-year-old Steve May. Now it’s officially called San Diego Coffee, Tea and Spice at Kensington, though locally it’s still usually called Kensington Coffee. It’s a low-slung, two-room café with a mix of tables and armchairs. A fenced-off patio out front offers a view of passersby walking dogs, kids playing at the park across the street, and Starbucks doing business kitty-corner. Says he bought Kensington Coffee three years ago, despite the Starbucks across the street, because “it was just an opportunity to get into one that was established, and at the same time, we are kind of purists, and we wanted to go back to that down-home, community coffee place.” And it’s that community feel he points to when asked how his shop survives in the Starbucks era. “That really is the key,” he says. “A lot of people say to us, ‘You are right across from Starbucks. How do you stay in business?’ Well, if we didn’t have that community loyalty, that following, it wouldn’t work. And I think a lot of our neighborhood — like Kensington, O.B., and places like that — they don’t like going to a Starbucks, the corporate monster, as some people call it. They want to get away from that. So I think we actually do better than the Starbucks does in Kensington. I don’t know their numbers, but judging from the sheer people that are in the seats, I think we do a better business.”
LETTERS

We welcome letters pertaining to the contents of the Reader. Include your name, address, and telephone number. Letters may be edited for length and clarity.

How To Boil An Egg

This is for Barbarella about not being able to hard-boil eggs ("Diary of a Diva," September 20). It is so easy that I can’t believe she pays 50 cents an egg to have them already boiled. All she has to do is put the eggs in cold water, turn the stove on, and when the water comes to a boil, shut the stove off, put a lid on the eggs, and just let them sit in the hot water, covered with the lid, for about 15 minutes, then take them and run cold water on them in the sink and put them in the refrigerator and she’ll have a perfect boiled egg every time. It’s a crime to pay 50 cents for eggs already boiled. I don’t even know where you get them. It’s so easy, and please try it. It’s a great way to do it, and you don’t have to stand over a hot stove.

Judy Escondido

CORRECTION

The photo in “City Lights” last week captioned Darryl Charles was actually of Rodney Smith.

Look In The Mirror

Mr. Larson’s cover story “Of Course You Qualify” in the September 6 issue is 99 percent utter hogwash and consistent with a country and population that has learned it is always somebody else’s fault, no matter the event. A people looking to blame others rather than stand accountable for their own actions.

I do not dispute the writer’s claim that some unscrupulous loan brokers may have misrepresented facts about a loan. That is inexcusable. Let’s face it, there are unscrupulous people in all walks of life, doctors, teachers, priests, and contractors. There is good reason for the Latin phrase caveat emptor. Just because I walk you to the edge of a cliff and tell you to jump doesn’t mean you should do so.

For those who do not speak fluent English, I would respectfully suggest that learning to read/write in the native language of the country you have chosen to call home should be a higher priority than purchasing a home. In fact, it will help with all areas of life, whether voting, purchasing insurance, or helping your children with homework.

In the end, whose fault are the rising number of foreclosures and notices of default? Borrowers have to “own” their decisions. Nobody had a gun to their head when they signed loan documents. In fact, loan terms are very clearly spelled out on the first page. I’m also reminded of the old maxim which rings true now and will ring true 100 years from now: “If a deal looks too good to be true, it probably is.” With the slow hissing of the real estate

continued on page 66
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–Kris Clark, 5/29/07

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Mr. Mattman:
While it is true that female dogs have two uteruses, do all dogs have a gallon-sized bladder? I swear, whenever I walk my dogs, they pee on almost every tree, bush, hydrant, wherever! And it looks like they empty their bladder every time, or do they save a little as reserve for the next tree that they come upon? Or do they manufacture urine that fast? What’s going on?

Heymatt:
I believe it is healthier to boil a hot dog rather than nuke it. Boiling is akin to smoking marijuana through a bong as the water filters out impurities. You will notice a layer of scum on top of the water after boiling the hot dog. Confirm or deny my theory.

Bong dogs, eh! Healthier than nuclear dogs... Considering what they’re made of, I’m surprised you even bother to worry about it. But in some odd way, you’re probably right. The gum floating on the water is fat. Maybe some unidentified meatlike foam too. But mostly fat. At least you cook them. Grandma Alice just came back from a big frankfurter symposium in Washington, and the FDA insisted that even though the meat in hot dogs is precooked, you should always cook ‘em again (to 165 degrees). They are sometimes known to carry Listeria, which will take the starch right out of you.

— BarryK, via e-mail

Sticky Fingered:
Could you be any more correct? As the Y develops, one arm of the Y becomes denser than the other, forming a water mass. As the water mass travels, it forms a Y better known as the “Y Channel.” The Y Channel forms the boundary between the warm and cold water masses. It’s then the central canal that forms the main current and that we call “the ocean.”

— Pooches Pausing to Pee in Serra Mesa

FROM THE HIP
BY MATTHEW ALICE

Many dogs lift their leg to mark territory. They’re marking their presence. Mr. Mattman, you’re mistaken. But I see your point. There’s a reason why dogs lift their leg only once on the tree or post. Unlike you, they don’t keep coming back to the same spot. They do not know that they are doing it again.

— Dogs-4-Life

Furthermore, there is no evidence to support the claim that cats are more likely to eat hot dogs than dogs. It is possible that the higher rate of hot dog consumption among dogs is due to their natural tendency to eat cooked meats. However, this does not necessarily mean that cats are less likely to eat hot dogs than dogs. It is important to consider the context in which these observations were made and the limitations of the available data. In any case, further research is needed to better understand the factors that influence hot dog consumption in cats and dogs.
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INTERNATIONAL
They're risen from the sewers and they're back on TV; the walking undead from O.J.'s 1995 murder trial. And they're still hungry, still greedy, still needy for fame.

Marcia Clark, the incompetent lead prosecutor in O.J.'s murder trial, scuttled into Las Vegas to report on Simpson and see if there was any money left on the floor. She cashed a $4.2 million check for her ghostwritten — pardon me — for her O.J. trial book co-authored by Teresa Carpenter. Today, she's a special correspondent for Entertainment Tonight and The Insider, dyed blond hair and all. The woman has found her true calling.

Former L.A. cop Mark Fuhrman is back. He revealed himself to be a racist and a perjurer during the O.J. trial. He wrote his O.J. trial book, Murder in Brentwood, and it was a bestseller. Since then, he's written five books, makes regular TV appearances, has his own radio show, and graduated from being a cable news expert to a cable news (Fox) expert on crime.

The two lead LAPD investigators, Tom Lange and Philip Vannatter, sold out for beer money. They split $115,000 between themselves and ghostwriter Christopher Darden, Marcia's co-prosecutor, fled the D.A.'s office right after the trial like everybody else, taught law at California State University, Los Angeles, later started Darden & Associates, Inc. His cash-in trial book, In Contempt, was written with Jess Walter. He's written three novels since then, all co-written by Dick Loche.

Lance Ito is still a Los Angeles Superior Court judge and, apparently, has learned how to keep his mouth shut.

JoAnn Chrochan. The only person, with the exceptions of Barry Scheck and Peter Neufeld, who emerged from the trial with his reputation enhanced. He died in 2005.

Kato Kaelin made a decent life out of O.J. He's appeared in 15 movies and TV shows since the trial. His body of work includes Celebrity Boot Camp, Sabrina the Teenage Witch, Strip Poker, and Dorn Daze 2. Currently co-host of Eye for an Eye, a syndicated television show. Of all the trial groupies, he alone was able to cash in to the full extent of his talents without coming off as a bloodsucker.

O.J. received visits from five lawyers while in Vegas lockup — two public defenders and three for-hire attorneys. Unhappily for these players and for thousands of wannabe players — indeed, the entire infotainment industry — there won't be O.J. II. The story has faded already. The principals are seedy felons. We've learned that the sports-memorabilia business makes commercial pornography look legitimate. O.J.'s friends include a pimp, a four-time convicted felon, a stalk, and these are the good guys. Vegas cops overcharged Simpson and then the D.A. added on, making the grand total come out to ten felony counts and one gross misdemeanor.

Yet, O.J.'s attorney praised the Las Vegas D.A. for his professionalism and courtesy. O.J.'s bail was set at a reasonable level despite being charged with the destruction of western civilization. Is there a clue here?

O.J. will plea bargain to something that requires no jail time. There won't be a trial. O.J. bloodsuckers will have to wait a little longer. But, it won't be easy.

The Vegas Line

**Favorite** | **NFL Week 4 (Home Team in CAPS)** | **Spread** | **Over/Under** | **Underdog**
--- | --- | --- | --- | ---
Sunday | Monday
MIAMI | 3 ½ | 41 | Oakland |
Houston | 3 | 39 | ATLANTA |
Baltimore | 4 ½ | 39 | CLEVELAND |
Chicago | 3 | 44 ½ | DETROIT |
Green Bay | 2 ½ | 38 | MINNESOTA |
DALLAS | 12 ½ | 45 ½ | St. Louis |
N.Y. Jets | 3 ½ | 37 | BUFFALO |
CAROLINA | 2 ½ | 41 | Tampa Bay |
Seattle | 2 | 41 | SAN FRANCISCO |
Pittsburgh | 5 ½ | 41 ½ | ARIZONA |
SAN DIEGO | 12 ½ | 46 | Kansas City |
INDIANAPOLIS | 9 ½ | 46 | Denver |
Philadelphia | 2 ½ | 47 | N.Y. GIANTS |
New England | 7 ½ | 53 | CINCINNATI |

Bye week: Jacksonville, New Orleans, Tennessee, Washington

The Vegas Line can be found at SanDiegoReader.com

Click on “Sporting Box.”

Greed Death March

“I love the Goldman family, and I love seeing Kim (Goldman) on television now.”

Dan Abrams, hard-bitten journalist that he is, replies, “I love them too.” During the O.J. murder trial, Abrams was a reporter for Court TV. He scored a job off O.J., with NBC News, then a TV show with MSNBC (The Abrams Report), and then, in June 2006, was appointed general manager of MSNBC.

Christopher Darden, Marcia’s co-prosecutor, fled the D.A.’s office right after the trial like everybody else, taught law at California State University, Los Angeles, later started Darden & Associates, Inc. His cash-in trial book, In Contempt, was written with Jess Walter. He’s written three novels since then, all co-written by Dick Loche.

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“Yom Kippur Is the Day of Repentance,” read the colorful Hillel pamphlet at the entrance table. “It is the chance to fix the things in our lives that need a little repair. Jewish tradition gives us a clear prescription of how to do this... Reflect, Repent, Resolve, Resist.” The pamphlet also stated that “fasting is the central element of Yom Kippur. It defines most people’s experience of the day.... The goal of Yom Kippur is for us to change our behavior,... What can motivate a person to change? Having a near-death experience. The goal of all these prohibitions is to remind us of our own mortality.”

“I want to remind everyone that these holidays are for you,” said Hillel director Jackie Tolley to the congregation gathered at Aztec Center’s Casa Real conference room. “You’re chosen to be here, to observe Yom Kippur.... We want you to try to make this your own as much as possible.” To that effect, many readings and songs were presented in both English and Hebrew, with phonetic spellings for some of the latter. Some passages were read in unison, some sung in unison — some sung or read while facing toward Jerusalem and bowing. Others were sung only by Rabbi Lisa Goldstein, her clear voice full of strength and assurance.

We opened by reading Psalm 130: “0, God, if you should keep count of wrongs, who would be left standing? But pardon is with you... God will free Israel from all our wrongdoing.” We offered praises to God and sang Psalm 92, which promised that the wicked who sprang up like weeds would be destroyed, while the just “will stand tall like the cedar of Lebanon... to bear witness that Adonay is fair and dependable.” Then praise bordering on celebration in the singing of Psalm 150: “Praise God with drum and dance... Hel-hali-hali!”

The Nishmat offered praise from the totality of man’s being (“All my bones shall say, ‘Incomparable is Adonay!’”), while the Hallel’s praises of the Sovereign on the Throne, said Goldstein, made it “one of the places where we are reminded of the majesty of this day, and the importance of this notion of coming to terms with our shortcomings being judged... There’s a certain power to this notion of something beyond us in the universe maybe judging us.”

Standing in silence, we read the Amidah, the Great Prayer. We praised God for his actions in history, asked Him to “inscribe us in the Book of Life,” and praised His power over death (“We trust in you to turn death into life... as naturally as you support the fallen... just so do you keep faith with those sleeping in the dust”).

We also read “that repentance, prayer, and acts of human caring” can “make the vision of God... a living God... a reality once more.” So we repented: “May it be your will that I do no selfish act again.... Like all human beings, I shall probably repeat those acts. Yet I should like to believe that I could overcome them... Help me to feel that I can become the person I was formed to be... for we are your people, and you our God.”

With that, Goldstein summoned to the front “anyone who is a direct descendant of Aaron the high priest — that would be anyone who’s a Cohen.” Three young women and an older man came forward, donned shawls, and faced the people, hands raised beneath the shawl and held a la Mr. Spock. “This is where Leonard Nimoy got it,” explained Goldstein. “This is the letter shin, which stands for the name Shaddai, which is one of the names of God. The congregation does not look at your hands — you guys have all seen Raiders of the Lost Ark; you know what happens when you look at the presence of God. The tradition is that when they say the blessing, ‘they’re invoking the actual presence of God.’ She led them through the Hebrew:

“May Adonay bless you and keep you...”

And we confessed aloud — communally, so that, according to Goldstein, “we can lend support to each other” — and imploded, “If you would only wipe away the memory of all our wrongs and grant atonement for all our sins.” A long list of transgressions followed: hardened hearts, idle talk, meaningless resolutions, exploitative sex, offensive language, oppression, malicious thoughts, promiscuity, insincere confession, contempt for parents and teachers, violence, defaming God’s name by desertion of heritage, unbridled passion, lying, accepting bribes, scoffing, speaking ill, wrong use of food and drink, pride, lack of generosity, rebellion, harsh judgment, plotting, tormenting, gossiping, arguing with out cause, betraying trust, and more — wrongs done intentionally, unintentionally, out of confusion, in public and in private, under coercion or freely.

The Torah service followed, with its customary proccessions and venerations. The reading gave an account from Leviticus of “what happened on this day in ancient days...” It involves sacrifice and Aaron actually putting his hands on the head of a sheep, transferring all the sins onto the sheep and sending it out into the desert. There’s a lot of blood. It’s nothing like what we do today. Judaism has changed a lot...but we tell the story of the way it once was, so that we don’t forget...where we came from.... We are those same people... This is our heritage. It belongs to all of us, and so we can decide what we’re going to do with it.”

Together, we read and discussed the Haf- tarah, taken from Isaiah, in which God casti- gated His people and declared His desired fast: “To unlock the shackles of evil... To send forth crushed souls to freedom... To tear up your loans for the hungry... Then your light will burst forth like the morning... And the glory of God will follow close behind...”

“W hat happens when we die?”

At some future time
You will draw [my soul] forth from me
And give it back in the World to Come...
You who restore the soul to the body of us all, You are praised.

— from the Elohim N’shama, sung at the opening of the service

— Matthew Lickona

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BestBuys

“Freezer burn occurs when foods are frozen for an extended period of time or not properly wrapped and sealed.”

Eve Kelly

It’s the year of the baby in Kellyville. Four families within our group of friends are expecting babies to arrive around the holidays. And Eve has meals for moms on the brain. Usually, the gals in the group spend a week taking turns sending over hot meals to the new mom. This year, I’m thinking of sending frozen casseroles before the babies come. Then Mom can use them during the tired ninth month of pregnancy or save them for the sleep-deprived first month with baby.

I made calls to the usual sources — ladies who have opinions on all topics — to get some tips on freezing meals.

“I freeze just about everything,” laughed foodie friend Nancy. “And I am a big fan of tripling recipes so that I have a few extra meals to freeze. But certain dishes where texture is important don’t freeze well, like soufflés or mousses. And with chicken noodle soup, if you freeze it with the noodles, the noodles will soak up a lot of the liquid. So never put the noodles in with the soup to freeze it. Cook the noodles up and add them to the liquid when you are about to serve it.”

Nancy continued, “With most food, it’s a question of how you defrost it. Some things are harder than others to defrost. Muffins freeze nicely and then only take about 30 seconds in the microwave to warm up. Potato leek, chicken dishes, meatballs, tomato sauces, soups, cookie dough, and meatloaves are all regular frozen items in my freezer. With meatloaf, I prepare it in muffin tins, so I have individual serving sized loaves. We call them ‘meat muffins.’

“Any dish that calls for frozen peas, I add the frozen peas to the dish right before putting it into the freezer so the peas stay frozen and don’t get mushy.”

Nancy offered one of her favorite recipes to freeze. “It is a 40-clove garlic chicken,” she said. “You slowly sauté chicken parts in white wine, chicken stock, butter, garlic, and salt and pepper. That dish is a good freezer meal.”

Cathy prepares freezer meals for a different reason. “I hate cooking,” she explained. “So if I prepare a meal for a friend, I also make one for my family and freeze it. Quiches freeze well if you prepare the crust correctly. My go-to recipe is governor’s chicken, which only has a few ingredients: onion-soup mix, Italian dressing, and apricot preserves. Mix them all together and pour onto chicken breasts and bake for 25 minutes. Serve over rice. It’s a take on a sweet-and-sour recipe, and kids always enjoy it.”

Cathy also recommended chili. “The meat can be round steak or pork, and you add garlic, onions, bacon, diced tomatoes, wine, kidney, pinto, and great northern beans. Season with cumin, chili powder, and black pepper and simmer for three hours.”

Serve over cornbread with grated cheese. It’s a great comfort food and a protein blast for the new mom.”

Erica suggested a pasta meal. “I’ve been making stuffed manicotti shells, which are easy to prepare and freeze well. Cook pasta shells about six minutes until they are still a bit stiff. Make up the ricotta mixture, stuff the shells, and freeze them in Ziploc bags. When you are ready to cook them up, just pour tomato sauce over them and bake.”

“I just made green chile chicken enchiladas from Sunset magazine’s September issue,” explained Jill, “and I must say, it was a crowd favorite. I’m adding it to my regular meals list. The cooked enchiladas can keep in the freezer for a month. The recipe calls for roasted green chilies, but I used jarred green chilies from Trader Joe’s. It also called for garlic, butter, olive oil, chicken broth, corn tortillas, salt and pepper, and sour cream.”

Sarah suggested a tuna casserole. “It doesn’t sound that tasty but it does come out delicious. Boil any type of pasta and add milk, any cream-soup mix, mayo, onion, tuna, and top with shredded cheese. I leave the peas out because my kids won’t touch them, but the recipe does call for them and sliced mushrooms.”

I found a few more freezing/ thawing tips online at life.familyeducation.com. “Cool foods quickly before packaging. Don’t let food stand at room temperature longer than 30 minutes before freezing.”

“Do not freeze tomato-based or other acidic foods in aluminum baking pans or cover them with aluminum foil.”

“Freezer burn occurs when foods for an extended period of time or not properly wrapped and sealed. Even though these foods do not pose any health risks, the freezer-burned areas will be dried out and tasteless.”

“Never defrost perishable foods (meat, poultry, fish, seafood, dairy, eggs) outdoors, in a cold room in the house, or on the kitchen counter.” Instead, the site suggested using the refrigerator to defrost “meat/poultry/seafood or casseroles 24 to 48 hours or until completely thawed... For fast thawing, place frozen packages in a watertight, sealed bag and cover with cold water. In the microwave oven, remove food from store wrapping (foam trays or plastic wrap) that may release chemicals into foods. Allow six to eight minutes per pound of food when thawing in microwave on low heat.”

Columns archived at SanDiegoReader.com

1. Chicken pot pie
2. Stephen’s pie
3. Enchiladas

Test Us.

Scared off by having to register? Now you can blog on the Reader website without registering your name or e-mail address.

Go to www.SDReader.com, click on “Blogs,” then “Recent blog entries.”

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Even Politicians Are Welcome.

Reader blogs are collections of short, frequently updated posts by Reader staffers and just plain locals. Here’s a sample of the latest postings:

Four San Diegans Among Nation’s Richest 400
By Don Bauder on September 21, 2007
Four San Diego County residents make this year’s list of the 400 richest Americans as compiled by Forbes Magazine. Number 165 at $2.5 billion is Ernest Rady, the highly successful money manager. Number 220 at $2.1 billion is Ernest Rady, who made his money in banking and insurance. Number 271 at...

Vegas Without a Sting Operation
By Josh Board on September 22, 2007
So, I’m heading to Vegas for the weekend. There’s supposed to be a storm. That’ll make traffic fun.

A guy I play racquetball with told me his ex-wife had a gambling problem. The woman he’s dating now started going to the Indian casinos all the time. He suspects she has a problem, and has started gambling online.

I dated a woman that had a gambling problem. I found out when she gave me a watch and a hundred bucks for my birthday, but during dinner, insisted we follow it up with a trip to Vegas...

Local Website Review: Karaoke Kings
By Jay Allen Sanford on September 19, 2007
“Everybody’s in showbiz, everybody’s a star,” joked Ray Davies back in the Stones Age. That lyrical whimsy has become a reality, as karaoke sprouts all over the local club scene like kudzu.

Sandiegoscene.com posts a list of venues hosting singalong events, as well as a show calendar (not updated in some time), booking contacts, and writeups spotlighting local KJs (karaoke jockeys) and performers...

Read more and add a comment.
COOL BAND LUKE - San Diego - Pop, Rock, Funk, Blues & Soul Band

posted: September 16, 2007, 02:08 AM

CoolBandLuke is a Southern California band of accomplished and versatile musicians who will make your party, corporate or club event, casual, or wedding a memorable success!

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(Click on “Classifieds” on the Home Page, then “plug the band” in the musician category.)
The pain passes, but the beauty remains.
— Pierre-Auguste Renoir

"Check out the woman in the red shirt three sizes too small and the guy in purple plaid shorts," said David.

"Eastern European?" I guessed.

"Yup," he answered. "I'd bet the digital back to my Hasselblad on it. Even without her gut hanging out from under that shirt and over those jeans, the orange lipstick would have been a dead giveaway." We sat side by side on an outside patio, enjoying our game of "Guess the Nation of Origin." As if offering themselves for a more thorough inspection, many people paused to read the menu on the pedestal before us. From one touristic town to another, I thought. If it hadn't been for Michelangelo's statue of David staged against the enormous piazza in this unscripted production, I might as well have been sitting outside of Asti Ristorante in the Gaslamp.

"American," I said, gesturing toward the next couple that stopped in front of us. The American uniform included varying combinations of ball caps, khaki shorts, blue jeans, white socks, sneakers, tennis packs, and T-shirts in innocuous pastels. Earlier, I'd told David I felt we were being unpatriotic by choosing to wear all black. But now I'd broken from our dress code, and David looked at my feet with embarrassment. I tore my gaze away from the man reading the menu (whose vibrant-colored shirt depicted a bald eagle's head rampant on an American flag), glanced down at my feet forlornly, and proclaimed myself guilty of a crime against fashion. Pain was no defense. Then again, I reassured myself, one cannot be expected to think clearly when under extreme duress. My shoes may be ugly, I thought, but at least I can walk in them.

I thought I was so clever, trimming a pound or so of my luggage by bringing just one pair of shoes. Prior to leaving San Diego, I had gone to great lengths to break in my recently acquired "one pair" — a closed, narrow-toed, black suede wedge for all occasions. A walk down University Avenue here, a day of shopping at Fashion Valley there, all of it adding up to what I thought was a sufficient amount of "break-in" time. But six hours of hoofing it in Florence proved me wrong, and now my perfect shoes were in a bag, and on my feet were...well, let me back up a bit and explain myself.

On our first morning in the City of Lilies, the sun had been bright and the sky cloudless, but the air was still cool between the towering ancient stone structures in the shaded narrow streets. The rich, enveloping aroma of simmering garlic and tomatoes wafted down from the windows above, making the air taste good as David and I strolled to the Ponte Vecchio, the Old Florence Bridge, lined with jewelry and leather shops spanning the Arno River. As we made our way to the Piazza della Signoria — the main square containing an impressive stockpile of giant, 15th-century buildings and statues outside the Uffizi Palace — women in high heels and men in suits rode bicycles over cobblestone roads, some steering with only one hand while using the other to chat on a mobile phone; mopeds and miniature cars traveled in two lanes, one way to the Piazza della Signoria and the other to the Ponte Vecchio. Oh, I declared myself a brilliant idea and told me one pair "just wouldn't cut it."

There's no way I can make it another block, let alone all the way back to our hotel," I said. I had planned to bring only one pair, but I'd given in to friends who had insisted I pack back-up shoes, including my new boots on his feet and the other new pair in the bag with the shoes he'd worn into the store, didn't notice my agony for another few blocks. "Are you limping?" he asked.

"Yes, my darling shoe whore," I answered. Acknowledging my torment seemed to increase it, so I stopped and leaned against the nearest wall. "I have a pair of platform sandals in my suitcase back at the hotel," I said. I had planned to bring only one pair, but I'd given in to friends who had insisted I pack back-up shoes, including my father — a frequent traveler and the most efficient packer I know — who balked at my "brilliant" idea and told me one pair "just wouldn't cut it."

David, distracted by the comfortable new boots on his feet and the other new pair in the bag with the shoes he'd worn into the store, didn't notice my agony for another few blocks. "Are you limping?" he asked.

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There's no way I can make it another block, let alone all the way back to our hotel. I'm a worrier. I admit it. I go out of my way to protect my family, my home and my hard-earned money. That's why I like WaMu's low-balance alerts to warn me if my balance gets low. Is there anything else I could do to ensure my funds, my home and my family are safe?
hotel,” I croaked. “And it’s not like I can change into my new shoes.” I lifted the giant purple bag in my hands, which contained my purchase of the day — button-down, knee-high, soft black leather stiletto heeled boots by Lesilla.

“Can you make it to there?” David pointed to a neon green plus sign, marking the pharmacy three doors down. In the window display were Dr. Scholl’s sandals, Crocs, and other geriatric comfort shoes. Never before had they looked so beautiful.

Two men and a woman in white coats eyed me knowingly when I limped through the entrance. “Do you have any of those in red or black?” I asked, pointing to the display. One of the white coats, a tall Indian man who spoke the Queen’s English, disappeared into a back room and returned with an armful of boxes, each of which contained a pair of Crocs in bright Crayon colors, and informed me that they didn’t carry red or black. I reached for a sky blue shoe, and David shook his head vehemently. “Try the orange pair,” he said.

I’ve never liked the way Crocs look, on anyone. I prefer the sexiness of long, narrow, pointy-toed shoes to those wide, clownish rubber clogs. But when I peeled off my imperfect shoes, along with a frightening sample of my skin, they looked so beautiful.

“Those are horrible,” David said, squinting disapprovingly. “I mean, you can’t, you look like Donald Duck.” Despite wearing his own pair of sky-blue Crocs, our clerk couldn’t suppress his laughter. A young blonde at the counter turned around, looked me up and down, and said, “You know, Puma is right around the corner.” But I had already been to Puma, and to several other stores that sell shoes. None of them had a simple, affordable sandal that would let my blisters breathe. Despite the heat, every store in Florence except the pharmacy was stocked only for the fall/winter season.

“Try the pink thongs,” said David. They were actually pink and white, with a Hawaiian floral pattern. To the chagrin of the store, shaking her head in sympathetic despondence, I bought the pink pair.

“Those are horrible,” I said, in mock approval. “I mean, you can’t...you look like Donald Duck.” Despite wearing his own pair of sky-blue Crocs, our clerk couldn’t suppress his laughter. A young blonde at the counter turned around, looked me up and down, and said, “You know, Puma is right around the corner.” But I had already been to Puma, and to several other stores that sell shoes. None of them had a simple, affordable sandal that would let my blisters breathe. Despite the heat, every store in Florence except the pharmacy was stocked only for the fall/winter season.

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“I want a divorce,” I joked, repeating my favorite thing to say since the moment we collected our marriage certificate. “I’m just saying, those aren’t coming to Venice with us. Or anywhere else. They’ll serve their purpose to get you back to the hotel, which is where we’re going to leave them. Come on, you know you agree with me.”

“Fine,” I said, in mock offense. “They stay behind. Now let’s go grab something to eat and make fun of all the people who are dressed like me.”
continued from front page

If that “Aha! moment,” then, is the cherry crowning a misery sundae in which each spoonful of ice cream and shard of almond represents shame and disappointment, my moment would have to be when I fell in my sister’s back yard.

It was a warm, sunny afternoon in July, and the entire family, along with Heather’s in-laws and a handful of her friends, had turned out for the barbecue. Unseasonably dressed in jeans and a long-sleeved shirt, I had taken respite from the heat with a glass of chilled chardonnay in the shade of the gazebo. As I sat sipping my wine, a motion at the base of the wooden fence caught my eye. I scanned the grass until my eyes fell upon a squirrel, the fur on its head gathered in a miniature mohawk. I rose from my chair to get a closer look. Because my eyes were locked on the hilarious-looking rodent, I missed seeing the three small stairs leading down from the deck. My right ankle turned and I stumbled, after which my left ankle turned, and so on, until finally, after a few seconds that felt like minutes, I landed five steps away — my cheek against the fence, my legs beneath me, and the glass of wine still clutched aloft in one hand.

The fall wasn’t the bad part. At first, I was merely stunned, trying to make sense of what had happened. Then, as heads
When you’re fat, people look at you with pitying glances or, even worse, relief.

Dr. David Katz, was quoted, “If you’re just a little bit heavy and everyone around you is quite heavier, you will feel good when you look in a mirror.” There is nothing more comforting to an insecure woman than having a fat girlfriend. Like most corpulent women, to compensate for an unappealing appearance and to protect my psyche, I developed an impenetrable inner strength and an acute sense of humor. Slimmer, emotionally weaker women were drawn to me like squirrels to a birdfeeder — in one fell swoop, I could make them both laugh and feel better about their thighs. Conversely, there is nothing more revolting to most men than having a fat girlfriend. Don’t get me wrong, I got laid plenty — guys may be horrified at the idea of dating a fat chick, but they can benefit greatly from befriending one. Devoted, “pretty-n-plump” girls make their male friends feel desirable, even cocky, something an ego can get used to. I was the behind-the-scenes gal, the one to call late at night, the friend with privileges on off-peak hours. I was a safe-looking wingman the boys could take dancing when pursuing more socially acceptable partners; the last-resort sex at the end of the night when nothing panned out. I was appreciative for the attention I got, like an untouchable in India who is resigned to her predetermined caste. Sometimes, to see where my body fit into the bigger scheme, I would surf the fat-fetish porn sites to find how other large women negotiated their heft in various positions. Words like “eager” and “grateful” were always used when describing the chubby stars. The unlikely chance of rejection is one of the main draws for men who have a thing for large women. (I’m talking

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white men here — in my experience, black men tend to appreciate ladies with a little extra “junk in the trunk.”) Even so, sex wasn’t the problem.

The most mundane tasks can be daunting for a plus-sizer. For me, the only thing worse than my hundred daily struggles was the possibility that somebody might witness one. When traveling by plane, rather than ask for a seat-belt extender, I would drape what little of the strap would reach around my generous belly and hide the buckle under a book, into which I would stare with exaggerated rapture so as not to be questioned during seat-belt checks. I hated shopping with friends and walking into stores like Express and the Gap, where the largest pants on the rack were at least six sizes smaller than the ones I wore. I once entered a high-end clothing boutique downtown and received a dismissive glance from the size zero salesgirl, a sort of “Sorry, there’s nothing for you here.” I ended up buying a necklace I couldn’t afford, realizing only in retrospect that I’d splurged to save face. Anybody who tried to help me only made me feel worse. Each time someone offered me advice on slimming down, what I heard was, “You’re not adequate.” My parents seized the opportunity to save me from striding fully fat into the real world. “You know, Barb, you have three whole months before prom,” said my well-meaning father; the idea being that if I lost weight, a boy might ask me to go with him. I resented the premise that I didn’t stand a chance the way I was, even when it proved true. I attended the dance with a friend’s brother, who’d politely accepted my last-minute plea to bring him as my date; granted I pay for the affair, to which I wore the muumuu equivalent of a little black dress.

David and I met online in 2002. Along with my irreverent, sexually forward profile, I’d included a close-up photo of my face. As the day of our first physical meeting drew near, I panicked that once David was confronted by the actuality of my hugeness, our prospective romance would quickly fizzle. I kept mentioning in our e-mails that I was “not small.” He ignored such comments until finally, the day before our first date, he wrote, “Look, I know you’re overweight. I have no problem with that.” Upon meeting him, I was shocked to learn that David was one of those people I had heard about but, like dragons and unicorns, had come to accept did not exist — a person not half as concerned with appearance as he was with character.

Having somebody treat me like a woman rather than a taken-for-granted friend with privileges boosted my sense of self-worth and gave me a newfound appreciation for life. David made me want to become the woman he made me feel I already was. Within a few months, with the determination and ease of pruning a rosebush in winter, I quit smoking, ceased my recreational drug use, and stopped wasting my time on toxic people.

Losing weight was not as simple. After all, I’d...
been fat all my life; it was a part of who I was, and I was married to it, for better or worse. People don’t “get” fat. It’s not something that “happens.” You have to work at it. You have to consume a significantly larger number of calories than you burn every day, every week, every month, for years.

I had been on the path to morbid obesity since the age of five. “Morbid obesity.” Literally translated, it means “so fat as to inspire disgust or horror.”

Two days after my embarrassing tumble, both my legs were swollen and bruised from thigh to ankle. I couldn’t ambulate without wincing. I realized that this inability to move, and a growing incapacity to experience life the way other people did, would be my fate if I remained fat. I began to fear mortality — not just my own, but also David’s. Though only 35 pounds overweight, David was older than I and had dangerously high blood pressure. I was preoccupied with thoughts of death and loss, with feelings of self-loathing and despair.

Dieting did not sound appealing to either of us. As a foodie, David lived to eat; as a fatty, I couldn’t help but assign a stigma to the word “diet.” I’d yo-yoed since I was ten, when my mother put me on Richard Simmons’s Deal-A-Meal program. Weight Watchers, Jenny Craig, Rader Institute, I’d had a fling with all of them, each time running one step forward to slim only to fall two
What turned me away
tive it could be. I also saw
gone the surgery, and I'd
close to me had under-
of gastric bypass. People
thing quick or easy about
was not going to be any-
method I adopted, there
was that, no matter which
discomfort. The truth

allowed myself to believe
without having to do
wanted change to happen

it wasn't the programs
often complained that
steps back to stout. I'd

with the idea of

as drastic as hav-
ing one's jaw wired shut.
What turned me away
from pursuing it further
was my belief that if I
underwent surgery I was,
in effect, saying, "I am a
victim of my behavior
and I am unable —
scratch that — unwilling
to change it, so I would
rather someone else
change it for me by mak-
it impossible, or at
least, very difficult
and/or painful, for me to
eat the excessive amounts
of sugar and fat I some-
how can't stop stuffing
into my face." Call it a
control issue.

The people in my life
who'd had bariatric sur-
gery had, as with many
fad diets, lost a lot of
weight in a short amount
of time, then gained a
good portion of it back.
They were not willing to
accept dietary changes,
meaning that when their
new, shrunken bellies
could hold only two
ounces, they still chose to
fill it with junk. They had
done nothing to alter
their sedentary ways,
which meant most of
their muscle, starved of
protein, was lost with the
fat. This is not the fault
of doctors, who explain
to their patients the
importance of lifestyle
changes until they run
out of breath.

"So many people
think they're going to
have bariatric surgery and
they're fixed," says George
Mueller, a bariatric sur-
geon for Sharp Memorial
Hospital. "We'll be seeing
diets doing very well,
and then they come back
for their yearly visit, and
they'll be snacking or
won't be exercising. We
hammer it over and
over and over that this is a
lifestyle change. They
aren't real hard concepts."

Charles Callery, a
surgeon for Poméranio
Hospital and Sharp
Memorial, has performed
around 3000 gastric
bypass surgeries since
1991. "We try to educate
people and encourage
them, but we're not
superparents; we can't
make [patients] do the
right thing," says Gallery.

"Noncompliant behavior
is very frustrating. It's like
giving advice to kids —
some follow the advice,
some don't, and some are
just plain reckless and get
themselves into a lot of
trouble." No amount of
lecturing can penetrate a
meticulously crafted
shield of denial. For
years, doctors had
impressed me to lose
weight, a fact that played
no part whatsoever in my
decision to do so.

According to
Mueller, rapid weight loss
can have a negative
impact on some organs,
lke the gall bladder.
"When you lose weight
rapidly, you oversaturate
your bile with cholesterol
and excess fats, and you
get gallstones," he says.
The liver can also be
affected. "If there's fatty
infiltration on the liver,
you can get hepatitis —
not the infection, but
inflammation of the liver,
steatohepatitis — you get
an inflammatory
response, and liver
enzymes go up. If a
person loses weight, the liver
function improves, but if
they go up and down,
you can get fibrosis, or
scarring, in the liver, [which can]
compromise the function of the liver."

The National Instit-
tutes of Health published
a study finding 90 percent
of people who lose weight

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28
North County Reader
September 27, 2007

Ms. J., a former
patient of Mueller's,
said she was not
suitable for surgery.
"I think I was, but
the surgeon said I was
not," she said. "I am
not a candidate for
bariatric surgery.

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30/50/70/90K $109
Manufacturer-recommended maintenance.

Carlsbad = Bob Baker VW = 760-438-2200
Escondido = Classic VW = 760-745-7551
Encinitas = Herman Cook VW = 760-753-6256

Prices apply to all 1998-2004

Price Change $29 or $69
Choose regular oil for $29.95 or synthetic oil for $69.95.
Includes VW filter.

30/50/70/90K $109
Manufacturer-recommended maintenance.

La Mesa = Drew VW = 619-464-1440
Mission Bay = City VW = 619-276-6717
San Diego = Minn burn VW = 858-578-8600
Listen to “Tomorrow’s Health Today Show” on CASH 1700 AM Radio every Saturday morning from 11 am to 12 noon, sponsored by Synergy Clinical Research Center.
weight loss surgery than from Toxic Shock Syndrome.” If I was going to lose weight, I had to do it the right way, the healthy way, the same way I had gained it — slowly.

When entering any strange and seemingly treacherous new land, it is wise to solicit the help of a knowledgeable guide. I didn’t want a doctor who would hand me pamphlets, like maps, and send me on my way but someone who would walk by my side and guide me along. Someone with a sturdy arm for me to grab in case I stumbled into a deep hole in my resolve.

I Googled “personal trainer San Diego” and got a long list of gyms. I tried to picture myself huffing away on a treadmill in the 24 Hour Fitness in Hillcrest, surrounded by hard bodies and floor-to-ceiling windows. I imagined people passing by on the street, doing a double take and wondering how that hippo had found her way into the meerkat enclosure. It was embarrassing enough to be fat and trying to change (which was in itself an admission of weakness, of discontent with what I was); I didn’t need to be on display and scrutinized by skinnies in the process.

One gym, Bodylines Fitness, caught my eye with the phrase “one on one.” I perked up when I read, “The fitness industry is becoming synonymous with quick fixes, false advertising, and unrealistic expectations.” The rest of the gym’s basic philosophy could be summed up, “If you are not willing to work hard and do what we tell you to do in order to get fit, then go somewhere else.” These guys sounded serious. Serious was what I needed. Plus, they were offering a special for two. I called and scheduled a free consultation for David and myself for the following week.

“This can’t be it,” I said to David as I pulled the car into a dilapidated, circa 1970s shopping center off Talbot Street in Point Loma. The “gym” was located in what had previously been a dental office. Just through the entrance was the main, and largest, room, in which were a giant, unintelligible machine, a blue velvet couch, and a coffee table covered with fitness magazines. All was quiet except for soft rock playing through a speaker built into the tiled ceiling. Exercise equipment was arrayed among the six small rooms, each of which was painted a different pastel color. It was dingy, small, and a half hour’s drive from our place. I had nearly made up my mind to bail when Charlie Conefrey, the man I’d spoken to on the phone, stepped forward and introduced himself. He had the musculature of a pit bull and wore loose khaki cargo shorts, designer sneakers, and a

### RESEARCH STUDIES

**There is hope...**

Pacific Sleep Medicine Research Center offers hope, and help, for all patients who suffer from a wide range of medical conditions. All participants to receive compassionate care by our physician and our team of healthcare professionals.

---

**DO YOU SUFFER FROM EXCESSIVE DAYTIME SLEEPINESS?**

Do you have sleep apnea and use a CPAP? Do you also take medication for Depression?

If so, you may qualify to participate in a research study for adults to treat daytime sleepiness.

**QUALIFIED PARTICIPANTS MUST BE:**
- 18 and older
- On a stable CPAP Therapy for at least a Month
- Taking medication to treat depression

**QUALIFIED PARTICIPANTS WILL RECEIVE:**
- All study-related care, exams and study drug at no charge
- Compensation for time and travel

---

**Are You Taking Ambien?**

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 Ambien* at least 4 nights per week
- Must be willing to discontinue Ambien* (after signing an informed consent document)

Study-related medical exams, laboratory tests and study medication are provided at no cost. Qualifed participants will be compensated for time and travel.

---

**ARE YOU A NIGHT OWL?**

Do you Go To Bed At A Late Hour?

If so, you should know about a research study of an investigational medication for the treatment of Delayed Sleep Phase Syndrome (DSPS).

**QUALIFIED PARTICIPANTS MUST:**
- Be 18 and older
- Go to bed later than you would like

**QUALIFIED PARTICIPANTS WILL RECEIVE:**
- All study-related care, exams and study drug at no charge
- Compensation for time and travel

---

**WAKING UP IN THE MIDDLE OF THE NIGHT?**

If so, you may qualify to participate in a research study of an approved prescription sleep medication for investigational use for adults who experience problems staying asleep throughout the night.

**QUALIFIED PARTICIPANTS MUST:**
- Be ages 18 to 64
- Have had middle-of-the-night insomnia for at least 3 months

**QUALIFIED PARTICIPANTS WILL RECEIVE:**
- All study-related care, exams and study drug at no charge
- Compensation for time and travel

---

For more information on these and other clinical studies, call (toll free)

**1-877-927-5337**

Pacific Sleep Medicine Services

Bridging the path of medicine and science.™
We believe we can help.

Well-known pharmaceutical companies are conducting important research studies for a limited number of qualified participants.

Anxiety

doesn’t just stress your mind.

We now know it can...

• Decrease your immune response
• Decrease your physical and mental functioning
• Increase fats in the bloodstream
• Interfere with sleep
• Be mistaken for medical conditions

If you are between the ages of 18 and 64 you may qualify to take part in a research study of an investigational medication for Generalized Anxiety Disorder.

Every study conducted by California Clinical Trials is staffed by a team of skilled and experienced physicians and medical professionals trained to place your comfort and well-being first.

If you participate, there is no cost to you...instead:

• You receive up to $450 for your time and travel.
• You receive no-cost study-related medication and study-related medical care.
• No reports are made to employers, schools, or insurance companies.

Depression

steals more than your mood.

It robs you of life’s pleasures.

Are you between the ages of 18 and 70 and finding life hard to tolerate? Has your energy and motivation to enjoy your life decreased? Do you find even simple pleasures empty?

California Clinical Trials has been assisting the pharmaceutical industry with finding new medications for depression. Every study conducted by California Clinical Trials is staffed by a team of skilled and experienced, caring physicians and medical professionals trained to place your comfort and well-being first.

If you participate, there is no cost to you...instead:

• You receive compensation for your participation.
• You receive no-cost research study medication and medical care.
• No reports are made to employers, schools, or insurance companies.

Schizophrenia

can tear families apart.

Do you or a loved one have schizophrenia? Have they tried Seroquel®, Risperdal®, Geodon®, Zyprexa® or Abilify®? Do they still feel hopeless, have side effects or continue to suffer from troubling thoughts or voices?

This loved one’s problem can break your heart. We are caring, experienced professionals funded by a well-known pharmaceutical company to conduct an inpatient and outpatient research study for qualified people with schizophrenia.

If your loved one participates, there is no cost...instead:

• They receive up to $1530 for participation.
• They receive no-cost research study-related medication and medical care.
• No reports are made to employers, schools, or insurance companies.

Are you being treated for your sleep apnea and depression but still have sleepiness during the day?

Because these two disorders have tiredness and fatigue in common, people who suffer from both feel like they drag all day long. California Clinical Trials is conducting a research study of an approved medication to see its effects on individuals with both sleep apnea and depression. If you are 18-65 years of age and in stable health, using your prescribed CPAP regularly and taking antidepressant medications, you may qualify to participate in this research study. Every study conducted by California Clinical Trials is staffed by a team of skilled and experienced physicians and medical professionals trained to place your comfort and well-being first.

If you participate, there is no cost...instead:

• You will receive up to $650 for your participation.
• You will receive study-related medication and study-related medical care.
• No reports are made to employers, schools, or insurance companies.

Are You A Night Owl Who Can’t Fall Asleep Till Midnight (or Later)?

Who me? Yes, you, the one who is up most of the night.

Have trouble getting up early in the morning?

Feel like you could sleep all day and should say, “who, who” all night?

If you are healthy but have chronic problems falling asleep before midnight, you may qualify for a research study in our state-of-the-art sleep clinic and receive an investigational medication for poor sleep.

Every study conducted by California Clinical Trials is staffed by a team of skilled and experienced physicians and medical professionals trained to place your comfort and well-being first.

If you participate, there is no cost...instead:

• You may receive up to $2600 for time and travel.
• You will receive no-cost study-related medication and study-related medical care.
• No reports are made to employers, schools, or insurance companies.

858-571-1188
Toll-free 800-571-1188
www.cctstudy.com

San Diego • Paramount • Glendale • Culver City
Do you suffer from Osteoarthritis of the hip?

Are you currently taking medications for pain relief? If you are 40 years old or older and are generally in good health, you may be eligible to participate in a clinical trial evaluating an investigational oral medication.

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

Is your Type II Diabetes NOT adequately controlled by taking Metformin (Glucophage)?

- Are you between the ages of 18 and 80 years old?
- Have you been taking Metformin (Glucophage) for at least 3 months?
- Do you have a diagnosis of Type II Diabetes?
- Is your Type II Diabetes not controlled?
- Are you willing to participate in a 17-21-week research study?

If you or someone you know can say yes to the above questions… You or they may qualify to participate in a clinical research study investigating a new diabetes treatment.

Currently we are looking for study volunteers who have Type II Diabetes and can answer yes to the above questions.

If you are interested in finding out more information regarding this study, please call the number below.

Diabetes and Endocrine Associates • 619-466-4899

UCSD Research Study on ANXIETY

Do you suffer from these symptoms?
• Worried, nervous, on edge
• Difficultly sleeping
• Tense, keyed up, restless
• Unable to concentrate, agitated

The UCSD Psychopharmacology Research Initiatives Center of Excellence is conducting a research study of the effects of an investigational drug, not approved by the FDA versus a placebo (sugar pill) on Generalized Anxiety Disorder.

Participants will be compensated for time and travel.

To find out if you may qualify and how to participate call 1-866-UC-PRICE (1-866-827-7423) today for more information.

Attn: Heavy Drinkers

The Scripps Research Institute is conducting 3 investigational studies associated with drinking:

- Heavy drinkers not seeking treatment
- Heavy drinkers seeking treatment
- Drinkers with depression seeking treatment

For more information and to find out if you can earn compensation for participating in one of these studies, contact:

(838) 784-7867 (STOP)
As type 2 diabetes progresses, diagnosed individuals often must intensify their therapy with insulin in order to manage blood glucose levels.

Do you use insulin to control your Type 2 Diabetes?

If so, the Profil Institute for Clinical Research invites you to participate in a clinical research study involving an investigational insulin.
- Some overnight stays are required.
- You may be compensated up to $3,750 for your time and travel.

Participants must be:
- Ages 18-65
- Taking insulin
- Diagnosed with Type II Diabetes

For more information, please call: 619-521-2841
Medical Center for Clinical Research
Are you a woman between 18 and 47?

**Do you suffer from a decreased sexual desire?**

This is called hypoactive sexual desire disorder (HSDD).

Are you interested in participating in a study of an experimental drug for HSDD?

Qualified participants will receive investigational study medication, study-related medical exams, and lab tests at no charge, and be compensated for their time.

Call San Diego Sexual Medicine at 619-265-8865 if you are interested. www.sandiegosexualmedicine.com

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**Smoking too much pot?**

**WE WANT TO HELP YOU STOP!**

Researchers at the Scripps Research Institute are working to develop treatments to help you quit smoking marijuana. This 12-week program involves medication.

For more information and to see if you qualify, please call 858-784-7867 or visit www.pearsoncenter.org for more detailed information.

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**Do You Get Anxious in Social Situations?**

Do you:

- Get very **NERVOUS** around people?
- **FEAR** being the center of attention?
- **AVOID** going to social events and meeting new people?

If you answered **YES** to any of the above, you may be eligible to participate in an experimental research study comparing several study drug options for social phobia. Medical assessment and clinical care are provided.

For more information, please call 1-877-UCSD-SHY (1-877-827-3749) or e-mail: veryshy@ucsd.edu

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**Are you currently diagnosed with**

**Schizophrenia?**

Are you currently on a stable dose of Risperdal, Zyprexa, or Paliperidone?

You may qualify to participate in a research study involving an investigational medication. Qualified candidates will be compensated for time and transportation as follows:

- $75 for your screening visit,
- $100 at visits 3, 4 & 6, and
- $150 at visits 2 & 5.

Compensation up to $675 will be provided.

Call 858-566-8222 for more information. The California Neuropsychopharmacology Clinical Research Institute, LLC “CNRI, LLC.”
the bagels, donuts, candy, and other office treats. I’d gone down a size without trying. Now, with regular exercise and the changes in my diet, I was the healthiest I’d ever been.

A week after I sent in my application, I received a rejection letter. It read: “For your height, your weight exceeds the maximum allowed of 200 lbs. Before we can reconsider your coverage, we will need documentation from your physician showing that you have maintained a weight of no more than this weight for at least six consecutive months.” I was 240. It didn’t matter to the company that I was shrinking rapidly. At first, I was angry, indignant. I wanted to call them and scream about the unfairness of not looking any further than my height.
and weight. After I calmed down, I accepted that their decision hadn’t been personal. I understood the risk inherent in insuring a morbidly obese person, healthy or not. Of course the company wouldn’t take such a risk. By the end of the night, all I felt was shame. I’d lost over 30 pounds. It was easy to see why so many people start to diet and then give up. The motivation required to maintain discipline is so fragile that something as simple as a passing comment can cause it to shatter into a million reasons for why any effort is futile.

After six months of eating right and working out (with occasional wine, cheese, and chocolate lapses), I was down two more sizes. David and I attended a party to celebrate the completion of a building project in North Park. While there, an acquaintance said, “Wow, David, you’re disappearing!” Ten minutes later, a friend we hadn’t seen in months said, “David, you look fantastic!” Upon greeting us, five other people had similar reactions. During each encounter, I stood by David’s side and waited for such a comment to be directed at me. Each time my expectation was dashed sharply, like the sting I get when I repeatedly rub my eyes after forgetting I have pepper on my fingers.

The week following the party, I stopped counting calories. Not eating right made me feel guilty; feeling guilty was depressing; and depression left me bereft of motivation. I’d been working my ass off, and though I was down to a size 22, I was still fat. I was so fat that after shedding 40 pounds, no one had noticed. With so many sizes to go, what was the point? Defeated, I knew that I was, and would always be, a fat chick.

Charlie could tell something was off. At the end of the week, he asked me how the diet was going. “Not good,” I answered.

“Why?” Like a therapist, Charlie always asked open-ended questions and listened patiently to my answers. Four days a week, I opened up to him in ways I never had to my friends or family; I spoke of deep-seated insecurities and thoughts of self-loathing. Also like a therapist, Charlie did not give answers so much as he guided me to them. “I’ve been stressed,” I said. “Plus, there were, like, three birthdays I celebrated this month, which means dinners out with friends.”

Charlie has no tolerance for excuses. And, in his opinion, anything that gets in the way of health-conscious decisions is an excuse. “Remember why you’re here,” he said. “Why you’re paying money and spending all this time exercising. If your mother was in the

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**Research Study**

If you are 18-65 years old and you are currently addicted to heroin or prescription opioid pain relievers, you may be interested in learning more about a new clinical research study.

North County Clinical Research (NCCR) is conducting a clinical research study to evaluate an investigational new treatment. If you qualify, you will receive study-related care at no cost and you will be compensated.

If you are interested in participating in this study and would like more information, please call the number below: 760-639-4378

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**Always worrying? Anxious? Panic attacks?**

You may qualify for free psychological treatment.

Researchers in the Department of Psychiatry at UCSD are conducting a brain imaging study that provides free psychological treatment to individuals experiencing excessive worry or panic attacks. Compensation is provided. You must be between the ages of 18-55, a non-smoker, and not currently taking psychiatric medication. Other eligibility criteria apply. Please call 858-534-6445 for more information and to see if you qualify.

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**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

Clinical Research Center

[Sharp Mesa Vista Hospital]
hospital dying, you’d make it in to see her, no excuses. If you want something enough, nothing gets in your way."

Did I want it enough? For days the question haunted me. Of course I did, I assured myself. Why else would I suffer restricted calories and four days a week of physical torture? And yet, there was a part of me that didn’t want it at all, a part of me that feared success. It wasn’t that I was afraid of being slim, healthy, and attractive — it was that I was petrified of not being me. Who was I if not fat, bubbly Barb? I may not have liked my appearance, but I very much loved myself. I was used to the way things were.

My decision to change my lifestyle had a chilling effect on many of my relationships. While on the phone with a girlfriend, I said that I’d been working out and shedding pounds. "Well, that sucks," she said. "Who am I going to talk to when I’m gaining weight?" Suddenly, my vision cleared, and I wondered how many of my friends saw me as no more than a factor in the equation of their self-esteem.

It was clear from my sisters’ reactions that my weight was something they had discussed in my absence. "We hoped you’d come to the realization at some point. We were just wondering when it was going to happen," they said. Weight issues are prevalent in our family; I come from a long line of overweight Italian women. My sisters, though slim, have always been sensitive to the issue — "fat" was the only forbidden "F-word" in our home. When I said, "I’m fat," a truth no one could deny, they would snap, "Don’t say that, that’s not true." But speaking the word I’d covered from all my life had a liberating effect.

Embracing the ugly truth of my condition — that I was heavier than a female gorilla — was the essential first step in doing something about it. I was crestfallen when people failed to notice my progress, so I was surprised when I found it irritating rather than flattering when people did make note of my shrinkage. A friend of my mother’s said, "Barb, you’re losing weight!" I nodded at her, a sort of "Yup, sure am," and she continued, "You actually have a waist!" I found this insulting. I may have lost weight, but I was still fat and therefore still sensitive to comments about my changing shape. This one, in particular, came across as patronizing.

As more people became aware of my quest, I began to feel as if I had recently taken up residence in a petri dish. I knew they only meant to be helpful, but I would cringe when friends would invite me out and say, "I was thinking about..."
going to that new Vietnamese place down the street. Is there anything there that you’re allowed to eat? “Allowed?” I am allowed to eat whatever I damn well please, “I said it!”

Finding it impossible to keep me on track. When I felt the ache on the roof of my mouth from where the scouring cheese had burned it, I turned my anger inward: That’s what you deserve for eating it, you fat pig.

It was infuriating to be always on the defensive, to feel as if I had to answer to everyone, to justify myself by explaining to acquaintances that, even though I was fat, I probably worked much more often and ate a much more nutritionally balanced diet than anybody in the building. Eventually, I realized the only person I was arguing with was myself. It didn’t matter how other people saw me — what mattered was how I saw me.

After one year, I’d lost over 70 pounds. My clothes were smaller. I could easily lift things I used to find heavy, and I could bound up the stairs two at a time. The scale no longer groaned under my weight. My body had changed, yet my perception of my body remained that of a grotesquely oversized woman. Visiting the home of a friend, I continued to tip-toe lightly across the echoing hardwood floor to avoid calling attention to my girth. I still eyed chairs with arms suspiciously, as they have rarely been able to contain the width of my rear end. David said my self-image was inaccurate. To prove him wrong, while shopping at the mall, I pointed to a woman and said him, “I’m about her size.”

“No, you’re not, actually,” David responded, eying me closely. “You don’t really think that, do you? Barb, that woman is 50 percent larger than you.” I examined the woman until she disappeared into Macy’s and decided that David was trying to be nice.

As I became more fit and the pounds continued to melt away incrementally, I started to get more attention from men on the street, strangers who smiled and said things like, “Good morning, beautiful!” I’d often been told that I had a pretty face, something I assumed people said to

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**Includes ALL medications. Expires 10/15/07.**

---

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Farzad Yaghouti, MD
Medical Director
The Los Angeles folks do not look with favor at anything tending to promote the prosperity of (San Diego)," wrote Rufus K. Porter in the San Francisco Bulletin, "so San Diegans must fight their own battles and expect no favors from our neighbors in Los Angeles.

Do Not Go Gently Past That County Line

The Golden Spike got hammered at Promontory Point, Utah, on May 10, 1869. Americans could travel cross-country by rail to the Bay Area. When the California coastal train stopped in Los Angeles, local "runners" climbed on board and regaled passengers with "all kinds of discouraging tales of what they would find in San Diego," writes Elizabeth McPhail. Carnivorous fleas, boredom, and lawlessness spiked most accounts. "After all the discomforts of getting that far, many were content to settle down and go no farther."

The runners also warned passengers that San Diego had undrinkable water. Vendors roamed the aisles selling jugs, at reduced rates, as a safety precaution. McPhail: "Many newcomers arrived clutching their jug of precious water."

William Smythe called it a "system of misrepresentation," some of it "well-meaning ignorance; but most was pure straight lying so universal from the editor to the brake-man on the cars and the bootblack on the street that it seemed a regularly organized plan."

The Robber Barons Strike Again

In 1871 Congress assured San Diegans that the Texas and Pacific Railroad would come straight from the East, be it to Alonzo Horton’s growing “New Town” or to Frank Kimball’s Addition (later National City). A congressional bill okayed a line from Marshall, Texas, across the 32nd parallel to San Diego.

Charles Crocker, of the rival Central Pacific, told Frank Kimball he would “never live to see a railroad built to San Diego.” Like the mail, southern rails would slice northwest from Arizona to L.A.

Along with Collis P. Huntington, Mark Hopkins, and Leland Stanford, Crocker was one of the "Big Four" California magnates determined to make Los Angeles Southern California’s principal metropolis. In August, 1875, Huntington and Crocker visited San Diego to determine its viability as a terminus.

“I was on the railroad committee when Huntington and his associates were here to negotiate with us,” wrote E.W. Morse, prominent San Diegan. "I think [he] never intended to build in San Diego, but that he only came for political effect."

During his stay, Huntington dined with Maria Amapuro Ruiz de Burton, respected California/San Diegan. "Well," said Huntington, "it is not to our interests to build in there, at present." He added that a railroad would have too much competition from the harbor and “water transportation.” Huntington "rained sledgehammer blows" on San Diego’s chances in California and in Congress, writes William Smythe. Los Angeles secured the Eastern connection. “It was the turning point, and it involved long and bitter disappointment to San Diego.”

The Health Wars

The figure’s probably low, but in the late 19th century, an estimated one in ten newcomers to Southern California came here for their health. Alonzo Horton did. So did Frank Kimball and thousands of others.

The first battle for infirm immigrants wasn’t between San Diego and Los Angeles, but between Southern California and Florida. "The surplus of water," wrote R.W.C. Farnsworth in 1883, "the lowness of the land, and the long, hot summer make Florida subject to malaria and fevers. No part of the state is favorable to an Anglo-Saxon constitution."

Comments like this convinced Easterners that Southern California was the “Italy of America.” The question then became: which town was the most salubrious? "Sanitary" Pasadena boasted that it was “the greatest all the year round health resort in the world.”

A pamphlet, circulated throughout the East, said no way: “The City of Angels is the site of the very Paradise.” To prove the point, the pamphlet showed the graves of Adam and Eve.

And San Diego? "The first part of its name might stand for ‘sanitarium,’ but neighboring communities spell it San Diego, and others” — quoting what they might stand for ‘sanitarium,’ but neighboring communities spell it San Diego, and others.”

Harrison Gray Otis monument in Hollywood Memorial Park Cemetery

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The San Diego Union reported that Los Angeles had warned a man from Ohio that San Diego has a "constant and prevailing fog for the year round, causing malaria, diphtheria, and hundreds of other contagious diseases." The Ohioan opted for L.A., where it was "more healthful."

Fitch fired back: "We do not complain of this, but we think that Los Angeles real estate entrepreneurs to a mythical place, Angeleno entrepreneurs began naming everything in sight after Ramona, heroine of Helen Hunt Jackson's popular, San Diego–based novel."

Twain's Roughing It. He wore a tall silk hat, white doveskin gloves, and a cut-away coat. He had been a New York lawyer and the model for a character in Mark Twain's Roughing It. When Thomas L. Fitch — aka the Colonel — came West, he worked for Howard and Lyons, a real estate firm located at 958 Fifth Avenue, and became a promotional knight errant for San Diego.

Fitch didn't cause the real estate boom of the mid-1880s, but he was a definite factor (some say held the record for most 25-foot lots sold).

To lure "tenderfoot" East-
Ads in L.A. papers said San Diego had no backcountry. Fitch begged to differ: “No backcountry at San Diego — sneers Los Angeles, squatting among her sloughs and fearful that the scepter of empire may be speedily snatched from her fever-flushed hands.”

“Los Angeles is part of our backcountry. Flea-infested in summer, mired in winter, roasted at noon day, chilled at night, unsewered, typhoid-afflicted, pneumoniated Los Angeles.” Fitch added that San Diego’s backcountry also included Ventura and San Bernardino Counties and its “front country” takes in Japan, China, and the Pacific West Coast down to Central America.

Enter Mister Otis
No one ever hated San Diego more than Harrison Gray Otis, editor and publisher of the Los Angeles Times. He regarded San Diegans as AWOL scum who had abandoned the City of Angels and should burn in hell.

Between 1886 and 1888, San Diego enjoyed a real estate boom. Allowing that San Diego “is bound to be an important place one of these good days,” Otis declared that people buying land above the city on “sage-shrouded hills, where the view is magnificent but water scarce” were making an enormous mistake. They were “planting financial seed that cannot sprout and spring until another long decade.”

Oscar W. Cotton, a promoter who ranked up there with Fitch, “became increasingly hard to take year after year.” As did calling San Diego Southern California’s “second city” or L.A.’s “little sister.” A counterview emerged around this time: real estate promoters declared San Diego “the Plymouth Rock of California.” And what if it were true? What if the Pilgrims came to Point Loma instead of Massachusetts? Then, claimed promoters, civilization would never have headed East. “European immigrants would have been content to stay and the Indians would still hold Manhattan Island.”

Quantity Versus Quality
By 1920, Los Angeles had a population of almost 600,000; San Diego, about 115,000. L.A. claimed victory in the prosperity war against San Diego, and now called itself “the City of Destiny.”

“The citizens of Los Angeles,” wrote a Union ed-

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My wife Beth and I moved from the quiet suburbs to an old, remodeled warehouse loft in downtown’s East Village five years ago.

We loved the sunsets from our fire escape, the fireworks over the bay and ballpark, and that it was not the Gaslamp, not quite gentrified, not completely safe, but still real and eclectic.

Beth embraced everything about East Village life, even the sirens, the weekly traffic accidents, the three competing rock bands that practiced next door, the construction, the parking problems, the crowds from Petco Park, the lost tourists driving the wrong way down our one-way street, the drunk bar-hoppers wandering back from the Gaslamp, the runaways sleeping outside our building. The homeless folks made me nervous, but Beth learned their names.

The only neighbors who bothered her were the guys who ran the tattoo parlor across the street. Day and night there was a gang of them camped out inside the shop or in a row of chairs on the sidewalk out front. They blared “#@!$! your mother!” music at two in the morning, got into car-stopping fights in the middle of the street, harassed any woman and intimidated any man who passed by. They were the reason Beth didn’t walk on that side of the street.

For two years, she glared out our third-floor window, sending hate-filled vibes toward the row of guys sitting in front of the shop. She studied the world from their perspective. The guy next to her asked what she was getting done.

“Love Thy Neighbor,” she muttered. “Oh, you guys are my neighbors and I’m having trouble loving you. You kind of scare me,” she sputtered. “You know, with the fights that break out here and all…”

“I was fantasizing about shooting out the tires of their big, black trucks with a BB gun.”

I resisted saying, “Beth, it’s been over two years. Get over it.” She was stubborn.

Then one day at work I was interrupted by a phone call from Beth.

“Joe, I decided I’m going to get a tattoo. You okay with that?” I laughed, not quite knowing if she was serious or not. She had never wanted a tattoo. In fact, she took some pride in being one of the few people in our circle of friends with no body art. Though surprised, I distractively said, “Okay,” and went back to work. Less than an hour later she called me back and announced, “I did it.”

I hurried home to our loft, and found Beth beaming as she showed me her left wrist, revealing the delicately scripted words, “Love Thy Neighbor.”

She explained how she’d walked to the ATM and withdrawn some cash, then marched across the street, taken a deep breath, and stepped through the doorway and into the parlor. The walls were covered with tattoo art, skulls, bloody knives, naked women, and the Virgin of Guadalupe. Chuy was working on somebody’s backside. “Excuse me, I’m your neighbor from across the street; may I watch you?” He looked up at Beth and gave a half nod.

As she sat there in her pink T-shirt and ponytail, Beth noticed she was the only one in the room without piercings, tattoos, and black clothing.

After watching Chuy a while, she decided to step out onto the sidewalk and have a seat in one of the chairs in front of the shop. She tried to relax and take it all in; she studied the world from their perspective. The guy next to her asked what she was getting done.


“Well, you guys are my neighbors and I’m having trouble loving you. You kind of scare me,” she sputtered. “You know, with the fights that break out over here and all…”

“Wow! That is so cool!” he exclaimed. He hopped up and ushered her back into the shop and announced with complete sincerity, “Chuy, dude, we’re scaring our
neighbors! We gotta stop fighting."

Chuy was not quite so touched by the story. “Hey,” he said defensively, “I’m just tryin’ to run my place.” Beth explained that her intention was not to change him; she just wanted to get this tattoo.

The tattoo artist next to Chuy said, “Love Thy Neighbor? Like with brass knuckles and shit?”

“No, that’s not exactly what I had in mind,” she responded.

He found a tattoo magazine and turned to a picture of “Love Thy Neighbor” tattooed on a man’s inner forearm — with a bloody knife and bat in the background.

“That’s not exactly it, either,” said Beth. Chuy, who Beth sensed had learned his penmanship behind bars, began to methodically prepare his tools. A few of the tattooed locals gave Beth the rundown on all the care and instructions for a first-timer, and Chuy began to do his art on her wrist. Then he stopped. “How do you spell ‘Thy’?” he said sheepishly. “I didn’t go to school.”

The other tattoo artist piped in, “Dude, it’s not because you didn’t go to school, it’s because you don’t read the Bible! It’s all over that book.”

After that day, Beth could often be found out on our favorite local cherry blossom trees, reading the Bible! It’s all over that book.
fire escape waving down to the tattoo guys, whom she now called her new friends. The music that came streaming across the street from the tattoo parlor was not so grating. Fewer fights broke out. The sidewalk felt safe. Or maybe we just imagined that all this was different. I was a little skeptical of it all, and whether her “new friends” remembered her, or if she was even on their radar.

Then about four months later, Beth took our car in for an oil change at the tire shop on 11th Street. As she entered the office she noticed Chuy talking to the repairman behind the counter.

“Excuse me, Chuy? Hi, I’m Beth. I’m not sure if you remember me…”

Before she could finish, his face broke into a smile, and he stepped forward and gave her a warm hug. “Hey, remember me…”

His face broke into a smile, and he stepped forward and gave her a warm hug. “Hey, remember me….”

— Joe Slevcove

Coronado Saved Me

When I was 28, and a man much too old for me had again broken my heart, I spent most of my free time in the car, as if I could outrun my sadness. Many weekends, I found myself exiting I-5 for the Coronado Bay Bridge, even though driving over that long, narrow arch used to terrify me. It was like driving right into the sky or plunging into the open sea, and felt too much like my own abyss of despair, which formed a wide chasm under my heart.

But unlike my own sorrow, my road trips ended safely on Coronado, which at that time seemed like a snapshot from a Norman Rockwell painting, an endless Fourth of July, and a trip to a rich friend’s summerhouse all at once. I spent hours in the cool and haughty interior of Bay Books and consoled my broken heart with the sound of the surf and the soft, hot sand in front of the Hotel Del. Sometimes, on my way to the beach, I would walk through the lobby and pretend that I was staying in that magnificent old ship of a hotel. I would adjust my sunglasses on my head, toss my hair, and pretend, for just a moment, that I wasn’t lonely and broke and ten pounds overweight.

In a way, Coronado saved me. During my afternoons there, I became someone different. I imagined I was as glamorous as the island itself, and those afternoons pretending I was okay opened up the possibility for change. They lifted me out of my funk of sadness and self-pity. Eventually, I picked up the pieces of my heart and remembered who I was. Two years later, I moved to the Bay Area, where I found good friends, an exciting job, and hardwood floors. I was content being single and I liked my peaceful existence, the way my future was unfolding in a graceful spool. I thought that I would spend the rest of my life up there near the redwoods, and if I found someone to share all this with, well, that would be okay too. I hoped I would find someone intelligent and handsome. I really just wanted someone who was kind and funny and who loved books as much as I do.

Because I am lucky, I got all of these things. I found this great, gorgeous, brilliant man who loves me. The kicker is, he also wears combat boots. As someone who once marched with a sign...
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North County Reader September 27, 2007 51
But it has been six years since I walked through the Hotel Del holding a beach towel and the tattered ends of my heart, and now I have done both.

Almost every morning, after my husband leaves for work on the Naval Amphibious Base, I strap my two-year-old son into the baby jogger with half a bagel in his sticky fist, and we run down Orange Avenue toward The Strand. We pass the old coffee shops, the new Panera, and of course the Hotel Del. Each time we run by, I silently thank it for being so unchanged, so regal, despite the chaos in the world.

And yet, on these runs, I see the island in a way that I never could when I was young for this serious business of war. They stood perfectly straight — in a pose that is anything but easy — and, as usual, I wondered how they could be so fearless. I wondered how they could be so selfless and what makes them willing to give up their lives for a country that won’t even give up its Hummers for them.

As we approached, my son raised his bagel in the air, and one of the soldiers looked at us and cracked a smile. I held my hand up too and placed it over my heart. “Thank you,” I mouthed silently as we passed, and the soldier nodded back, almost imperceptibly.

I put my head down and we kept running. I didn’t know what else to say. For that soldier, for that boy, Coronado is not a place of solace or decedence. The warm sand here only slows him down, fills his boots, and the Del probably taunts him as he sleeps in his stuffy barracks.

Maybe there are no more true havens left. Or maybe there were never any to begin with. Perhaps the only safe places are the ones that we create ourselves — if we are very lucky and very still — within the secret chambers of our hearts.

— Pamela Hunt-Cloyd

The Virgin of Mission Beach

I get these crazy dreams about her, the kind where I know I’m dreaming, so I can do whatever the hell I want. Sometimes I think she knows it too; the way she looks into my eyes says she knows more about me than God. The way my olfactory senses register something delicious beneath the endocrine and grime on her skin…something holy.

I’ve seen her living on these streets of MB for years, always in that same sweater and jeans, always that onto logically-shocked gaze, always with surreal requests like a bath in the Vesuvial deluge or a bite of Dante’s breath.

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She sleeps beneath a tree behind Belmont Park. It’s 1994, and the Mexican government’s pleading for ours to do something about the massive smuggling of illegal weapons from our country into theirs. There were 3,351 guns officially identified in ’92. In ’93, there were 3,376, but officials on both sides agree the actual number is much higher.

I was responsible for a lot of that.

Since the EZLN Rebellion, Clinton finally decided to act, sent out ATF to bust operations like mine. Can’t have anything jeopardizing the NAFTA deal.

Lots of my guys went down. Lots of my money too. Somehow I managed to evade the sweep. But now I’m out of a job and can’t go home. I wander down the rat-and-roach-infested alley behind the Coaster Saloon. Someone screams from the apartments above. Or maybe it’s me. I can’t tell anymore. I feel a tiny slice of my soul slipping away into everyone else’s shadows...

Mission Beach is home to just about every type of crackpot you can find: washed-out hippies, coke-head yuppies, heap-riden hobos, low-ridden chos, taggers ownin’ jaggars, ravers ownin’ favors, vets in bins, neo-Nazi Skins, crazy-ass skater-rats, wife beatin’ white trash, freshly buddin’ teange hookers, old-fat-drunk vert lookers, can’t-crash-out here musicians, I’ll make-your-bike-disappear magicians, gun-totin’ Piru on Sundays, walk-o’-shame cougars on Mondays, coke-whore strippers, daytime trippers, no-good coons, hicks heatin’ spoons, Vegas bums who couldn’t even make the construction scene, New York sluts who started zines, wannabe surfers from Yuma, couldn’t be dope peddlers from Zuma, drunken poets in the bottle, winos who’ll drink bong water, tattoo artists runnin’ from the HA, nobads suckin’ dick for yayo, ex-alki bouncers with a lion, Clinton finally decided to just about every type of

The nightclub Chillers is packed, but I can’t tell if it’s the Ghoulspoon show or “Monday Night Fights”; my days all bleed into one hideous testament of agony. That world in there, those slulty bodies in cacophonous revel — it used to be mine. But I am no longer. See the old man riding the bicycle covered in metallic duct tape?

I walk through the parkin’ lot to the grass. The chattering people don’t even notice me. It’s as if I’m already an apparition, a phantom magoronic residue absorbed in the gentle waves that lap on lovers’ skin. When I get there she’s gone. Then I hear explosions behind me...

Her body has become clean, pure and ivory — the old sweater morphed into a magnificent backdrop of lights of the Big Dipper cast behind me… gone.

The smell of sulfur and my sins roll down in the boardwalk.

— Bryan Varela

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The neighborhood has taken. I will start here. Hi, my name is Mychal McMahon. I am a single mom living with my mom in an apartment complex in 4s Ranch near the Rancho Bernardo area. We were the very first people to move into this low-income apartment complex in the Bernardo area. We were the very first people to move into this low-income apartment complex in 4s Ranch near the Rancho Bernardo area. We lived in a rich community and many of the residents here are the poorer part of the 4s Ranch. I noticed, as families started moving in, that there were many single moms like me. I also noticed that many of the kids didn’t have a lot to do after school, considering their moms were still at work. It seemed a lot of them were just hungry for attention and something to do to keep them busy. They were starting to cause problems and get into trouble. I would even hear them yelling at each other outside. They are only about nine- and ten-year-old boys, mind you. They were kicking each other’s bikes and cursing, and just getting more violent as the days went on. It was really getting annoying too. At first I got upset and asked them if they would be quiet. That, however, didn’t solve the problem. Finally, I asked them if they would be quiet. That, however, didn’t solve the problem. Finally, I started to play with them myself. We started playing soccer on this little field we have in front of the complex. All the kids in the complex began to gravitate to the game. This really created a lot of unity between the kids. It became a tradition for a while on the weekends. One day, as the kids were swamped by my apartment with nothing to do, they realized my car door was open (a 1999 White...
“Daewoo Leganza”). So of course they thought this was the best thing in the world. As soon as one hopped in, the other six followed. Before I had any control over the situation, my whole car was bouncing with popcorn. This gave me another idea. My car was long overdue for a wash, so I put the kids to work. I asked them what they would really like for a present. They said hats from the new skate shop that just opened by our house. So I said okay. What was I getting myself into? Well, I had never seen a cleaner car in San Diego. Even the wheels were done to near perfection. These kids wanted these hats so bad. And they had so much fun doing it. I even got pictures. Again, I started to see more unity. After we were done, we had a little awards ceremony, and everyone got a ticket for a hat. I told them that we would go on the first of June, when I got paid, but listen how the Lord works in the coolest ways. Within the next couple of days I received a check from my school. I was so excited. The kids happened to be playing outside. I screamed and said, “Oh my gosh, you guys, we’re going today!” So we all walked in a group, and when we got there it was like kids being in a candy store for the first time. We were there for probably an hour just looking for hats. They finally found the hats they wanted.

They were so appreciative to get some free posters and stickers, bless their hearts. What’s cute is that they all ride their BMX bikes around the neighborhood wearing their crazy hats. And if one’s not wearing a hat they all don’t wear them. Hopefully, I didn’t start a gang. But now, instead of yelling and screaming, there’s a new little feeling of hope spreading through our neighborhood.

— Mychal McMahon

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when one of them stopped, glared up at Shelly, and said, "real tasty." "Bitch, what the fuck you starin' at?" Shelly glanced at me, handed me her coffee cup real quick, and took off, barefoot, down the stairs after the girl. The would-be gangsta chick took off running back up Normal with Shelly in her pursuit, while her friends just howled. I thought it was pretty funny, too. Shelly is well over 30, and has big kids of her own, which was kind of the point. She actually caught the girl, and even though they were half a block up the street you could hear her hollering: "Don't you have no respect? You can't see I'm grown?" Before Shelly could get to the part about "Let's go see your Momma," the girl apologized. That's the report I got. I did witness the girl walking back sheepishly, picking up her books and going on to school with her friends, who were, of course, still clowning her without mercy.

Shelly was the assistant manager of our apartments, and one late summer day she gave me a look and told me I was getting new neighbors on the other side. I didn't know why she gave me the look until I saw that it was the same formerly mouthy girl, her mother, her brother, and her baby sister moving in. I helped with some furniture, and they told me how grateful they were to Shelly. She had hooked them up and her baby sister moving in. I helped with some furniture, and they told me how grateful they were to Shelly. She had hooked them up and received a $150 gift card!

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going to be in a wedding or something?” “Naw, Neighbor,” they told me patiently. “School starts tomorrow, and we need to look good.”

—Adam Gettinger-Brizuela

Flatulent Stuffed Animals in Ocean Beach
I’ve been an Ocean Beach girl for eight years. All this time, I’ve lived the way most people in O.B. do. I’ve lifted my mood by watching dogs break into fights on dog beach, I’ve been kept up all night by the fireworks and parties on the Fourth of July, and every December, I’ve made my way down to Newport Avenue to watch the lighting of the O.B. Christmas tree and cheer on the Geriatric Surfers during the annual parade. Over the years, I’ve never thought there was anything all that special about these experiences. In my comfort in this small community, I came to take for granted all that exists for others. In an assigned space. My fiancé doesn’t understand how many books I read sitting in the outdoor patio at Jungle Java, how I will miss the sloppy hamburgers at Hodad’s, and how I could always be swayed by the peanut-butter salesman at the farmers’ market. On the pier, I watch the surfers in the water below the Vietnamese fishermen and recall a romantic kiss there years ago.

This represents a step up for me. I’m crossing the tracks to the better side — I’ll be moving into an apartment with heat in the wintertime, and I’ll be parking my car in an assigned space. My fiancé doesn’t understand my sense of bittersweet for this neighborhood that has nurtured, entertained, and pushed me around for years. And so, during this, my last summer in O.B., I have decided to pay homage to this community. Each day, I perform a ritual pilgrimage walk down to Newport Avenue. Along the way, I reminisce about all the bizarre, funny, and sweet encounters I’ve had here. Today, for example, walking down the street I am reminded of my neighbor who drove his Cadillac one morning through our apartment building at 6:00 a.m. I also think of the honest stranger who left his insurance information after destroying the front hood of my car. As I pass the baseball fields, I fondly recall the “My Greasy Wiener” hot-dog vendor who camps out in the summertime, and when I get to the beach, the annual dog races and canine photographs with Santa Claus surface in my mind. I consider the homeless man who chased off my conversation during a first date and provided his own running commentary, and I think about the homeless woman who decided it must be my birthday and then sang to me at the lifeguard tower. On Newport, I remind myself of those who keep my O.B. and to endorse Donna Frye. I also consider all my favorite establishments — how many books I read sitting in the outdoor patio at Jungle Java, how I will miss the sloppy hamburgers at Hodad’s, and how I could always be swayed by the peanut-butter salesman at the farmers’ market. On the pier, I watch the surfers in the water below the Vietnamese fishermen and recall a romantic kiss there years ago.

On the way back to my home, I laugh to myself when I recall the neighborhood cat-fight that escalated into a neighborhood cat-owner fight. Then finally, I think about that late, scary cold night that all the neighbors banded together to protect our space.

All these memories, strange and warm, make up my O.B. experience, and I will never disregard or minimize how they educated me. They taught me patience, and changed me. I am grateful for all the grittiness and craziness that exists here, and in time, my feeling of loss for leaving O.B. will diminish. Of course, I can always return and visit my favorite places, but I know eventually I will form a new identity in a new San Diego community.

On a final note, today a new memory was added to my collection of all-time O.B. favorites. Up ahead of me on the road, I saw a home-less man pushing a stroller with a stuffed animal monkey in it. He stopped when he saw me, paused, made a

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face, and then asked a very serious question: “Did you just fart?” Startled for a moment, and offended, I stammered, “It must have been your stuffed animal,” and then I moved on.

— Mary Richardson

Kensington, My Family’s Village

It was 1971. My husband, Bill, and I were in our mid-20s and had a six-month-old baby girl named Amy. We were just a couple of kids starting our life together when we bought a charming 1920s Spanish-style house in Kensington. We didn’t know it at the time, but not only did we find a home, we also found a village—a close community of neighbors who love and watch out for each other.

The neighbors immediately adopted Amy and watched her grow, changing from a baby to a toddler to a little girl, and then to a beautiful young lady. They saw her take her first steps. They saw her walk to the bus stop on her first day of school. They saw her learn to ride her two-wheel bike and then they saw her learn to drive a car—with a couple minor mishaps right in the neighborhood. They celebrated her birthdays. Each year they made a big deal of her in her little Halloween costume as she went house to house, trick or treating. They came to her school performances and dance recitals. On holidays, they left little surprises for her on the front porch. It was indeed a village—a village of adopted aunts, uncles, grandmothers, and grandfathers who all embraced our little one with so much love.

The ongoing celebrations of Amy’s life did not end when she left her village to go off to college. In a few years, they were celebrating her college graduation, then her wedding. The neighbors gave her a big bridal shower and all came to the wedding to see Amy and Brian exchange vows. A few years later, those same wonderful neighbors gave her a baby shower to welcome their little girl, Zion.

In 1971, we were just starting out, having a family and buying our house.
Thirty years later, in 2001, Amy and Brian were just starting out, having a family and looking for a house, but the prices of homes had skyrocketed. The kids desperately wanted a little place in a happy neighborhood, like the neighborhood Amy grew up in.

There is magic in Kensington. One night, Bill and I were taking our evening walk and stopped to chat with Michael, a neighbor, who was sitting on his front porch. He told us that on that very day, a guy looking for property in the area had made him a rather low offer for property in the area. The kids knew what they wanted — a family home and a wonderful little village — a village of close-knit neighbors who love and watch out for each other. Zion just turned six. A lot of those same neighbors who adopted Amy have now embraced Zi. They saw her take her first steps. They watched her change from a toddler to a little girl. They celebrate her birthdays. They go to her art shows. They go to her music recitals. They bought — a family home from us. The kids know what it means to have a local family, a local family who love and watch out for each other. Kensington is indeed my family's village — a remarkable, loving village.

— Nancy Bamberger

A North Park Valentine's Day
It is 8:14 a.m. and the sun is already shining strongly through the blinds like a peeping Tom, only more annoying. Last night I tossed and turned, dreading the decisions that would soon confront me. That’s right, it’s Valentine’s Day! Where do I take the wife? What do I buy her? Of course, like always, I am planning everything off the cuff. What the heck, not to worry, I live in North Park, where there are at least 200 restaurants and numerous boutiques and artsy shops within a square mile from my home. With a sigh of relief, I stumble out of bed and kiss my sleeping wife.

It is 8:45 a.m., and after taking a nice cold shower to wake up, I decide to go on foot to run my Valentine errands. That’s right, on foot! North Park is urban convenience at its best; also, I took the day off work. Besides that, North Park is a world-class people-watching area, kind of a mixture of Venice Beach (without the beach) and a West Hollywood in the rough. There’s never a dull moment; in fact, I like to think that my wife anyone could have. Kensington is indeed my family’s village — a remarkable, loving village.

— Nancy Bamberger

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North Park well. There are only eight units in the complex, yet there are six different nationalities or ethnic groups present: Brazilian (my lovely wife), Mexican, African (Kenyan), English, Guatemalan, Korean, and a few gringos like me.

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about a day at the hair dresser with a pedicure and manicure thrown in! Or how about a dinner and show at the Hawthorn and the Birch Theatre?

Kate Ross catches my eye as I leave Claire de Lune so I wander over to see if I can find me a good price on an outfit my wife pointed out to me while window-shopping one evening. I peek at the pretty girl folding and moving clothes. She smiles and signals to me to come in, but I am not yet ready to tackle the challenge, so I give her the standard “I’ll be back.”

I decide to hop on over to the Rubber Rose to check out some adult fun tools and lingerie. Immediately the “besos not bombs” sexy underwear catches my eye, but a few fantasies later, I glimpse a few giggles with some lingerie. Immediately the “besos not bombs” underwear.

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2. Implants, dermal & partials
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Health & Beauty Guide

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HEALTH AND BEAUTY

It’s now 11:15 a.m. and my head is spinning from all the possibilities and an imagination gone wild. I need some air, so I decide to take a stroll along Texas Street to check out some of the historic Craftsman homes and the finely groomed gardens while dreaming about which one my wife and I will buy some day. Wouldn’t that be the perfect Valentine gift? Then I take a left on Upas from Texas and mosey on down to the Bluefoot Bar & Lounge, a friendly and fun saloon. I order the beer of the week, Stella Artois, and ramble on with the bartender. I head home after about an hour, but not before stopping at the Rubber Rose to buy the “besos not bombs” underwear.

It’s now 7:00 p.m. I’ve got a few surprises up my sleeve, and my radiant, elegantly dressed wife is ready for her North Park Valentine’s Day Ball. First, I drive us to 30th and University to find parking. After parking, we walk to Hawthorn’s to get a good Chocolate Martini, the wife’s favorite cocktail. Then we skip over to the Aperitive Italian Wine Bar and Restaurant for dinner. After some pinot noir and an exquisite dinner, we walk a half-block to the Birch Theatre to see the latest production. Next, we go to Heaven Sent Desserts, where we split a specially ordered Tres Leches with green-and-yellow icing — the colors of the Brazilian flag. Finally, our Yellow-Cab chariot whisks us home — better to pay the five bucks than be behind bars — where I present Ana with a rose, a poem, and the “besos not bombs” underwear. The rest is history.

— John Walker
LETTERS
continued from page 12
bubble underway, it is very easy to point fingers at others rather than taking a hard look in the mirror and standing accountable.

The past six to seven years was an epidemic case of greed and manipulation on the part of many buyers. Subprime loans became popular, not because of unscrupulous mortgage brokers but because many homebuyers had a terrible credit history and could not qualify for mortgages otherwise.

Ninety-nine point nine percent of all loan brokers were not placing people with good credit in subprime product without their knowledge. Be realistic, 36 months ago there were ads in every newspaper and on TV and radio offering inexpensive mortgage financing. If a borrower didn’t do their homework, shame on them. Conversely, many people knowingly bought homes and took out mortgages “bets” that home prices would continue to escalate and they could refinance with the “paper” equity in their home. In Las Vegas, that’s called gambling. If you would believe the writer of this story, here in the U.S. real estate market it’s called being a “victim.”

If you’ve been forced to walk away from installment loans in the past or had a personal bankruptcy, I would think that you would be particularly cautious about committing to a several hundred thousand dollar mortgage before reviewing all the potential consequences. The problem is pandemic in the United States, short-term pleasure without looking at long-term consequences. Each and every buyer in foreclosure or default needs to look in the mirror and “own” the decision they made.

Prices don’t always go up; just ask the millions of people who got caught in the dot-com bubble burst. We are in the first inning of what will be the greatest residential default period in United States history.

In the end, who’s to blame? Inexpensive money, buyer/broker/lender greed, a production-mortgage environment where loans were sold immediately with no concern about borrower creditworthiness or ability to pay. And finally, an unrealistic bullish outlook by media outlets around the country that helped to fuel a dot-com-like mania in a housing market. Real estate has always been cyclical and always will be.

We have nobody to blame but ourselves.

Glenn Karp
Carmel Valley

Survival 101
In regards to cover story, “Do You Feel Safe at School?” August 30.

I was reading each of these college students’ perspectives and thoughts on the Virginia Tech massacre, the worst school-rampage killing in America, 32 murdered by one lone gunman named Cho. The 20 undergrads interviewed for this cover story, in my opinion, are naive and don’t really understand the magnitude of this horrific event. They even seem to make light of it. These students have a lot to learn about the realities of life and humanity. Academics are secondary; an education doesn’t prepare you for survival or to be socially aware of your surroundings. It certainly won’t protect you from the evils of the world. However, an education is important if you’re learning, helping others in need, showing compassion, caring about your community, and paying attention to what is going on in the world.

In one moment in time, Cho decided to become judge, jury, and executioner and to kill as many people as possible, turning Virginia Tech into a graveyard and ending his life. The big question is why he did it. The massacre at Virginia Tech could have been avoided, but all the signs were ignored, and nobody gave a s**t about Cho, and that is a big factor that led up to a disaster. Who is really to blame?

Have we learned anything as history repeats itself over and over? There is a message we may never learn within humanity, and only the meek will inherit the earth, if such a thing is possible.

Tony F.
Spring Valley
The Portuguese people in Hawaii are like Polacks,” says comedian Augie Tulba. “The Chinese are like Jewish people on the mainland. They buy everything under the sun — hotels, buildings. They own a lot, but they’re very stingy. I happen to be half Filipino and half Irish/Portuguese. I pick a lot on my relatives. I have a gay son in college — I’m 39 and I had him when I was 16. It’s part of the Filipino culture, making a lot of kids. Filipinos are like goliards — you turn off the lights, add water after 12 o’clock, and we multiply.” Tulba, who uses the stage name “Augie T.,” will perform at the Portuguese Hall in Point Loma on Sunday, September 30.

Tulba’s material is based on what he calls the real Hawaii. “Seven million visitors come to Hawaii every year,” he says, “They only know the tourist side. When I performed in the Midwest, they asked me if I lived in a grass shack. We’re like, the 16th largest city in America! We have ghettos and 12,000 homeless people and a bad meth problem. I grew up in public housing. We sit in two-hour traffic every day, and most families have two working parents. We’re 47th in America as far as education.”

Tulba compares Hawaii’s cultural diversity to that of New Orleans and New York. “On the mainland, every [Asian] is Chinese. In Hawaii, you know it that guy is Japanese or Chinese or Korean.” Tulba speaks pidgin, a dialect formed by mixing languages, like New Orleans’s Creole, which combines truncated words from French and English. “In English, you might say, ‘Hey, you, have a great weekend, see you on Monday.’ But the guys in Hawaii say ‘Kay,’ and then we leave,” Tulba explains. “Everything is cut in half. It was done that way because of the different ethnic races working in the plantations; they took different slang from different cultures and made one.” Pidgin is taught in Hawaiian colleges.

Tulba is a “clean” comic, meaning his material is free of curse words. He banished such words from his act after an interaction with his father in a small club in Oahu. “My dad comes to all my shows. He hasn’t come lately because of a stroke, but before that, he came to every one.” At the club in Oahu, Tulba hadn’t noticed his father and uncle enter the room while he was onstage. “I let out the F-word and my dad walked up on stage and embarrassed me in front of everybody. He said, ‘You think you’re big! You want to swear? Big means acting like you’re tough, like you don’t care what anybody thinks. He said, ‘Are you trying to disrespect your family by swearing onstage?’ Everybody that was there thought it was part of my act. I was, like, ‘Dad, I’m 32 years old, shut up.’ He said, ‘If I catch you onstage swearing again, I will beat your ass.’”

Tulba’s father began working at age 12, but before that, he came to every one. Two years ago Tulba entered the Palm Springs Comedy Festival. During his act he talked about being a parent to a gay child. “The judges thought I had good energy, but they could not believe I had a gay son,” Tulba remembers. “They thought I was gay bashing. I would never make fun of something that I don’t understand.” Tulba consults his son, Bo, prior to using any material about him. “He asked if I saw Brokeback Mountain, and I said ‘No!’ He said, ‘Because I don’t see cowboys, I see you and your friend, and I don’t want to see that.’ He’s into hairstyling now. Every week he comes to my house with a mannequin.

It’s not every dad that goes to bed at night praying, ‘Please, God, let my son be a hair stylist or a ballerina.’ I’ll never have a conversation with my son about UFC or the football game. I’m talking about hairstyling.” Bo often encourages Tulba to be more “outrageous” and “bamboyant.” “He understands that Dad loves him completely. He knows that I have a hard time with [his homosexuality], but he knows that I respect him.” — Barbara

Hawaiian Music Night with comedian Augie T. and guest band the San Diego Island Boys
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Hawaiian Music Night with comedian Augie T. and guest band the San Diego Island Boys
Sunday, September 30
7 p.m. to 11 p.m.
Portuguese Hall
2818 Avenida de Portugal
Point Loma
Cost: $20 presale, $25 at the door,
18 and up
Info: 619-223-5880 or www.upses.com

“Jersey Boys”
San Diego Civic Theatre • October 18-November 11

Gwen Stefani
October 30

Kelly Clarkson Nov. 16
“You Can Dance” Nov. 19
Trans-Siberian Orchestra Nov. 19
Ozzy Osbourne/Rob Zombie Nov. 20
Alejandro Sanz Nov. 21
Van Halen Nov. 25
Fall Out Boy Dec. 1
Decemberists Dec. 1, 2
André Rieu Dec. 5
Tori Amos Dec. 12
The Cure June 3, 2008
“Doodleys Live” March 2

Padres Playoffs!
Chargers vs. Chiefs
Sept. 30

Free riding lessons
Horse rentals just $35/hour.
Certain restrictions apply.
Gratuity and tax not included.
**LOCAL EVENTS**

**Events that are underlined occur after October 4.**

**HOW TO SEND YOUR LISTINGS:** Contributions must be received by 5 p.m. Friday the week prior to publication for consideration. Do not phone. Send a complete description of the event, including the date, time, cost, the precise address where it is to be held (including neighborhood), a contact phone number, and a phone number (including area code) for public information to READER EVENTS, Box 83801, San Diego CA 92138-5803. Or fax to 619-681-2401. You may also submit information online at SanDiegoReader.com by clicking on the events section.

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**BAJA**

“Mexico en la Economía Mundial” is topic for lecture by 1999 Nobel Prize winner Robert Mundell, Thursday, September 27, 10 a.m., at Teatro UABC Tijuana (Mesa de Otay). 011-52-664-687-9636. Free. **(TIJUANA)**

**“El Turismo Cultural en la Zona Fronteriza” is topic for lecture by Lyon Tronza Dinner at Centro Cultural Tijuana (Paso de los Héroes and Mina Street, Zona Río) on Thursday, September 27, 11 a.m. Free. 011-52-664-687-9636.**

“Todos Somos Poesía,” poems and lecture by Juan Carlos Reyna, Thursday, September 27, 7 p.m., at Centro Cultural Tijuana (Paso de los Héroes and Mina Street). 011-52-664-687-9636. Free. **(TIJUANA)**

**A Drama Festival** showcasing 11 plays runs Thursday–Sunday, September 27–30, at Centro Cultural Tijuana (Paso de los Héroes and Mina Street, Zona Río) and El Lugar del Nopal (Callejón 5 de Mayo #1220). Details: 011-52-664-687-9636. **(TIJUANA)**

“Black and White Tour 2007,” Ricky Martin hits stage at Estadio CREA in Zona Río on Thursday, September 27, 9 p.m. 011-52-664-687-9636. **(TIJUANA)**

**Photography Exhibition** with work by Guerra, Cosío, Tsudjua, Ointevres, Maing, Hernández, Orozco, Corrino, Venegas, and many others is Friday, September 27, 8 p.m., at Centro Cultural Tijuana (Paso de los Héroes and Mina Street, in Zona Río). Free. 011-52-664-687-9636. **(TIJUANA)**

**International Jazz Festival** with performances by Coral Macfarland Thuet, Lupeño Baraja英特one, Cerdó Border Trio, Ensenada Jazz, Fay Rosas Blues Band, and Turiya Mireya is Sunday, September 30, 1–7 p.m., at Ventana del Mar (on Boulevard Costero). 011-52-646-176-3005. **(TIJUANA)**

**Home and Furniture Expo** runs Thursday–Saturday, October 4–6, at Rosarito Beach Hotel. 011-52-661-1532. **(ROSARITO BEACH)**

**Former USA Vice President Al Gore discusses global warming and An Inconvenient Truth on Saturday, October 6, 11 a.m., in celebration of 50th anniversary of Universidad Autonoma de Baja California (UABC) on Mesa de Otay. Admission is free. Required advance reservations: 011-52-664-979-7510.** **(TIJUANA)**

**Festive Fall Schedule** for San Diego Mission. Free. Directions: 619-668-3281. **CEDAR PARK**

**Ask About Our FREE Birthday Package**

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**OUTDOORS**

**Escaping the Heat of this season’s first couple of Santa Anas will not be easy — if you can’t be inside air-conditioned buildings at any rate. Along the coastline, where temperatures may reach the 90s, taking a dip in the surf solves the problem. inland, the furnacelike heat is moderated only by increases in altitude. Head for the high places of the country — the mile-plus heights of the Palomar and Laguna Mountains, for example. You could climb a couple of the county’s loveliest peaks: Cuyamaca Peak (6152′) in Cuyamaca Rancho State Park, or Boucher Hill (5438′) in Palomar Mountain State Park. On peaks such as these during a Santa Ana-wind episode, the thermometer registers about 28-30 degrees lower than in the lowlands. Since the early phase of a Santa Ana sweeps away atmospheric water vapor and air pollution, hundred-mile vistas in every direction may be yours to enjoy.**

**Fall Migrant Birds** such as wood warblers can be seen at Cabrillo National Monument and its vicinity on Point Loma, Torrey Pines State Reserve, and other parks and open spaces near the San Diego coast. Cooper’s or marsh hawks and even peregrine falcons may be seen following or pursuing these smaller birds.

**Late September signals the beginning of Santa Ana winds, which may continue intermittently through the winter. Early Santa Ana’s are often responsible for coastal San Diego’s hottest and driest days of the year. Records show that 62 percent of the days at Lindbergh Field with 90-degree readings or higher have occurred during the months of September and October. The desertlike days are a consequence of dry air from a high-pressure area centered over Nevada or Utah moving across Southern California’s coastal mountains toward a low-pressure area offshore in the Pacific Ocean. West of the mountains the air sinks as it rushes toward the coast, heating (by compression) about 5 1/2 degrees Fahrenheit for every 1000 feet of descent. During a full-blowed Santa Ana, gate-force winds rake the foothills downwind of the mountain passes, and San Diego’s coastal communities often experience temperatures that are among the nation’s highest.**

**Highest Tides for September (+6.3 feet) are predicted for 10:27 a.m. on Friday the 28th and for 11:04 a.m. on Saturday the 29th. The month’s lowest tide (a not-very-low minus 0.5 feet) will occur on Friday afternoon, at 5:03 p.m. This is the beginning of the six-month-long “season” in which strongly negative tides will occur during afternoon hours — a time of day well suited for exploring tidepools in the lowest-lying intertidal zones.**

**Trail Repair Work in Paso Picacho** at Cuyamaca Rancho State Park continues on Saturday, September 28, 9 a.m. Bring work shoes, gloves, hat, water, snack, Group gathers at Paso Picacho campground maintenance area behind fire department building. Free. Registration: 619-669-1397. For those 16 and older with a parent. (CUYAMACA RANCHO STATE PARK)

**Fall Migration is Beginning** and Tom Taya leads basic birding program on Saturday, September 29, 8:30 a.m., at Buena Vista lagoon landing (2202 South Coast Highway). Emphasis on identifying birds by sight and sound, and using binoculars, spotting scopes, field guides. Free. Directions: 760-497-4915. **(ODD) SAN Ysidro**

**More Walk, Less Talk, naturalists Simone Green and Barbara Van Horne lead moderately paced 4.5-mile walk in Daly Ranch on Saturday, September 29. Meet at 8:30 a.m. in main parking lot on La Honda Drive. Free. 760-439-4681.** **(MENILLO)**

**Beach Cleanup** at La Jolla Shores hosted by San Diego Coastkeeper on September 29, 9 a.m. in lifeguard tower at 9 a.m. Free. Directions: 619-758-7745. **(PADRE BEACH)**

**Find Gold!** See golden leaves and flowering plants during guided walks on Saturday, Sunday, Wednesday, September 29, 30, and October 3, 9:30-11 a.m. in Mission Trails Regional Park (One Father Junipero Serra Trail). Free: 619-668-3281. **(SAN CARLOS)**

**Tour del Dia, Offshoot Tours offers an hour-long guided stroll highlighting the Park Palisades area of Balboa Park on Saturday, September 29, 10 a.m. beginning at the visitors’ center. 619-235-1121. Free.** **(SAN DIEGO)**

**Birding Basics Class** planned by trail guide Winnia Solveck at Mission Trails Regional Park visitors’ center, Saturday, September 29, 1–2:30 p.m. Participants learn five simple techniques for identifying birds at a glance, how to use a field guide (bring yours if you have one). Free. Find visitors’ center at One Father Junipero Serra Trail. Free: 619-668-3281. **(SAN CARLOS)**

**Walk Along a Riparian Habitat and through chaparral during easy Cuyamaca Loma to Old Mission Dam at the early 1800s under direction of San Diego Mission. Free. Directions: 619-255-0203.** **(SAMALO?)**

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TUESDAY-THURSDAY

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ADMISSION: $5 (STUDENTS WITH VALID ID: FREE)
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PARK IN THE PANGEA PARKING STRUCTURE OR LOT #357

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Sailing cruise for 2, 1 night hotel, 4 island tours for couples who qualify and attend a 2-hour tour and vacation ownership presentation near home. No obligation. Call 7 days, 8 a.m.-7 p.m. Bonus gift card for 1st 500 808-788-8151 x 51

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For a relaxing getaway, we have cabins from $74 plus tax. Show us California’s 2nd best kept secret and re-live the fill-the-cabin with couples who qualify and find $250 off. Call 800-366-8271. lakefrontcabin.com. Cabin rentals, 877-877-7011.

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Cabin or leisure home on or near the lake. Fireplace, BBQ, TV, kitchen, hot tub and more. Professional housekeeping, towels, linens are included. Pet-friendly available. Check rates and book online: www.bigbearcoolcabins.com or 800-550-8779.

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Big Bear: Okefleece or holiday prices. $595. Gift Card for first fill couples to qualify and attend 90-minicium timetable sales presentation near your home. No obligation! Per room taxes only! 7 days. 7 a.m.-7 p.m. 760-758-3893 x 59, 800-718-8110 x 59.

Encinitas Romantic Getaway!

San Diego Reader
619-235-8200 TO PLACE AN AD

San Diego Reader Calendar
Local Events
San Diego River Walk
hosted by WDS, Sunday, September 30. Moderately paced outing over flat, paved surfaces promising views of water at 3:30 p.m. at Mission Valley trolley stop (behind Sammy’s Woodfired Pizza, 1420 Camino de la Reina). Free, 619-231-7463. (MISSION VALLEY)


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Wind & Sea Bed and Breakfast welcomes you to come relax, rejuvenate and enjoy a commanding view of the Pacific Ocean. Sleep to the ocean surf and awake to your gourmet breakfast. 858-456-6655, www.windseabedandbreakfast.com

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Encinitas Romantic Getaway!

Get A Free Night Stay!
San Diego: La Jolla Shores Hotel. Stay 3 nights, get 1 midweek or save 15% when you stay 2 nights. Mention this ad. Expires 12/20/07. Excludes holidays/special events. 1-800-453-8060, reservations@la-jollashores.com.

Rosarito Beach Hotel Family Vacation Getaway Package: $169
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Sunday, 10AM - 6PM

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Grand Canyon Sundown • Sir Splendid • The Shambles
The California Reruns • The Creamy Creams
Cheb Gannon & The Committee • Aaron Bowen
Bobby Rock • West Coast Boogiemen • Kyle Phelon
Married by Elvis • Big Provider • Truckee Brothers
The Drowning Men • The Coyote Problem
Eleanor England w/ Sheep Eaters Trio • Anya Marina
Jimmie Robb • Bayou Brothers • Podunk Nowhere

Sara Petite & the Sugar Daddies • Billy Lee & the Swamp Critters
The Farmes • West of Memphis • Sickstring Outlaws • Gregory Page
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Sue Palmer & her Motel Swing Orchestra
Bankhead Press • Tribe of Judah
Al Howard & the K33 Orchestra • Lindsey Cook
Jeff Berkeley & the Citizen Band • Trenor Davis
Joey Harris & the Mentals • Bass Chef Experiment
Roxy Monoxide • Lindsey Cook • Lou & Virginia Curtiss • Sana
Tom Grieshaber • Josh Damian • Johnny "V" Vennazu Band
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Every 14 seconds, a Zambian child becomes an orphan. Join our 12-mile walk-a-thon to save them!

AIDS has left many young African children desperate to gather food and water for themselves, their younger siblings and their ill relatives. This makes attending school an unreachable goal, leaving them with the prospect of lifelong poverty.

walktheirwalk is a yearly walk-a-thon that raises funds to make schools and fresh water accessible for all children living in Zambia. 100% of all money collected goes to the construction of schools and wells.

Are you willing to walk or sponsor a walker to help change a child's life?

For details and registration go to: www.walktheirwalk.com

Saturday, September 29
7:45 am (Check-in from 7-7:45 am)
Lake Murray Regional Park
5540 Kiowa Drive
La Mesa 91942
619-300-9924

Come meet renowned HIV/AIDS educator Princess Kasune Zulu as she shares her global message of hope!
“Gardening under Mediterranean Skies: Lessons in Our Gardens” is theme for symposium on Saturday and Sunday, September 29 and 30, at Quail Botanical Gardens (230 Quail Gardens Drive). Events celebrate plants thriving with minimal care in our climate, showcases range of garden possibilities in low-water environment. Talks by landscape architect Owen E. Dell and Shirley Kerins, followed by visits to four different gardens for tours and on-site lectures by experts who designed them. $185. Registration: 760-295-7089 or 760-436-3036.

“Finding Ourselves: Case Studies in Genealogy” presented for North San Diego County Genealogical Society fall seminar, Saturday, September 29, 9 a.m.–4 p.m., in Carlsbad City Council Chambers (1200 Carlsbad Village Drive). Four members present talks regarding finding relatives in “insane asylums,” tracking down elusive families in upstate New York and Gold Rush California, dilemma of discovering that DNA studies do not confirm printed records. $15 for nonmembers.

Issues Facing Catholic Church addressed in DVD Bishop Gumbleton in His Own Words, screening for Call to Action San Diego, Saturday, September 29, 9 a.m., at Christ Lutheran Church (4761 Cass Street). Comments by Lena Wolterding follow. Bishop Gumbleton is “prohibited from speaking in three dioceses including San Diego.” Free. 619-222-5676.

“Really Reliable Recall,” frustrated when Rover won’t “come when called”? Remedy problem during workshop, Saturday, September 29, 9 a.m., at San Diego Humane Society and SPCA (5000 Gaines Street). $35. Registration: 619-299-7012.

“Xeriscape: Beautiful Landscape on a Low-Water Budget” presented Saturday, September 29, 9:30 a.m., in Cuyamaca College’s Water Conservation Garden (12122 Cuyamaca College Drive West). Learn seven principles of xeriscape, planting techniques. $15 general. Reservations: 619-660-6064.

Memoir-Writing Workshop led by author, critic, memoirist Thomas Larson, Saturday, September 29, 11 a.m., at La Jolla Library (7553 Draper Avenue). Where to begin? What is your focus? How to write honestly? $20 fee includes signed copy of Larson’s Memoir and the Memoirist, workshop materials. Registration: 858-454-0347.

“Big Guy Books” Publisher Robert Gould talks about how he started his publishing company and why he wanted to write books for children on Saturday, September 29, 3 p.m., at Vista Library (705 Lincoln Avenue). Free. 760-724-5000.

Wanna Be a Professional Helicopter Pilot? Jerry Ariola, president of Silver State Helicopters, hosts career seminar on Saturday, September 29, 3 a.m., at Gillespie Field Airport (1899 North Marshall Avenue). Meet certified flight instructors, gain “insider’s look at the aviation industry.” 1-888-91-PILOT.
What’s That You’re Reading?

NAME: SERGE REY | AGE: 40 | OCCUPATION: PROFESSOR AT SDSU
NEIGHBORHOOD: LA MESA | WHERE INTERVIEWED: COSMOS COFFEE HOUSE, LA MESA

What book are you currently reading?

“Blink: The Power of Thinking without Thinking” by Malcolm Gladwell. I’m not actually reading it; I’m listening to it. The first way humans passed information on was orally, so maybe that’s why I really like listening instead of reading. I especially like it when authors read their own books. I buy most of my books off of audible.com.

Tell me a little about the book.

“It’s about cognition — the way we think — and about how we make subconscious decisions and process information. It talks about how our mind works without our consciously thinking about it. It’s hard to summarize because it’s long. But probably the most interesting thing — a thing that’s stuck with me — is how people’s biases are perceived because it’s long. But probably the most interesting thing — a thing that’s stuck with me — is how people’s biases are perceived. It’s about humanism. It was powerful for me because it was a combination of things in my own thinking, but then I saw that I wasn’t the first one to think of them. Things about being a secular humanist — secular humanism is the belief that we’re responsible for everything we see. There are no deities. Humanism is responsible for creating its own reality.”

Who are your favorite authors?

“John Steinbeck. When I was a kid, we traveled across the country to California in a van. At the time, I was reading The Grapes of Wrath. I was trying to project what it was like to be in the Dust Bowl and move to California while we were driving across the country. I’ve read most of Steinbeck’s books — Travels with Charley: In Search of America, which is about his travels around the country with his dog; The Log from the Sea of Cortez, which is about a marine biologist working in Mexico.”

What magazines or newspapers do you read?

“I don’t actually read much anymore. I listen to The New York Times and a bunch of other podcasts, probably too many to name. The New York Times podcast has someone reading you a synopsis. It’s usually all the stories on the front page, and a selection from other sections, whatever they think is most interesting or important. It covers pretty much the whole paper, and it lasts about 45 minutes.”

Do you talk to your friends about reading?

“My friends have similar tastes — most of them are academics or researchers.”

at 6:30 p.m., talk at 7 p.m. $10 general. 619-260-7550. linda vista.

“Are We Alone? The Search for ET” is intriguing topic for “The Sky Tonight” planetarium show at Reuben H. Fleet Science Center, Wednesday, October 3, 7 p.m. View real sky through telescopes (weather permitting) after show. $8.50 general. 619-238-1233, 202-2222 (extension 1233).

Sail and Powerboating Course offered on seven Wednesdays, starting October 3, 7-9 p.m. at Southwestern Yacht Club (2762 Qualtrough Street). Safe boat handling, boating regulations, harbor navigation, buoys and lights, charts, compasses, piloting, more. Nominal materials charge. Registration: 619-992-0092. (extension 1233)

“Facing the Music: Music in Film” is subject for lecture series beginning with look at “Hollywood in the Thirties: The Sound of Music” on Thursday, October 4, 7 p.m., at Athenaeum Music and Arts Library (1088 Wall Street).

$60 for series, or $17 per talk. 858-454-5872. (LA JARRA)


Teaching Combines with Activism in work by educator, author, social justice advocate Jonathan Kozol, whose books include Death at an Early Age, Savage Inequalities, Amazing Grace, Illiterate Americans, Rachel and Her Children, The Shame of the Nation: The Restoration of Apartheid Schooling in America, and recently published Letters to a Young Teacher. Knoll speaks on Monday October 8, 7 p.m., at St. Paul’s Episcopal Cathedral (2728 Sixth Avenue). Booksigning follows. Free. 619-573-6300. (MIDDLETON)

Mariachi Garibaldi from Southwestern College plays rancheras, boleros and joropas for Concert Hour series, Thursday, September 27, 12:30 p.m. in Palomar College Performing Arts Lab (room D-15 at 1140 West Mission Road). Free. 760-744-1100 x2316. (SAN MIGUEL)

Southwestern Mystery Author Richard Benke discusses life and death on the border in City of Stone, which he’ll sign on Thursday, September 27, 7 p.m., at Mysterious Galaxy Books (7051 Clairemont Mesa Boulevard). Free. 858-268-4747. (CLAREMONT)

Sue Palmer and Her Motel Swing Band perform their blend of jazz, blues, boogie-woogie on Strings Attached event for Protect Our Communities Fund (fighting SDG&E’s Sunrise Powerlink project) runs September 28–30 at Golightly Park, 36255 Grapevine Canyon Road, Ranchita. Organizers expect 37 bands — including Fishbone, HR and the Dubb Agents (from Bad Brains), many others — 22 comedians, entertainers...
ment by 16 DJs, kids’ zone, crafts vendors. Admission: $25 in advance, $40 at door, for all three days. Gates open Friday at noon. 619-977-9961.

Harmonic Sound Concert by “sound healer, recording artist, and author” Diane Mandle using Tibetan bowls, moon and wind gongs, other “sacred instruments,” Friday, September 28, 7 p.m., at Well Within (555 2nd Street). Bring a mat to recline on. $20. 760-944-3441.

Stand-Up Comedian and actor Shang performs for Ocean Beach comedy on Friday, September 28, 7 p.m., at Winstons Beach Club (1921 Bacon Street). $5. 619-222-6822.

"It's Magic!" Magic and illusion by Goldfinger and Dove, Amos Leftkov, Bruce Block, John Shyrock and Mari Lynn on Friday, September 28, 7:30 p.m., at Salvation Army Kroc Center (1611 University Avenue). $35. 619-440-2277.

Jazz Guitarist Peter Sprague in concert with Tripp Sprague, Leonard Patton, Duncan Moore, Tommy Aros, and Gunnar Biggs on Friday, September 28, 7:30 p.m., at Seaside Center for Spiritual Living (1613 Lake Drive). $20 general, 760-753-5786 x810.

"Man of La Mancha" is season opener for Lyric Opera San Diego, running September 28—October 7. Company premiere of classic American musical boasts Broadway veteran Immy Ferraro as Sancho, Leon Natker as Don Quixote, operatic mezzo Audrey Babcock as Aldonza. Curtain rises at 7:30 p.m. on...
**Wedding Guide**

A free, 24-hour line for planning your wedding. Call 619-233-9797 (on the Web at SDReader.com/wedding)

Call 619-233-9797 and pross the 4-digit extension (in bold type) of the topic or advertiser that interests you.

**Planning Tips**

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* Largest selection of gifts and books of spirit in North County
* Psychic Fair

**Psychic Fair**

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Both Day's Feature Full-Body Aura Photography

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San Diego Padres conclude regular season play games in Milwaukee against Brewers, September 27–30, at 5:05 p.m. Thursday and Friday, 4:05 p.m. on Saturday, and 11:05 a.m. on Sunday, 619-793-5005.

For more information, please visit "The World of Women in Classical Music" is explored by Anne Gray in her new book, which she’ll discuss, sign on Thursday, October 4, 7:30 p.m., at Warwick’s Bookstore (7812 Girard Avenue; 858-454-0347). Free. (LA Jolla)

Cirque-Work’s Birdhouse Factory is described as “combination of juggling, tumbling, contortions, acrobatics, and a circus all in a 1930s factory complex.” Show is presented Sunday, October 7, 2 and 7 p.m., at California Center for the Arts, Escondido (340 North Escondido Boulevard). Tickets: $10–$35. Reservations: 800-988-4253. (ESCONDIDO)

“This Filthy World,” filmmaker John Waters performs his one-man “vaudeville” act celebrating his film career for ArtPower, Wednesday, October 10, 8 p.m., in UCSD’s Mandeville Auditorium. Tickets: $45, available at 858-534-TIXS. (LA Jolla)

Author Ursula Hegi, creator of Stones from the River and its mem- oir heroine Trudi, visits War- wick’s Bookstore on Thursday, October 11, 7:30 p.m., to sign and discuss The World I’ve Done. Find shop at 7812 Girard Avenue; 858-454-0347. Free. (LA Jolla)

Solid Blues, soul singer Mavis Staples appears with harmonica player Charlie Musselwhite, North Mississippi Allstars, and blues pi- anist Joe Krown on concert in Fri- day, October 19, 8 p.m., at Califor- nia Center for the Arts, Escondido (340 North Escondido Boulevard). Tickets: $25–$40. Reservations: 800-988-4253. (ESCONDIDO)


Can One Person Make a Dif- ference? Pulitzer Prize–winning author Tracy Kidder discusses and signs Mountains Beyond Mountains, his book about Dr. Paul Farmer, Thursday, September 27, 2:30 p.m., at Warwick’s Bookstore (7812 Girard Avenue). Free. 858-454-0347. (LA Jolla)

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Surf for the Sea and Ocean-side Firefighters, Friday-Sunday, September 28–30, on north side of Oceanside Pier. Competition: 7 a.m.–4 p.m. each day. Free for spectators. 760-439-0863.

Make-a-Wish Tuna Challenge starts at 5 a.m. on Saturday, September 29, at Silver Gate Yacht Club (2901 Shelter Island Drive). Fees: details: 858-707-9474. (SHELTER ISLAND)

Pioletas Walk for Awareness, 1K and 5K walk is Saturday, September 29, starting at De Anza Cove (3000 East Mission Bay Drive) at 9 a.m. Registration: 7:30 a.m.–5–9 p.m., at Liberty Station (NTC Promenade). The 5K starts at 7:30 a.m.; one-mile steps off at 8:30 a.m. $30. 619-298-7400. (Mision Bay)

Fall Dressage Show, Saturday and Sunday, September 29 and 30, 8 a.m.–5 p.m., at Del Mar Horsepark (14551 El Camino Real). Free. 858-794-1171. (DEL MAR)

Two Bicycle Rides are offered every Saturday, rain or shine, starting at 8:30 a.m. in northwestern parking lot at La Jolla Village Square/UC Cyclery. Select from race-training 45-mile ride, slower 35-mile ride with experienced leader. Helmets mandatory. Fee: 858-495-2454. (LA JOLLA)

Martial Arts Fair set for Saturday, September 29, 3:30 p.m., at Faith Lutheran Church (700 East Bobe Drive). Event promises Christian martial arts demonstrations by local clubs; guest speaker is J. Brown, seventh-degree black belt and author of Street Smarts from Martial Arts Masters. Free. 760-724-7700. (MUSTA)

All-Woman, Full-Contact Football! So Cal Scorpions host Dallas Diamonds on Saturday, September 29, 5 p.m., at Edward’s Stadium (next to La Jolla High School, 750 Nautilus Street). Ticket prices: 877-717-8464.

Hard-Core, No-Nonsense Roller Derby! Hard Corps and Diehards of San Diego Derby Dolls meet up, Saturday, September 29, 6 p.m., at Skateworld (6907 Linda Vista Road). All ages. All-ska session at 7:30 p.m. (rent skates and roll with teams). $12. 858-560-9549. (LINDA VISTA)

AIDS Walk San Diego 5K Walk and 10K is Sunday, September 30, starting at Quince Street and Sixth Avenue at 8 a.m. Race-day registration: 6 a.m. $35 general, $25 for youths and seniors. 619-291-9255. (MISSION BEACH)

Lake Wohlford Express, Sierra Club bicyclists head out for briskly paced 45-mile ride on Sunday, September 30. Ride with steep grade begins at 8 a.m. at first entrance to Kit Carson Park (3333 Bear Valley Parkway). Bring money for snack stop at Bates Nut Farm. 858-974-4871. (SAN DIEGO COUNTY)

Meander Around Rancho Bernardo and Poway with Knickknickers bicyclists, Sunday, September 30. The 36-mile starts at 9 a.m. in Carmel Mountain Plaza (1-15 to Carmel Mountain; exit east, turn left onto Rancho Carmel Drive, right into plaza; park in southwest area). Free. 858-451-3173. (CARMEL MOUNTAIN)

Family Peddle and Paddle, Mission Bay kayak tour for families hosted by Bike Bike San Diego on Sunday, September 30, starting at 10 a.m. near Belmont Park. Participants must be two or older. Equipment provided. $35 for adults, $35 for kids. Required reservations: 858-355-9510. (MUST BE FILLED)

San Diego Chargers host Kansas City Chiefs in Qualcomm Stadium on Sunday, September 30, 1 p.m. $15. Game broadcast on CBS; listen on radio station KIOZ, Rock 103. Tickets: $54–$92, available through Ticketmaster. (619-220-TIXX)

Polo Club Closing Day boasts Spectacles Cup finals competition on Sunday, September 30, at San Diego Polo Club (14555 El Camino Real). Preliminary matches at 1:30 p.m., feature match at 3 p.m. General admission is $5, as is parking. The club meets at 858-481-9217. (MISION BEACH)

All Bluegrass Associations, both in and outside of California, are invited to annual campout and jam, Friday-Sunday, September 28-30, at Antigue Gas and Steam Engine Museum (2040 North Santa Fe Avenue). Bluegrass jamming, “semi-dry camping.” Day-use fee is $3 per day. Requested reservations: 626-332-3865, 951-315-0779, or 909-883-7132. (MUSTA)

Gardening under Mediterranean Skies, symposium includes events at Cayucos College’s Water Conservation Garden (21222 Cayucos College Drive) on Friday, September 28; 9 a.m.–noon, cactus and succulent garden tour (11 a.m.), “Mediterranean Landscape Style for a Low-Maintenance Lifestyle!” (1 p.m.). Free. 619-660-6614. (CLAYTON)

Traditional German Oktoberfest hosted by German-American Societies of San Diego, September 28–30, at clubhouse and beer garden (1017 South Mollison Avenue). Authentic German food, music by Guggenbach-Braum (Guggenbach boys) from Baden-Wurttemberg, Germany; folk singing and traditional dancing, games and contests, vendors, crafts booths, kid’s zone. Festival runs 5–10 p.m. Friday, noon–10 p.m. Saturday, and 10 a.m.–5 p.m. Sunday; those under 21, active military free. 619-442-6667. Festival repeats Oct 5–7. (EL CAJON)

Winners Circle — award winners from June 29 through September 21 gather for kudos during final Cruisin’ Grand of the season. 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. 619-747-8877; excursion.

Sniff Here Often? Doggie Cafe hosted by San Diego Humane Society, Friday, September 28, 5–9 p.m. at 12 local restaurants. Locations: 619-233-5008. (LA JOLLA)

“Jesus Christ — Who Was He and What Did He Really Preach?” Bring your opinion to P&R discussion group, Thursday, September 27, 7 p.m., at Other Side Coffee House. Free. 619-370-1027. (CLAYTON)

What Do States Rights and federalism mean? Compare and contrast ideas with P&R discussion group, Thursday, September 27, 7 p.m., at Other Side Coffee House (6096 30th Street). Free. 619-370-1027. (CLAYTON)

Hands on San Diego hosted by Volunteer San Diego continues through Sunday, September 30, at various county locations. “Thousands of volunteers are needed to help strengthen and improve our communities”, volunteers of all ages and abilities welcome. Free: 858-636-4130. (SAN DIEGO COUNTY)

Oscar-Winner Geena Davis hosts celebrity auction in support of her SJ Los Angeles organization, fighting “gender bias in children’s entertainment,” Thursday September 27, 11 a.m., at Four Seasons Aviara (7100 Four Seasons Point). $75. Required reservations: 858-452-9863. (CARLSBAD)

La Jolla Gallery and Wine Walk is Thursday, September 27-30, 5–9 p.m. $30 for viewing including at more than 20 galleries, wine-tasting at each gallery, food from 12 local restaurants. Locations: 619-233-5008. (LA JOLLA)

“Soundbytes on ‘Soundwaves,’” tour this new exhibition with five artists in 30 minutes at Museum of Contemporary Art San Diego, La Jolla (700 Prospect Street) on Friday, September 28, 7 p.m. Artists will “share their thought and ideas about their work in the galleries,” surprise performances throughout the night by artists in the show. $3. General. 858-454-3541. (LA JOLLA)

Board Game Benefit for Heifer International, Friday, September 28, 6–9 p.m., at Tea N More (7380 Clairemont Mesa Boulevard). Play a variety of board games ranging from Taboo to Settlers of Catan. Donation: $10. 619-204-8834. (CLAREMONT)

Fleet Week San Diego gets underway with Sea and Air Parade; Saturday, September 29, noon–1:30 p.m., along San Diego shoreline. Aircraft carriers, guided-missile destroyers, frigates, Coast Guard vessels will parade down the San Diego Bay. Best viewing is from Shelter Island, Harbor Island, Cruise Ship Terminal, Broadway Pier, lawn area next to Fish Market Restaurant. Navy ship tours offered 10 a.m.–4 p.m., Saturday, September 29, at Cruise Ship terminal on B Street Pier; and Saturday and Sunday, October 6 and 7 on NAS North Island. Free. Photo identification required for those over 16; minimum age is 4. 619-838-1545. (DOWNTOWN)

Deaf Awareness Day celebrates Saturday, September 29, 9 a.m.–5 p.m., at Balboa Park Club (2150 Pan American Avenue West). Re...
Calendar

LOCAL EVENTS

SANDIEGOREADER.COM

Half-Off Book Sale
Saturday, September 29, 10 a.m.–4
p.m., at Lemon Grove Library
book store (8703 Broadway).
619-466-5270. (LEMON GROVE)

Menghini Winery hosts 21st an-
nual arts, wine, and music festival,
Saturday and Sunday, September 29
and 30, 10 a.m.–5 p.m. Sample wine
by locally grown and produced
wineries, art by local artists, live
music, storytelling by Mountain Gypsy
troupe. Free admission. Find Menghini
at 1510 Julian Orchards Drive (858-752-7212).

Adams Avenue Street Fair,
26th annual festival runs Septem-
ber 29 and 30 on Adams Avenue,
between 35th and Bancroft streets. More
than 70 musical acts perform in a wide
variety of styles on six stages—over 300 vendors offer crafts, foods and
carnival rides. Saturday: 10 a.m.–9 p.m.;
Sunday: 10 a.m.–6 p.m. Free. 619-282-
7329. (NORMAL HEIGHTS)

Explorers and Surveyors of
American West
celebrated on National Public Lands Day—
Saturday, September 29, 10 a.m.–4
p.m., in Old Town Plaza (San Diego Av-
enue at Twiggy Street). Staff vol-
teers from Bureau of Land Management
(BLM) and Old Town San Diego State Historic
Park will stage living history reen-
actments of exploration and survey
of western frontier. See authentic
19th-century survey instruments, learn about General Land Office, Homestead Act, and
teresting histories in stories of pub-

GreenBuilt Tour takes place on
Saturday and Sunday, September
29 and 30, 10 a.m.–4 p.m. Self-
guided tour of homes and busi-
nesses featuring sustainable build-
ing practices; owners and builders on hand to discuss
what they did and why. Tickets good
for both days; different sites fea-
tured both days. Details: 858-272-
7370. (SAN DIEGO COUNTY)

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SUMMER in SAN DIEGO

Breakfasting Breads: Foods of the Mediterranean" is theme for
family day activities, Saturday,
September 29, 10 a.m.–3 p.m., at San Diego National History Museum. Try various Mediterranean dishes, taste
recipes for future use, knurl bread
and mash beans for hummus. In-
cluded in regular admission. 853-
2550-3203. (DOWNTOWN)

Plenty of Mooncakes and Red
Bean Ice Cream
promised during
Chinese Moon Festival, Satur-
day, September 29 from 10 a.m.–4 p.m.
at San Diego Chinese Historical Museum
(404 Third Avenue). Storytelling,
paper cutting of Chinese characters
for happiness, crafts, games, Chi-
inese calligraphy name-writing. $2
for adults, free for children. Rec-
commended reservations: 638-9988.
(ASHLAND QUARTER)

“Inquisitive Minds,” park ranger
discusses and answers questions
about bobcats, raccoons, birds,
animal tracks, and Native American
artifacts on Saturday, September 29, 4
p.m., at Lake Jennings County Park
(10108 Bass Road). Free. 858-454-
1056. (LA JOLLA)

“They were a bunch of white bunk-
swallowing cruise.”

Heritage Walk, Heritage Museum,
the museum includes the restored Vi-
torian House, the city’s original
Santa Fe Train Depot, a railroad
car with model train, working blacksmith shop, and a barn. Find
Heritage Walk in Grape Day Park,
at 321 North Broadway; 760-743-
8207. (DOWNTOWN)

Museums

Heritage Walk Museum, the
museum includes the restored Vi-
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8207. (DOWNTOWN)
**Art Events**

**Art Listings**

Events that are underlined occur after October 4.

**How to Send Us Your Listings**

Contributions must be received by 5 p.m. Friday the week prior to publication for consideration. Do not phone. Send a complete description of the event, including the date, time, cost, the precise address where it is to be held (including neighborhood), a contact phone number, and a phone number (including area code) for public information to READER ART, Box 85803, San Diego CA 92186. Or fax to 619-881-2401. You may also submit information online at SanDiegoReader.com by clicking on the events section.

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**Galleries**

**The Annual Art Faculty Exhibition**

Opens with reception for awards on Monday, October 2, 7 p.m., in Hyde Art Hall at Grossmont College (8800 Grossmont Drive). Exhibition continues through Thursday, October 25. 619-644-7299. (EL CAJON)

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**Atmosphere**

Join Jennifer Gamsu, PhD, sexual health educator, for a glass of wine in a fun environment to learn stimulating tips, shape myths, and ask any and all questions. This women-only evening is a safe and educational place to learn about marital aids, empowerment, and enhancing relationships.

Presented by Zip Zap Toys.

---

**Empowered women and wine!**

Join Jennifer Gamsu, PhD, sexual health educator, for a glass of wine in a fun environment to learn stimulating tips, shape myths, and ask any and all questions. This women-only evening is a safe and educational place to learn about marital aids, empowerment, and enhancing relationships.

Presented by Zip Zap Toys.

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**Tango Wine Company**

Tuesday, October 9, 6–8 p.m.

Free admission. Wine available at $1 per glass. Call 819-764-4465 to RSVP.

Space is limited to first 40 women who register.
do something that wasn’t so serious.

So, at the awards ceremony, Microphone Mike (a.k.a. Pereira) and his nine-member crew staged impromptu dance parties in the audience throughout the evening, dancing around the boom box they brought in. A recording engineer, Pereira is co-owner of Black Box, the Golden Hill studio that has recorded tracks by SDMA nominees Sirhan Sirhan, Transfer, Japanese Sunday, and Goodbye Blue Monday. Pereira says his Microphone Mike alter ego creates music inspired by the ‘80s “Miami booby bass” scene led by 2 Live Crew. Microphone Mike was nominated in the Best Electronic category.

“...I’m not sure if I fit in that category. It’s true I do make beats on an electronic piece of equipment, but I don’t know if Miami booty bass qualifies as electronic.”

When he didn’t win the Best Electronic award (the Album Leaf did), Mike and his posse stormed the stage surrounding us for no reason. They asked us to leave the premises. They followed us for ten minutes, all the way out with two SUVs, all the way to the end of the reservation...”

Pereira, whose Microphone Mike persona has been around since 1998, says his crew only appears at the Casbah or the Beauty Bar.

“I only play those two places or private house parties. I don’t want to dilute my power.”

The first 17-song, all-local Black Box compilation will be available this week at local record stores.

— Ken Leighton

**He Knows the Streets**

E-Low recently began a new season of The Grimmie Wreck TV Show. Since he was interviewed in “Blurt” one year ago, E-Low says his two-year-old hip-hop show has become profitable.

“I’m paying myself back for what I spent the first year,” he says. According to a spokesman for Cox Communications, the 30-minute program costs “between $300 to $400” to air. (Fridays at 11:30 p.m. on Cox South’s channel 14; same time on Time Warner’s channel 12...in October, the Time Warner channel will change.)

E-Low funds the show through advertisers, including bail-bond companies and club promoters. Local artists and record labels can pay to be featured on the show, though E-Low won’t say how much artists pay for the exposure.

“We interview them and let them perform. We might go to a club where they are performing.”

The Grimmie Wreck TV Show focuses on hip-hop, but E-Low says he is open to other styles of music.

“In this town, rap sells more than anything else. We have people making a good living off of making rap records, like Mitchy Slick, Lil B-Stone, and Lil One. We are the media for hip-hop in this town.”

What about local radio stations Z-90 and 98.9?

“What they do is 100 percent vak; 98.9 used to play local acts until they got everyone to listen, then they dropped local acts and went mainstream. And Z-90 acts like local acts don’t even exist. That’s the main reason I started this TV show. Those stations don’t know the streets... We have a major stronghold on this town, and a lot of people don’t want to recognize that.”

The Grimmie Wreck TV Show is viewable on videophones via www.syzmobi.com.

— Ken Leighton

**Notes from the Reservation**

Though they won the Best Alternative album category at last week’s San Diego Music Awards, the Bloody Hollies were not at Viejas casino to pick up their statuette.

Drummer Matt Bennett says the reason for his band’s absence was because “We were waiting on a girlfriend. We had practice that day... Some bands are the darlings of press and radio. Everybody knows who they are. We look at San Diego as one of 100 cities we have to do well in.” The Bloody Hollies leave next month for a three-and-a-half-week tour of Europe.

One big head-scratcher was why Pierce the Veil was asked to perform instead of any better-known bands. “I didn’t know them from you and me,” says Kevin Hellman, who organizes the SDMAs. “Each year we try to get someone to play who is not that well known.”

How did the largely unknown Kemistry (with members of Sprung Monkey) win Best New Artist instead of acclaimed bands such as Drowning Men, Society, Burning of Rome, and the Muslims? “It’s a public vote,” explains Hellman. “Anybody can hustle people to vote for them.”

For the first time in three years, the SDMAs were not emceed by Troy Johnson, music editor of City Beat (a major sponsor of the event). Hellman said he decided to use an offstage announcer instead of an emcee this year. Hellman said he did not know why Johnson didn’t show up. Last week it was announced in a press release that Johnson “…sold his first book to New York City’s Arcade Publishing.” Set for release next June, the book, titled Family Outing, is about being raised by a lesbian mother.

“Back then, there was little to no degree of ‘cool’ associated with homos.” Johnson is quoted as saying.
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AVAILABLE EVERYWHERE NOW

Sunday, November 18

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me a hand job.”

Hellman says this year’s SDIMAAs took in over $43,000; of that amount, he expects $25,000 to $30,000 will be diverted to music education for elementary school students. — Ken Leighton

**Anya ‘n’ Andy**

Anya Marina recently appeared on *The Shit Show* Sirius radio program with comedian Andy Dick.

“We made out once. I know you don’t like to admit it,” Dick told her. “We were drunk and I took advantage of you.”

“Well, it wasn’t really my choice,” Marina replied with a laugh. “I did ask for it.”

“Drunk and I took advantage of you,” Dick told her. “We were "nice, but not as nice as singing, "Loving you is very nice." Later on in the show, Marina was name-checked in *Drugs."* Later on in the show, "Loving you is very nice." Later on in the show, "Loving you is very nice." Later on in the show, Marina was name-checked in *Drugs.” Later on in the show, "Loving you is very nice." Later on in the show, "Loving you is very nice." Later on in the show, *Marina recently appeared on Sirius radio show *He Could Rap Forever* Local actor and musician Mark Gregg will be missed tomorrow at the San Diego Film Festival’s area premiere of *The Pacific* and *Eddy*, his feature-length acting debut. Instead he will be remembered in a gathering at the Westin Horton Plaza prior to the Pacific Gaslamp’s screening of the locally shot film. The *L.A. Times* "Horne Report" blog says Gregg "was shot by Los Angeles Police officers in front of 1842 N. Martel Avenue in Hollywood at about 1:35 a.m. July 24 [2007], and died at 1:55 a.m. They were responding to Gregg’s attack on a roommate at the rental. The unidentified victim, who survived, later commented on the blog that Gregg “broke the knife in me after he stabbed me several times.” After the cops and paramedics arrived to treat the victim, Gregg emerged “and headed towards the police presumably with a new, clean knife (which I could not see),” noted the victim. Other witnesses said he was unarmed, but the Times reported that Gregg “ignored orders to drop the butcher knife, and instead raised it, police said,” whereupon two officers opened fire. Gregg, who grew up in Solana Beach, would’ve turned 26 two days ago.

"If he had a beat, he could rap forever," said Isaac Sheed by phone from the Bay Area. Sheed was Gregg’s roommate for two years on the North Carolina School of the Arts. "I have some amazing recollections. Torrey Pines High drama teacher Marinee Payne recalled Gregg as "the perfect Hamlet.” Gregg’s mother quotes from *Hamlet* Act 5, Scene 1, in her epiphany on the MySpace page under the lone blog entry “A noble heart”: “And flights of angels sing thee to thy rest." Love, Mom.”

— David Stampone

**Death to False Metal, Boyee!**

“Metal music kept me going for a lot of years,” says Tom Wren, creator of locally based online *Rave Metal Nightmare* ([www.metalnightmare.com](http://www.metalnightmare.com)). The thirtysomething software engineer published the first print edition of *Metal Nightmare* in 1997.

"I decided to be a fist in the face, a ‘nightmare,’ if you will, to all bands that are tarnishing the once-great and true name of metal," says Wren. He stopped publishing the newest editions in 2000, a year after he launched his website. Today, the online editions can feature upwards of 100 CD reviews.

For his website, Wren interviews A-list metal acts, including King Diamond, Bathory, Manowar, and Ronnie James Dio. Wren invites local metal bands to send CDs or sound files for review, but with this caveat: “My focus on what is ‘metal’ and what is not is pretty well defined and, yes, narrow. That means if you’re in some baggy pants wearing, woolly hat sporting, yo yo boyee crap band that thinks you play metal but are really just a hardcore band, then don’t waste my time. There is no way you can convince me that you’re any good, not even with donations of large sums of cash...death to false metal!”

— Jay Allen Sanford

**CONTRIBUTORS**

William Cron, Dave Good, Larry Harmon, Michael Hemmingson, Ken Leighton, Ryan Locky, Drew Plush, Eric Rife, Jay Allen Sanford, David Stampone

**TUESDAY • OCTOBER 2**

ANTI-MONDAY LEAGUE

THE PRAYERS

HONEYCUTT • INBERST

**THURSDAY • OCTOBER 4**

FOREIGN BORN

**FRIDAY • OCTOBER 5**

DATAROCK

SLEEPING PEOPLE

**SATURDAY • OCTOBER 6**

EARLY SHOW • 7 PM

CD RELEASE SHOW

THE SHIMMY SISTERS

**TUESDAY • OCTOBER 9**

ANTI-MONDAY LEAGUE

**THURSDAY • OCTOBER 11**

HOLLY GOLIGHTLY

**SUNDAY • OCTOBER 14**

THE PRAYERS

THE VULTURES

THE SUNDELLES

**FRIDAY • OCTOBER 19**

THE RIFFS

**SATURDAY • OCTOBER 20**

EARLY SHOW • 7 PM

**October 27, 2007**
Tickets are available in person at Pala and at all Ticketmaster outlets. For other new shows, please visit PalaCasino.com

Located in Northern San Diego County
From San Diego & Riverside: Take I-15 to Hwy. 76, go east 5 miles
From Orange & Los Angeles: Take I-5 South to Hwy. 76, go east 23 miles
Thursday 27
Out of the pit and onto the page, Brooklynhites III bring dance-punk to Canes in Mission Beach tonight. The eight-piece combo blends angular punk rock into disco grooves and smooths the edge with horns and keys. This year’s Warp Records’ disc Myth Takes was a more song-conscious affair than 2004’s Louden Up Now, while the music continued to visit funk, dub, and krautrock beats and electronic bleeps. Myth Takes fulfills the promise of 2003’s breakout hit “Me and Giulani Down by the Schoolyard.”... Laptop mash-up artist Gregg Gillis calls himself Girl Talk and insists he’s not a DJ. The Pittsburgh-based Gillis sings but mostly samples and splices on his Dell and Record’s disc edge with horns and keys. This year’s Warp punk rock into disco grooves and smooths the Beach tonight. The eight-piece jams angular

Friday 28
Mike Stax has restacked his Tell-Tale Hearts for a pair of sets this weekend. The San Diego garage-band will play club draw here and abroad in the guitar-heavy ’80s for their twirling ’60s Brit psychedelia and blue drenched in organ and blown guitar tones. The Hearts will share a Casbah bill Friday night with Creepy Creeps, Viewmasters, and Wild Weekend, and land a stage at Adams Ave. Street Fair on Saturday... Ken Club’s host alternative act Red Octopus, A Scribe Amidst the Lions, and Astra. Red Octopus is a prog-influenced trio who lean on bass-and-drums bottom shot through with Gabe Messer’s sonc guitar blasts and feedback dinners... NYC’s Ligeia: Eyes of Night will dock at in Socal’s Office Friday night. Think: Zappa meets Waits. With Seattle’s heavy metal trio Bacchus, this is a solid bill for the never-a-cover North Park hangout... Casbah books Brooklyn dance-rock duo Matt and Kim into Epicentre Friday night. Keys, drums, vox, and sunuppers — kids eat ‘em up!... South Park’s soul collective Bankhead Press groove local watering hole Whisletop. The six-piece wields Steely Dan with R&B... Stick at home or in the car, listen up: electronic shapeshifters Animal Collective will be featured on NPR’s live concert series. Broadcast begins 8:30 p.m. (PST) from Wash., D.C. Expect the Collective’s 2007 release Strawberry Jam at the top of critics’ year-end lists.

Saturday 29
Adams Avenue Street Fair floods the ‘hood with food and tunes. Saturday stage highlights include roots-rock combos the Farmers and the Coyote Problem, psychobilly songstress Wanda Jackson, Mike Watt, Tell-Tale Hearts and Aqua Dulce. Bring yer skates if you plan on catching them all... Jean Isaac’s Trolley Dances Nine years they’ve been doing this along the Metrocal. This year, choreographer Isaacas promises “site-specific” routines as the trolley passes through East Village. I’d like to see “the Metro...”... Ray Manzarek and Robbie Krieger dust off at 4H4B as Riders on the Storm. New singer Brett Scallions of Fuel reportedly affects a convincing Morrison while making the songs his own. What?... Peppy punks the Nightmares will set up Tower Bar for
cardboard noisemakers The Long and Short of It... Whistler’s hosts a radio rally and 30-year reunion, paying tribute to SJSU student station KCR: One Nation DJs Bart Blackstone and Atari spi for the proceedings.

Sunday 30
Adams Ave. Fair day two highlights include Phil Ahn’s Blasters, Mario Escovedo Experience, the Prayers, Sue Palmer, the Blasters, Candye Kane, Al Howard and K23, Joey Harris, Brain Bucket, and the Blasters will be out 34th Street around four-fifteen, in case you missed that... What’s new purvey? Grammy-winning shark crooner Tom Jones has been added to Humphrey’s line-up. The 67-year-old Welsh singer still wears ‘em tight and sings ‘em low, it’s not unusual... The Weakhearts muster up the strength to play Casbah Sunday night. The Canadian folk-pop quartet is touring this week’s release of Epitaph disc Marion Tour. Think a less precious Deathcab... Winistor’s has got Joe Sinatra’s OB-oke on Sunday nights. Go on and grab the mic, chicken... If you missed Okkervil River at Casbah earlier this month, catch up with Austin’s hottest property live on NPR Sunday night (www.npr.org for more info.).

Monday 1
Couple of classics in town Monday night, as Canadians Frank Marino and Mahogany Rush bring ’70s hard rock to Belly Up and Jefferson Airplane/Hot Tuna guitarist Jorma Kaukonen visits Bay Area psych-n-folk upon House of Blues.... Casbah’s Anti-Monday League welcomes Brazilian club kids Bonde de Role at Humphrey’s line-up. Theitar’s MCs mash it and rep to guerrilla-disco beats with a Beasters-style vibe. They’re joined by Milwaukee’s-ratted thrash rapper Juiceboxx.

Tuesday 2
Belly Up has the bill of the night: Austin’s psychodelic drummers the Black Angels. The Angels share aesthetic with ’60s survivors Brian Jonestown, the slow-pop of Warlocks, and fuzzed-out BMWC, with whom they’ve found. This year’s west-coast swing is shared with Spinriffit, similarly affected if spaghetti western-flavored — good stuff to read Commiss McCarthy by... It’s Tiki Tuesday at Bar Pink Elephant, and who better to take the stage than Cheap Leis. Former pro-skater and Lee Rocker guitarist Adrian Damian fronts the uk band, which features local rocker O. (Olivewax, fluf, Reeve Olive). The Lei’s swing a loungey-very cocktail of old-school Hawaiian music at the newly established North Park bar... While up the street at Socal’s Office, Seattle punk quintet The Caps preview material from upcoming Ml, Fuji full-length Free Electricity. They’re joined by Seattle power-poppers Tacocat. Singer Emily rocks the tambourine and the kazoo.

Wednesday 3
Broken Social Scene’s Emily Haines and James Shaw make up half of electro-rock band Metric, who’ll deliver pop hooks to House of Blues Wednesday night. Metric trade in power-pop vocals over no-wave beats, synths, guitars, à la fel-low Canadians New Pornographers, though the quartet lacks the Pornographers punch or parts. Metric boils the artifice out of ’80s’ songbook. For an earlier glimpse, Metric released the spare Crow

— Ramaby Moon

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ROB ZOMBIE

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ZOMBIE LIVE IN STORES OCT. 23

AEG

BLACK BARK IN STORES NOW
Flow with It

“If you see a woman walking dogs through Balboa Park and rapping away, it’s probably me.”

Hip-hop artist MC Flow — a.k.a. Abby Schwartz — raps about politics and women’s issues. She grew up in New York City and moved to San Diego in 2000 at the age of 30 to study holistic medicine at Pacific College of Oriental Medicine in Mission Valley. “I left my master’s program to go into treatment for anorexia,” she says. “Through the process of healing and empowering myself, I found my voice and began writing spoken word and performance pieces based on issues surrounding women and body image.”

She started her MC career performing open-mike nights at coffeehouses like Claire de Lune and Lestat’s. “When I first began, I joined a networking group called the Community,” she says, “and my first shows were with that group of artists. We get together regularly to share demos, talk about hip-hop, and listen to music.” MC Flow is frequently joined onstage by fellow performers Lauren DeRose, Taylor-Tay, and dancer G.G. Schwartz, and she’s working on new music with singer-songwriter Jason Mraz, with her first album planned for release later this year.

Though she recently won a 2007 San Diego Music Award for Best Hip-Hop, she says rapping hasn’t yet paid her bills. “I work as a dog-walker and pet-sitter, and I love my job. It provides me with flexibility to do shows, and I walk around all day listening to my iPod. If you see a woman walking dogs through Balboa Park and rapping away on high volume, it’s probably me.” MC Flow appears October 27 at Static Lounge on Broadway.

WHAT’S IN YOUR CD PLAYER?
1. M.I.A., "Kala" (“One of the most exciting female artists on the scene. I love this album because it is unique, political, and full of crazy beats that make you want to get up and dance.”)
2. Kanye West, Graduation (“I appreciate its positivity and fullness, and I love to blast it in my car while I’m rolling down the five.”)
3. Brandi Carlile, The Story (“Her voice is incredible, and her lyrics are so heartfelt that you can’t help but get lost in this album.”)
4. Joshua Radin, We Were Here (“This is romantic, mellow folk-rock — perfect for make-out sessions.”)
5. Pema Chodron, Bodhisattva Mind (“An audiobook series from American Buddhist nun Pema Chodron about the pursuit of ending suffering — not only for oneself, but for all beings.”)

DESSERT-ISLAND DVDS?
1. Tupac: Resurrection (“An incredible documentary about Tupac’s life and passions.”)
2. Stealing Beauty (“Beautiful film about an American girl spending the summer in Italy that challenges the stereotypes we have about ourselves as women.”)
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WILDEST THING DONE WHILE UNDER THE INFLUENCE?
“Hi, I’m a recovering anorexic and the most important question surrounding women and body image in this culture is ‘When was your last diet?’ That’s a wild question!”

KANEY OR 50 CENT?
“Oh, that’s easy: Kanye, 100 percent! I think he’s the better rapper, and I appreciate his outspokenness on political and social issues.”

WORST JOB YOU’VE EVER HAD?
“Selling shoes at an upscale boutique in Cambridge, Massachusetts, one summer while I was in college. First, any job involving feet is no fun. Second, any job involving rich women asking you to run up and down the stairs a hundred times is no fun. The lowest moment was when we had a flood in the basement, where all the shoes were stored — we had to go downstairs, change into giant rain boots, and wade through the water to get the clients’ shoes. Then we were expected to come back upstairs and act as if nothing was out of the ordinary. Not a good day at the office.”

BIGGEST POLITICAL CONCERN?
“Definitely the upcoming presidential election and the importance of getting a Democrat into office. On a more specific note, I have to stress the importance of supporting gay marriage, the way Mayor Jerry Sanders recently did. I don’t think that our government has the right to decide which love-relationships are valid and which are not.”

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THURSDAY
Trisha Yearwood: Humphrey's Concerts by the Bay, Thursday, September 27, 2241 Shelter Island Drive, Shelter Island.

Marco Antonio Solís: Palomar Starlight Theater, Thursday, September 27, 2241 Shelter Island Drive, Shelter Island.

Richard Thompson: House of Blues, Thursday, September 27, 1055 Fifth Avenue, Gaslamp, 619-231-4343.

FRIDAY
The Dave Matthews Band: Gove Amphitheatre, Friday, September 28, 2050 Entertainment Circle, Chula Vista, 619-677-7595.

Kenny G & The Four Seasons: Humphrey's Concerts by the Bay, Friday, September 28, 5 miles east of I-5 on Hwy 76, Pala, 760-510-4580.

Il Divo: Humphrey's Concerts by the Bay, Friday, September 28, 3350 Sports Arena Boulevard, San Diego, 619-226-7662.

SUNDAY
Rick Springfield: Palomar Starlight Theater, Saturday, September 29, 5 miles east of I-5 on Hwy 76, Pala, 760-510-4580.

You & Me: Humphrey's Concerts by the Bay, Sunday, September 30, 1055 Fifth Avenue, Gaslamp, 619-231-4343.

TUESDAY
Bryan Adams: Palomar Starlight Theater, Tuesday, October 2, 3 miles east of I-15 on Hwy 76, Pala, 760-510-4580.

WEDNESDAY
Hootie & the Blowfish: Humphrey's Concerts by the Bay, Wednesday, October 3, 2241 Shelter Island Drive, Shelter Island.

Daughtry: Viejas Casino Concerts in the Park, Wednesday, October 3, 505 Willow Creek Road, Alpine, 619-445-5480.

UPCOMING CONCERTS

OCTOBER
They Might Be Giants: House of Blues, Thursday, October 4, 1055 Fifth Avenue, Gaslamp, 619-231-4343.

Air Supply & Christopher Cross: Humphrey's Concerts by the Bay, Friday, October 5, 2241 Shelter Island Drive, Shelter Island.

Steve Miller Band: Palomar Starlight Theater, Friday, October 5, 5 miles east of I-15 on Hwy 76, Pala, 760-510-4580.

Tom Russel: AcousticMusicSanDiego, Friday, October 5, 4090 Manfield Street, Normal Heights, 619-303-8176.

Alice Cooper: Spreckels Theatre, Friday, October 5, 121 Broadway, downtown, 619-231-4343.

“Rainfast” with Dirty Sweet, Transfer, and more: Kula Rouge Brewery, Saturday, October 6, 3983 Santa Fe Street, Pacific Beach.

Steve Tylec: Humphrey's Concerts by the Bay, Sunday, October 7, 2241 Shelter Island Drive, Shelter Island.

 Styx: Viejas Casino Concerts in the Park, Sunday, October 7, 505 Willow Creek Road, Alpine, 619-445-5480.

Pat Monahan: House of Blues, Sunday, October 7, 1055 Fifth Avenue, Gaslamp, 619-231-4343.


Nellie McKay: Humphrey's Concerts by the Bay, Sunday, October 7, 505 Willow Creek Road, Alpine, 619-445-5480.

The Steve Miller Band: Humphrey's Concerts by the Bay, Monday, October 8, 3350 Sports Arena Boulevarde, San Diego, 619-231-4343.

Tom Russel: AcousticMusicSanDiego, Monday, October 8, 4090 Manfield Street, Normal Heights, 619-303-8176.

Floyd: Humphrey's Concerts by the Bay, Tuesday, October 9, 2241 Shelter Island Drive, Shelter Island.

Yellowcard: Humphrey's Concerts by the Bay, Wednesday, October 10, 3350 Sports Arena Boulevard, San Diego, 619-226-7662.

Joe Bonamassa: Humphrey's Concerts by the Bay, Thursday, October 11, 3350 Sports Arena Boulevard, San Diego, 619-226-7662.

Third Eye Blind: Humphrey's Concerts by the Bay, Friday, October 12, 3350 Sports Arena Boulevard, San Diego, 619-226-7662.

The Steve Miller Band: Humphrey's, Saturday, October 13, 3350 Sports Arena Boulevard, San Diego, 619-226-7662.

Eagles: Humphrey's, Sunday, October 14, 1055 Fifth Avenue, Gaslamp, 619-231-4343.

Naomi Campbell: Humphrey's, Monday, October 15, 1055 Fifth Avenue, Gaslamp, 619-231-4343.

October 15-18, the Park, Wednesday, October 17, 5 miles east of I-5 on Hwy 78, Pal, 760-510-4580.

Keali'i Reichel: Humphrey's Concerts by the Bay, Thursday, October 18, and Friday, October 19, 2241 Shelter Island Drive, Shelter Island.

Jimmy Eat World: House of Blues, Friday, October 19, 1055 Fifth Avenue, Gaslamp, 619-231-4343.

Laurence Juber: Humphrey's Concerts by the Bay, Friday, October 20, 1055 Fifth Avenue, Gaslamp, 619-231-4343.

Humphrey's Concerts by the Bay, Saturday, October 21, and Sunday, October 22, 2501 Kettner Boulevard, San Diego, 619-226-7662.

Lifehouse: House of Blues, Sunday, October 22, 1055 Fifth Avenue, Gaslamp, 619-231-4343.

Jennifer Lopez & Marc Anthony: Cox Arena, Wednesday, October 24, RSM Center, College Area, 619-594-1697.

Boy Like Girl: House of Blues, Wednesday, October 24, 2241 Shelter Island Drive, Shelter Island.

The Casbah, Thursday, October 25, 2501 Kettner Boulevard, San Diego, 619-226-7662.

Harry Manx: Humphrey's Concerts by the Bay, Thursday, October 25, 3350 Sports Arena Blvd., San Diego, 619-231-4343.


The Pogues: 4th & B, Friday, October 26, 4650 Manfield Street, Normal Heights, 619-303-8176.

John Stewart: AcousticMusicSanDiego, Friday, October 26, 4650 Manfield Street, Normal Heights, 619-303-8176.

Kelly Clarkson: Nov. 6

“You Can Dance” Nov. 19

Trans-Siberian Orchestra Nov. 19

Ozzy Osbourne/Rob Zombie Nov. 20

Alessandro Sanz Nov. 21

Van Halen Nov. 25

Fall Out Boy Oct. 1

Decemberists Dec. 1, 2

Andre Rieu Dec. 5

Tori Amos Dec. 12

The Cure: June 3, 2008

“Doodlebops Live” March 2

 Padres Playoffs:
Chargers vs. Chiefs Sept. 26

Humphrey's, San Diego, Oct 2 - Oct 11

Ballpark Bash on the Bay Oct 3 - Oct 4

Humphrey's on the Bay Oct 11, Oct 12

Mon - Fri: 8:00 PM, Sat - Sun: 5:00 PM

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Ballpark Bash on the Bay Oct 3 - Oct 4

Humphrey's on the Bay Oct 11, Oct 12

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North County Reader  
September 27, 2007

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The Jesus and Mary Chain
ON SALE NOW!
OCTOBER 24

Gov’t Mule
ON SALE FRiday STOMA
NOVEMBER 7

Café Tacvba
ON SALE FRiday STOMA
DECEMBER 1

Manzarek and Krieger
THE DOORS
RIDERS ON THE STORM
SEPTMBER 29

Last Comic Standing
OCTOBER 4

Justice
OCTOBER 7

The Tragically Hip
OCTOBER 12

Muckross Garden Party
OCTOBER 13

The White Stripes
OCTOBER 17

Buffy Sainte-Marie
OCTOBER 19

Ke$ha
OCTOBER 26

CAUTION: The Black Crowes
OCTOBER 8

The Pogues
OCTOBER 9

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10/20 BOB GOLDBERG PRESENTS
A TWISTED NIGHT OF COMEDY
10/30 HIP HOP LIVE FEATURING
GHOSTFACE KILLAH, SAT.
KAIRI, BROTHER ALI
11/2 JEGE JAGAN
11/3 BILL BELLAMY
11/8 HENRY ROLLINS
“PROVOKED”
11/11 THE SWELV SEASON C
11/15 D.L. HUGHLEY
11/18 RON AND WINE
11/27 JOHN GUTTER TRIO
11/30 W. BRETT DEHERN
12/29 KIC & THE SUNSHINE BAND
12/30 PAULA POUNDSTONE

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OCTOBER 7

Misfits
NOVEMBER 15

Jetttones
OCTOBER 26

Trans-Siberian Orchestra
WINTER TOUR 2007

ON SALE SAT
@10AM

NOVEMBER 19

CoX ARENA

Laugh Until It Hurts!
ON SALE SAT
@10AM

John Pinette
OCTOBER 9

October 12

October 26

Louis C.K.
Frank Caliendo

Cox Arena

WAL*MART

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ON-BROADWAY
90.9 FM San Diego, December 1, 2007

Calendar

CONCERTS

Peter Frampton: House of Blues, Friday, October 26, 1055 Fifth Avenue, Gaslamp. 619-299-2583.

Bobby Caldwell: Speckles Theatre, Saturday, October 27, 121 Broadway, downtown. 619-221-1950.

The Wallflowers: Veja Casino DreamCatcher Show Room, Saturday, October 27, 1055 Fifth Avenue, Gaslamp. 619-445-5400.

Glassjaw: House of Blues, Monday, October 29, 1055 Fifth Avenue, Gaslamp. 619-299-2583.

Tegan and Sara: Veja Casino DreamCatcher Show Room, Tuesday, October 30, 1055 Fifth Avenue, Gaslamp. 619-994-0429.


Ellis Paul: House of Blues, Thursday, November 8, 1055 Fifth Avenue, Gaslamp. 619-299-2583.

Junior Reid: Veja Casino DreamCatcher Show Room, Saturday, November 10, 1055 Fifth Avenue, Gaslamp. 619-445-5400.

AcousticMusicSanDiego, Friday, November 2, 3500 Sports Arena Boulevard, 619-235-9500.

Belle Up Tavern, Friday, November 2, 3105 Ocean Front Walk, Mission Beach. 619-461-8140.

Clint Black: California Center for the Arts, Friday, November 16, 340 N. Escondido Boulevard, Escondido. 800-988-4253.

Ellis Paul: AcousticMusicSanDiego, Friday, November 2, 1055 Fifth Avenue, Gaslamp. 619-299-2583.


Circa Survive: House of Blues, Monday, November 5, 1055 Fifth Avenue, Gaslamp. 619-299-2583.

The Gin Blossoms: House of Blues, Wednesday, November 7, 1055 Fifth Avenue, Gaslamp. 619-299-2583.


The Hold Steady: Veja Casino DreamCatcher Show Room, Saturday, November 9, 1055 Fifth Avenue, Gaslamp. 619-994-0429.

Tori Hendrix: AcousticMusicSanDiego, Fridays & Saturdays, 555 Fourth Avenue, 619-303-8176.

Jake Shimabukuro: Belly Up Tavern, Friday, November 9, 3105 Ocean Front Walk, Mission Beach. 619-461-8140.

Suzanne Vega: California Center for the Arts, Saturday, November 17, 15498 Espola Road, Poway, 858-748-8140.

John Mayall & The Bluesbreakers: House of Blues, Saturday, November 17, 1055 Fifth Avenue, Gaslamp. 619-299-2583.

Maximo Park: California Center for the Arts, Saturday, November 17, 15498 Espola Road, Poway, 858-748-8140.

Peter, Paul, and Mary: California Center for the Arts, Friday, November 16, 340 N. Escondido Boulevard, Escondido. 800-988-4253.


KELLY CLARKSON: SAN DIEGO Civic Theatre, Friday, November 16, 340 N. Escondido Boulevard, Escondido. 800-988-4253.

Clint Black: California Center for the Arts, Friday, November 16, 340 N. Escondido Boulevard, Escondido. 800-988-4253.

Erin McKeown: AcousticMusicSanDiego, Saturday, November 17, 1055 Fifth Avenue, Gaslamp. 619-299-2583.


The Hold Steady: Veja Casino DreamCatcher Show Room, Saturday, November 9, 1055 Fifth Avenue, Gaslamp. 619-994-0429.

Tori Hendrix: AcousticMusicSanDiego, Friday, November 2, 1055 Fifth Avenue, Gaslamp. 619-299-2583.


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Tori Hendrix: AcousticMusicSanDiego, Friday, November 2, 1055 Fifth Avenue, Gaslamp. 619-299-2583.
Social Distortion

December 4th
with Lee Rocker

December 5th
with The Tossers

ON SALE NOW!

socialdistortion.com

HOUSE of BLUES
SAN DIEGO

1050 FIFTH AVE
(SAN DIEGO, CA)

LIVNATION.com

Ticketmaster

All ages are subject to change without prior notice. Service charges added to each ticket.

North County Reader: September 27, 2007
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ALL TICKETS ON SALE NOW
ANTHOLOGY BOX OFFICE
www.AnthologySD.com
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BEAUSOLEIL
AVEC MICHAEL DOUCET
THUR - 9/27
Acclaimed, Grammy winning Cajun zydeco band!

MARLENA SHAW
FRI/SAT
9/28 & 29
Incredible jazz, R&B, blues & gospel vocalist

SPYRO GYRA - 3 NITES!
JAZZ SUPER GROUP
10/4, 5 & 6
AVAILABE AT TICKETMASTER

ANTHOLOGY HOUSE BAND
NO COVER SUNDAY! 9/30

BUGS HENDERSON 10/10
KARL DENSON TRIO 10/12
BRIAN AUGER 10/13
IRA B LISS 10/14
BIG BAND JAZZ MACHINE
SACHA BOUTROS 10/16
WITH RED HOLLOWAY
LEE ROCKER 10/19
AL DI MEOLA 10/23 & 24
WORLD SINFONIA 07-08

NOW AVAILABLE!! Tickets & Dinner Reservations for October shows at www.AnthologySD.com

WEEKNIGHT HAPPY HOUR 5:30PM
VENUE BOX OFFICE HOURS
Noon – 8pm Tues – Sun
All shows subject to change.

ANTHOLOGY • FINE TUNED MUSIC & CUISINE
1337 India Street (between A & Ash) in Little Italy

143 South Cedros Ave.
Solana Beach

WEEKNIGHT HAPPY HOUR 5:30PM

WORLD SINFONIA 07-08
10/23 & 24
AL DI MEOLA 10/23 & 24
LEE ROCKER 10/19
WITH RED HOLLOWAY
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BIG BAND JAZZ MACHINE
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Monkee's Tavern (PB), 6550 Mission Blvd, Pacific Beach, 858-485-8417. Friday and Saturday, live music.

The Kraken, 2551 Old Highway 101, Cardiff. 760-483-6685. Friday, the Bill Mango Blue Band. Saturday, Allo Train, classic rock. Sunday, the Blues Brothers, blue jazz. Tuesday, reggae.


La Valencia Hotel, 1132 Prospect Street, La Jolla. 619-437-4400. Grill. Friday and Saturday, 5:30 p.m. to 9:30 p.m. Sunday, Rick Ross, pianist.

The Lodge at Torrey Pines, 11400 N. Torrey Pines Road, La Jolla. 619-437-3685. Friday, 7:30 p.m. to 11 p.m. Also, Sunday and Wednesday, 6:30 p.m. Rick Ross, pianist.

The New Victorian, 2228 Bacon Street, Ocean Beach. 619-222-8311. Music is rockabilly.

Che Cafe, UCSD Campus, 9500 Gilman Dr, Student Center. 858-534-2446. Monday, 7 p.m. to 10 p.m., Johnny Toldah and Friends, guitar and vocals.


Mission Beach. 858-488-1780. Thursday, Brigade Undecided, Legal Tender, Rude Guy John, the Low Luster League, Dreamstreet, jazz. Friday, 7 p.m. to 8:30 p.m., 7:30 p.m. to 9:30 p.m., unless otherwise noted. Thursday, 555 Gilman Drive, Student Center B-0323C, and blues. Sunday, 3:00 p.m. to 5:00 p.m., Johnny’s Acoustic Jam.

3105 Ocean Front Walk, La Jolla. 858-488-4200. Friday, 8 p.m. to 9 p.m., 9 p.m. to 10:30 p.m., Saturday, 9 p.m. to 11 p.m., for “Upcoming Shows” available with dinner. All shows are 21 years and up.
Mansfield Street, San Diego. 619-303-
Wednesday.
Henry’s Pub, downtown.
Thursday, Friday, Saturday, and Wednesday,
619-238-2389. Thursday,
Henry’s Pub,
Friday, Saturday, and Wednesday,
downtown. 619-702-0444. Thursday,
Avenue (between E and F Streets),
619-231-4343.
AcousticMusicSanDiego,
Jed Sheldon
Java Jones,
Crystal Castles.
Kaukonen.
4th & B,
Richard Thompson.
Friday and Saturday,
downtown. 619-727-4700. Friday,
House of Blues,
Diamonds,
Saturday,
Diego. 619-595-0123. Thursday and Sunday,
Saturday, blues band.
The Bahia Belle Cruise,
smooth jazz/funk.
3365 India Street, San
Nordenskjold.
Pierre’s Place,
Murphy’s, 14th Street,
salsa.
5617 Balboa
David
the Fremonts.
the Pop Rocks.
the Bill Magee Blues Band.
the Tower Bar,
acoustic trio.
the Fluff of ’80s, Friday, Good Times.
saturday, Good Times, classic rock.
Wednesday, Traxx.
Mystick,
piano bar.
bars and roll sing-along dueling pianos.
Pier’s, 1404 Fifth Avenue, San
Johnson, Bosley and
the Prince of Piano,
dance. Saturday.
Lady Dottie and the
before.
the Pop Rocks, blues.
the Imperial House,
the Shout House,
4650 Shelter Island Drive, Shelter Island.
Humphrey’s, Half Moon Inn, 2241
Shelter Island Drive, Shelter Island.
the Barabas,
Georges on Fifth, 455 Fifth Avenue
San Diego. 619-231-7000. Friday and Saturday, live
Saturday,
B Natural.
the Elliott Lawrence
kind.
the Zaggyz Quartet,
the Zzymzzy Quartet,
the Zzymzzy Quartet,
the Imperial House,
Orchestra,
619-688-1120. Friday, Viva Musica Orchestra, flamenco/jazz.
Eclipse,
6407 Mission Bay Drive, Shaker Island,
1404 Fifth Avenue, San
Boulevard, Tierrasanta. 858-576-2509. Friday,
the Kensington Club,
4079 University
the Go Project.
the Go Project.
5617 Balboa
Malcolm.
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Conrad and the Concrete Feat, 9 p.m., Chicken.

Friday and Saturday, live music. Tuesday, traditional Irish jam session.

Normal Heights. 619-284-6594. Friday, otherwise noted. Friday, rock/metal/alternative/punk unless otherwise noted. Friday, and Saturday, the Love Rangers, dance.


Friday, 9 p.m., Grandmaster and DJ Carlos Carlos, reggae. Saturday, 9 p.m., Les Zepplin and the Evolution, rock.

Sunday, 9 p.m., for Bostrom and Crushy Ziggens, Monday, 8 p.m., Frank Mares, Midway Rush, and Jone Tree, acoustic/rock. Tuesday, 8 p.m., The Real Angels and Supernova, Wednesday, Atmosphere, Macbeth, Greyfable, and Looker, alternative rock.

Bistro 211, 221 Grand Avenue. Encinitas. 760-737-7739. Friday and Saturday, Dennis Friend and Company, easy, standards and light jazz.

Bear Cross’, 390 Grand Avenue, Carlsbad. 760-728-2989. Friday and Saturday, live rock.

The Book Works/Pannikin Café, Flower Hill Mall, 350 Via de la Salle, Del Mar. 858-755-7735. Friday, 8 p.m., Billy Watson, blues.

Borders Books and Music (Carmelbad), 1905 Callie Barcenas. Carlsbad, 760-479-3242. Saturday, 8 p.m., Paul Hana, folk.

Borders Books and Music (Carmel Mountain), 11140 Rancho Carmel Drive, Carmel Mountain. 858-618-1814. Friday, 8 p.m., Tom Grijalva, acoustic. Saturday, 8 p.m., Marty McKee, acoustic folk.

Carvers, 11980 Bernardo Plaza Drive, Rancho Bernardo. 858-560-2480. Friday and Saturday, Night Life, classic rock.

Cheers, 2475 Main Street, Ramona. 760-739-0720. Friday and Saturday, 60’s rock, classic rock. Tuesday, 5 p.m. to 9 p.m., Mike Gardner, acoustic folk/rock.

Coyote Bar and Grill, 300 Cardiac Village Drive, Cardiff. 760-727-8695. Thursday, 4 p.m. to 10 p.m., the Rhythm Method, classic rock. Friday, 8 p.m. to 10 p.m., Lee Rainey and the Mudfish Players, Blues. Saturday, 5 p.m. to 10 p.m., Peter Hall, 6 p.m. to 10 p.m., the Eight Twenty Band. Sunday, 2 p.m. to 4:30 p.m., the Shuevers, jazz. 5 p.m. to 8 p.m., the Ronny Eagles, blues.
**NORTH COUNTY**

9 p.m, Iwo Jima Band. Wednesday, 6 p.m. to 10 p.m., Johnny B’s Blues.

**Cove Restaurant**, 2334 Camellia Valley Road, Del Mar. 858-259-5876. Monday, 6:30 p.m. to 9 p.m., Surf and Turf. Tuesday, and Friday, 6 p.m. to 9 p.m., Surf and Turf, live music.

**The Flying Bridge**, 1158 North Coast Highway, Oceanside. 760-450-6446. Friday, 6:30 p.m. to 9 p.m., The California Rangers, country.

**Emmy’s Tavern (Carlsbad)**, 2777 Rosemont Street, Carlsbad. 760-729-9591. Thursday, 9:30 p.m., The Black Cats, rock.

**Mas Fina Cantina**, 2780 State Street, Carlsbad. 760-602-5487. Wednesday, 9 p.m. to midnight, Mike Gordon, acoustic rock.

**McCabe’s Beach Club**, 1145 South Tremont Street, Oceanside. 760-450-6446. Friday, 3:30 p.m. to 9 p.m., The California Rangers, country.

**The Metaphor Coffeehouse**, 10102 Sun Valley Avenue, Encinitas. 760-680-8400. Friday, 8 p.m., The Shade Tree, roots, and 101, rock.

**Natty Mabane’s**, 1270 Main Street, Ramona. 760-789-9035. Friday and Saturday, Coldfield, rock.

**North Bar Sports and Spirits**, 230 West El Norte Parkway, Encinitas. 760-460-4238. Thursday, 9 p.m. to 10 p.m., Mike Gardner, acoustic rock.**

**Ocean House**, 500 Carlsbad Village Drive, Carlsbad. 760-729-4313. Thursday, 9 p.m., DJ. Friday and Saturday, live bands. Sunday, salsa. Tuesday, 6 p.m. to 9 p.m., The Crab Cakes, swing.

**R. O’ Sullivan’s**, 118 East Grand Avenue, Encinitas. 760-737-0954. Thursday and Friday, live music.


**The Red Eye Saloon**, 1107 Orange Avenue, Coronado. 619-435-8641. Friday, 8 p.m., Bower Anderson, rock.

**Ocean’s House**, 500 Carlsbad Village Drive, Carlsbad. 760-729-4313. Thursday, 9 p.m., DJ. Friday and Saturday, live bands. Sunday, salsa. Tuesday, 6 p.m. to 9 p.m., The Crab Cakes, swing.

**Point’s West**, 1720 Marine Street, Cardlsbad. 760-729-9591. Thursday, 9:30 p.m., The Black Cats, rock.

**Rooftop Bar and Grill**, 159 Parkway Plaza, El Cajon. 619-443-1093. Friday, 4:30 p.m. to 9 p.m., Basically Rosanne, classic rock.

**The Redwood Inn**, 2334 Carmel Drive, Carlsbad. 760-729-7234. Thursday, 8 p.m., Tom Giblin’s Irish Pub and Grill, rock.

**Surf N’Saddle**, 159 Parkway Plaza, El Cajon. 619-443-1093. Friday, 4:30 p.m. to 9 p.m., Basically Rosanne, classic rock.

**Ocean House**, 500 Carlsbad Village Drive, Carlsbad. 760-729-4313. Thursday, 9 p.m., DJ. Friday and Saturday, live bands. Sunday, salsa. Tuesday, 6 p.m. to 9 p.m., The Crab Cakes, swing.

**Rooftop Bar and Grill**, 159 Parkway Plaza, El Cajon. 619-443-1093. Friday, 4:30 p.m. to 9 p.m., Basically Rosanne, classic rock.
North County Reader
September 27, 2007

NOW OPEN!
Northeast corner of Miramar Rd. and Black Mtn. Rd.
The Dancing • Pool • Karaoke
Food • Fun • DJ
Free Buffet after 4 pm
Karaoke Nights
Over 35,000 songs on an awesome sound system.

Thursdays
Customer Appreciation
$1.75 Pints & $6 Pitchers after 7 pm
FREE Pool at 7 pm

Friday & Saturday Nights
DJ Dance Party
9 pm-1 am
Dance to your favorites—
Over 65,000 songs for your pleasure!

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Free Pool All Day
$1 Off Appetizers

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916 Pearl Street • La Jolla • www.thecomedystore.com
Must be 21 – All shows 2-drink minimum

Improv
Comedy Club at Pechanga
Laugh the Night Away!
Wednesday, Thursday, Sunday • 8 PM
Friday, Saturday • Two Shows • 8 PM & 10 PM

SEPT 26 - 30
Bobby Collins
Marc Price
Jodi Bonello

OCT 3 - 7
Dennis Blair
Scott Henry
Jay Liberman

OCT 10 - 14
Allan Harvey
Mike Burton
Chris Mancini

OCT 17 - 21
Thea Vidale
Kenny Bob Davis
Kenny Kane

OCT 24 - 28
Adam Ferrara
Scott Kennedy
Jim Fedele

Bring this AD to the Pechanga Box Office and receive 2 FREE tickets any Wednesday, Thursday or Sunday with your player rewards club card.

Tickets on site at the Pechanga Box Office. All Improv tickets $22 plus a 2 drink minimum. Must be 21 or older to attend Improv Comedy Shows. 2 free tickets offer expires 10/28/07. Player Club card must be presented. Some shows may contain explicit content. Management reserves all rights.

For more information or to see upcoming comedy show line up visit www.pechanga.com
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26 HD Plasma Screens
NFL and College Game Plans
Open early for football!

Six Bowling Lanes
With an additional six to come!

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Kevin “The Food Dude” Roberts

100 foot long patio
3 pool tables

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9:30 a.m. to 2 a.m. Sat-Sun.
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619-677-BOWL (2695)
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Northwest corner of Miramar Rd. and Black Mtn. Rd.
Dancing • Pool • Karaoke
Food • Fun • DJ
Free Buffet after 4 pm
Karaoke Nights
David Kelly’s All Star Entertainment
(Best Host 4 Years Running)
Sun., Mon., Tues., Wed. & Thurs. Nights
Over 35,000 songs on an awesome sound system.

Thursdays
Customer Appreciation
$1.75 Pints & $6 Pitchers after 7 pm
FREE Pool at 7 pm

Friday & Saturday Nights
DJ Dance Party
9 pm-1 am
Dance to your favorites—
Over 65,000 songs for your pleasure!

Sundays
Free Pool All Day
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hometown CDs

**by Bill**

**Album:** Down with Leo (2007)

**Artist:** Down with Leo

**Label:** self-released

**Where available/price:** www.downwithleo.com for $5

**Songs:**
1) Glasses in Wintertime
2) Who Are We Not the Same
3) Chester Copperpot
4) Uptown Underground
5) Trading Hands

Band: Ben Ripani (vocals, guitar, piano), Frank Green (vocals, guitar, piano), Justin Bryant (vocals, bass), Nas Helewa (drums, vocals)

Down with Leo has combined rhythms from Manchester, vocals from Dave Matthews, and a Pixies/Elvis Costello sensibility. Songs on this self-titled EP range from hand-clapping piano pop to moody, progressive alt-rock.

Their tempo is slow without dragging. There really aren’t any solos, only breaks in the vocals that act as cooling-off periods. Down with Leo has perfected pace changes and sophisticated compositions to make every song interesting.

Lyrically, each track tells a story, and the narrative is revealed as the song builds. From the first song, “Glasses in Wintertime,” we get the idea of a relationship gone awry: “Nothing ever seems to start like you promised me.” The song’s chorus adds to the theme: “Still I got nothing left to give, so I’ll give it all. Bring roses if I fall. Bring roses if I fall.”

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as i hear it
BY BRIAN CARVER

The Shining Path
Artist: The Shining Path
Song: “Haddiku Nen” (from their self-titled CD)
Headed by: Willie Teran, Coronado

The Shining Path
It started out pretty cool, but it really didn’t go anywhere. The beat was really nice, but I don’t think I really dug the singing. I really need to be into the vocalist or else I just can’t get into it. I really dig stuff like Roy Orbison singing. I really need to be into the mood of the song, like “party, hang out, and drink.” It was kind of depressing, in a way. The only lyric that stood out right now because I’ve only heard it once is “is there someone else?” I think the lead guitarist stood out because he’s just strumming along out of ten. I’d go to a concert and see it. Musikally, it sounded great; everything and maybe they could use more words. I think they [song] the chorus too much and maybe they could use more words. (Musically,) it sounded great; everything blended in perfectly. I’d give it a nine out of ten. I’d go to a concert and see it.

The Roman Spring
Artist: The Roman Spring
Song: “Operator” (from www.myspace.com/theromanspring)
Headed by: Jimmy Steward, Chula Vista

The Roman Spring
The start was too long, a little bit. It sounds like a Franz Ferdinand song, except the guy who does the vocals...I don’t know who I’d compare him to...maybe some older band that I can’t think of right now. It was different; it sounded kind of dark, but it still had that indie upbeat to it. It almost sounds depressing, in a way. The only lyric that stands out right now because I’ve only heard it once is “is there someone else?” I think the lead guitarist stood out because he’s just strumming along the whole time. I could hear it on the radio. It’s something I’d probably listen to driving home at night.


catchy. I kept thinking of Nine Inch Nails. It’s like alternative rock. The mood of the song was, like, “party, hang out, and drink.” It was kind of happy but demanding, like, “this is what I want!” and “give it to me.” I kind of knew what the lyrics were about...it was a little perverted. The lyrics were, like, “get dirty” and “it feels good.” I think they [song] the chorus too much and maybe they could use more words. (Musically,) it sounded great; everything blended in perfectly. I’d give it a nine out of ten. I’d go to a concert and see it.


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The Tell-Tale Hearts
Artist: The Casbah
Song: “Deadly Attraction”
Headed by: A Static Lullaby

The Tell-Tale Hearts
The start was too long, a little bit. It sounds like a Franz Ferdinand song, except the guy who does the vocals...I don’t know who I’d compare him to...maybe some older band that I can’t think of right now. It was different; it sounded kind of dark, but it still had that indie upbeat to it. It almost sounds depressing, in a way. The only lyric that stands out right now because I’ve only heard it once is “is there someone else?” I think the lead guitarist stood out because he’s just strumming along the whole time. I could hear it on the radio. It’s something I’d probably listen to driving home at night.

The Pop Rocks
Artist: Jesse Love’s Rising Star: Humphrey’s
Song: “Dirty” (from the CD Prophecies)
Headed by: Jessica Reeves, Hillcrest

The Pop Rocks
Jesse: I liked it; it had a good beat. It was really a lot of effects and noise, but for the most part it was just straightforward. I was just really trying to listen to the music — I wasn’t listening to the lyrics, really. I’m more of, like, a classic-rock guy. Experimental [music] is all right if it’s good. I like Lightning Bolt, and they’re not classic rock.

 hizo

San Diego Songs Take the Street Test
Music Editor, As I Hear It, San Diego Reader, P.O. Box 85803, San Diego, CA 92186-5803

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Yo, DJ!

Talk About a Star

Seeing the Dave Matthews Band at Coors Amphitheatre has become a summer ritual in San Diego. At least for me...at least it was for a few summers, a few summers ago. It's a great live show; lots of jamming, which I love. They go on at sunset, I'm sippin' on a $12 beer, life is good.

In the summer of '99, I ended up with great seats, about 15th row. I couldn't wait. Beer in hand, sun looming overhead, I made my way into the Coors Amphitheatre. The crowd was electric. People were screaming, whooping, and cheering. The energy was palpable.

As the band took the stage, the crowd roared. Dave Matthews, with his signature fedora and guitar, stepped forward. His voice was clear and powerful, filling the amphitheatre with its unique blend of rock and folk.

The setlist was a mix of old favorites and new songs. The crowd sang along with every song, their voices blending with Dave's in a beautiful harmony. The energy was infectious, and it was clear that everyone in the amphitheatre was enjoying themselves.

As the band came back for an encore, the crowd went wild. Dave Matthews, with a smile on his face, took the microphone and addressed the crowd. He thanked them for coming and for their support, and the crowd responded with a thunderous applause.

After a few more songs, the band took their final bow and walked off the stage. The crowd cheered, some even crying, at the end of another amazing performance. It was a night I'll never forget.
Continuing on my 20-year Mira Mesa High School reunion... I ran into Sebastian, who was in my kindergarten class. He was with his wife, and as we were chatting about the recent Beatles show LOVE, which we had both seen in Vegas, a guy walked by and said, “Where are all the Filipinos? I know we had a lot more at our school. Why don’t I see them here?”

My friend David, a book publisher, was with his pregnant wife. We joked about how many people would be rubbing her belly. “Why didn’t you bring your wife?” David asked another one of our friends. Our friend said, “They just assumed there would be a lot more people at a dinner party.”

When I sat down at my table, Ray, who was the center on our basketball team, walked by. He went on to play a few years in the NFL. He’s about 6’5”. I stuck my elbow on the table, Ray, who was the center on our basketball team, walked by and said, “Ray, who was the center on our basketball team, walked by and said, “You probably can now.”

I got $25 says I can beat you arm wrestling.” He said, “You probably can now.”

I asked him if he had a good football story. He told me about catching a touchdown pass against the Jets. “Did you save the football?” I asked him. He said he didn’t, and David interjected, “Yeah, well, you probably spilled it and did some dance. Once you do that, you can’t go back and say, ‘Oh, wait, I want this football back. I’m going to keep it.’” Ray thought about it and said, “Actually, I just assumed there would be a lot more. There weren’t.”

Ray’s a cop these days, and I asked him if he had a good football story. He told me about Whitey. His real name was Jim, but there was a time he and I were playing two-on-two against these black guys and when introductions were made after the game, Jim said, “You can just call me Whitey.” The name stuck.

I ran into Whitey on Venice Beach a few years back, and I couldn’t help but notice that he looked like he came to the reunion from the beach. He wore sandals and no tie, his hair in a ponytail. Someone at my table told me that Whitey got busted going into Disneyland with pot on grad night. I asked him about the “magic kingdom” and he said, “I was trying to bring in a lot more than pot. It sucked because I had to spend the rest of the night on the bus.”

A few people approached me who I couldn’t remember. One woman said, “Josh, you were so bright back then.” My buddy Joe said, “Are you sure you’re not thinking of another Josh?”

I was surprised when I ran into Jessika. She was a short, pudgy girl in one of my classes who didn’t talk much. She turned out drop-dead gorgeous and was always have my gun with me. It’s like that King Stahlman bail bonds place says: It’s better to have it and not need it than to not have it when you do.”

Ray hung out with a guy named Kerry. I remember being a bit bummed when Kerry transferred to our school from Morse High. He ended up coming off the bench and getting a lot more minutes then I ever did. Ray and I talked about the food while we waited at the bar. I told him that I was on a diet. Ray said, “Obviously, you can see I’m not!”

I saw two other guys from my basketball team. One teaches law at UCLA. When I approached him, he glanced at my nametag. I stretched it toward him and pointed to my name. He was with a guy we called Sebastian and his wife Brenda.
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Reality Inside-Out

“I was possessed. It was as close to automatic writing as anything I have known.”

Before anyone speaks at the La Jolla Playhouse, we could be watching a scene from the TV show All in the Family: balding Archie Bunker slumped in his old chair; Edith, clad in shapeless cotton, about to say, “You know, Aw-chee.” But then the woman, Mrs. Zero, starts talking, and talking, and repressed anger surfaces, and Mr. Zero just sits stony, like a robot with disconnected circuits, and you realize that these aren’t the Bunkers, and Elmer Rice’s Adding Machine’s no TV sitcom.

“What about me?” she asks. She scrubs floors and cooks meals, while he sits all day “just addin’ figgers an’ waitin’ for 5:30. There’s no 5:30 for me.” He’s been a department store accountant for 25 years. He’s been “a slave, washin’ pots an’ waitin’ for 5:30. There’s no 5:30 for me.” Jan Leslie Harding performs the opening monologue brilliantly, her New York accent rising from a slow burn to a four-alarm rager. To underscore her frustration, the production spins her counterclockwise on an orange revolve.

And what about silent Mr. Zero? Most dramatic characters have an arc. He has a noshive. At first he’s a mite sympathetic. His rote job’s de-humanizing (an adding machine replaces him after 25 years). But he and his neighbors, it turns out, are selfish, bigoted, racist xenophobes. And when he talks about a growing love of violence, he fits the pattern of a serial killer. Some souls, we learn later, become progressively worse with each rein-carnation. As if to prove the point, Mr. Zero un-peels like an onion, from protagonist to antihero to the “spineless” prey of demagogues who play on his “ignorance and credulity and provincialism.”

Other souls — his wife’s, his office-mate Daisy’s, the puzzled, obsessively moral Shrdlu’s — are less easy to pinpoint. But the playwright pushes Mr. Zero beyond the evils of technology. Even in the Elysian Fields, given complete freedom of choice, Zero can’t, as Bing Crosby croons in the background, “Ac-cen-tuate the positive.” He looks around, sees a “mixed crowd” of unrepentant artists and bohemians, and wants out.

In an interview, director Daniel Aukin said we won’t identify with Zero but will sympathize. Well, a nuth might. The guy’s a black hole. Few characters in literature are as blank and unfel-lowing. Even though Richard Crawford tries to coax sympathy through comic passivity, the veneer can’t conceal what becomes increasingly obvi-ous: Mr. Zero would applaud the Holocaust.

Better to worry about Diana Ruppe’s sharp and touching Daisy, and Joshua Everett John-son’s doom-addled Shrdlu (the name sounds guru-mystical but is actually the second line of keys on a linotype machine), and Mrs. Zero, who shows signs of her husband’s docility when she vows to give him another 25 years.

Elmer Rice (1892–1967), who abandoned a career as a lawyer, wrote over 20 experimental

REVIEW
JEFF SMITH

The Adding Machine by Elmer Rice
Directed by Daniel Aukin; cast: Richard Crawford, Jan Leslie Harding, Joshua Everett Johnson, Walter Bledsoy, Molly Fite, Liz Jenkins, Rajo Lerna, Diana Ruppe, Paul Morgan Stetler, Peter Wylie; scenic design, John Bucchino; costume design, Jackie Matisua; lighting, Iphia Weinman; sound, Colvert R. Davis
Playing through October 7; Tuesday and Wednesday at 7:30 p.m. Thursday through Saturday at 8:00 p.m. Sunday at 7:00 p.m. Matinee Saturday and Sunday at 2:00 p.m. 858-550-1010.

 Ain’t Misbehavin’: The Fats Waller Musical Show, conceived by Richard Maltby Jr. and Murray Horwitz
San Diego Repertory Theatre, 79 Horton Plaza, downtown
Directed and choreographed by Patdro Harris; cast: Robert Barry Fleming, John Steven Crowley, Lisa Payton, Valerie Payton, Arianna Vann; scenic design, Robin Sanford Roberts; costumes, Reggie Ray; lighting, Jennifer Sellev; sound, M. Scott Graham
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North County Reader September 13, 2007 13
dramas championing social justice. The idea for *Adding Machine* came in an instant: “I was actually possessed,” he said, “it was as close to auto-creative writing as anything I have known.” Expressionism, which Rice borrowed from Fritz von Unruh and from Frank Wedekind’s *Frühling’s Erwachen*, turns realism inside out. It’s as if Rice’s characters have Tennessee’s syndrome. As in Mrs. Zero’s monologue, they withhold feelings then, in a tic, blurt out hopes, fears, and haunts. In the Potiker Theatre’s arena stage, the actors are miked. At first this seems excessive for such an intimate configuration. But it works, because they only use the mikes when their characters express inner turmoil to themselves.

When their characters express inner turmoil to themselves. When cables raise the floor, expressionistic effects rely heavily and eye-appealing, and the Ex-

original were jagged, abstract confirmed Luddite. Sets for the technical aspects also detract, however. *Adding Machine’s* a confirmed Luddite. Sets for the technical aspects also detract, however. *Adding Machine’s* a confirmed Luddite. Sets for the technical aspects also detract, however. *Adding Machine’s* a confirmed Luddite. Sets for the technical aspects also detract, however. *Adding Machine’s* a confirmed Luddite. Sets for the technical aspects also detract, however. *Adding Machine’s* a confirmed Luddite. Sets for the technical aspects also detract, however. *Adding Machine’s* a confirmed Luddite. Sets for the technical aspects also detract, however. *Adding Machine’s* a confirmed Luddite. Sets for the technical aspects also detract, however. *Adding Machine’s* a confirmed Luddite. Sets for the technical aspects also detract, however. *Adding Machine’s* a confirmed Luddite. Sets for the technical aspects also detract, however. *Adding Machine’s* a confirmed Luddite. 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The Honky Tonk Angels
North Coast Repertory Theatre stages Ted Studley’s musical about three rural women who follow the Nashville Dream. David El-lenstein directed.
NORTH COAST REPETEROIRE THEATRE, 4201 MAIN STREET, CHULA VISTA, THROUGH OCTOBER 6; THURSDAY THROUGH SUNDAY AT 8:00 P.M. SATURDAY AND SUNDAY AT 2:00 P.M. 619-422-7787.

How I Learned to Drive
OnStage Playhouse presents Paula Vogel’s controversial memory play about Lil’ Bit, her uncle Peck, and, says Vogel, “about the gifts we receive from people who hurt us.” Carla Nell directed.
ONSTAGE PLAYHOUSE, 251 THIRD AVENUE, CHULA VISTA, THROUGH OCTOBER 6; THURSDAY THROUGH SATURDAY AT 8:00 P.M., MATINEE SUNDAY AT 2:00 P.M. 619-422-7787.

Joey and Maria’s Comedy
Joey and Maria tie the knot in "not-so-ordinary interactive dinner theater.”
HOLIDAY INN ON THE BAY, 1355 NORTH COAST REPERTORY THEATRE, 655 TOWN CENTER DRIVE, COSTA MESA, THROUGH OCTOBER 7; SUNDAY, TUESDAY, AND THURSDAY THROUGH SATURDAY AT 8:00 P.M. 858-481-1055.

Italian Wedding
Lyric Opera San Diego opens its 21st season with Mitch Leigh, Joe Darion, and Dale Wasserman’s musical based on Cervantes’s Don Quixote.
BIRCH NORTH PARK THEATRE, UNIVERSITY AVENUE AT 29TH STREET, FRIDAY, SEPTEMBER 28, THROUGH OCTOBER 6; THURSDAY THROUGH SATURDAY AT 8:00 P.M. SATURDAY AND SUNDAY AT 2:00 P.M. 714-708-5555.

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Man of La Mancha
North Coast Repertory Theatre stages John Leston’s musical about a young hospital patient and his up-lifting relationship with a volunteer “pink lady.”
CASINO CARTIER CENTRE STAGE, SIMON EDISON CENTRE FOR THE PERFORMING ARTS, BALBOA PARK, THROUGH SEPTEMBER 30. NOTE: MEASURE FOR MEASURE IN REPERTORY WITH THE TWO GENIUS OF VERONA; FOR DAYS AND TIMES CALL 619-234-5623.

National Comedy Theatre
Improvised comedy, making up funny stuff on the spot, is difficult enough. Years ago, however, Keith Johnstone thought it’d be more exciting if gone competitively. He got the idea from pro wrestling (“where Terrible Turks mangled defrocked priests while grannies waved their handbags”).
National Comedy Theatre, an offshoot of Johnstone’s Theatersports (artistic director Gary Kramer says the two compare like “rugby and American football”), resembles an athletic event more than an im-prove. Teams wear uniforms and compete on ActionTurf. Using sug-estions from the audience, they play “Emotional Sympathy,” “Blind Lane,” and “Freeze Tag,” with judges awarding points to the best scenes. Blinkers and granniers get boosed; quick wit rewarded (one of the most refreshing parts of the contest: people acknowledge fail-ure, abundantly, then forget it). It makes for a lively, often funny evening. And Gary Kramer is one talented comedian.
WORTH A TRY.
MISSION THEATRE, 3117 704 STREET, MISSION HILLS, OPEN-ENDED RUN; FRIDAY AND SATURDAY AT 7:30 P.M. AND 9:45 P.M. 619-226-4595.

Oscar and the Pink Lady
The Old Globe Theatre presents Emmanuel Schmidlin’s take of a young hospital patient and his up-lifting relationship with a volunteer “pink lady.”
CASINO CARTIER CENTRE STAGE, SIMON EDISON CENTRE FOR THE PERFORMING ARTS, BALBOA PARK, THURSDAY, SEPTEMBER 27, THROUGH NOVEMBER 4; SUNDAY, TUESDAY, AND WEDNESDAY AT 7:00 P.M. THURSDAY THROUGH SATURDAY AT 8:00 P.M. MATINEE SUNDAY AT 2:00 P.M. 619-234-5623.

Runt of the Litter
The Poway Center for the Performing Arts hosts a production of Bo Eason’s drama about brothers struggling to prove themselves in the National Football League.
POMONA CENTER FOR THE PERFORMING ARTS, 15488 ESPOSA ROAD; PONAY, SATURDAY, SEPTEMBER 29, AT 8:00 P.M. 858-740-6000.

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Measure for Measure
Looking for an undemanding summer hagiadale? Go see the Old Globe’s Measure for Measure. It’s a real crowd-pleaser. Of course, if you want an earnest exploration of one of Shakespeare’s most intricate works — designed, writes John Wilder, “to show the impossibility of writing comedy” — look else-where. Director Paul Mullins has glossed over subtexts and staged things just for yuks. He’s tweaked every comic moment and inverted major and minor characters. The subordinates cavort like headliners (especially Lucas Hall’s hyperactive Lucio, flitting about Ralph Funkel’s handsome, stained-wood set as if on loan from Cirque du Soleil). The comedy frames, and in the end mocks, the solemnity the director couldn’t sweep under the carpet (so he took away their inner lives). All produc-tion elements serve the comedy. The ensemble work has no weak links. The pacing is brisk, the
The Two Gentlemen of Verona

For a director, staging one of Shakespeare’s earliest plays is a good no-brainer: he needs a Ford to get to the Bard, and it’s Two, Cents, which has gaps you could drive a truck through. Matt August’s work on the Old Globe’s outdoor stage looks as if he’s had fun with the assignment. Young Veronians, Valentine, Proteus, and Julia, are fully realized. And when the country boys reach Milan, they go through the looking glass into decadent Restoration England. In this last-stemmed environment the young men’s wits behave a bit more sensorily (since the adults are scruple-free), if you don’t look too closely. You will notice how Stephanie Figer’s appropriately adament Syrinx could have remained so unlike her surroundings, and how Tom Hammond’s Mick Jagger-agile Duke shrinks in the final scene, going from young Valentine (likely Ryan Quinn) dimly motivated emergence as the play’s moral voice. And surely Eloy Farmer’s sparkling Julia would regard Proteus in the end, with more discerning eye, especially once Corey Sorenson makes Proteus’s flip from ardent infatu- tion to sexual terrorist, so convinc- ing. In such a fickle world, only the clever—Calphina, Sam Bres- lin-Wright, and Jonathan McMurtry accompanied by a scene-stealing dog named Monty — are constant.

Worth a try.

LONELIEST PLAYHOUSE, FESTIVAL THEATRE, SE - SEPTEMBER 30, SEPT. 20: TWO GENTLEMEN RUNS IN REPETORY WITH MANIAC AND MEASURE FOR DAYS FOR DAYS AND TIMES TUESDAYS 5:00 P.M.

Where There’s A Will...There’s A Wake

Mystery Cafe Dinner Theatre presents James Pascarella and Will Roberson’s interactive comedy, set in a 1920s speakeasy where suspi- cion shrouds every “gangster, game, and dame.” Pascarella di- rected.

MYSTERY CAPE, IMPERIAL HOSPITAL, SUNDAY, OPEN ENDED RUN; FRIDAY AND SATURDAY AT 8:00 P.M. 613 544-1600.

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Only were the mussels cooked to succulence, but the coconut milk, Kaffir lime, and lemongrass. Not vor- ite dive on slummy lower Sukhumvit Road James in Pacific Islander argot. A few nights later, a brand, from a nearby Asian supermarket), a com- decor.

Walk patio, foregoing the air-conditioned interior ago, but on a balmy, humid night at the start of the eyes while you treat the mouth.)

Treat the their midlife beauty added to the appeal. Treat the sentences, I told Jim, “Add ’em to the posse; they’ve don’t meet her exalted standards (or who don’t want to meet them) vanish swiftly. But chef Hans Cavin, now cooking at Kensington Grill, seems a heaven-made match, and I hope it’s a long and happy one. Not only is Hans an imaginative chef with a fine palate for big, forward flavors, but due to his secret worldray weapon — fluent kitchen Spanish — the execution of the dishes is flawless, wherever he’s in charge. (See About the Chef, next page.)

And with Tracy as his boss, he can buy the great ingredients he needs to make his food shine.

Kensington Grill is a slightly upscale neighbor- hood restaurant in a decidedly upscale neighborhood, and Hans cooks just the sort of mouth-friendly, sophisticated food you want from such a spot. It’s not madly avant-garde — but nearly every dish at every meal is fresh, imaginative, and tastes terrific.

My eating buddy Samurai Jim recruited a couple of friends who are longtime Kensington resident James, a well-traveled ex-Navy gun turned chef (and now realtor) and his wife Anita, a Nord- strom executive who travels the country staging

Kensington Grill is a slightly upscale neighbor- hood restaurant in a decidedly upscale neighbor- hood restaurant in a decidedly upscale neighborhood, and Hans cooks just the sort of

sweet steak dress- ing, mushrooms in coconut milk, mango-Brie quesadillas; pan-roasted scallops; crispy-skin salmon; white-chocolate strawberry shortcake (seasonal); Chef’s picks: stuffed pork chop, salmon.

Need to know: Attached parking lot may fill up early, pauseable parking nearby, including a free lot a block west and across the street. A few tables of heated street-and-patio dining in front, not overly noisy. Reservations strongly recom- mended. One vegan main-course sampler platter, several lacto-vegetarian appetizers, salads, sum- times pasta. Nightly “happy hour” drink specials.

Ratings reflect the reviewer’s reaction to food, ambience, and service, with price taken into con- sideration. Menu listings and prices are subject to change.
Every Sunday
North County
September 27, 2007

Nguyen Cray
• Excellent spring rolls and egg rolls
• Rice vermicelli with BBQ chicken, pork, shrimp, beef or vegetarian with tofu
• Beef and vegetable spring rolls
• Cold fried egg noodles with shrimp and vegetables

*Dine-in only. Not valid with any other offers, discounts or specials.
$10 minimum purchase.
Cannot be used with 10% off entire check offer.

S.D. 'blow' you away!*

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Breakfast Special

*Purchase required. Specials start at 5 am.
ABOUT THE CHEF
A longtime chef at Dakota Grill, Hanis Cavin moved on to a quick, fine stint at New Leaf at the downtown Hilton, then proceeded to reinvigorate Pacific Coast Grill in Solana Beach before taking on the Kensington Grill eight months ago. He’s a big, low-key guy (but with high culinary standards)—an alpha griller.

“I moved to Kensington drawn by the chance to have pretty much my own say on the food. The direction Tracy [Borkum, the owner] wanted to go in wasn’t to keep the neighborhood happy. We’re really geared to being local and fresh and not so much of a specific [culinary] niche. I loved PCC with its Pacific coast theme, but here I have some Asian, some American—

I can use all the ingredients that are available to us. And that’s fun for a chef. Tracy’s rarely here—I mean, it’s fun when she’s here—but when you can feel comfortable about running the restaurant on a daily basis, that makes everything a little bit better. An owner’s ability to have confidence in her staff makes a job really great. She’s a terrific boss — she wants to have good food, consistent food, and she relies on us to be her eyes and her ears.

“And the service staff have all been here years. That’s really exciting, to work with a staff that’s seasoned, that appreciates the food, and that appreciates it when you change the food. They give me great feedback, they really speak to me. They say, ‘People aren’t really eating this,’ and I say, ‘Let’s change it.’ We have the ability to make a change mid-shift if we need to. We can print a menu at 7:00, and if something isn’t working, we can change it right there, that night. There’s no need to keep serving something that people aren’t enjoying. I think it helps the comfort level of everybody here.

“We’re giving the food to be seasonal and as local as possible. We get our produce from Specialty Produce, a local company that’s now going around and buying from local farms, because they have enough restaurants that want to use local produce. It’s hard for even chefs to know all about every farm, and Specialty Produce researches all these little companies and helps them so they do stay aloof. We do use Santa Monica for most of our fish, which isn’t local, because their quality is just exceptional. It’s because they have a passion — the fish comes as cold and fresh as it was in the warehouse. We try to be responsible and use only nonendangered fish.”

A couple of years ago, I telephoned Hanis at Pacific Coast Grill, I overheard him speaking fluent “kitchen Spanish” with his staff. A far cry from some of the prima donnas coming out of cooking schools who refuse to learn another language, he encourages his line chefs to leap for excellence and enjoy perfecting their craft—hence, no misunderstandings and none of the dy sabogate of the “we’re not esteemed, pense que me podas que me orinara en la suya” school of deliberate dulcetness. (Translation: “I didn’t understand, I thought you had asked me to piss in the soup.”) No problems for him. Cooking schools ought to make kitchen Spanish a required course: Hanis talks the talk as well as walks the walk, and the result is that he seems to elicit full-out performance from his staff, with mainly flawlessly executed dishes wherever he’s worked.

“I’m really comfortable in a kitchen with a Latino staff,” he says, “you bond a little more family-like. It’s great to have somebody ambitious who wants your job someday, but it’s really nice to have people who are happy to work their stations, and when you give them a new item to cook, they’re excited about it.

One of my right-hand men now was here when I worked here seven years ago. Whereas the one Anglo we have in our kitchen, fresh out of culinary school, is having a harder time because although everybody can speak English—when things get really busy and hectic, you fall back on your first language. I like to make everybody have pride in what they do. I just got back from a couple of days in Ensenada, and I bought everybody on my crew Mexican wrestling masks. As silly as it is, it bonds the crew together. You make cooking fun, and I think it shows on the plate.”

Erratum: A charming letter from Old Peru Hand Chris V. (no return address, or I’d answer and enjoy sharing reminiscences) pointed out that Huancayo is slightly north of Cuzco, not south. Luckily, south of the equator the sun still rises in the east, or as trip navigator I’d probably have steered us to Nome instead of Tierra del Fuego. Why I didn’t mention the divine Pisco Sour cocktail in my review of Latin Chef because the latter has no liquor license. Made with delicious white Peruvian brandy, the Pisco Sour resembles a Ramos Fizz in Lima, they often substitute it for tea (a “tea time” dinner drinkers tend to be very late), and a couple of them can be deadly (especially in the airport lounge awaiting your flight announcement). Along with the margarita, caipirinha, and mojito, it ranks among the world’s greatest tropical cocktails.
Across the Moat

“My case? Domestic violence. Restraining order. It’s very scary.”

“Get outta my face! Get the hell away from me!” The man’s lips are taut as rubber bands. He flings his arms about as he walks away from her.

The woman just stands there.

“But I need $50,” she says.

“I’m cut off. I’m cut off.”

Oh, man. Feel bad for her. She looks lost. I’m catching this while I’m sitting and eating a sandwich outside Pop’s place, right across from the family court on Fourth Avenue.

“Thanks, Pops,” says a guy in rags asleep in the grass under a tree. The big gentrification thing hasn’t happened here yet. It’s real calm.

“Help you?” said Pops — that’s what everybody calls him — when I first came in, about 3:00 a.m.

“Do you have coffee?” I asked.

“In the urn.”

“I’m cut off. I’m cut off.”

“Do you have coffee?” I asked.

“Help you?” said Pops.

“I’m cut off. I’m cut off.”

“Do you have coffee?” I asked.

“My case? Domestic violence. Restraining order. It’s very scary.”

Wow. Now it’s a crime to sit down and eat?

“I have a chair at the table out there so I can sit down.” Does she know Pops? Nope. Think this is just the way it is in here.

“Do you have coffee?” I asked.

“Help you?” said Pops.

“I have a chair at the table out there so I can sit down.”

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“Do you have coffee?” I asked.

I finish up. Think of getting a Snickers bar for dessert. As I’m stepping back in, two things happen. Pops comes and takes my chair and hides it through the back of the kitchen, and then a smart-looking gal enters and orders a roast beef sandwich on rye.

“My case?” she says. “Domestic violence.” Her name is Maggie. “Restraining order. It’s very scary. There was a gun involved. Uh, can I have a chair at the table out there so I can sit and eat this?”

“Sorry,” says Pops. “I have to bring it in at 1:30—2:00 every day. City. Don’t ask me why.”

“Wow. Now it’s a crime to sit down and eat! Is this city crazy or what? Maggie’s still shaky from getting her restraining order. She has to go and sit on the ground in her smart black dress in the parking lot next door to eat her sandwich. Couple of drunks come up and proposition her.

“I have to do it,” says Pops. “They could close me down.”

Gadzooks. What insane law is the City quoting? Something to do with street people sitting here?

So whatever, best come in the morning, when the chair’s allowed out. Rumor has it Pops sometimes even puts two there. You can see what a threat that’d be to our way of life. Maybe they should take him to family court.

Egg, cheese, and bacon sandwich
Garden Project

“Send the chicken into the vineyard and let nature take its course.”

Consider the egg. When I was a boy on Staten Island, hens ate grit and grasshoppers and scraps from the table and whatever they could scratch out of the ground, and a platter of scrambled eggs was a delight. Then the scientists developed a special egg-laying mash made of old corncobs and sterilized buttermilk, and nowadays you order scrambled eggs and you get a platter of yellow glue. Consider the apple. Years ago you could enjoy an apple. The scientists held and invented chemical fertilizers especially for apple trees, and apples got big and red and shiny and beautiful and absolutely tasteless.” — from Old Mr. Flood by Joseph Mitchell

That was written in 1948. Nearly 40 years later, Jim Fetzer decided to open an organic garden at his family’s Mendocino winery, where he served as CEO and the main engine of its marketing machine. (And what a machine — from 200,000 cases in 1981 to 2.5 million by the time the winery was sold to Brown-Forman in 1992. Fetzer introduced the notion of vineyard-designated wines to California, and their unskoined Chardonnay, which became a huge part of the wineyard’s explosive growth through the ’80s, was a savvy and early — response to the proliferation of oaky California Chard.)

Recalls Fetzer, “I saw early on that we wanted to sell more wine ‘on-premise’ — in hotels and restaurants, as opposed to bottle shops and grocery stores.” So we called on restaurants and hotels, and back then, most of the chefs were European-trained. They were all complaining about the fruits and vegetables in America, that they had no flavor. At the same time, we were trying to get people to come up to our winery in Mendocino — food and beverage directors, bartenders, managers. That sparked our interest — ‘Maybe what we need to do is learn more about food. We can create this center, educate our own salespeople, and attract people to come up and learn.’”

In 1984, Fetzer started work on “a garden project,” one that eventually “grew over 1000 varieties of fruits, vegetables, herbs, and flowers. We had a demonstration kitchen. We hired chef John Ash.” People took notice and started making the sort of gardening Maltas had done with his experimental plantings of organic grapes. Jim Fetzer was proud of his product but is quick to admit that it’s very easy to make “piss-poor organic wine by default — if you don’t do anything” to deal with the diseases and pests. He was smart enough to understand that the fruits and vegetables in America were good enough to make him say, “God, we’ve got to try this in the vineyards.”

The article goes on to say that the experimental plantings of organic grapes “made the nonorganic grapes seem bland.” Add wine grapes to Old Mr. Flood’s account of eggs and apples.

By the time Fetzer sold, the winery was just beginning to market Bonterra, its first wine made from 100 percent organic grapes. Jim Fetzer was the first to market Bonterra, its first wine made from 100 percent organic grapes. Jim Fetzer was proud of his product but is quick to admit that it’s very easy to make “piss-poor organic wine by default — if you don’t do anything” to deal with the diseases and pests. He was smart enough to understand that the fruits and vegetables in America were good enough to make him say, “God, we’ve got to try this in the vineyards.”

The compost program does include one or two funky elements — the sorts of things that make people associate biodynamics with mystic hoodoo: Things like packing a cow horn with manure, letting it ferment underground between the fall and spring equinoxes, aging it in a cool, damp, dark environment, and then mixing it with warm water to spray on the vineyards. But there’s hard science at work as well: the aforementioned cover crops provide nutrients, but the crops have to decay before the nutrients become available.
to the vine. Mixing the microbe-rich fermented manure in warm water can produce a new generation of microbial life every 20 minutes. “We’re taking this huge population of microbial life and spreading it on the ground, and it helps break down those cover crops.”

Besides providing nutrients, cover crops also aid Fetzer in his pursuit of flavor — the elusive aspect of a wine that gives some hint about its place of origin. “You can pick up the soil and smell it, and you’ll smell a lot of the earthiness and things that are in the wine. It’s almost a spicy character. When you do traditional farming with a lot of chemicals, there’s no smell whatsoever. We want the roots to get down into that soil, at different levels of depth; hopefully that will reflect in the wine, adding more layers of flavors.”

How to manage it? Start by avoiding drip irrigation. “When you use drip, you just grow in one little area. The main root development is going to be where you’re saturating those little areas with water.” Once his vines were established, he planted rye grass between the rows, “to pull moisture out and kind of enrich the soil.” Precise root development is going to be in one little area. The main root will reflect in the wine, adding more layers of flavor.

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La Especial Norte

Moderate to expensive.

The riotous overflow crowds can challenge a diner's resolve. The soups are highly recommended, as are the thin crust pizzas. The weighty wine tome starts out incredibly expensive, but is half price Thursday nights. Try the "La Colorado" combination of just about anything you can think of, prepared and presented to delight Californian palates.

San Diego's dining gems. They advertise the "self-service" approach to dining, but it is only an illusion. Great service, luxury restaurant ambiance. Dinner nightly; Sunday brunch. Very expensive. — E.R.

NORTH INLAND

Abbay's Real Texas BBQ (40443 San Die- 
go Road at Commerce Street, be- 

Grumel's own garden) are the season's 
roughest and ready for take-out or inc- 
redible "small-townish" saloon offers 
the "La Colorado" combination of just about 
trumpet salad, and the "crispy "walk on the 
Dac Biet Xe Lua, 15040 Bernardo Valley 
Dorchester Street (at Marine Street, 1 block 
Great Khan's Mongolian Festi- 
val 4154 La Jolla Village Drive (UTC), 
858-678-3600 (also at 6943 Linda Vista Road, 858-288-4000). This place serves "soy sauce" in Chinese, but the food is very good. One meal, plenty of it, and guar- anteed fresh because it's either fresh (baked cornish hens, chicken, tur- key, pork) or "raw" (including cabbage, 
Try them with our traditional-

California cuisine, incorporating 
its own innovations and creative 
soups. Their famous "p Android" branch the room is large and un- 

7404 La Jolla Boulevard (at Marine Street, 1 block 
San Diego • 858-459-5877

Food trucks made on the premises!

Try them with our traditional- 

style cornitas, soft taco platters, 
or authentic Mexican soups. 
Voted "Best Lobster Dish" by San Diego Magazine 2007. 
• Fresh local seafood 
• Extensive tequila selection 
• Full bar

Sorrento Valley location only. Valid from 3-7 pm. 
San Diego, CA 92128
858-613-9000

Enjoy Vietnamese, Thai, Chinese or Italian. 
All dishes are 100% vegetarian, most dishes 
and all desserts are also vegan.

50% off sushi and rolls only

Gran Opening in Rancho Bernardo

20% OFF

All menu items

Offer expires 10/1/07. Excludes beverages. Cannot be combined with any other offer.

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Fresh tortillas made on the premises!

Sushi Japanese Cuisine

Veracruz

Four Seasons Aviara when he decided 
267 North El Camino Real, 
858-755-2274. Here they use mesquite to barbe- 
Fire (as good as it gets). Here they use mesquite to barbe- 
Guatamala. The dining room, 
621 Valley Avenue (be- 
760-746-5951. Mexican seafood, along with 
Enjoy Vietnamese, Thai, Chinese or Italian. 
All dishes are 100% vegetarian, most dishes 
and all desserts are also vegan.

Enjoy Vietnamese, Thai, Chinese or Italian. 
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chefs to braze on the huge hotplate, and add bonuses. Bonus gallery view of skaters or an ice hockey match while you eat. Open lunch through dinner weekdays, earlier closing weekends. Inexpensive.

La Taverna 927 Siderboard Street (at Grand Avenue), La Jolla, 858-486-1095. Whether you opt to enjoy the warm, rustic décor and outside under the giant fig tree looming to the fountain, you're in for a treat at this secluded restaurant. Meals begin with crunchy corn-studded soups and spicy balsamic dipping sauce, but don't fill up too soon; the appetizers and salads are varied and tasty. All pastas are house-made and served with luscious, umami sauces. Lemon-harbed rabbit, chicken, wood-fired pizzas, veal, and fettuccine with brisket and gravy. Chops are crumbed and toasty, mushrooms, and thick French toast topped with strawberries and whipped cream. Emphasis on Greek-American cuisine. Breakfast and lunch, closed at 3 p.m. Inexpensive. — E.B.

Piatti Ristorante 3860 Camino Del Mar (at Babcock), Solana Beach, 858-529-0683. Forget the bib strap and milk in this little piece of Italy just north of Solana Beach. The food's better at this La Jolla flagship. But at any price this is real Persian food, but with minor variations of the same. Inexpensive to moderate. — S.M.

Sadaf 13185 Pacific Coast Highway (across from courthouse), 858-565-1028. Great when everything else is closed. The place feels like a Midwestern chain eatery: all carpets, dark wood walls, etched glass. Prices are a little up there, but hot French dip is great eating it. Other excellent choices include Portuguese sausage with three eggs; Italian sausage fritatas with ham, tomatoes, mushrooms, and thick French toast topped with strawberries and whipped cream. Emphasis on Greek-American cuisine. Breakfast and lunch. Closed at 3 p.m. Inexpensive. — E.B.

24-Hour Valley Kitchen Family Restaurant 873 Hotel Circle South, Mission Valley, 619-819-1017 or 619-298-8282. Great when everything else is closed. The place feels like a Midwestern chain eatery: all carpets, dark wood walls, etched glass. Prices are a little up there, but hot French dip is great eating it. Other excellent choices include Portuguese sausage with three eggs; Italian sausage fritatas with ham, tomatoes, mushrooms, and thick French toast topped with strawberries and whipped cream. Emphasis on Greek-American cuisine. Breakfast and lunch. Closed at 3 p.m. Inexpensive. — E.B.

THE BEACHES

Brazil by the Bay Restaurant and Sports Bar 1770 Hancock Drive, Lemon Portal, 619-692-1410. It’s not by the bay, but the food is definitely by-the-book Brazilian. You know because the first thing you see are the glasses of Amazonian energy drink, and then, the Ama
San Diego Reader

Calendar

SEANEE XIAN

All our soups are cooked for 12 hours! Our soups are simmered in the Saigon tradition of the early 20th century. All meats and vegetables are purchased fresh each day.

No powdered spices, straws or MSG
We make our flavors from scratch with peppers and roots.

Authentic Vietnamese and vegetable dishes

Just $4.95

Any entrée regularly $5.95 only.

20 25th Street (near 30th Street)

4810 25th Street

461-9804

Menu includes: Rice vermicelli, rice, fried rice, and a variety of fresh vegetables.

On special

$1.00 Off

Lunch with coupon.

Thai Tea or Soda $4.95

Lunch only. With coupon.

11 a.m. to 3 p.m.

Open 7 days.

Mon. – Fri.

5 p.m. – 9:30 p.m.

Sushi & Sashimi

Lunch menu

$6.90

$8.60

Thai Tea or Soda $4.95

All Vegetarian

Vegetarian & Non Vegetarian

Our chef is from Saigon, the capital of Vietnam.

Monday: King Crab
1 a.m. Black Crab Leg
Wednesday: Dungeness Crab
1/2 lb. Live Crab from Maine

2 p.m. - 4 p.m.

1/2 lb. Live Crab from Maine

6:30 p.m. - 10 p.m.

2 p.m. - 10 p.m.

1/2 lb. Live Crab from Maine

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Eat

Jack and Gail’s Italian Restaurant
San Diego Avenue (at Artema), Old Town, 619-294-1914. A few more than a decade business, this father (Gail) and son (Jack) operation manages to keep the wines flowing. All the traditional Italian entrées like veal parmesan and garganelli Alfredo are here, but go for the house specialties like Staphilli New Orleans with shrimp, crabmeat, and eggs, or the expensive escargot dishes. Brakes! Get a simple Angel Hair Mediterranean or rigatoni with meat sauce to eat out on the patio. Open for lunch and dinner, seven days. Moderate. — E.B.

Lobster Pass 523 University Avenue (at Fifth Avenue), Hillcrest, 619-292-2104. More than a dozen more than a decade. The lobster house, by the way, features lots of wines. Some charcuterie, mimosas, and pastas are also featured. Moderate. — E.B.

Khyber Pass 513 University Avenue (at Fifth Avenue), Hillcrest, 619-292-2104. Open for lunch and dinner, seven days. Moderate. — E.B.

Live Oyster Bar 
Live Oysters

Niccolo’s

Nutella Bar

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128 North County Reader September 27, 2007

SAKIAI READER.COM

Calendar

Restaurant

San Diego Reader

Reader for dining room. Dinner daily. a thing that includes potatoes; the hummus; a romantic dining room with serious tapas bar for spontaneous snacks. the bar, and in either case the choices are

Sevilla 353 Fourth Avenue (at Market Street), Gelarden, 619-223-3799. This sin has three faces: a crowded but civilized tapas bar for spontaneous snacking, a romantic dining room with serious tapas bar for spontaneous snacks. the bar, and in either case the choices are varied, interesting, and highly cosmopolitan, executed with wonderful consistency. Be sure to look for something that includes potatoes; the hummus.

—N.W.

South Bay & Coronado

Coronado Boathouse 1887 1701 Strand Way, Coronado, 619-435-0315. This is one of those places with lovely views and tasty food to match, put on two or more TVs tuned to the big bridge. The old Coronado Boathouse boasts a handsome, historic structure with arches, mirrors, a high ceiling, Hotel Del, plus enthusiastic servers, ter-

From the United States use the pro-

BAJA

Manzanilla Bierwulf 122 (off Lopez Mates), Ensenada, Baja Mexico, 646-175-7073. At this all-fried, very “Euro” bistro, a port of gloves, classic-ly crafted chef-owners are pioneer-

—E.B.

Sakiai Reader

Branch kitchen is wildly inconsistent, e.g., your towware dumped on dry ke-
babs instead of mingled with spiced yogurt. Dwarves are always dreamy — try cress root ice cream and/or pudd- ing, or heaven, a delicate ladyfinger redolent in (what else?) cress root syrup. Moderate. —N.W.

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Over 75 Restaurant Coupons at SDReader.com

Here's a small sample to whet your appetite!

### Free Island Sampler
Buy any combo meal and get a free island sampler. Not valid with any other offers. One coupon per table. Offer expires October 31, 2007. Expiration dates are renewed the last week of each month. Coupon not valid on holidays.

#### Jamroc 101
Open for lunch and dinner every day. Live music Thursday-Saturday.

### 2 for 1 entrée
Buy one entrée and receive 2nd entrée free or deduct $15.95 off any all-inclusive when 2 are ordered. Mon.-Thurs. Not valid with any other offers. One coupon per table. Offer expires October 31, 2007. Expiration dates are renewed the last week of each month. Coupon not valid on holidays.

#### Forever Fondue
San Diego's most delightfully interesting restaurant experience.
La Jolla: 906 Prospect Street, Suite 100, 858-551-4500.
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Total before tax. With this ad. Offer expires October 31, 2007. Expiration dates are renewed the last week of each month.

#### Royal Spices Thai Cuisine
Traditional Thai soups, salads, curries, seafood, poultry. Lunch specials daily until 3:30 pm. Dinner until 10 pm, 11 pm Friday and Saturday.

### 50% off sushi
Selected items only. Receive a free drink, too. Excludes alcohol. Dine-in only. 5-item minimum per party. Offer expires October 31, 2007. Expiration dates are renewed the last week of each month. Coupon not valid on holidays.

#### Mikko Japanese Cuisine
Monday-Saturday 11 am-9:30 pm. Sushi • Tempura • Teriyaki • Noodles

### Restaurants Listed without Coupon Offers
Over 75 Restaurant Coupons

Restaurants listed without coupon offers have only menus online. Restaurants with * have multiple locations. See online menu or coupon for all locations.
Back into the “current,” back into the flow, back into the rapids...

Across the Universe amounts to a two-and-a-quarter-hour promo for the Beatles without ever mentioning them by name. A generous, even over-generous sampler of their songs (thirty-three of them, by the count in the press notes, leaving aside the numberless others that are quoted from or alluded to) has been re-recorded, or “covered” as they say in the business, by a fictitious cast of characters plunked down against the billowing backdrop of the Sixties: the war, the draft, the protests, the drugs, the psychedelics, the Sexual Revolution, all that. To link the Beatles with the upheaval makes a certain sense. Unlike, say, the more enduring Rolling Stones or the going-nowhere Dave Clark Five, the Beatles were a group that really did evolve (or, as some would prefer, devolve) swiftly and dramatically, making them a useful weathercock for the winds of change. You are here reminded afresh of their range and their riches; and in new mouths, you hear the songs with new ears.

(As one who has never owned a Beatles recording of any length or vintage, I fancied I was hearing a few of them for the first time.) The tremulous, down-tempo rendition, for example, of “I Wanna Hold Your Hand” by an Asian-American high-school cheerleader in Ohio (T.V. Carpio) brings the song a new, a renewed feeling, all by itself almost worth the price of admission. This character, evidently a longing lesbian, never develops into much of a presence, except maybe on the cutting-room floor, although she has the honor of literally enacting the line, “She came in through the bathroom window.”

The two principals are (Hey) Jude and Lucy (in the Sky with Diamonds), a Liverpudlian working-class would-be artist (Jim Sturgess) and a suburban all-American girl turned antiwar activist (Evan Rachel Wood, surprisingly doing her own singing): “We’re in the middle of a revolution, Jude, and what are you doing? — doodles and cartoons?” These two storm-tossed lovers are reinforced by Jude’s friend and Lucy’s brother (Joe Anderson), a drop-out draftee, and their Greenwich Village landlady (Dana Fuchs), a Joplinesque belter, plus her Motor City guitarist (Martin Luther McCoy), cultivating a mushrooming Afro.

Bono, Eddie Izzard, Joe Cocker, Salma Hayek, of those I recognized, pop up in cameos in the later stages, but by then the inspiration is irreversibly running out of steam en route to a spluttering climax of “All You Need Is Love.” (Wearily, now: yeah, yeah, yeah.) Part of the problem is that, as the counterculture gains momentum in the sequence of events, there’s a visible increase in music-video vulgarity, ornamental surrealism, Fellini-esque fantasy, all the elements that go into director Julie Taymor’s fabled “vision.” Another part of the problem may be that the later songs, even though the playlist in the film does not observe a strict chronology, tend to be more turgid. Part, too, may simply be that two-and-a-quarter hours are too long for a promo. What the poet and jazz critic Philip Larkin wrote of the Fab Four’s songs early in their career can apply as well here: “Like certain sweets, they seem wonderful until you are suddenly sick.”

In the Valley of Elah is a more commendable writing and directing effort from Paul Haggis (writer only on Million Dollar Baby and Flags of Our...
Fathers, among others) than his hokey Oscar-winner, Crash. More focussed, more concentrated, more self-contained, more consistent: an uncompromisingly mournful murder mystery, and stranded antiwar cry, about a veteran of Operation Iraqi Freedom (remember when?) who goes missing upon his return to Fort Ruid, New Mexico, and who turns up on the outskirts of the state, stabbed, dismembered, and burned beyond recognition. Say what you will about the filmmaker’s political point-making — and I would say it never dogs up the unwholesome flow of the narrative — he shows a true cinematic eye for tacky Americana, the streets, the stores, the townscapes, etc., so that whenever we go anywhere on screen — an army barracks, a motel, a public restroom, a strip club, a fast-food joint — we can feel we’ve really been there, really seen it. (The mood lighting of nauseous green and blanched white is a case of whatever would be the opposite of gilding the lily — wiling the weed, possibly — and equally unnecessary.) Tommy Lee Jones, as the victim’s father, a retired M.P. and current gravel hauler who presses the investigation forward when the military looks for an easy way out, has just the right amount of starch in his performance, touchingly repressed. Charlize Theron on the other hand, as an adnubbed thirteen-year-old Mexican girl (Paulina Gaitan) and a duped Polish immigrant and single mother (Alicja Bachleda), transported from Mexico City to New Jersey for an Internet auction, and on the ad hoc rescue team composed of the Mexican girl’s guilt-ridden brother (Cesar Ramos) and a lone-wolf American cop (Kevin Kline) on the trail of a missing daughter of his own. Based on a nonfiction piece from the New York Times, and directed by the German Marco Kreuzpaintner, the film is slightly, sullenly educational, but its relationships and conflicts (presumably based on deficient imagination) are rudimentary. Particularly off-putting is the spectacle of the brother setting aside his guilt and striking comical sparks with the gringo (the classical music on the car stereo is torture to him) in an apparent attempt to become the next Diego Luna, Latin cutie-pie.

The Kingdom follows up a remedial history lesson on U.S.-Saudi relations, behind the opening credits, with a hypothetical massacre of a hundred-plus American citizens at an oil-company picnic, the handiwork of an “Osama wannabe.” Speedily onto the scene — where were they on 9/11? — comes an FBI response team (Jamie Foxx, the take-charge family man; Jennifer Garner, the token superwoman; Chris Cooper, the token good actor; Jason Bateman, the obligatory wiseacre), to take names and kick ass, but first to burn the ears of the local Saudi investigator with their salty Free Speech. (Aashr Barhom, in the part, is as likable as he is expendable.) Director Peter Berg’s hok-the-wave camera, that cliché of immediacy and urgency, is a continual annoyance, and in the climactic action is worse than that. Our inability to follow what’s happening can scarcely convince us it’s actually happening. Shoot ‘Em Up, if I may come to it so late in its run, dispenses video-game violence accompanied by headbanger heavy metal and leavened (if that’s the word) with lead-balloon jokes. Clive Owen, Paul Giamatti, and Monica Belucci, who ought to be ashamed of themselves at any wage, serve as rubber duck decoys to lure in the unwary. It seems far more honest and honorable to leave this sort of thing to the likes of Jason Statham and Vin Diesel.

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Online Reviews

WHEN THE RICH STEAL FROM THE POOR...THE POOR STEAL THE RICH
MANDABALA

“THE PUNCH LINE IS NO Joke FOR COMICS TURNED PILOTS”
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There will be a discussion & a reception with Director Masayuki Imai following the 7:00pm screening on Oct 5th.

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- Manfred Peri, STAR MAGAZINE

"...AN ODE TO LOVE THAT IS WITTY AND PROFOUNDLY HUMAN."  
- Rebecca Rootstein, O. THE OPRAH MAGAZINE

"MASTERFUL!"
- Chicago Sun-Times

A tautly paced, emotional thriller!

"Triumphant!"
- Time

"A powerful movie! Tommy Lee Jones gives a great, selfless, and heartbreakingly beautiful performance."
- The New Yorker

"Haggis's movie sends out an urgent signal of distress that's hard to ignore."
- Newsweek

"Jones gives the best performance of his career."
- USA Today

"This movie grabs you hard and gets you good!"
- Rolling Stone

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A tautly paced, emotional thriller!

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- Rolling Stone
Hairspray — Where does John Waters’s poor taste leave off and his characters’ poor taste begin? (Which came first, the chicken or the egg?) His deepest wade into the mainstream to date (but no higher than the ankles), this is sort of his personal American Graffiti, set in Baltimore in 1962. And more than ever he has become a documentarian, or museum curator, of American pop culture, its furniture, its fabrics, its hairstyles, its dance styles — all pushed to the zero-degree, so that you feel at times you are watching a science-fiction film set in the 23rd Century. That degree of exaggeration is of course permissible in a satire, and in fact the satirical aspect — the cold-bloodedness toward the characters — conduces to a kind of accuracy about the Olden Days (which came first, the chicken or the egg?) His deepest wade into the mainstream to date (but no higher than the ankles), this is sort of his personal American Graffiti, set in Baltimore in 1962. And more than ever he has become a documentarian, or museum curator, of American pop culture, its furniture, its fabrics, its hairstyles, its dance styles — all pushed to the zero-degree, so that you feel at times you are watching a science-fiction film set in the 23rd Century. That degree of exaggeration is of course permissible in a satire, and in fact the satirical aspect — the cold-bloodedness toward the characters — conduces to a kind of accuracy about the Olden Days (which came first, the chicken or the egg?) His deepest wade into the mainstream to date (but no higher than the ankles), this is sort of his personal American Graffiti, set in Baltimore in 1962. And more than ever he has become a documentarian, or museum curator, of American pop culture, its furniture, its fabrics, its hairstyles, its dance styles — all pushed to the zero-degree, so that you feel at times you are watching a science-fiction film set in the 23rd Century. That degree of exaggeration is of course permissible in a satire, and in fact the satirical aspect — the cold-bloodedness toward the characters — conduces to a kind of accuracy about the Olden Days (which came first, the chicken or the egg?) His deepest wade into the mainstream to date (but no higher than the ankles), this is sort of his personal American Graffiti, set in Baltimore in 1962. And more than ever he has become a documentarian, or museum curator, of American pop culture, its furniture, its fabrics, its hairstyles, its dance styles — all pushed to the zero-degree, so that you feel at times you are watching a science-fiction film set in the 23rd Century. That degree of exaggeration is of course permissible in a satire, and in fact the satirical aspect — the cold-bloodedness toward the characters — conduces to a kind of accuracy about the Olden Days (which came first, the chicken or the egg?) His deepest wade into the mainstream to date (but no higher than the ankles), this is sort of his personal American Graffiti, set in Baltimore in 1962. And more than ever he has become a documentarian, or museum curator, of American pop culture, its furniture, its fabrics, its hairstyles, its dance styles — all pushed to the zero-degree, so that you feel at times you are watching a science-fiction film set in the 23rd Century. That degree of exaggeration is of course permissible in a satire, and in fact the satirical aspect — the cold-bloodedness toward the characters — conduces to a kind of accuracy about the Olden Days (which came first, the chicken or the egg?)
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speedy, snappy, fresh, and funny, the film is a tightly constructed as any Coen film be-
sides speedy, snappy, fresh, and funny, the film is

**Mr. Bean's Holiday** — The very name invites comparison with that other nonver-
Mr. Bean's Holiday. Rowan Atkinson is a more grossly demonstrative performer, and
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**The Nanny Diaries** — Modest, clever, diverting comedy about a directionless col-
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**THE JANE AUSTEN BOOK CLUB** — Chick-
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**THE KINGDOM** — Reviewed this issue.
**THE KINGDOM** — Reviewed this issue.

**THE KING OF CALIFORNIA** — The very name
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**THE LIVING DEAD** — From the filmmakers of
**THE LIVING DEAD** — From the filmmakers of

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Bag at the movies are in parentheses.

CENTRAL CLAREMONT
Town Square 14
6601 Claremont Drive
(858)-232-2234
The Bourne Ultimatum
(PG-13) Fri., Sat. (1:45, 4:35), Sun. (10:45, 1:45, 4:35, 7:35, 10:30)
The Game Plan
The Kingdom
(R) Fri., Sat., Sun. (10:45, 1:45, 4:35, 7:35, 10:30)
Good Luck Chuck
(R) Fri., Sat., Sun. (10:45, 1:45, 4:35, 7:35, 10:30)
Mission Valley
Yuma
Sun. (11:20, 2:05, 5:10, 7:20, 10:15)
9:55; The Jane Austen Book Club
(PG-13) Fri., Sat. 4:45, 7:30, 10:20, The Bourne Ultimatum
(PG-13) Fri., Sat., Sun. 1:45, 4:35, 7:25, 10:15
The Game Plan
(PG-13) Fri., Sat., Sun. 1:45, 4:35, 7:25, 10:15
The Kingdom
(R) Fri., Sat., Sun. 1:45, 4:35, 7:25, 10:15
Good Luck Chuck
(R) Fri., Sat., Sun. 1:45, 4:35, 7:25, 10:15
Mission Valley
Yuma
Sun. (11:20, 2:05, 5:10, 7:20, 10:15)


POWAY

POway 10
2475 Poway Road (868-642-9423)
The Brave One (R) Fri. Sat. (10:00, 1:00, 4:15, 7:15, 10:15, 10:15) 10:00, 1:00, 4:15, 7:15, 10:15.
The Game Plan (PG-13) Fri. Sat. Sun. (11:00, 1:15, 4:30, 7:30, 10:30) 11:00, 1:15, 4:30, 7:30, 10:30.

OCEANSIDE

Mission Marketplace 13
College Boulevard and Mission Avenue (760-239-2000)
The Brave One (R) Fri. Sun. (11:15, 2:00, 4:00, 7:00, 9:00, 10:45) 11:15, 2:00, 4:00, 7:00, 9:00, 10:45.
The Game Plan (PG-13) Fri. (1:15, 3:00, 4:45, 7:45, 10:00) 1:15, 3:00, 4:45, 7:45, 10:00.

SAN MARCOS

San Marcos 18
1810 West San Marcos Boulevard at Old California Way (760-473-7371)
Call theater for program information.

VISTA

Vista Village Highway 78 at Vista Village Drive

SOUTH BAY

CHULA VISTA

Del Mar Highlands 8
El Camino Real at Del Mar Highlands Road (760-486-9420)
The Brave One (R) Fri. Sat. (10:00, 1:00, 4:15, 7:15, 10:30) 10:00, 1:00, 4:15, 7:15, 10:30.
The Hunger Party (PG-13) Fri. Sat. Sun. (10:00, 1:00, 4:15, 7:15, 10:30) 10:00, 1:00, 4:15, 7:15, 10:30.
The Game Plan (PG-13) Fri. Sat. Sun. (11:00, 1:15, 4:30, 7:30, 10:30) 11:00, 1:15, 4:30, 7:30, 10:30.

ENCONITAS

La Paloma
79 South Coast Highway (101)
(858-436-3250)

North County Round-Up September 27, 2007 135

THE NEW YORK TIMES, Stephen Holden

SEPTEMBER 28

The Brave One (PG-13) Fr. Sat. Sun. (12:45, 4:45, 7:45, 10:45)
The Turtle (PG-13) Fri. Sat. Sun. (12:00, 2:00, 4:00, 6:00, 8:00, 10:00)
The Game Plan (PG-13) Fri. Sat. Sun. (11:00, 1:15, 4:30, 7:30, 10:30) 11:00, 1:15, 4:30, 7:30, 10:30.

Good Luck Chuck (R) Fri.-Sat. (10:00, 12:15, 2:45, 5:15, 7:45, 10:15) 10:00, 12:15, 2:45, 5:15, 7:45, 10:15.

The Game Plan (PG-13) Fri. Sat. Sun. (11:00, 1:15, 4:30, 7:30, 10:30) 11:00, 1:15, 4:30, 7:30, 10:30.

The Game Plan (PG-13) Fri. Sat. Sun. (12:00, 2:00, 4:00, 6:00, 8:00, 10:00) 12:00, 2:00, 4:00, 6:00, 8:00, 10:00.

Del Mar 18
461 Mission Avenue (760-473-1738)
The Game Plan (PG-13) Fri. (1:15, 3:00, 4:45, 7:45, 10:00) 1:15, 3:00, 4:45, 7:45, 10:00.

North Coastal

North County Round-Up September 27, 2007 135

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The Game Plan (PG-13) Fri. Sat. Sun. (11:00, 1:15, 4:30, 7:30, 10:30) 11:00, 1:15, 4:30, 7:30, 10:30.

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Ratatouille — Disney computer-animated celebration of “difference,” in specific a Gallic rodent who cultivated fine taste, reads, likes to cook, walks funny, and runs aloof of his garage-val Venitian, leaving only the passably cool Cather-ine Zeta-Jones and the insufficiently warm Brian F. O’Byrne, directed by Scott Hicks. With Patricia Clarkson, Bob Balaban, and Bryan F. O’Byrne; directed by Scott Hicks. With Patricia Clarkson, Bob Balaban, and Bryan F. O’Byrne; directed by Scott Hicks.

Richard III — The natural period of adjus- tment to any play by Shakespeare is here ap- plain, leaving only the passably cool Cather-ine Zeta-Jones and the insufficiently warm Brian F. O’Byrne, directed by Scott Hicks. With Patricia Clarkson, Bob Balaban, and Bryan F. O’Byrne; directed by Scott Hicks. With Patricia Clarkson, Bob Balaban, and Bryan F. O’Byrne; directed by Scott Hicks.

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WEB: SDReader.Com MAIL: P.O. Box 85803, San Diego 92186 (up to 25 words)

EARLY DEADLINE by 6 pm MONDAY

APPLIES to private parties. Other rates for rooms, rentals and paid services. Info: 619 235 8200

WEB: SDReader.Com MAIL: P.O. Box 85803, San Diego 92186 (up to 25 words)

$8 Classifieds:

phone or walk-in

LATE DEADLINE by 6 pm TUESDAY

APPLIES to private parties. Other rates for rooms, rentals and paid services.

WEB: 619 235 8200 WALK-IN: 1703 India Street (at Date) Little Italy

Free Classifieds:

web or mail
CUSTOMER SERVICE REPRESENTATIVES
Horton Plaza Ambassadors
Ace Parking Management, Inc. is seeking full- and part-time customer-focused, friendly and outgoing individuals to work in our Horton Plaza team.

$9.50/hour

(6-12-month position, FT/PT available)

Apply in person Monday through Friday 8 am-3 pm at:
Human Resources • 2550 Fifth Avenue, Suite 105
San Diego, CA 92101 • 619-231-9501

HIRING EVENTS (interviews conducted on-site):
Monday, October 1 • 2-6 pm
Tuesday, October 2 • 2-6 pm
Please have a resume!

Ace Parking is an equal opportunity employer.

Explore Your New Career...

Volt Services Group has immediate Temporary, Temp-to-Direct Hire, and Direct Placement opportunities in these disciplines:

• Administrative & Clerical
• Accounting/Finance • Light Industrial & More
• Manufacturing • Transportation & Logistics
• Professional • Information Technology

Volt Services Group is an equal opportunity employer. We are committed to providing equal opportunity for all employees and applicants for employment without regard to sex, gender identity, pregnancy, age, race, color, religion, national origin, ancestry, marital status, citizenship status, physical or mental disability, veteran status, sexual orientation, gender identity, or other factors covered by law.

Volt Services Group
San Diego: 858-577-8281 • e-mail: sandiegocareers@volt.com
San Diego: 858-576-3140 • e-mail: clairemont@volt.com
Scripps Ranch: 858-578-0920 • e-mail: scripps@southbay.nvhs.org
Del Mar: 619-696-8017 • e-mail: delmar@volt.com

San Marcos: 858-702-0860 • e-mail: sanmarcos@volt.com

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- Apartment Maintenance
- Hang-Tape-Mud Drywallers
- Commercial and Residential Plumbers
- Painters

Delivery Drivers
- Class A & B — Local/Intrastate
- Class C — Local/Intrastate

Office
- Managers • Recruiters • Receptionist
- Account Managers and Sales Staff

Full benefits available immediately

Go-Staff
Call: 858-292-8562
Fax: 858-292-0230
E-mail: Help@gostaff.com
Apply online: www.gostaff.com

CASHIER/BUSSER/FOOD RUNNER
Great opportunity! Bilingual ability a plus. Daily shifts, M-F. Immediate hire.

APPLICATIONS ARE AVAILABLE TO APPLY ONLINE AT WWW.RDEP.ORG OR APPEAR IN PERSON AT 10730 MANZANITA STREET, CARLSBAD, CA 92011. 760-930-0060. EOE.

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$500 SIGN-ON BONUS!

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• 401(k)
• Medical/Dental/Life Insurance
• Full-time Opportunities
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• Cash Bonuses Paid Nightly

Call: 619-516-7800
Or apply in person 12-5 Monday-Thursday:
2851 Camino del Rio South, Suite 300
San Diego, CA 92108
CORRECTIONAL MONITOR. Volunteers of America Southwest California, a faith-based social service nonprofit is seeking qualified individuals with experience in security, a related field and an interest in working in a non-profit setting. This is a part-time position with hours available 2pm-6pm or Tuesday 10/02 at 2pm-6pm. Please bring a resume to: 899-292-8822. EOE/AA Employer.


LIVESTOCK/HANDLING.


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LIVESTOCK/HANDLING.

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**Correctional Deputy Probation Officer I**

**Minimum Qualifications**
- 21 years old
- Good physical condition
- No illicit drug usage

**Salary:**
$35,069-$44,741 annually

Safety Retirement—Sworn Officers 3% at age 50.

**Bilingual men/women encouraged to apply.**

**Test date:**
October 13, 2007, 8 am

Montgomery Middle School
2470 Ulric Street • San Diego, CA 92111

Maximum 85 applicants. Applications available at the test site.

For additional information, contact the department’s Jobline: 858-514-8558
www.sdcounty.ca.gov/probation

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Whole Foods Market, La Jolla, is looking for career-minded, enthusiastic, energetic

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- **Specialty Team Member**
- **Prepared Foods Team Members**
- **Meat Associate Team Leader**
- **Prepared Foods Supervisor**
- **Seafood Team Member**

All shifts: mornings, afternoons, and evenings.
Medical, dental, vision, 401(k) and stock purchase.

Apply online at: www.wholefoods.com or in person at:
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Earn up to $900 per day.
Experience NOT required.

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Registration by e-mail or phone is required prior to the Ridgehaven test ONLY.
recruit@sdsheriff.com

October 6, 2007 7:30 am Arrival
Southwestern College Cafeteria
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18-year-olds eligible to apply!

Bring valid photo ID and $3 for parking at Southwestern.

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One is the answer. Great training provided. The only requirement is that you have a desire to succeed. Call Dean. 858-830-0654.

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Earn up to $200 per day.

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No experience required.

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OCEANSIDE – Mandi: 888-754-4417

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Our Top Rep Last Year
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No experience required.
• Up to $500-
• $1,000+ weekly!!
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Mission Valley: 619-516-4276
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➤ Paid training.
➤ (800) 439-1160

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Miss your kids? Hate your job?
THEN DO SOMETHING ABOUT IT!
San Diego couple discovers powerful entrepreneurial secrets and shows you how to accumulate
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The Rancho Valencia Restaurant is a recipient of the Wine Spectator Award of Excellence and has been named “One of the Top 100 Hotels Restaurants” by Zagat Survey.

We are currently seeking a Part-Time Host/Hostess. Previous fine dining experience preferred. Candidate must have flexible availability.

Please send résumé as attachment to:
hr@ranchovalencia.com

Or apply in person at:
5921 Circle, Rancho Santa Fe, CA 92067
www.ranchovalencia.com

No phone calls, please.

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Miss your kids? Hate your job?
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San Diego couple discovers powerful entrepreneurial secrets and shows you how to accumulate
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Upscale and popular cafe and bakery in the village of Rancho Santa Fe seeks extremely hardworking and dedicated Cook/Sous Chef. Daily responsibilities include making soups from fresh ingredients, prepping and cooking meats, filling savory case with comfort foods that

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SALES Recruiters: Looking for someone who is passionate about the automotive industry and has proven success in recruiting high candidates? We're seeking a highly motivated individual to join our team with a strong focus on talent acquisition and candidate management. This position requires strong communication skills, organizational abilities, and an ability to work effectively under pressure. If you have experience in recruiting, specifically within the automotive or related industries, we would love to hear from you! To apply, please submit your resume to: recruiters@automotiverecruiter.com

CareerCruiseforFlash.com is now CareerCruiseforFlash.com with new features and tools to make your job search even easier! Explore our expanded database of job listings and take advantage of our career resources to find your dream role. Don’t miss out, visit CareerCruiseforFlash.com today and start your journey to a better career!

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Looking for the perfect career opportunity? Our salon is searching for a dynamic and experienced Front Desk Manager to join our team. In this role, you will be responsible for providing exceptional customer service to our clients, overseeing the day-to-day operations of the salon, and ensuring a positive work environment for our staff. We are seeking someone who is a natural leader, has excellent communication skills, and is driven to provide an exceptional experience for our clients. If you are a self-starter, have a strong attention to detail, and are passionate about the hair industry, we encourage you to apply. Please submit your resume and cover letter to: frontdeskmanager@salonnorthcounty.com

SALES PROFESSIONAL: Incredible opportunities await at our dynamic tech company! We are currently seeking a Sales Professional to join our team. In this position, you will be responsible for developing and managing relationships with key clients, identifying new business opportunities, and closing deals. We are looking for a driven individual with exceptional communication skills, strong organizational abilities, and a proven track record of success in a sales role. If you are passionate about technology and have a proven track record of closing deals, we would love to hear from you! To apply, please submit your resume and a brief cover letter to: salesprofessional@techcompany.com

Sales Manager: Do you have a passion for technology and a proven track record of success in sales? We are seeking a Sales Manager to join our team and lead our sales efforts. In this role, you will be responsible for developing and managing relationships with key clients, identifying new business opportunities, and closing deals. We are looking for a driven individual with exceptional communication skills, strong organizational abilities, and a proven track record of success in a sales role. If you are passionate about technology and have a proven track record of closing deals, we would love to hear from you! To apply, please submit your resume and a brief cover letter to: salesmanager@techcompany.com

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C. Elliott, Barbara Peters, Dennis Butterworth, Tina Saltado.

Last week’s place: (clue: Waiting to welcome Mario — and Herbie Hancock. Paul’s dad, Mario, the café’s owner who recently completed a walk from San Diego to Washington, D.C., to raise money for cervical cancer research. The address is no coincidence; Mario established the café as a tribute to musician Herbie Hancock. Last week’s winners: Edward Hoffman, Thomas C. Elliott, Barbara Peters, Dennis Butterworth, Tina Saltado.)

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Surf MOBILE

Name: Liz Brolaski
Vehicle: 2006 Lexus GX470
Lives: Encinitas
Surfing: San Elijo State Beach

Liz Brolaski didn’t grow up in San Diego, but she’s been living here and enjoying the ocean for the past 35 years. Brolaski didn’t surf when she was a kid; she began after moving here with her husband, a San Diego native. “I didn’t want to have just sit on the beach and watch my husband surf,” she says.

Now Brolaski surfs a couple times a week. On this day, she’s with her 12-year-old daughter Dana; the two surf together every day during the summer. Liz and Dana threw their boards on top of Liz’s SUV and headed down to San Elijo State Beach, next to Cardiff. (“They live in Encinitas.”) Liz surfs a 9’ long board and Dana uses a 6’4” short board.

The Brolaskis have a WeatherTech mat in the back of the SUV to keep the sand and water out. They also have a “hitch safe,” a device that fits into the hitch of their car is big enough to hold a few keys and an alarm beeper. Their favorite surf accessory is a huge blue changing robe Liz got for Christmas — roomy enough for the girls to change under without any problems. “That way I can change without being worried about my towel slipping down!” Liz says.
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MIRA MESA, Roommate desired for
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$450. Both available fully furnished 1st of Dec. Share bath/laundry. 619-
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MIRA MESA, Share a bedroom: $550 with

MIRA MESA, Share a bedroom: $575 with

MIRA MESA, $600, 1/3 utilities. No pets. 619-
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I saw a huge cockroach at the

t would be spiders and cock-

What bugs freak you out?

It would be spiders, although I'm not sure if those
cared for. No other insects really

off the cuff

RAYMOND, 619-852-6289; SHANE,

Raymond's work and prices. Former con-

What are they called? Earwigs? They

It's a good idea to pick a few of the worst, though.

I hate mosquitoes and everything with wings, but

that you might bump into things as they're fly-
guarding. No food

Flair for the Cuff

RAYMOND'S WORK AND PRICES.

My least favorite bugs are spiders and cockroaches.

Then I'd say Junebugs. I grew up

The official Junebug season is June, though, so you

The following bugs really

What bugs freak you out?

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What bugs freak you out?
At San Diego High, 1958. From the Evening-Tribune photo assignment sheet: “Get a shot or two of a policeman chatting informally with four or five students — girls and boys, or all boys, whichever is easiest...idea that is cops and kids are pals.” — by Robert Mizrahi
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**Lead Story**

The periodic Christian Nudist Convocation took place in July at the Cherokee Lodge nudist camp in Tennessee, and according to a dispatch in *Summer Scene*, the group evokes skepticism not only from most Christians but from most Cherokee Lodge members, who see them as too intense for nature's laid-back attitude. One NNC attendee acknowledged that many Christians would not approve of Cherokee Lodge, but he "[I]'m Jewish.' Another commented, "I work at nudist camps to mission work." "[S]ome people get sent to Africa, some people get sent to South America, and the Lord was, like, 'I want you to go to nudist resorts.' And I'm, like, 'Wow, what an assignment.'"

**Civilization in Decline**

-Swedish's English-language Internet news site, *The Local*, reported in August that a couple in Kinda Municipality had been denied generous welfare benefits because they object to the government's work requirements. The husband wanted the payments even though they wrote, "Conventional work is out of the question for me, to both in terms of my conscience and on an intellectual level, as it seems objectionable with regard to my personal well-being and the well-being of society as a whole. Emotionally, too, [conventional work] creates unbearable pain and dejection."

-Video Nation: (1) A 38-year-old man drowns off Ocean City, Md., in July, trying to save his two sons from a rip current. Two men from a nearby parasailing boat had heard him呼救 but had not used more assistance, one said, except that the boat's passengers declined, with several more concerned about video recording the drowning. (2) A 27-year-old woman lying down from a stab wound incurred at a Wichita, Kan., convenience store, in June, at least five customers stepped over her to enter the store, including one who stopped to photograph her on a cell phone camera.

**News that Sounds Like a Joke**

-(1) In July, National Hockey League player Derek Boogaard, an "enforcer" known for his willingness to brawl, opened the Derek and Aaron Boogaard Fighting Camp in Regina, Saskatchewan, to train teenage hockey players. (2) Iran's state-sponsored news agency IRNA announced in July that its agents had broken up a Western countries' ‘spy ring' that employed more than a dozen squirrels trying to bring "spy gear" of foreign agencies into the country.

**The Continuing Crisis**

-One priority of President Vladimir Putin's Nabi national youth movement is to recruit new Russia's declining population, according to a July report in London's *Daily Mail* (which also charged the Nabi with inciting authoritarianism). Its two-week convention in July (with 10,000 in attendance) featured onsite sexual encouragement with no condom in sight... In Russia's Ulyanovsk province, the government again this year promoted Sept. 12 as a patriotic celebration featuring SVAs and other prizes to couples who manage to time their blessed events for June 12, which is Russia's Constitution Day.

**Everyone Has a Button Waiting to Be Pushed**

-(1) In August, employees at the bar Changes in Seattle had to break up a karaoke-night attack where a woman on a man who was singing the Coldplay song "Yellow." The woman had shouted, "Oh, no, that song. I can't stand that song." She charged the stage, screamed at the man, and shoved him. It took four men to hold her for police. (2) Megan Connoly, 18, pleaded guilty in Brisbane, Australia, in September, to assaulting a 40-year-old man in May (by kicking him in the testicles) because he had mispronounced her first name. (And if you ever meet her, it's "mee-gan," not "may-gun.")

**Least Competent Person**

-Quinton Thomas, 22, strengthened the murder charge against him in April when he mailed a letter from the jail in Rockville, Md., believing that the contents would not be read by jail officials. However, Thomas had gotten the recipient's address wrong, causing the post office to "return to sender," and officials inspect all incoming mail (for contraband). According to an August *Washington Post* report, Thomas characterized his emerging alibis and also wrote about a witness, "This white [expletive] can't make it to court on May 7 through May 12, ya feel me. I don't care what you gonna do, you don't even gotta stick the cracker, he just can't make it to Rockville that whole week, Homie."
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County. 760-295-3514.

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Street. Open house Sunday, 1pm-4pm,
I've been a renter since I left Texas. I like a lot of room, so I got a big place — big by these damned California standards — and of course I've got to have roommates. I've had five of 'em in three years. Not a damned one of 'em brought to behave. Not one from five knew his ass from some other.... Well, I don't want to be bitter. As soon as I can, I'm leaving this wimped-out town.

My first roommate had a genuine hangup about the kitchen. You could probably write a story about his mom, a story full of his, based on Freud. I'm a primate — I eat when I'm hungry, and so did all my ancestors. If they didn't, they died. No wimp is gonna make me dead. Nobody can tell me not to eat this or that, just 'cause I didn't do it. Hell, if he ate my refritos, I wouldn't squawk. The son of a bitch pitched a fit nearly every week. If we aren't here to keep each other alive, then we shouldn't be here. Well, he sure ain't here anymore. Good move thing he had or I've had his picky ass and spit it out.

Next, I was treated to a co-tenant (that's what the bookworm dipshit said we were — imagine that!) who must have had something wrong with his ears. He couldn't stand anything but silence. Homo sapiens, I say, ain't bred for silence. We're a noisy lot, but I guess there will always be some freaks. Ted from Encinitas was a freak. Ted, if you read this, kill yourself. This jerk screamed when I listened to talk radio. He whined when I turned on Letterman, and he nearly knocked me down. But instead, he left. Some folks never learn to carry their own weight.

Back in Texas, we learn to sit in our own shit. Now, that may sound gross, but this is what it means. If it's your fault, you gotta pay for it. Makes sense, right? My last roommate never got the concept. When he moved in, he brought a bunch of delicate crap with him. Lamps, crystals, pansy-assed glasses with long skinny stems, even a table with a glass top. He brought it in. Its presence, if you don't mind, was his fault. I ain't gonna change my patterns for some bunch of fancy furnishings. Can you believe it? That's what he called the stuff in the lawsuit: "furnishings." To hell with him, and his lawyer, if he really has one. I doubt it. The stuff that broke was not worth havin', and I'm sure this great country of ours won't support his damned-fool claims. I did not — repeat, not intend any damage. And I will never again share my home with such an as.

So, that's my story. If you must count every slice of bread, if you can't stand a little conversation or some background music, if the day of the year is more important to you than the case of beer, or if you love your little things more than human life, then leave me the hell alone. I don't want to be your roommate either.

Tell us the story of your roommate from hell and we will publish it and pay you ($100 for 500-2000 words). E-mail story to roomie@sdrreader.com

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BACK WHEN

In the Reader

Thirty Years Ago

Shotgun Tom Kelly, voted the nation’s num-
ber-one Top-40 DJ last year by Billboard Mag-
azine, is almost a parody, a flesh-and-blood
 caricature of what a disc jockey is supposed to
be at. At some of Kelly’s rival San Diego stations,
they’re whispering: “Nobody’s told him yet
that he’s extinct.” But what they don’t under-
stand is that Shotgun Tom has it all figured
out. Underneath the veneer of bushy monster
beard and ranger hat, he has arrived at a
shrewd and important conclusion: to be hip in
the ’70s, one must be square.

— “THE LAST OF THE SCREAMERS,” Richard Law,
September 29, 1977

Twenty-Five Years Ago

How did San Diego Opera general director Tito
Capobianco cotton to the recent cancellation of
the 1983 Verdi Festival? He furnishes his eye-
brows, which shoot up like flames on his
treasured forehead. “It was like a dream,” he
says through his nearly inimpressible Argentine
accent. “Like killing one of your babies.”

— CITY LIGHTS: “TITO TOTTLES!” Neil Matthews,
September 30, 1982

Twenty Years Ago

Ten years ago, Al Affrinnan was devoting
hours every day to cleaning up the streets of
La Jolla, his neighborhood, which he did as an
act of public service. Back then Al-confided his
dream of opening a natural foods restaurant,
an aspiration that, for a 60-year-old man in
uncertain health, seemed exceedingly ambi-
tious. But Al’s unorthodox establishment,
christened the Pearl, opened its doors in
March of 1982, and Al toiled to serve patrons
both lunch and dinner in the tiny restaurant
ucked away behind La Jolla Produce on Pearl
Street. Then, in August of last year, the Pearl
closed. What had happened?

Affrinnan then explained, “I underesti-
mated, due to my lack of experience, the time
and energy that would be required to keep her
functioning.”

— CITY LIGHTS: “AN UPDATE ON AN OLD FRIEND,”
Jeanette De Wyze, October 1, 1987

Fifteen Years Ago

What titles other than the Bible were most
likely to be fished from Hunter’s? The man-
County. We keep them behind the counter.”

Fashion Valley’s B. Dalton store manager
said that Terry McMillan titles were in great
demand but were not leaving the store as
stolen goods. But Thomas Guides, whose San
Diego version sells for $15.95, were always a
problem. Also reference books and dictionar-
ies. “The Waldos books, Shel Silverstein’s books,
and big photo essay books are particularly
high loss items.”

— CITY LIGHTS: “WHY I HATE FOOTBALL,”
John Brizzolara, October 2, 1997

Five Years Ago

“Rick had a rather large domestic automo-
bile. It was a convertible. And Mr. [Paul]
Pfingst would call it the Jew canoe. He
refused to ride in it.”

“I asked him one day why he has this
antipathy towards Rick, why he doesn’t like
Rick, why does he pick on Rick, and his
response to me was that I wouldn’t under-
stand because I was from Southern California.
And he told me that when you’re from New
York, you learn to hate Jews. Mr. Pfingst is
from New York.”

— CITY LIGHTS: “THE PFINGST TAPES,”
September 26, 2002

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RAMEN

Mmmmm. Poverty food. Tonight’s dinner will be Ramen, that freeze-dried Eastern delicacy, flavor “Oriental.” I will transport myself into the mystical realm of the ancient Orient, enjoying the delights of potassium carbonate, tocopherols and/or TBHQ and/or ascorbyl palmitate, seasoned with calcium silicate and dehydrated leek. It is one of those amazing foods, like Twinkies, that can live in your cabinet for decades and still be delicious. It is the food we would need to survive a nuclear holocaust or the apocalypse. It is the food of a junkie crisis. You can even eat it raw.

There is also hot sauce at work. I’ve been adversely possessing it. Our boss brought it in, but it ended up on my desk. At first, I had it at the edge of the desk so that others could grab it as they wanted it. Gradually, however, it’s moved deep into the recesses of my messy desk, and now people have to ask me for it. Muahahaha!

But I will put the adversely possessed (see how useful that semester and a half of law school was?) hot sauce on the Ramen. Maybe I’ll even indulge myself and stop at the gas station for some decal coffee. I won’t go to the meeting, but it makes it impossible for me to sleep.

The first thing I’m going to do when we get some money is go out to eat somewhere nice. There’s this restaurant called Lulu’s that we went to once. We shared a bottle of wine and talked and laughed and reminisced. There was a couple behind us that was fighting. The girl had recently moved to Charlotte to be with the guy. She was a very beautiful girl. They were fighting because ever since she’d moved to town, he’d been going out with his guy friends every single night. We looked into each other’s eyes and giggled at them, secure in our superior love. I had quiche. He had a lamb Shank. We took the bone home to the puppy. She still finds it sometimes, buried in the corner of her room.

There is another place that I enjoy, but we always fight there. Creative Loafing offers these half-price gift certificates to Creation, and you can get a $50 gift card for $25, and they have half-price bottles of wine on Sundays. So, if you get the gift card and go on Sunday, you can eat and drink until you fight with your mate.

The food is good, something like pan-Asian with a French influence. They have these lettuce and cabbage wraps that I could eat until I explode. And delicious sushi, pasta, desserts...

I want a sit-down dinner and a reason to do my hair! It’s going to be great when we can go out on dates again and smile and be attractive and scare grandmothers with our tattoos. It’s important in a marriage to be able to go out and show off your joint personality. It’s important to remember that you’ve got a face prepared to meet the faces that you meet.

For tonight, though, I’m preparing a face for Nar-Anon, and I’m stuffing that face with Ramen.

*   *   *

On our mantel: Spot Shot DVD; Febreeze; a seashell; a rope toy; a device designed to scratch your head (it resembles a broken egg whisk); several tattoo magazines; several unpaid bills.

*   *   *

Why can’t you just trust me??

Shouldn’t the answer to this question be obvious? He owes me over $2000. He’s been in and out of withdrawal for the past month and carrying me along with him on this unbearable roller coaster.

He called me at work and asked me to bring him $60. He wanted me to drop everything, leave work, and drop off $60 cash for him to buy a tattoo machine. I wish I could believe him. I wish he wouldn’t ask me for money. I wish he would stop and think about what these things sound like to me.

Sixty dollars: it’s the magic number for junkies. For crackheads, the magic number is $40. I learn these things at Nar-Anon. There is a good chance that someone really does have a tattoo machine that my husband could buy for $60, and he needs a new shader. His shader sucks; however, that’s his bucket of shit, not mine. If he hadn’t been robbing me during his active addiction, I’d certainly drop everything and rush to the studio to buy him the machine.

But he was robbing me. It happened. It was real. I wish I could paint. I’d paint myself all blue with a wide-open heart, beaming. I am very tired.

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WHAT I WILL AND WON'T WATCH THIS WEEK

THURSDAY, SEPTEMBER 27

JOHN THE YOUNG SCIENTIST

ITV 7:35 P.M.

Sometimes I’m a scientist. “Look!” I yell. “I’ve cured cancer with bubblegum chewed by the butt of a baboon!” I’ve got one of those reflector things over my eye and a bald kid looks up at me from his hospital bed with hope and love in his gaze. A group of old fat men in white jackets applaud me and I’m elected chancellor of the world.

REAPER

CW 9:00 P.M.

Do other animals have grim reapers? Is there one?

A zebra reaper that gallops through the Serengeti in a black hood with a scythe between his teeth? His red eyes dart around in the blackness until he spots it, the one sick and weak zebra drinking a little too close to the hyena pack. "Gadzooks!" the zebra reaper whinnies.

FRIDAY, SEPTEMBER 28

MOONLIGHT

CBS 9:00 P.M.

Unless you’re Sarah Michelle Gellar, I don’t want to hear about how you’re mega tough and fight vampires. Actually, even if you are Sarah Michelle Gellar, I don’t want to hear about your vampire show. I just want you to take your sweater off and tape your mouth shut and not look at me.

SATURDAY, SEPTEMBER 29

GOLF

NBC 9:00 A.M.

Only a sheep-riding monkey could make me watch golf. And I would watch every quarter, match, game, or whatever the hell you play in golf, I would sit through its grating, horrid, vast expanse of boredom just to hear the announcer say, “That was Phil Mickelson with a nice shot to get him onto the... Oh! Here comes the sheep-riding monkey!”

CHUCK

NBC 9:00 P.M.

In my youth, NBC was the station of bright, blocky masterpieces such as The Incredible Hulk and The Dukes of Hazzard. Now, they are the station of Chuck. Woe unto the heads and houses of NBC executives. Woe, I say! Bring back green bodybuilders and tacitly prejudiced raccoon drivers!

SUNDAY, SEPTEMBER 30

MYSTERY!

PBS 7:00 P.M.

Sometimes, when I’m drinking heavily, I rely on my powers of observation to collect clues. Where are my pants? Why am I on a stage?

MONDAY, OCTOBER 1

SO YOU MADE A MOVIE

CBS 8:30 P.M.

This is a build-your-own joke. Pick one of the following: (A) Paris Hilton’s Chihuahua, (B) Donald Trump’s Hairspray Can, or (C) The Candy Bar in My Pocket. Now the setting: (A) Paris Hilton’s Chihuahua, (B) A Blue Chevy Van with No Windows, (C) A House Party. (D) A Pizza Party. Where are my pants? Why am I on a stage?

WEDNESDAY, OCTOBER 3

THE DUKES OF HAZZARD

FOX 9:00 P.M.

I was going to write something about “Rum- pus Room Daydreams,” but I just saw a TV segment about Oscar De La Hoya dressed in fishnet drag, which is the scariest thing of all, because no matter what color his feather boa is, he’s still an Olympic gold-medal boxer and former world champion, and he could knock you out colder than a wedge if you said his punches didn’t match his tornouts. That’s a nightmar of Barry Manlove baby-sitting proportions.

THURSDAY, OCTOBER 4

SURVIVOR: CHINA

CBS 8:00 P.M.

What are we celebrating here? Don’t a billion people survive in China everyday? Not only do they survive, but they paint their toys with lead and line our undergarments with radiation and import cardboard chicken dumplings and ride bicycles and grow those long funny white mustaches from the sides of their mouths. And that’s just the women.
“Made a mistake, Muriel. Made a mistake.” And Don passed out in their bed, fully clothed.

The second cop asked, “Mind if we look in the garage?” It was casual, like a guy from SDG&E who wanted to read the meter, and it was just behind some overgrown bougainvillea.

“Of course. What is it you’re looking for?”

“A car, ma’am. A particular car.”

“Well, ours is a Dodge, a 1972.”

“Uh-huh. The garage door, ma’am? You have a remote control or something?”

“No, just lift it by the handle. Shall I do it?”

“Don’t trouble yourself. We’ll get it if you don’t mind.”

“Yes, all right.” The policeman lifted the door just as the other squad cars pulled up. Warren got out of one of them, looking sleepless, pissed, and embarrassed.

Inside the garage it was quiet. Don hadn’t let the car sit in there running or anything. He wasn’t stupid. Still, the garage was a riot of primary colors reflecting off the paint and turpentine cans on shelves and the mirror Don had installed in the meantime. Warren told Don, “You. Sit down right here and don’t you—” In the bed next to me, and it turned out for some reason the crap under the paint and turpentine cans on shelves and the mirror Don had installed in the Meanwhile, Warren told Don, “You. Sit down right here and don’t you—”

It might have been 9 a.m. when Muriel, not Don, was awakened by the doorbell and insistent knocks at the door. Muriel got up, threw on a bathrobe, and answered. It was four cops — SDPD in two squad cars. These were soon followed by a guy from SDG&E who wanted to read the meter, and it was just behind some overgrown bougainvillea. The idea was that everybody threw a liver on the table and the barkeep would bring several iced-down cases of long-necked Budweiser. It was always a hail-fiver on the table and the barkeep would pass it around.

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