

SAN DIEGO WEEKLY

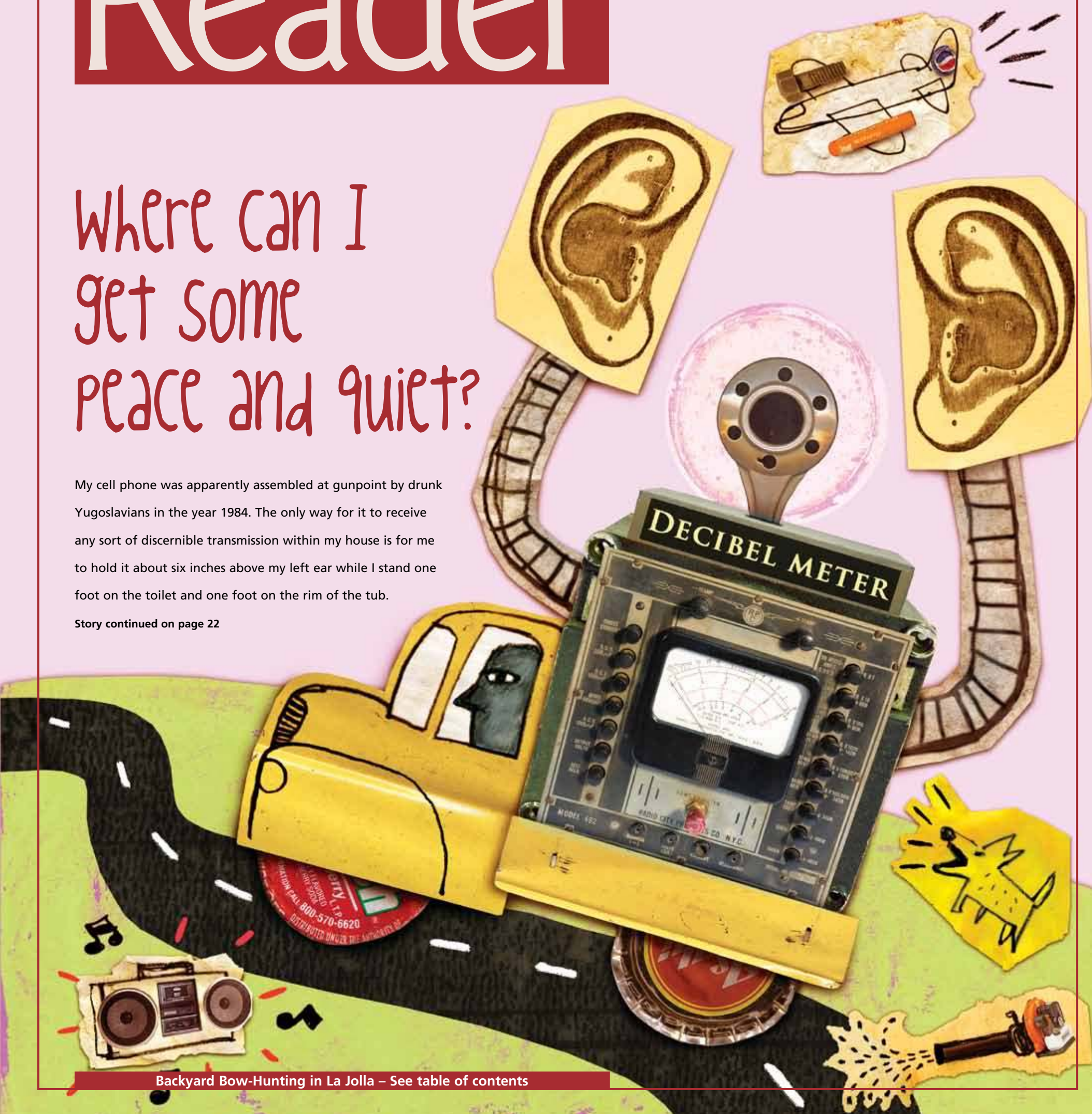
VOLUME 38 / NUMBER 2  
JANUARY 15, 2009

# Reader

## Where can I get some peace and quiet?

My cell phone was apparently assembled at gunpoint by drunk Yugoslavians in the year 1984. The only way for it to receive any sort of discernible transmission within my house is for me to hold it about six inches above my left ear while I stand one foot on the toilet and one foot on the rim of the tub.

Story continued on page 22



Backyard Bow-Hunting in La Jolla – See table of contents





Another 19 stories for downtown?  
— See Stringers, page 7

## ADVERTISING

### Classified Ads

Antiques & Collectibles.....	150
Automotive .....	151
Business Opportunities .....	131
Career Training.....	128
Classes/Lessons .....	131
Computers .....	150
Counseling/Support .....	136
Employment Services.....	126
Garage Sales .....	150
Help Wanted .....	120
Massage.....	131
Miscellaneous For Sale.....	150
Motorcycles.....	151
Music.....	137
Natural Health & Fitness .....	134
Natural Health Directory .....	140
Notices.....	136
Parent Resources.....	136
Personals .....	137
Pet Central .....	142
Photo .....	150
Real Estate .....	149
Rentals.....	138
Roommates.....	137
Services Directory.....	135
Sports .....	150
Stage Notes.....	136
Tickets .....	150
Travel & Getaways .....	137
Wanted/Trade .....	150
Wedding/Party Guide.....	136

### Display Ads

Automotive .....	143
Career Training.....	123
Getaways .....	62
Great Escapes.....	62
Health and Beauty.....	41
Help Wanted .....	120
Instruction .....	131
Music.....	136
Rentals.....	27
Research Studies .....	29
Services.....	133
Singles Events.....	73
Wedding Guide.....	71

January 15, 2009

## NEWS & FEATURES

### Where Can I Get Some Peace and Quiet?

Hard of hearing in the city. By Ollie.....Cover

### City Lights

The Padres, like other teams, can't score big in this economy; and Breaking News .....6  
These guys love your old laptop.....7

Letters .....12

### Straight From the Hip

Why your dog doesn't need an alarm clock .....14

### Sporting Box

One noble runner .....16

### Fast Break

More missed shots, turnovers, and sloppy play .....17

### T.G.I.F.

January — doubt, indecision .....18

### Best Buys

Uncovering cover crops .....19

### Diary of a Diva

Pizza-dough epiphany .....20

### Backyard Bow-Hunting in La Jolla

No home on the range. By Bill Keen.....44

Off the Cuff.....131

Puzzle.....132

Typo Patrol Results.....136

### Say What?

It's all cool in the hobby lobby.....138

Reader Pop Quiz.....142

### Sheep and Goats

You don't need a stinkin' church program to love your neighbor....149

### Remote Control King

Kangaroo cookie known as Jennifer Love Hewitt.....150

## CALENDAR

Your Week and Welcome to It .....61

### Roam-O-Rama

Point Loma's Bayside Trail, a classic .....64

Classical Music Guide.....74

Art Museum and Gallery Guide.....74

### Pop Music

Blurt.....75  
Club Crawler.....80  
Riboflavin: you'll laugh your head off.....82

### Crasher

Sing to your neighbors; it's a good idea.....95

### Restaurant Reviews and Guide

Vagabond wanders a bit.....97  
Ed can't resist a free lunch.....99  
Slow food vs. fast food.....104

### Movie Review and Guide

DiCaprio and Winslet, together again.....108

### Theater Review and Guide

Another variation on *American Buffalo*.....116

# The Maine Event!



## All-You-Can-Eat Lobster Served Nightly!

San Diego's best buffet is now serving whole steamed Maine lobster every night of the week. While you're there, indulge in Alaskan King crab legs, fresh-rolled sushi and jumbo shrimp along with delicious grilled steaks, gourmet Italian, Mexican and Asian cuisine and decadent homemade desserts. Plus, when you join the Players Club your first buffet is free! Treat yourself to the best every night, only at Valley View Casino!

**FREE**  
*all-you-can-eat*  
**LOBSTER BUFFET!**

When you join the Players Club!

Offer is for new Players Club members. Please present coupon when joining the club. Membership is free! Valid for lunch or dinner. Lobster served at dinner only. Management reserves all rights. Expires: 3/31/09. SDR

**PLUS!** Get \$2000 in Free Slot Play!  
...that's MOREPLAY™  
when you earn 10 points in a 24-hour period.

**VALLEY VIEW CASINO**  
*San Diego's Favorite.*

**1-866-VIEW-WIN**  
**ValleyViewCasino.com**

1-15 TO VALLEY PKWY EAST • VALLEY CENTER, CA

While the choices at our buffet have no limit your age does. Guests must be 21 or older to enjoy the casino, restaurants, bars and concerts. Management reserves all rights.





UP TO  
**80% OFF**



Premium denim, tops, dresses,  
pants, skirts, tanks, jackets,  
hoodies, sweats, shorts, hats,  
for both men & women.

**FREE ADMISSION**

**\$10**

This coupon is only valid  
for 1 transaction of \$100  
or more, and can not be  
combined with any other  
offers. Expires 01/31/09.

For more info & to RSVP, visit:

**www.TheWarehouseSale.com**



# THE LARGEST **FASHION SALE** EVENT ON THE ROAD

2 Days only @ **The San Diego Convention Center**  
Over 20,000 items at **up to 80% off !!!**



**SUNDAY, January 18, 10:00 am - 4:00 pm**  
**FREE ADMISSION** with ad or **RSVP**, or \$5 at the door

San Diego Convention Center - Ballroom 30  
111 W Harbor Dr, San Diego, CA 92101

Or join us a day early on our **VIP DAY:**  
**SATURDAY, January 17, 10:00 am - 4:00 pm**  
(\$15 presale VIP tickets, or \$25 at the door)

For more info & to RSVP, visit:  
[www.TheWarehouseSale.com](http://www.TheWarehouseSale.com)







Trust your vision to the

**CHARGERS**  
SAN DIEGO

Official Chargers LASIK Center  
and Team Ophthalmologist

**Free LASIK Eye Exam**



- Mihir Parikh, M.D.**
- LASIK & Cornea Specialist
  - Chargers Team Ophthalmologist
  - Featured in "Top Doctors"
    - S.D. Magazine '05-'08
  - "America's Top Ophthalmologist"
    - Consumer Research Council
  - Over 10,000 procedures performed

**Low monthly payments!**  
**Easy to qualify!**

**\$0 + 0% + 18**  
DOWN INTEREST MONTHS

Toll-free: 1-877-484-2020  
Local: 858-450-4213  
www.neweyes.com



## Affordable PPO Health Plans

For Individuals and Families

Age*	Male Rates	Female Rates	Age*	Male Rates	Female Rates
0	\$177	\$177	35	\$102	\$141
1	\$106	\$106	40	\$116	\$160
2-18	\$57	\$57	45	\$163	\$181
19	\$63	\$84	50	\$207	\$221
25	\$72	\$101	55	\$265	\$256
30	\$90	\$121	60	\$335	\$324

\*Call for rates based on your age.

\$30 Co-pay Office Visit • Prescription Drug Card

\$0 Co-pay Well Woman Exam • \$30 Co-pay Preventative Care (\$200 Limit)

Monthly rates effective 7-1-08 for San Diego County. Aetna \$2500 PPO Plan.

### California Healthquote Insurance Services

701 Palomar Airport Road, Ste. 300 Carlsbad, CA 92011 • 800-788-4678



CA Insurance Lic. #s: 0712596, 0706675, 0C84228  
www.cahealthquoteins.com

#### EDITOR

Jim Holman

#### SENIOR EDITOR

Matt Potter

#### ASSISTANT EDITOR

Heather Goodwillie

#### EDITORIAL ASSISTANTS

Scott Ellis, Hector Lam, Russ Lewis,  
Robert Mizrahi, Robert Nutting,  
Chris Woo

#### CONTRIBUTORS

Don Bauder, Ed Bedford, Jane Belanger, Geoff Bouvier, John Brizzolara, Josh Board, Patrick Daugherty, Joe Deegan, W.S. Di Piero, Stephen Dobyns, Barbara Fokos, Ernie Grimm, Mary Grimm, Dorian Hargrove, Rosa Jurjevics, Ken Kuhlken, Thomas Larson, Deirdre Lickona, Matthew Lickona, Thomas Lux, Bill Manson, Linda Nevin, Anthony Olivieri, Jerry Schad, Duncan Shepherd, Jeff Smith, Leslie Venolia, Naomi Wise

#### ADVERTISING SALES DIRECTOR

John-Paul Franklin

#### ASSISTANT SALES MANAGER

Mercia Daughn

#### SENIOR ACCOUNT EXECUTIVES

Bill Burton, Amy Grant,  
Amy McKibben, Randy Rice,  
Todd Westfall, Beth Wexler

#### ACCOUNT EXECUTIVES

Kelly Bonelli, Mark Connelly,  
Patricia Esperanza, Brett Flynn,  
Scott Fisk, Paula Ford, Stephen Hatch, Joshua Hensley, Richard Maryn, Alvaro Mendez, Woody Wilson

#### ACCOUNT MANAGERS

Jesus Cruz, Jr., Kaitlin Pettersen,  
Graeme Storey, Kacy Weaver

#### ADVERTISING ASSISTANTS

Brian Carver, George Wargo

#### ADVERTISING ART DIRECTORS

Kenneth Koll, Ronaldo Saluta, Jr.

#### CLASSIFIEDS MANAGER

Cristina Weedmark

#### CLASSIFIEDS STAFF

Annalee Bradbury, Chrissy Guevara,  
Maribel Juarez, Steve Lieber, LeAnne Mellon, Holly Micelli, Sandi Miller, Ninoshcka A. Moreno Ortiz, Carina Quintanar, Jeffery Reed

#### PRODUCTION MANAGERS

Deborah Condit, Sandy Matthews

#### PRODUCTION ARTISTS

Frank Andrews, James Banerian,  
Mike Brown, Jeremiah Dean, Paul Johnson, Leslie Manes, Douglas P. More, José Ramirez, Jr., Jessica Wentzel

#### ACCOUNTING STAFF

Kelly Ainsworth, Regina Gaither,  
April Isaac, Michelle Newby,  
Maddeline Zvirzin

#### ADMINISTRATIVE STAFF

Linda Johnson, Margaret Stann

#### PERSONNEL MANAGER

Evelyn Mones

#### INFORMATION TECHNOLOGY

Gavin Rattmann, Michael Wayne

#### PROJECT MANAGERS

Barbara Christensen, Fred Hagen

#### OPERATIONS DIRECTOR

Howard Rosen

All advertising in the Reader is subject to current rate card. The Reader reserves the right not to accept an advertiser's order. The entire contents of the San Diego Reader are copyright 2009, Jim Holman. All rights reserved.

#### NATIONAL ADVERTISING

The Ruxton Group - 1-888-2Ruxton

#### MAILING ADDRESS

Reader, P.O. Box 85803  
San Diego, CA 92186-5803

#### OFFICE

1703 India Street (at Date)

#### 619-235-8200

Paid classifieds

#### GENERAL INFORMATION

**619-235-3000**

**UNLIMITED TANNING \$19.99 & up**

**TRUST YOUR TAN TO THE EXPERTS!**

**1 MONTH \$99**  
HP 360" BRONZING BED  
VALID FOR ALL CLIENTS. MUST PRESENT COUPON. EXPIRES 2/31/09. PL1TR7FD07

**7 TANS \$7**  
PREMIUM LEVEL BEDS  
NEW CLIENTS ONLY WITH LOCAL ID. MUST PRESENT COUPON. EXPIRES 1/31/09. PL1TR7FD07

**20% OFF**  
AIRBRUSH TANNING  
VALID FOR ALL CLIENTS. MUST PRESENT COUPON. ALL FOR APPOINTMENT. EXPIRES 1/31/09.

**5 TANS \$49**  
ULTRA LEVEL4 or MYSTIC  
VALID FOR ALL CLIENTS. MUST PRESENT COUPON. EXPIRES 1/31/09. PL1TR7FD07

**iTAN SOLARIUMS**

www.iTanSolariums.com

POWAY (858) 513-1444	SAN MARCOS (760) 510-1997
ENCINITAS/CARDIFF (760) 942-9632	PACIFIC BEACH (858) 561-9060
SDSU (619) 286-1554	LA JOLLA (858) 454-3873
LA COSTA/CARLSBAD (760) 431-0044	UTC/LA JOLLA (858) 455-8422
LA MESA (619) 644-5714	ESCONDIDO (760) 735-6199
OCEANSIDE (760) 941-8548	RAMONA (760) 789-0020
KEARNY MESA (858) 492-1100	SANTEE (619) 562-8991
USD/CLAIREMONT (619) 276-7205	DOWNTOWN (619) 238-7161

**Apollonia Gold**  
**Swedish Beauty**

**Furniture Clearance Sale!**  
**Save up to 70% on select items**

**Free Delivery\***

**5-pc. Pub \$269**

**6-pc. Set \$549**

**2-pc. Sectional \$699**

**Sunset Collection**  
Full Set \$169  
Queen Set \$199  
King Set \$299  
**Twin Set \$139**

**No-Flip Pillowtop**  
Full Set \$259  
Queen Set \$289  
King Set \$449  
**Twin Set \$249**

**Sealy Seafare Plush**  
Full Set \$389  
Queen Set \$399  
King Set \$599  
**Twin Set \$299**

**Atlas Furniture**  
10397 Friars Rd., San Diego • 619-640-0259  
www.atlasfurnituresd.com

Monday-Friday 10 am-8 pm • Saturday 10 am-6 pm • Sunday 11 am-5 pm  
\*15-mile radius with purchase over \$699. Assembly not included.  
\*\*Financing on approved credit. See store for more details.  
Purchases up to \$1000 receive 3 months, up to \$1500 receive 6 months, up to \$2400 receive 12 months, over \$2400 receive 24 months no interest.

**Se habla español**





**WaMu<sup>®</sup> is becoming CHASE** 

# The free checking of WaMu. The power of Chase.

**Now *WaMu Free Checking<sup>™</sup>* customers can experience the power of Chase:**

Free ATM cash withdrawals

14,000 WaMu and Chase branded ATMs nationwide

Free checks

Free online banking with free bill pay

One overdraft or bounced check fee waived per year

Free outgoing wire transfers

**To learn more, stop by your local WaMu, call 1-866-700-0054 or visit [wamu.com](http://wamu.com).**

The *WaMu Free Checking<sup>™</sup>* account is available only at WaMu branded branches and [wamu.com](http://wamu.com), and comes with free image style checks, others available at regular prices. ATM operator may charge a nonrefundable fee. Nonrefundable foreign currency exchange and other banks' fees may apply to wire transfers. WaMu branded products are only available at WaMu branded branches, by telephone at 1-866-700-0054 and [wamu.com](http://wamu.com). Chase branded products are only available at Chase branded branches and [chase.com](http://chase.com). Deposit products and services provided by JPMorgan Chase Bank, N.A., and are subject to change without notice. Washington Mutual, a division of JPMorgan Chase Bank, N.A.  
©2009 JPMorgan Chase Bank, N.A. Member FDIC

**Member  
FDIC**



## BREAKING NEWS

**In and under the hood** With state budget problems festering and vital services



Isadore Hall

being cut left and right, attention has inevitably turned to the state-subsidized leased wheels used by most members of the California legislature. On the assembly side of the Capitol, for instance, Republican **Joel Anderson** (whose campaign committee is named "TaxFighters for Anderson") drives a 2006 Chrysler 300 Signature Series sedan, acquired back in January 2006 for \$32,373.49, according to a document released by the Assembly Rules Committee. The monthly charge to the assembly budget is \$303.48; Anderson pays \$39.72. His Democratic colleague **Lori Saldaña** gets around in a 2005 Honda Accord Hybrid that cost \$32,922.63 in December 2004. Saldaña pays \$15.55, the state pays \$85.95. Democrat **Mary Salas** uses a 2007 Ford Escape Hybrid, acquired by the state in December 2006 for \$30,787; monthly budget cost is \$267, and Salas pays \$35.74. As of early December, Republican **Martin Garrick** and Democrat **Marty Block** had not requested a car, according to records provided by the Assembly Rules committee.

And it turns out that members of the San Diego County delegation are only middling when it comes to the cost of their vehicle preferences. The most expensive assembly car is driven by Democrat **Isadore Hall** of Compton's 52nd District, a former city council member who was elected this past November. On December 3, Hall, the assistant majority whip, picked a 2008 Chevy Tahoe Hybrid costing \$48,500, for which he personally pays \$166 a month and the state pays \$350. Another new member, **Dan Logue**, an ex-county supervisor and self-billed "conservative Republican" from Yuba City's Assembly District 3, whose campaign motto was "standing tall against Liberalism," also selected a Chevy Tahoe; it cost \$48,499.99, a penny less than Hall's; his payment arrangements are the same. Close behind both was **Michael Villines** of Fresno's 29th District, another Republican, and the leader of budget-slashing efforts. He drives a 2008 Toyota Highlander worth \$48,402. It costs the state \$350 a month, and he pays \$164.83.

**Bust out** KPBS, the public broadcasting operation run by San Diego State University, is out with its financial report for the 12 months ending in June of last year, and it reveals that cash dedicated to actual programming has continued a years-long downward spiral. In fiscal year 2006, the TV channel and radio station spent \$11.3 million for programming and production. In 2007, that number was down to \$10.5

million. And last year it fell to \$9.26 million, according to the report. On the other hand, "fundraising and membership development" costs continued to rise, from \$5.8 million in 2006, to \$7.17 million in 2007, and \$7.18 million in 2008. Despite all the money devoted to fund-raising, contributions to the stations fell slightly, from \$15,840,847 in 2007 to \$15,769,646 in 2008. Taxpayer contributions, in the form of "direct financial support" from SDSU, rose from \$2,445,629 to \$2,651,918. So-called indirect SDSU support dropped slightly, from \$5,615,682 to \$5,336,242.

SDSU president **Stephen Weber**, who has frequently meddled with management in the past, is still looking for a compatible replacement for retired general manager **Doug Myrland**, whose former salary was \$218,004. While the search continues, Myrland is getting \$75,000 in addition to a generous state pension to advise the operation for another year.



Stephen Weber

Critics say Myrland was far too accommodative of Weber and the downtown establishment. They argue that the stations would be better run by an independent nonprofit group less beholden to the university's highly politicized fund-raising base of wealthy real estate developers and downtown business types. Draconian cuts in the state budget may force the issue later this year.

**Pols in the headlights** In recent news from the state capital, **Lori Saldaña**, assembly Speaker pro tempore, has moved into Capitol office 3152, "known for having some of the nicer window views in the Assembly," according to *Capitol Weekly*. And ex-assemblymembers **George Plescia** of Del Mar and **Bonnie Garcia** of Cathedral City have been appointed by Governor **Arnold Schwarzenegger** to the state's Unemployment Insurance Appeals Board. The positions pay \$128,000 annually, serving as nice going-away presents for the retiring Republicans.

Ironically, both were the topics of amusement for Schwarzenegger and his staff during their time in the assembly. Of Garcia, the governor said "black blood" combined with "Latino blood" equaled "hot." And the governor's chief of staff **Susan Kennedy** once said that Plescia looked "like the deer that keeps getting caught in my yard when I leave the gate open."



Bonnie Garcia

— Matt Potter

**The Reader offers \$25 for news tips published in this column. Call our voice mail at 619-235-3000, ext. 440, or fax your tip to 619-231-0489.**

## Is Moores Jumping Out Just in Time Again?

By Don Bauder

In the past, pro sports has been considered somewhat recession-proof. Not this year, and perhaps not in 2010. Attendance

is already sagging, despite the slashing of some seat prices, even in the affluent National Football League. Ailing sponsors, particularly in the auto and financial industries, are dropping out. Those sports promoters getting fat bailouts from the federal government are hearing from critics, some of whom are shareholders.

There's a bright side: fiscal woes of states and municipalities, along with the lending freeze, may put a crimp in the stadium-subsidy scam. The construction industry hopes that the Obama administration's big infra-

structure stimulus package will help fund pro sports stadiums, but gnawing water, sewer, road, highway, bridge,



dam, and maintenance needs around the nation may squelch such insane babblings.

Early this month, when he said he (along with a small and unidentified group of investors) had reached an agreement to buy the San Diego Padres, Jeff Moorad said that "sports teams will

be challenged going forward as all businesses will be in the short run." John and Becky Moores, who own a reported 90 percent of the team, are getting a divorce and claim that is the reason for the sale, which is supposedly to be phased in over several years. However, Moores has shown a canny (and dubious) ability to jettison an investment before a calamity hits; for example, he dumped \$650 million worth of Peregrine Systems stock, almost all he controlled, before the company collapsed in scandal.

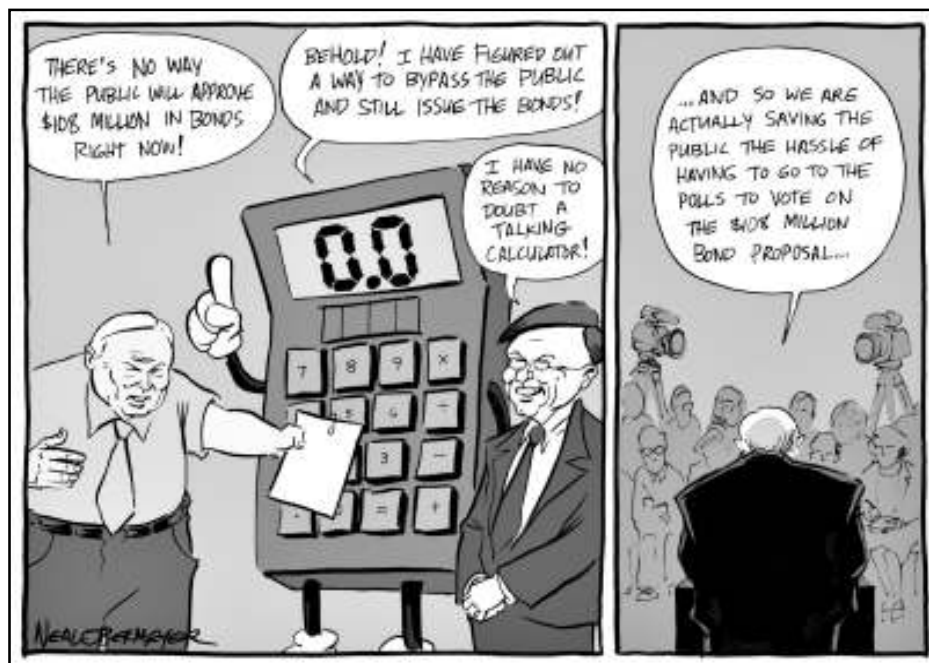
Padres attendance is already in decline, as is the team's performance. Moores, who promised he would bring in good players if the City would give him a fat subsidy, has pared the payroll to bare bones as the team founders in the field.

continued on page 8

Don Bauder blogs daily at [SDReader.com](http://SDReader.com)

Contact Bauder at 619-546-8529 or [don.bauder@mac.com](mailto:don.bauder@mac.com)

### Neal Obermeyer





## E-Trash Treasures

By Ernie Grimm

It's not yet 9:00 a.m. on September 6, but the late-summer sun is already baking the blacktop of the Qualcomm Stadium

parking lot. It's hot and promises to get hotter. Sweat drips from the foreheads of 75 workers gathered in the lot's northeast corner. The workers wear chocolate brown T-shirts bearing the name of Cymer, the Rancho Bernardo laser-technology firm, but they're not Cymer employees. They work for E-World Recyclers, a Vista company that recycles discarded electronics. Cymer is sponsoring today's "e-cycling" event, hence the T-shirts.

At first sight, the event looks like one of the auto-racing meets that take place in the stadium lot. Cones and

tronics. Five lanes have no cars in them. "It's still early," explains Kelly Hamer, public relations officer at Cymer. "And we want to be prepared for anything. The first time Cymer did this event was two years ago. It was the first such event in the city that had ever happened, and we didn't know if it was going to be a success. But we had thousands of people waiting in line, waiting to drop their stuff off. It was shocking."

"And at our last event, we filled 22 trailers," says E-World's chief technical officer, Dan Tweddell, who sports blond



Dan Tweddell

Blake Miller, Cymer's vice president of marketing, says, "Well, we are kind of at the early part of the food chain when it comes to the development of new technology products because the laser-light sources that we have are required in the manufacture of computer chips. So any consumer or business or electronics device that has a chip in it probably does have our technology in it — we have 70 percent of

Ironically, older computers are more valuable for recyclers than newer systems. "We love the old 386s," Erie says, "because the chips in them have more gold. They were made before gold got really, really expensive, and they used thicker plating. The chip itself is worth about \$105 a pound on the 386 and the 486. Now, you go to the Pentium 4, and the chip itself might be worth \$8 a pound."

At the drop-off point at the end of each lane stands a worker in front of a cart that holds a laptop. "Watch," Tweddell says, pointing to a worker, Jairo Duran. "He's going to ask for that lady's driver's license first. Now he's going to swipe her information into the computer. The reason he does that is so we can show the State of California that this material was generated here in California. We created the software that does this. You won't find anybody else in the state that does it this way — everybody else does this by hand. We are by trade computer geeks."

Asked if anyone balks at having their license swiped, Duran says, "They're usually very cooperative, but we get two or maybe three per event who don't want to show their licenses. Some are curious as to why we ask for it, but we just let them know that we

*continued on page 10*



E-cycling event at Qualcomm Stadium

orange tape funnel traffic into a single lane leading from the main gate east toward Interstate 15. Before the fence, the lane makes a hairpin left. At that point a sweaty brown-shirted worker directs cars into one of ten lanes defined by more tape and cones. Between each lane are stacks of pallets and preassembled cardboard boxes. Between the ends of lanes one and two, three and four, five and six, seven and eight, and nine and ten, full-sized truck trailers wait to be loaded with electronic waste.

At 9:00 a.m., it seems overkill; workers far outnumber people dropping off elec-

curly hair and the brown Cymer T-shirt everybody seems to be wearing today.

California's Universal Waste Rule, which took effect in February 2006, made throwing away electronics illegal. E-World owner Bob Erie, a tall, deep-voiced man reminiscent of actor Liam Neeson, says, "They classify everything with a plug now as a universal waste. And the law says that you cannot landfill any of it."

A few things that don't plug in, such as batteries and mercury thermometers, are also banned from landfills by the universal-waste law.

Asked what motivates Cymer to hold e-cycling events,

the world's market share. We feel like it is the responsible thing to be on the back end retiring this stuff. Our founders, who were grad students at UC San Diego, are very committed and dedicated to protecting the environment."

By 10:00 a.m., the pallets at the head of each lane are stacked with old computer towers. Other pallets hold tube-type televisions, monitors, microwaves, and printers. Four-by-four-by-four-foot boxes are rapidly filling with blow dryers, toaster ovens, lamps, and boom boxes. Once a pallet or box is full, it's lifted into the back of the nearest truck trailer.

## STRINGERS

### Transition to the sky

A 19-story, 143-apartment retail proposal (Ariel Suites) drew varied responses at the Centre City Advisory Committee meeting on January 7.

The development replaces a parking lot on the southwest corner of Beech Street and Kettner Boulevard. It is a good fit, per Gwynne Pugh, the agency's consultant architect. However, concerns expressed at the meeting included design issues and the blocking of the 1994 Wyland whale mural on the San Diego National Bank building to the north.

Michael Witkin, chair of the pre-design subcommittee and an architect, had concerns about the lack of a "graceful transition to the sky" and the look of the towering building.

The San Diego National Bank raised concerns about the potential negative impacts

on the area, including the parking lot to the west. The owners' representative indicated that changes will likely be made to respond to some of the comments.

While no decisions are made by the subcommittee, the concerns expressed here will likely follow the project to its review by the full Advisory Committee, now scheduled for the February meeting.

By Kevin Northcraft,  
Downtown

### 2009's Biggest Full Moon

The full moon on Saturday, January 10, was touted by NASA as the "biggest and brightest one of 2009." The

NASA statement continued to say that this month's full moon will appear about 14 percent and 30 percent brighter than some other full moons during 2009. At sunset, 5:01 p.m., the few people at Mt. Hawk Park in Chula Vista, a site overlooking Otay Mountain



Full moon on January 10

and Otay Lakes, didn't see anything special. October's full harvest moon has been seen rising to span two mountains in Otay. The harvest moon due this year on October 4 marks a rare full harvest moon — it won't happen again until 2017.

By Christina Fernando,  
Chula Vista

### Happy Birthday, Spreckels Organ

San Diego's outdoor pipe organ in Balboa Park celebrated its 94th birthday on Sunday, January 4. Concert-

goers were allowed to go inside the organ building and see the pipes and instruments and listen to the organ from within, where the volume can reach over 120 decibels, louder than a rock band. Free concerts will be held at the Organ Pavilion every Sunday at 2 p.m. for the remainder of January.

By Chris Raney,  
Mission Hills

### Park Worth Barking About

On the green belt across the street from the Rancho Peñasquitos Library at Salmon River Road and Fairgrove Lane, construction crews have placed fencing and laid new concrete to create two off-leash dog runs covering roughly an acre. The fenced-in areas include separate double-gated entries and new concrete benches.

By Quinn Beames,  
Rancho Peñasquitos



Ariel Suites

An archive of City Lights stories can now be searched on the Internet at [SDReader.com](http://SDReader.com)



## Moore's jumping?

continued from page 6

Taking the family to pro sports events used to be cheap entertainment. But that was before cities massively subsidi-

dized new stadiums and owners jacked up prices. In 1991, going to a Padres game cost \$73.16, according to *team-marketing.com*. That included tickets for two adults and two children, four small soft drinks, two small beers, four hot dogs,

two programs, two caps, and parking. By 2006, two years after the subsidized Petco Park opened, the cost was up to \$180.32. It has risen since 2006: last season a premium-brand beer cost \$9 and a hot dog \$4.

Everyone is watching baseball's New York Yankees. The team moves into a \$1.3 billion subsidized stadium this year. Tickets for seats behind the home dugout, which were \$150 a game in 2007 and \$250 in 2008, will

go to \$850 in the new stadium. The Yanks have had trouble selling the 51 luxury suites that go for \$600,000 to \$850,000 a season. Wall Street's collapse has caused stiff white-collar unemployment in New York.

Philip Porter, economist at the University of South Florida, has just done a study of ticket prices after a subsidized stadium is completed. "Owners keep prices low until they get referendums for stadiums, and then they raise the prices substantially," he says. "The bottom line is that professional sports is a luxury, not a necessity," thanks in large part to price escalations after subsidized stadiums are built.

"The nature of the person in the stadium is changing, especially in football and basketball," says Rodney Fort, professor of sports management at the University of Michigan. "The typical fan is upper-middle class, and in basketball, more than that." Baseball is not quite as expensive, and "hockey is still reasonable."

Bud Selig, commissioner of Major League Baseball, has warned owners that the current economic crunch could be severe. The National Football League has experienced a 1 percent drop in attendance this year, even though many tickets had been purchased prior to the economic mayhem. The league has slashed this year's playoff prices by 10 percent and dropped some Super Bowl tickets to \$500 a seat from \$800, according to *Forbes.com*. The league has trimmed employment, as have the National Basketball Association and Major League Baseball.

It is no secret that pro football is driven by gambling. (Ever wonder why the sports pages give the line on games?) Gambling is down sharply this year. Casino stocks have cratered. Native American casinos are hurting coast-to-coast, including in San Diego. Less wagering on games could translate into lower attendance and lower TV ratings for football and other gambling-dependent pro sports such as basketball.

Other sports are cutting back. Take car racing. The National Association for Stock Car Auto Racing (NASCAR), which depends heavily on

continued on page 10

# FREE LEGAL GUIDE

CALL 619-233-9797 NIGHT OR DAY 7 DAYS A WEEK

AT THE PROMPT PRESS THE 4-DIGIT EXTENSION OF THE CATEGORY THAT INTERESTS YOU.

OR VISIT OUR WEBSITE: [SDREADER.COM/LEGAL](http://SDREADER.COM/LEGAL)

## ■ EXTENSION 1000 ■

### PERSONAL INJURY



*Sponsored by*  
**Julia E. Haus**  
Law Firm  
550 West C Street  
Suite 620, San Diego  
619-234-1100

- 70 AUTO ACCIDENTS
- 71 MOTORCYCLE/TRUCK/PEDESTRIAN ACCIDENTS
- 72 WRONGFUL DEATH
- 75 SLIP AND FALL ACCIDENTS
- 76 PRODUCT DEFECT LIABILITY
- 77 PROFESSIONAL NEGLIGENCE

## ■ EXTENSION 1019 ■

### SOCIAL SECURITY AND DISABILITY



*Sponsored by*  
**Anthony J. DeLellis**  
& Associates  
1545 Hotel Circle South  
Suite 150, San Diego  
619-278-0900  
[www.delellis.com](http://www.delellis.com)

- 20 OVERVIEW OF SOCIAL SECURITY
- 21 FILING A CLAIM
- 22 RETIREMENT BENEFITS
- 23 SURVIVORSHIP BENEFITS
- 24 LUMP SUM DEATH BENEFITS
- 25 FAMILY RELATIONSHIPS
- 26 DISABILITY BENEFITS
- 27 HIV AS A DISABILITY

## ■ EXTENSION 1007 ■

### TENANT/LANDLORD

- 80 EVICTING A TENANT
- 81 CAN I BEAT MY LEASE?
- 82 WARRANTY OF HABITABILITY
- 83 RENTAL AGREEMENTS
- 84 SECURITY DEPOSITS
- 85 ENFORCEMENT OF THE LEASE
- 86 30-DAY NOTICE

## ■ EXTENSION 1001 ■

### CRIMINAL LAW



*Sponsored by*  
**The Law Office of Douglas Holbrook**  
850 25th Street  
Suite 100, San Diego  
619-232-2020  
[www.legalassistancefu.info](http://www.legalassistancefu.info)

- 20 WHEN DO I NEED AN ATTORNEY?
- 21 WHAT IF I'M WRONGLY ACCUSED?
- 22 SHOULD I ANSWER QUESTIONS?
- 23 MUST I SUBMIT TO A SEARCH?
- 24 COULD I RESIST AN ARREST?
- 25 WHAT IF I FAIL TO APPEAR?
- 26 CAN MY RECORDS BE CLEARED?
- 27 ALCOHOL, DRUGS, HIGH CRIMES

## ■ EXTENSION 1002 ■

### BANKRUPTCY/CREDIT LAW

"We are a debt relief agency. We help people file for bankruptcy relief under the Bankruptcy Code."



*Sponsored by*  
**Deborah L. Raymond**  
445 Marine View Ave.  
Suite 305  
Del Mar  
858-481-9559

- 30 NEW BANKRUPTCY LAWS
- 31 WHAT IS CHAPTER 7 BANKRUPTCY?
- 32 WHAT IS CHAPTER 13 BANKRUPTCY?
- 33 WRONGFUL CREDITOR FEES & ACTIONS
- 34 COLLECTION AGENCY HARASSMENT
- 35 VEHICLE REPOSSESSION
- 36 FORECLOSURE ON YOUR RESIDENCE
- 37 INACCURATE CREDIT REPORTING

## ■ EXTENSION 1008 ■

### TAX & ESTATE PLANNING

- 90 FILING TAX RETURNS
- 91 CRIMINAL TAX ISSUES
- 92 TAX LIENS
- 93 STATE TAXES
- 94 FEDERAL TAXES
- 95 AUDITS & APPEALS
- 96 TAX PLANNING
- 97 ESTATE PLANNING

## ■ EXTENSION 1005 ■

### FAMILY LAW



*Sponsored by*  
**William M. Henrich**  
Certified Specialist, Family Law, the State Bar of California Board of Legal Specialization  
4849 Ronson Court  
San Diego  
858-576-4484

- 60 DIVORCE - AN OVERVIEW
- 61 WHAT WILL IT COST?
- 62 CHILD SUPPORT - HOW MUCH?
- 63 CHOOSING A PARALEGAL
- 64 MILITARY FAMILY ISSUES
- 65 PREPARING FOR DIVORCE
- 66 MEDIATION AND THERAPY
- 67 WILLS AND TRUSTS

## ■ EXTENSION 1003 ■

### INSURANCE CLAIMS



*Sponsored by*  
**The Law Office of Robert Bruce Arnold**  
2529 India Street  
San Diego  
619-233-1096  
[www.arnoldlawoffice.com](http://www.arnoldlawoffice.com)

- 40 INSURANCE BAD FAITH
- 41 DUTIES OF INSURANCE CO.
- 42 FIRST PARTY CLAIMS/HEALTH/UM/UIM/AUTO/PROPERTY
- 43 TIME LIMITS
- 44 DISPUTES WITH INSURANCE CO.
- 45 DEPT. OF INSURANCE HELP LINE
- 46 DO I NEED AN ATTORNEY?

## ■ EXTENSION 1010 ■

### IMMIGRATION



*Sponsored by*  
**John A. Quinn**  
3444 Camino Del Rio N.  
Suite 200, San Diego  
619-284-8811  
Fax: 619-284-8822

- 20 WAYS TO BE LEGAL
- 21 SPOUSES & CHILDREN
- 22 BUSINESS VISAS
- 23 EMPLOYMENT VISAS
- 24 INTERNATIONAL STUDENTS
- 25 CHANGING & EXTENDING VISAS
- 26 VISA DENIALS & DEPORTATION

## ■ EXTENSION 1018 ■

### EMPLOYMENT/LABOR LAW



*Sponsored by*  
**Latorno & Graves**  
San Diego  
619-234-3323  
Escondido  
760-741-7544  
[www.latornograves.com](http://www.latornograves.com)

- 10 ADMINISTRATIVE HEARINGS
- 11 EMPLOYEE HANDBOOKS/POLICIES
- 12 EMPLOYMENT AGREEMENTS
- 13 HOSTILE WORK ENVIRONMENT
- 14 NON-COMPETITION AGREEMENTS
- 15 SEVERANCE AGREEMENTS
- 16 WAGE AND HOUR

## ■ EXTENSION 1004 ■

### WORKERS' COMPENSATION

Any person who makes or causes to be made any knowingly false or fraudulent material statement or material representation for the purpose of obtaining worker's compensation benefits or payments is guilty of a felony.



*Sponsored by*  
**The Law Office of Gerald D. Brody & Associates**  
3465 Camino del Rio S.  
Suite 440, San Diego  
619-528-9800

- 50 YOUR WORK-RELATED INJURY
- 51 WORKERS' COMP BENEFITS
- 54 THIRD-PARTY ACCIDENTS
- 55 UNSAFE WORKING CONDITIONS
- 56 WRONGFUL DISCHARGE
- 57 HARBOR & LONGSHOREMAN'S ACT

## ■ EXTENSION 1015 ■

### SEXUAL HARASSMENT/WRONGFUL TERMINATION



*Sponsored by*  
**The Law Offices of Joel C. Golden**  
Old Town Professional Bldg. 2356 Moore Street  
Suite 201, San Diego  
619-246-8449

- 70 SEXUAL HARASSMENT
- 71 DISCRIMINATION
- 72 WRONGFUL TERMINATION
- 73 EXECUTIVE TERMINATION
- 74 WHISTLEBLOWER-RETALIATION
- 75 FRAUD AGAINST THE U.S. GOVERNMENT (FALSE CLAIMS ACT)
- 76 LEGAL FEES

The attorneys and law firms who provide this information are solely responsible for its content. This information does not address all legal situations, nor is it intended to replace legal counsel. It is provided free, although if calling from outlying areas you may incur toll charges on your telephone bill.



Lose Inches In Hours: Iono-Trim

20% discount with mention of this ad. Sean Daneshmand, M.D., FACOG. Ageless & Beautiful Medical Spa, 1080 University Ave. Suite H-201, San Diego 92103. 619-299-0264.

Auto Title Loan/Bad Credit OK

Keep the car, get the cash. \$2600/up. Loan pursuant To CFL license. checkscashed4less.com.800-896-9062.

Got Warrants? 619-840-4566.

DUI/DV probation violations, our attorneys can help! Abby L. Ertz, Esq., 619-840-4566. Call today!

Hypnosis is the Easiest

Way to quit smoking. Call Merrill at 619-579-2100.

No Recovery Means No Fee! Contingency Attorney Can Help

If you're injured in an accident, mistreated at work or need help with a contract or insurance claim. We'll fight for you! We're experienced and aggressive. Consultation is free, so what have you got to lose? Don't hesitate, call us today at 619-239-1300. Email morris@sandiegolegal.com. Morris and Associates. Personal Injury, Sexual Harassment, Business Litigation

Divorce? Call Mediation Expert

Work out a settlement with your spouse or partner rather than spending a fortune fighting in court. See: www.afairway.com. A Fair Way Mediation Center. 619-702-9174.

Eliminate Stress & Debt! Bankruptcy-Bancarrota

All work done by Attorneys. Fair prices. Free office Consultation/Credit Report. Payment plans available. Debt relief agency. R. Schauble, Esq. 866-960-0208.

Start New Year Debt Free! File Ch. 7 or 13 Bankruptcy

Eliminate credit cards, lawsuits, car repos, taxes, foreclosures. BankruptcySD.Com. 1-800-486-9157.

Cupid's Castle B&B

Winter Special \$25 off with ad. Fairytale castle near Harrah's Casino. Jacuzzis, balconies, TVs, bathrobes, breakfast, snacks. Voted most romantic getaway. Near wineries. Wedding facility. Cupid's Castle B&B. www.adreamcastle.com. 760-742-3306.

Hypnosis— All issues!

Smoking, weight, habits. Lori (CHT), 858-457-2100.

Family Health/Dental Plan

\$19.95-\$59.95/month per family. Call 760-560-8601.

Low Cost Divorce-Support

\$100 starts, easy payments, online divorce available. MC/Visa, #7 www.Legal-Choices.com. 619-593-6000.

Accident? Injury?

Get the compensation you deserve. Law Offices of Robert T. Pope, 619-233-3893.

Aggressive Female Attorney

Criminal/Family Law. Melissa S. Lubin, 619-232-2900.

Bankruptcy - Low As \$750 Free consult-Al Gross, Esq.

888-FAIR-PRICE (888-324-7774) AskAttorneyAl.com.

Bankruptcy Done Right!

Free attorney consult/Best prices & service in town. Protect assets/Stop debt collections/Mortgage relief Debt Relief Law Center— bklawca.com. 800-803-7310.

Bankruptcy: 7, 11, 13

Sound advice; reasonable fee. Payment plans available. C. McLaughlin, Esq. Call 760-431-2200, 619-295-1300.

SanDiego-DUI-Lawyer.com

Fight your DUI. 619-334-7661.

Erase All Your Debts And Start Fresh

Attorney, 28 years' experience. 619-497-2599.

Drunk Driving Attorney

Felonies/misdemeanors/DMV/drugs. 619-338-9500. J. D'Ambrosio. Free consult. Visa/MC/Amex.



# Lawyers 4 Less

# \$99

per hour & up

## Civil & Criminal/DUI

- Misdemeanors/Felonies/DUI
- Personal Injury 29% (35% if trial)
- Family Law • Immigration
- Contracts • Real Estate
- Bankruptcy • Debt Relief
- Miscellaneous Legal Matters

### Drawing from over 30 years' experience.

Call for a free consultation:  
**1-888-393-6242**

3 San Diego locations to serve you.  
Se habla español.

2009 Specials 25%-38% Off! Body Contour Wraps

Get your body back in shape for the New Year! Non-fluid inch loss! For men and women. Tones. Improves skin texture. \$52/one wrap (Reg. \$70). \$130/three wraps (Reg \$210). First-time clients only. Facials. Fanie botanical products. No synthetics. No animal fats, waxes, glycolic acids, perfumes. 858-581-3321. Karie Hayden & Associates. KarieHayden.net

Easy Bankruptcy, Minimum Fee

Losing your home? Drowning in debt? Can't Sleep at Night? Scared to answer the phone and the door? Top rated Attorney can help you! Limited time offer. Bankruptcy made easy. Stop harassing creditors! Gersten Law Group, 619-330-5663. www.gerstenlaw.com.

Facing A Foreclosure File 7 or 13 Bankruptcy

Save your home or wipe out negative equity. Free consultation with experienced attorney. 619-321-8125, 858-335-1162. BankruptcySD.com.

Quick & Easy Divorce \$89/Up!

15 years' experience. Thousands of completed divorces. Issues: child custody, support, property. 24/7 service. QuickandE-ZDivorce.com. 619-793-6796.

POPCO—Father's Rights

The original and still the best. 800-963-DADS(3237).

Car Accident Victims!

25% fee. Why pay more? Demanski & Ellis, Attorneys at Law, 619-338-9880.

Divorce Fast & Easy

Lowest cost with over 32 years' experience. We do everything. LDA #54. 619-454-0994.

Divorce/Custody/Support

Contact Happ Law Group P.C. 619-906-5800.

Simple Divorce \$149

Affordable rates, MC/Visa/Amex. Se habla espanol. Joseph B. Carnohan, Attorney. 760-722-8200.

Bankruptcy, Fast Divorce

We answer the phone— Talk to a lawyer— 8am-7pm. Low down payments— Same day filing- Free advice. FixedPriceLegalCenters.com (sm). 800-993-1998.

### Start Your Bankruptcy Now

Law Office of Asaph Abrams, Esq. Free consultation. Reasonable rates. 858-344-0500, BankonitSD.com.

### Is The IRS After You? Help Is At www.mtax.com

call Curtis McAllaster, CPA, 619-523-3098.

### Auto Accident? Other Injury?

Free advice! Injury Law Center, 619-338-8230.

### Divorce, Custody, Support

Steve Groen 619-233-6593, www.groenfamilylaw.com.

### Bankruptcy Attorney 7, 13 Stop Lawsuits & Repossessions

Call to speak to attorney. Debt Relief Agency. 858-335-1162. BankruptcySD.com.

### Are You Facing Eviction?

Got a 3/30/60 day notice? Sued? Fight back! Call Attorney David Wolff. 760-632-8980.

### Problem With Car Purchase?

Have you bought a car with undisclosed accidents or history from a car dealer? Call 858-405-6766.

### Traffic Tickets?

Don't pay. Hire an attorney to fight for \$100. No attorney fee if ticket not dismissed. Contact Law Offices of Elizabeth Aronson, 760-685-8242 or SanDiegoTrafficTickets.com

### Experienced Tax Attorney Master of Laws in Taxation. Solution to IRS, FTB, EDD, and Sales Tax problems. Tax preparation. Consulting. Reasonable rates. Personal attention. Atty Ronson Shamoun, 619-595-1655, IRSsolution.com.

### Ch 7 Bankruptcy \$1099 Complete Includes Filing Fee

Debt relief agency. Free Consultation. Payment plans available. 8am-8pm, Monday-Friday and 9am-5pm Saturdays. Over 9 years of experience. Se habla Espanol. Attorney Roger Stacy, 619-253-8141.

### I Pay Top \$ for Video Games!

I bring you way more than GameStop pays. 619-892-3161.



## You Can Make More Money and Get a Better Job

*We make it easy to get started*

# MEDICAL

Topics include:

- Medical Assisting
- Respiratory Therapy
- X-Ray Technology (Ltd.Scope)
- Laboratory Technology
- Pharmacy Technology
- Healthcare Administration
- Medical Coding/Billing
- Nursing Administration/
- Medical Specialties
- Medical Office Administration
- Preparation for Certifications/Licenses\*\*

**Next Class Feb. 2<sup>nd</sup>**

### COMPUTERS BUSINESS & ACCOUNTING

- Financial Aid Available for Qualified Students
- Associate's, Bachelor's & Master's Degrees
- Employment Assistance for Graduates
- Preparation for Certifications and Licenses\*
- Accredited Member ACCSCT
- Programs Approved for Veterans

*Day, Evening & Online Classes Start Every Month!*

## LAPTOP COMPUTER!

Use it in college and keep it when you graduate. Certain restrictions apply. Call for details.

# 1-800-622-2416

www.californiacollege.info



California College San Diego  
2820 Camino del Rio South, San Diego, CA 92108

Car Repo'd or about to be?

Call now to save it! 858-405-6766.

Stop IRS/State Cold!

Ex-IRS officer. Contact: D.M. Wayne, Tax Consultant. 858-614-0223. taxsolutionservices.com.

Bankruptcy-Ch. 7, 11 & 13.

Free consultation. Honest advice from an attorney. A debt relief agency. Avatarlegal.com, 858-793-9880.

Don't Let IRS Ruin Your Life!

Peace of mind is withing your reach! Call 1-877-FIXABLE (24 hours) for recorded message and free report. Attorney Dave Greenberg, 858-292-0700, www.fixabletax.com.

Sexually harassed at work? Hostile work environment? Discriminated against? Wrongful termination? Unpaid overtime?

We are experienced in representing employees and will vigorously defend your rights. All too often, employees will ignore an unfair work situation, or will wait too long after a violation has occurred. Don't let this happen to you! Call attorney Michael Sousa today for a free, no obligation consultation. 858-453-6122 x15.

Aggressive Family Attorney Experienced in Divorce

Divorce, custody, support, property, and paternity. Call 619-542-1100. www.astephenrochalaw.com.

Homeowners in Crisis!

Don't be pushed into foreclosure, short sale, bankruptcy, loan modification. Advocate for fair lending can reduce your payments, interest and principal with no refinancing. Using a powerful secret the bank's don't want you to know. AFFL audits your loan for violations that most loans contain and forces lender to help you! 100% money back guarantee. Call for free consultation. 858-353-6878 or 619-565-2744. New program!

Expired Gift Cards/ Certificates

We buy expired gift cards/certificates. 619-985-4462.

Being Sued On An Old Credit Card Debt?

You may not owe them anything! Stop harassment. Fight back by contacting us. We defend you. Call now! Consumer Lawyers Recordon & Recordon. 619-232-1717.

Get rid of 2nd Trust Deed

through Chapter 13. Current laws allow us to completely eliminate Junior mortgages. 858-405-6766.

Sleep At Night- File Bankruptcy

Stop all creditor- harassment immediately and get a fresh start on your credit. 858-335-1162. BankruptcySD.com. Low rates/payment plans.

Divorce/ Support/ Custody

Defend your rights! Flat fee for uncontested divorce. C. McLaughlin, Esq. Call 760-431-2200, 619-295-1300.

Skydive San Diego - Save \$30!

Enjoy the biggest thrill of your lifetime! Weekday Skydive Special, Monday-Friday, excluding holidays. Must be 18 & weigh less than 230 pounds. Other Conditions may apply. San Diego's oldest, largest operation. www.SkyDiveSanDiego.com. 619-216-8416.

IRS Problems Got You Down?

27 years IRS experience. Income tax and collection problems. Audit and appeals representation. Tax return preparation. Current/ unfiled returns. Free consultation. Reasonable rates. BJ Tax Consulting, 858-530-1675.

Stop Home Foreclosure Ch. 13 Bankruptcy or Loan Modification

All work done by experienced attorneys with practice limited to bankruptcy mortgage laws. 858-335-1162.

Bankruptcy Chapters 7 & 13 \$300 Starts Representation

All work done by experienced Bankruptcy Attorney. BankruptcySD.com. 619-321-8125; 858-335-1162.



## Moore's jumping?

continued from page 8

support from Detroit-related companies, will cut back its season and the number of cars that compete. Ditto for Formula One, which features sleek racing cars. The Arena Football League, which had been growing in recent years, canceled its 2009 season, pending agreement with the players' union. The Professional Golfers' Association of America shouldn't lose any tournaments this year, but it is concerned about 2010, when contracts with bank and auto sponsors expire. The Ladies Professional Golf Association could have trouble with tournament sponsors this year.

Meanwhile, the banks taking big bailouts from government and the auto companies that have their hands out are getting justifiably sullied in the media. Baseball's New

York Mets have a \$20 million naming-rights deal with Citigroup, the huge, hapless bank being rescued by the U.S. government. Bank of America, another mendicant, has a similar deal with the Yankees. Wachovia Corporation, which Wells Fargo swallowed in an emergency measure, has its name on two pro facilities and sponsors a big golf tournament. It's not clear what will happen.

Owners' economic woes are affecting sports. Billionaire developer Sam Zell loaded media giant Tribune Company with debt; then the newspaper business tanked. The company went bankrupt. Zell has not yet been able to sell the Chicago Cubs baseball team and its Wrigley Field. Newspaper megribs have also hit the *New York Times*; it's trying to unload its 17.5 percent stake in the Boston Red Sox baseball team. Jerry Moyes has piled excessive debt on

both his trucking company, Swift Transportation, and his hockey team, the Phoenix Coyotes. Now the team wants to renegotiate its stadium lease, even though it gets most of the revenue from the facility. The Coyotes have a 30-year lease and have promised to stay in town that long, notes *fieldofchemes.com*, but could vamoose by declaring bankruptcy.

With states and cities broke and capital markets frozen, the stadium-subsidy scam seems to be in abeyance. The owner of football's Minnesota Vikings said if he could get a \$635 million subsidy for a \$954 million stadium, he could provide 5500 jobs and \$500 million to local contractors. This is the state in which a bridge collapse became the national symbol of neglected infrastructure. Upon hearing the Vikings owner's pitch, state legislators erupted "in paroxysms of laughter," says

the University of Michigan's Rodney Fort. The legislators responded, "It may create a few jobs for a short time, but we have a long term to think about." Fort notes that baseball's Oakland A's and football's San Francisco 49ers don't have their new stadiums and the Chargers haven't been able to wangle one, at least yet. The establishment is hoping that public frenzy over the current team's late-season success will lead politicians to give the team a billion dollars' worth of land, although team lawyer Mark Fabiani admits the City is at or near bankruptcy and financing is two or three years away. A builder in the City of Industry near Los Angeles claims he is still on schedule to construct a football stadium (an assertion that many question). The Chargers could use the threat of moving there as a poker chip. But the old "build me a stadium or I leave" ploy may not work so well now. "I don't know how other cities will be able to come up with the capital," says Fort. ■

with that."

After swiping the license, Duran enters into the computer the items the lady has dropped off. "All the information," Tweddell says, "gets tracked and turned in to the state every 30 days. At the end of every month we file a claim electronically with the state for all the pounds, all the materials that we recycled that are eligible. Only monitors and displays over four inches are eligible. The state will cut us a check. It usually takes about six months to get paid."

The money the state pays to E-World comes from deposits paid by consumers. When a consumer buys "any monitor, any display, any laptop," Erie explains, "the state charges at the retail level a fee which is called the electronic waste recycling fee, and it ranges from \$6 to \$10. That money rolls up to the Integrated Waste Management Board, and they pay us \$.39 a pound for every display that we recycle."

In addition to the state money, E-World makes money on the materials in the electronics it collects. "When you pull apart a computer," Erie explains, "the precious metals and the cords, you have between \$8 and \$10 per computer in value. Circuit boards when ground up have a high degree of cop-

per — 40 percent — and copper is at an all-time high, so there's some money there."

To rule out any possibility of data theft, hard drives are fed through a ten-foot-tall shredder at E-World's Vista plant. "Every single one," Erie says. "It is a standard operating procedure with us. Some people think that you can wipe the drive with a three-pass or a seven-pass wipe and that you can remove all the information so that it can never be seen again. But whoever came up with that seven-wipe system has the knowledge to come up with a way to get it back."

It isn't just computer components that E-World recycles. "No," Erie says, "on a percentage basis, it is probably 60 percent electronic scrap, 40 percent computer. We recycle everything, from the power cord to the shrink-wrap to the Styrofoam, you name it. There is no trash."

If you can't make it to one of its recycling events, E-World ([eworldrecyclers.com](http://eworldrecyclers.com)) accepts electronics at its Vista facility every first Saturday of the month from 8:00 a.m. to 2:00 p.m. For those in the central county, Recycle San Diego in Kearny Mesa ([recyclesandiego.org](http://recyclesandiego.org)) will take your e-waste (for a \$5 flat fee) Monday through Friday from 9:00 a.m. to 5:00 p.m. ■

## FREE 10 GALLONS OF WATER



New customers only. With this ad. Bring your own bottle. One coupon per visit. Expires 2/14/09. Water purified using a reverse osmosis system.

Large selection of crocks, stands, bottles and home water purification systems.  
8 fill stations that are always 35¢ a gallon.



OB WATER AND ICE  
619-222-0199 • 5022 West Point Loma Blvd.

Happy New Year!

**10% off any purchase\***

\*Excluding reels  
Native San Diego owners with over 20 years' saltwater experience — local & long-range

**Sport's Bait & Tackle**



3016 Garrison St.  
619-523-0107

Open 7 days: 8 am-8 pm  
All major credit cards accepted.

## E-Trash treasures

continued from page 7

put a claim to the state and the state wants to make sure this stuff is from local people. They're usually okay

## Get Caught?

*It's better to know me  
and not need me  
than to need me  
and not know me.*

**"King" Stahlman Bail Bonds**

1140 Union Street, San Diego, CA 92101

Call the "King": 1-800-782-4522







# Andy, President of Car Audio Heaven, Runs over the competition on his way to the Big Game

## Andy says Everything Must Go !

### Save up to 70% off now! Hurry!



#### KENWOOD In-dash stereo



200-watt AM/FM, detachable-face CD, iPod jack, and RCA output to add amplifier. Authorized Kenwood dealer. Installation charges not included.

**\$69**

#### Clarion Huge Blowout on a 200-watt AM/FM CD/MP3 Player



With remote. Front USB input for iPod control. Free iPod headphone cable.

Save over 50% off  
MSRP of \$199

**\$89**

Authorized Clarion dealer. Installation charges not included.

#### Clarion New Double-DIN 200-watt AM/FM CD



Fits Ford, Acura, Nissan, Honda, GM, Toyota, Chrysler, Chevy, Dodge, Jeep & more!

USB iPod control front aux., free front iPod cable, optional satellite radio, optional Bluetooth.

**\$169**

Authorized Clarion dealer. Installation charges not included.

#### SONY Blowout on a 208-watt AM/FM CD/MP3 Player



With built-in Bluetooth for hands-free operation of your cell phone.

Save over 50% off  
MSRP of \$399  
HURRY!!

**\$199**

Authorized Sony dealer. Installation charges not included.

#### MTX Blowout Deal on (2) 900-watt Peak Dual 12" Woofers in a Box and a 600-watt Class D MTX Jack Hammer Amp!



Hurry! Save over 44%  
on both for only

**\$249**

Authorized MTX dealer. Installation charges not included.



#### Rockford Fosgate bass package sale

12" subwoofer and 800-watt max amplifier. Authorized Rockford Fosgate dealer. Installation charges not included.

Get a free box with this purchase.

**\$199**



2-DIN DVD Multimedia Station  
6.5-inch touch-panel control

**Clarion**  
ALL THE MUSIC & MORE



DVD Multimedia Station  
7-inch touch-panel control

MSRP \$599.99  
each

**CHOOSE ONE! ONLY \$399!**

Authorized Clarion dealer. Installation charges not included.

#### Two Exciting Deals on Top-of-the-Line 7" Touch-Screen Navigation Video, DVD, CD, MP3, AM/FM Receivers



**Pioneer**  
AVIC-Z3

- Turn-by-turn map & voice guidance
- 12 million points of interest
- 30GB hard drive built in
- Optional iPod, sat radio, Bluetooth and rear-view camera
- Plays CD/DVD/MP3

Hurry!  
Save  
\$500

**\$1299**

Authorized Pioneer and Clarion dealer. Installation charges not included.



**Clarion**  
Max  
685pk7

- Turn-by-turn map & voice guidance
- 10 million points of interest
- 40GB hard drive
- Optional iPod, sat radio, Bluetooth and rear-view camera
- Plays CD/DVD/MP3

Hurry!  
Save  
\$500

**\$999**

#### Item of the Week!

Save 45% on Top-of-the-Line Quality  
**MB QUART Speakers**



Choose  
Your Size

Authorized  
MBQuart dealer.  
Installation charges  
not included.

**\$69**  
per pair



#### KENWOOD Huge Blowout on a 200-watt AM/FM CD Player with front-panel iPod input



**Pioneer** Includes (4) 180-watt 6.5" Speakers  
Save over 50%  
off MSRP

**\$149**

Authorized Kenwood and Pioneer dealer. Installation charges not included.

#### iPod wired directly to your stereo



Apple iPod Solutions will add sound directly to your radio. No noisy FM modulator. JVC, Kenwood, Pioneer, Alpine, GM, Chrysler, Nissan, Ford, Honda, Mercury, VW, Toyota, Audi and Acura.

Call for  
price!



#### Avoid a backup accident

This package will warn you with an audio signal if you are too close to an object when backing up. Also has an LCD distance-warning display. Installation charges not included.

**\$79**



Our Window Tint Department has tripled in size with outstanding quality. Rear 3 windows some cars

**\$99**

There are shade limitations for this special

#### CODEALARM Remote Car Alarm



Two 2-button remotes. Starter kill, shock sensor with warnaway flashing parking lights, panic feature.

Installation Charges  
Included

**\$99**



**VIPER**  
AUTO SECURITY

#### Car alarm

Starter kill, lights flash, door protection, impact sensor with warnaway and code-hopping technology. Limited lifetime warranty.

**\$189**  
Installed



#### Paging Car Alarm Blowout!



New technology car alarm pages you when your car is tampered with or alarm is triggered. Bright LCD display shows you which zone has been violated. Includes installation.

Hurry!  
Save over 40%  
off MSRP

**\$249**



#### Blowout Deal on a New Technology Extended Range (up to 1 mile) Paging Car Alarm with Remote Car Start



New technology car alarm pages you when your car is tampered with or alarm is triggered. Bright LCD display shows you which zone has been violated. Includes installation.

Hurry!  
Save over 40%  
off MSRP

**\$349**

May require extra parts & labor.

## Car Audio Heaven

**El Cajon City** 619-444-2021  
1225 Broadway

**Sports Arena** 619-574-0770  
3713 Rosecrans Street

**Kearny Mesa** 858-505-9099  
8199 Clairemont Mesa Boulevard

**San Diego** 619-287-4422  
4951 El Cajon Boulevard



## Lose up to 14 inches

### & REDUCE the appearance of CELLULITE

Safely reshape thighs, hips, stomach & buttocks.

**Results in just 2 to 4 weeks**

**Gift Certificates Available!**

Before

After

Actual client

VacuStep vacuum promotes proper blood circulation to cellulite-prone areas. Ellipsis protein drinks available. Great for pre and post workout.

**20% off** when you sign up with a friend

**3 free sessions** With purchase of package. Call for appointment. Expires 2/15/09.

**Free session** No purchase required. Call for appointment. Expires 2/15/09.

*Bellissimo* 4242 Camino Del Rio North I-8 and Mission Gorge (Chili's)  
**1-888-477-3628**  
 www.bellissimosandiego.com

## LETTERS

We welcome letters pertaining to the contents of the Reader. Phone them in at 619-235-3000, ext. 460; address them to Letters to the Editor, Box 85803, San Diego CA 92186-5803; fax them to 619-231-0489; or use our web page at [SanDiegoReader.com/letters](http://SanDiegoReader.com/letters). Include your name, address, and telephone number. Letters may be edited for length and clarity.

### Bouncers, Side Two

I take great exception to the article "Bouncers" by Michael Hemmingson (Cover Story, January 8). He portrays club bouncers in almost romantic, heroic terms. I have lived in San Diego since 1975. I have had and been witness to numerous incidents with bouncers here. For the most part, they are uneducated losers who have no employment skills, and many of them cause more incidents

than they "solve."

Recently, I was cutting up boxes at my house in OB and saw my neighbor in front of a nearby bar. I went over to tell him to stop by and pick up some mail that had been misdelivered when I was confronted by one "doorman" who had been trying to start a fight with me for several weeks. I have no idea why, except that he's an idiot. He had tried to throw me out a week before when the bartender, a friend of mine, told him to chill out. I wasn't a problem.

On this night he ran to the door, confronted me, and stated, "Let's deal with it now" and grabbed me. He and two of his cowardly co-losers jumped on me, threw me to the ground, kned me in the ribs several times, and put their knee on my neck and back. They told police I had "pulled a knife" on them. After talking with witnesses, cops could see they were lying and let me go. I haven't decided yet whether to sue.

This is typical of the

type of incident I have witnessed over the years. There may be a few professionals, but they are the exception, not the rule. Most of the article was one-sided garbage.

Terry H.  
Ocean Beach

### A Fool And His Trademark

Jay Allen Sanford notes that there's no provision in U.S. copyright law for a "poor man's copyright" of the name "Kayo" ("Blurt," January 8). Well, more to the immediate point, there's no provision in law for any sort of copyright of short names. Names, instead, may be trademarked. The underlying reason to allow names to be trademarked is to protect second parties from deception; otherwise, allowing people to make any sort of claim on brief strings (which any fool or computer could quickly generate) would make no sense.

Backing up to the general idea of a "poor man's copyright," where one uses a notary or some such to time-stamp a claim, it's not a wholly useless notion. Copyrights may be claimed on work that was never registered with the U.S. Copyright Office; in a dispute over authorship, a court would look at the evidence provided by a "poor man's copyright." (However, the victim can only claim actual damages if the work was registered with the Copyright Office.)

Daniel Kian McKiernan  
via email

### Next, A Republican Party

Kudos to Josh Board and his partying until drunk ("Crasher," January 8)! How about topping this off by going to a gay party and participating like a "gay"?

Fernanda Ramirez Velasco  
via email

### Feel Refreshed

Terrific story, *SDReader!* "Gangbangers to College Students" (Cover Story, December 24) is the most refreshing thing I've read about San Diego — and a San Diegan — in a long, long time. Christopher Yanov is the real deal. His imagination and willingness to act are proof that social problems are better solved by well-educated young men and women than by old, broken, corrupt systems like mayor's offices and lumbering school districts. Thank you, Mr. Yanov, for your vision. Thank you, Jorge and Edgar, for your courage. And thank you, Ms. Davenport, for some good news and a fine, clean piece of writing.

Alex Finlayson  
via email

### Word Out!

I'm the music director at KKSM-AM (1320) Palomar College Radio. I just read your article about local radio in San Diego, and I thought it was fantastic ("Why Local Radio Is No Longer Local," Cover Story, December 31). Just wanted to let you guys know, hopefully for future consideration in an article, that we are a totally local, college-funded station that plays alternative

*continued on page 52*



## soft contacts

# \$116

2 pair complete

Includes exam & follow-up. Daily or extended wear. Bausch & Lomb SL38. Some power restrictions.

---

## Eyeglass Special \$143 complete

Includes exam, spring-hinge metal frames, S.V. plastic lenses.

---

## Eye Exam Plus \$176

Eye exam, one pair of glasses & two pair of contact lenses.

---

## Colored Contacts \$45 3 pair

With prescription.

---

**Dr. Phillip Levy, O.D., Family Optometrist**  
 5020-B Baltimore Dr., La Mesa (Next to Starbucks)  
**1.866.685.2463**

Offers do not include previous purchases, other discounts, specials, or 3rd-party plans. We accept most union and insurance plans. Single-vision plastic lenses. Restrictions apply.



## BAD KITTYPHOTOGRAPHY

All Female Staff Specializing in Intimate & Pin Up Photography for Women!

*Celebrate You!*  
 619-589-6494 studio  
 619-889-6494 text only  
[www.badkittyphotography.com](http://www.badkittyphotography.com)



## NEW YEAR SALE!

# \$5 EVERY ITEM IN STORE

Not valid with other offers. Expires 1/29/09.

**FAST CASH!**  
 Buy • Sell • Trade

**THRIFT TRADER**

3939 Iowa St., North Park (off University)  
 (619) 282-SAVE (7283)  
 1416 Garnet Avenue  
 (858) 272-SAVE (7283)  
 1035 Broadway, El Cajon  
 (619) 444-SAVE (7283)



# \$200 Off

## Any Scooter In Stock!

**West Coast**  
 SCOOTER & CYCLE  
 West Coast Scooter And Cycle  
 1022 W. Morena Blvd Suite E  
 San Diego, CA 92110

Sales • Service • Parts

TGB, E-TON, TNG, & Andreotti Scooters In Stock!

619-275-3500 (Local) 877-572-9253 (Toll Free)  
[www.WestCoastScooterAndCycle.com](http://www.WestCoastScooterAndCycle.com)





# The World's First Touch Screen BlackBerry.®

Verizon Wireless exclusive.



## BlackBerry Storm

- Touch and Click. Unique SurePress™ touch screen allows you to be as accurate as ever.
- Visit your favorite sites and navigate the Web at fast 3G speeds.
- Enjoy full multimedia capabilities — videos, music, games and more.

# \$199<sup>99</sup>

\$249.99 2-yr. price — \$50 mail-in rebate debit card with new 2-yr. activation on a Voice Plan with email feature, or Email Plan.

Available now!

Check it out in 3D at [verizonwireless.com/storm](http://verizonwireless.com/storm)

Only on America's Largest 3G Network.

Call 1.800.2.JOIN.IN

Click 24/7 [verizonwireless.com/storm](http://verizonwireless.com/storm)

Visit any store

### VERIZON WIRELESS COMMUNICATIONS STORES

#### CAMP PENDLETON

NEW! 760-385-1111

CARLSBAD 1846 Maroon Rd. 760-720-8400

#### CARMEL MOUNTAIN RANCH

11134 Rancho Carmel Dr. 858-618-2100

CHULA VISTA 2015 Birch Rd. 619-216-5480

67 N. Broadway 619-409-4600

591 H St. 619-409-9809

DEL MAR 2689 Via de la Valle 858-523-9850

EL CAJON 1571 N. Magnolia 619-596-7201

Parkway Plaza Mall Kiosk 619-444-3070

EL CENTRO 880 N. Imperial Ave. 760-337-5508

ENCINITAS 258 N. El Camino Real 760-642-0430

ESCONDIDO 3440 Del Lago Blvd. 760-781-3600

#### LA JOLLA

OPEN SOON 8867 La Jolla Village Dr.

LA MESA 5500 Grossmont Center Dr. 619-644-2900

NATIONAL CITY Plaza Bonita Kiosk 619-470-7994

OCEANSIDE 3760 Mission Ave. 760-757-7075

SAN DIEGO 980 Camino de la Reina 619-209-5818

Fashion Valley Mall 619-260-9065

Horton Plaza 619-595-0511

4415 Imperial Ave. 619-262-1260

8650 Genesee Ave. 858-450-2800

NEW! 7035 Clairemont Mesa Blvd. 858-614-0011

NEW! 3505 Sports Arena Blvd.

OPEN SOON 1055 2nd Ave.

SAN MARCOS 711 Center Dr. 760-738-0088

SANTEE 9824 Mission Gorge Rd. 619-449-4140

HABLAMOS  
ESPAÑOL



Visit the Verizon Wireless  
Store inside one of the area's  
6 Circuit City locations

Activation fee/line: \$35.

**IMPORTANT CONSUMER INFORMATION:** Subject to Customer Agmt, Calling Plan, rebate form & credit approval. Up to \$375 early termination fee/line & other charges & \$1.99/MB (incl. Mobile Web ads). Offers and coverage, varying by service, not available everywhere. Rebate debit card takes up to 6 weeks and expires in 12 months. BlackBerry, RIM, Research In Motion, SureType® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Limited-time offer. While supplies last. Network details and coverage maps at [verizonwireless.com](http://verizonwireless.com). In CA: Sales tax based on full retail price of phone. © 2009 Verizon Wireless.

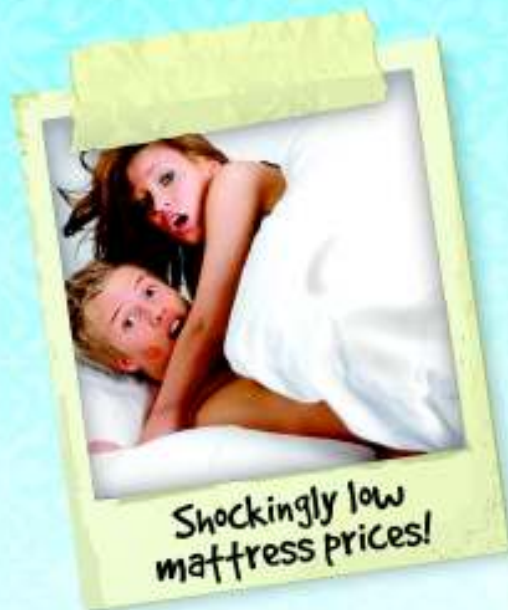
73996



# Major brand mattresses 40%-70% below retail

Simmons • Diamond • Sealy • Stearns & Foster • Englander  
Lady Americana • Serta • Stress-O-Pedic

**Over 50 mattress sets under \$499**



**2008 model  
clearance**

Perfect Day, Perfect Sleeper, and  
Vera Wang at 40%-70% off!



**Free mattress  
protector**

New Year's special!  
With minimum \$499 purchase.  
Must present ad.

24-month financing available!

**8400 Miramar Rd. • San Diego**  
**858-695-6670 • FirstStopMattress.com**

Mon.-Sat. 10 am-7 pm • Sun. 11 am-5 pm  
Offer expires 1/31/09.



## STRAIGHT FROM THE HIP BY MATTHEW ALICE

Matthew:

*My dog, a sweet, goofy retriever, can always tell when my husband is coming home. He heads for the garage door every night about five minutes before I hear his car. I know lots of people have pets that can predict the future like this. But what is it that gives them these powers?*

*Dogs are good smellers. Can my dog actually smell my husband or his car coming home? It doesn't seem likely, but who knows? There are a lot of crazy things out there, so maybe it's true.*

— Eddie's  
Confused  
Owner,  
San Diego

Yeah, that's what I count on, that the world is full of nutty stuff I can reveal for your entertainment. And no animal researcher would disagree with your theory that Eddie, downwind of your husband's stinky Corolla, could be stimulated to wait by the door long before you could smell the car. Maybe Eddie can

hear the Corolla's bad valve from very far away; dogs also have outtasight hearing. But whatever the stimulus, it's not a dog's "sense of time" that tells him to sit by the door. He's not doing it because he did it last night about this time and was rewarded by your husband's appearance. From what little research has been done on dogs, cats, bees, rats, and birds, animals don't grasp time the way we do; they have no memory of when events happened in the past to help them predict what will happen in the future. Past and future belong just to us humans. We're the only ones who have to be on time for sales meetings, so we're the only ones who need to watch the clock.

Dog time-telling research suggests they live very much in the moment, and that moment might be connected to past events, like dog training ("When they say 'sit,' if I sit down I'll get my ears scratched"). It's speculated that dogs have no memory of having learned "sit" at some past time. The command "sit" is just something in their current repertoire that stimulates a specific action. Animals in general and dogs in particular are very sensitive to the minute sights, sounds, and smells in their environments, much more so than we are. And researchers believe dogs' biological rhythms might have something to do with what we per-

ceive as their ability to "tell time." Certain physical states might be connected with events in the outside world and make dogs seem psychic.

The whole subject of animals' sense of time is still murky, but from what research has been done, it looks as if the answers are going to be more simple and basic than complicated or magical. Dogs in particular seem to live in the present, and wouldn't it be nice if we all could.

Heymatt:

*Can stress really cause your hair to fall out? My hair seems to be coming out in great amounts in my comb, and I am really stressed at work. Is that what's causing it, or should I see my doctor about this?*

— Janet Kelly, San Diego

Well, Janet, don't worry about what's going on now. Think back a few months — two, three, four. Taking a new medication? Under lots of stress then? Surgery? Pregnancy?

Some other shock to your metabolism or hormone balance? Yes, stress can make your hair fall out (faster than normal — about 100 hairs a day) if the stress changes your body chemistry.

At any given time, about 15 percent of your body hairs are in a resting phase, which lasts about three months. The rest of your hairs are chugging along just fine. At the end of the resting phase, a new hair sprouts in the resting follicle and pushes the old hair out. This is how things work under normal conditions. But any shock to the system — from a car accident to an extreme change in diet — can force more than 15 percent of our body hairs into a resting phase and then fall out when the new hair grows in. We then gasp and say, "Oh, my hair's falling out in handfuls!" But this shedding occurs months after the stress that caused it, since there's a whole series of scalp events that have to take place between shock and fallout. So, if you're losing lots of hair now, think back to identify the cause. If you're seriously stressed now, then you might have another heavy shed to look forward to.

We usually look only to our head hairs when we complain of a stress shed. But you might wake up one morning and find out you have no eyebrows. Hair is hair, after all. Our heads have no special privileges.



ILLUSTRATION BY RICK GEARY

## Grab your GOLD and RUSH



...on down to **GEMS N' LOANS!** We pay the most for gold in any condition — whole pieces, scrap or broken. We also buy diamonds, vintage watches such as Rolex and others. **Gold prices have soared to an ALL-TIME high and you may be sitting on a GOLD MINE!!** If you're not sure you want to sell now, we will gladly make you a no-hassle loan on your jewelry or most anything of value, including coins and coin collections.



**G** Gems N' Loans  
Jewelry Exchange

*Se Habla  
Español*



**OCEANSIDE**  
**1-866-524-1771**  
3753 Mission Ave.  
at El Camino Real  
State Lic. #3710-0996



**VISTA**  
**1-866-524-1772**  
925 S. Santa Fe  
near Escondido Ave.  
State Lic. #3700-0972



**ESCONDIDO**  
**1-866-524-1773**  
**We've Moved!**  
340 W. 2nd Ave.  
near Centre City Pkwy.  
State Lic. #3706-0983

Full-time jeweler on premises • [www.gemsnloans.com](http://www.gemsnloans.com)

A searchable archive of past columns is available at [SanDiegoReader.com](http://SanDiegoReader.com)

**Got a question you need answered?** Send an email to [hey matt@cts.com](mailto:hey matt@cts.com) or fax to 619-231-0489 or mail to Matthew Alice, c/o the Reader, Box 85803, San Diego, CA 92186.



# Droopy Eyelids?

Are droopy eyelids making you look older or sleepy?  
Interfering with your vision?

**In 20 minutes you'll look  
10 years younger!**

Dr. Barry Katzman voted one of San Diego's "Top Doctors"  
by *San Diego Magazine*, "America's Top Ophthalmologists"  
from Guide To America's Top Ophthalmologists  
from Consumer Research Council of America

**Free \$500 Gift Card  
through January\***

\$500 off both upper and lower lids\* or \$100 off either upper lids or lower lids.\*  
Call 619-697-4600 x105. Ask for Angela.

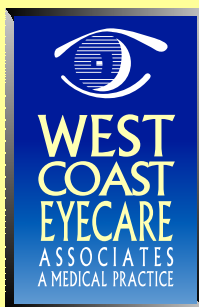
**Insurance can cover  
this procedure.**

Schedule a consultation to see if you qualify.  
Call 1-800-631-4590. Ask for Angela.

Six Locations: College Area/La Mesa  
El Cajon • South Bay • Clairemont/Mira Mesa  
Escondido/Vista/RB • Alpine

**1-800-631-4590**  
www.westcoasteyecare.com

\*See office for details. All offers not valid with certain plans  
or insurance. Cannot be combined with other offers.  
Must bring ad at time of visit. Offer expires 1/31/09.



# Considering Laser Vision Correction?

Compare what we offer to what other San Diego surgeons offer.

	West Coast Eyecare	Other Eye Surgeons
■ Is your doctor "I Lasik" certified? .....	Yes	?
■ Will your exam, surgery and follow-up care be provided by the same doctor? .....	Yes	?
■ Do they use the new "Iris Registration Tracking Device" for a safer, more effective procedure? .....	Yes	?
■ Do they offer 4th generation FS Intralase to create a safer, faster, more controlled, bladeless all-laser procedure? .....	Yes	?
■ Do they have hidden prices or add-on fees? .....	No	?
■ Will they diagnose your vision needs and recommend the most appropriate refractive surgery (LASIK, CK, PRK, Multifocal Implants/Restor, etc.)? .....	Yes	?

Call Angela for a free consultation

**Refractive procedures from \$999 per eye\***  
**Free \$500 Gift Card with Custom Intralase\***



"Having the LASIK procedure has completely changed my life.  
I never thought I'd be so excited to wake up and be able to see my alarm clock!  
As nervous as I was to have this procedure done, Dr. Katzman and his staff  
were extremely comforting and explained everything as it was happening.  
I'd go back and do it a million times to keep my vision as perfect as it is now."  
- Marisa K.

Dr. Barry Katzman voted one of San Diego's "Top Doctors"  
by *San Diego Magazine*

"America's Top Ophthalmologist"  
from Guide to America's Top Ophthalmologists from Consumer Research Council of America.

West Coast Eyecare has helped San Diego see clearly for over 25 years.  
Six Locations: College Area/La Mesa • El Cajon • South Bay  
Clairemont/Mira Mesa • Escondido/Vista/RB • Alpine

**WestCoastEyeCare.com • 1-800-631-4590**

\*See office for details. Cannot be combined with other offers.





# Need Contacts or Glasses?



## Free Eye Exam

(With purchase of frame & lenses.)

Authorized seller of:

Prada • Fendi • Dolce & Gabbana • Gucci  
Bulgari • Dior • Bebe • Nicole Miller  
Ray Ban • FYSH • Spy • Maui Jim  
Armani Exchange & many more

## Contact Lens Exam only \$85

Includes eyeglass prescription, fitting, follow-ups, and solution kit.  
(Toric, multi-focal and gas perms slightly higher.)

We accept VSP and other insurances.

1-800-438-5274

6950 Friars Road, Suite 100 • Across from Fashion Valley Mall  
Se Habla Español • Promo Code: RDR0115

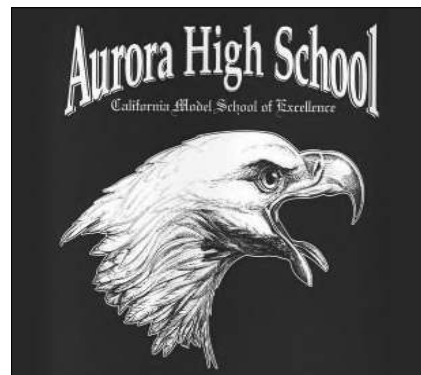


Interested in Lasik? Call 1-800-GET-LASIK Today!

## SportingBox

BY PATRICK DAUGHERTY

## Continuation School Sports



I spent the morning calling small high schools in East County, asking if our state-budget debacle has affected their sports programs. This led me to Calexico, California, the person of principal Dan Plough, and his paycheck, Aurora High School.

"We're an extremely small continuation high school," Plough says. "Our sports program is small, so [the budget impasse] hasn't affected us that much. But, if you wanted to do a great story, you could do it on alternative education and CIF sports." (California Interscholastic Federation runs California high school sports. There are ten sections; Aurora High is in the San Diego section.) "I think I'm the only continuation school, probably, in Southern California that offers CIF sports."

"Okay, let's talk. Which sports do you offer?"

Plough says, "Soccer, baseball, softball."

"How many students?"

"Two-hundred twenty-five. When you get high-risk kids participating, it's pretty cool."

Plough and his wife attended San Diego State in the '70s. They taught traditional ed. for two decades. Plough took the Aurora High School job ten years ago. I inquire about money.

Plough says, "My coaches don't get any help from the [Calexico Unified School] district. We generate all the money. Other schools get budgeted for their athletic programs. I get my coaches paid for, and that's about it."

"Do you have fundraisers?"

"The kids do a few, helps offset the cost of transportation. We've gotten some donations for uniforms. We're in the Frontier League, San Diego CIF, and compete against small private schools like High Tech High."

"The commute over the hill must be fun."

"It's two hours each way. I don't come back every night. I live in Ramona."

"Do you have a gym and showers?"

"No, but I have a nice-sized field on campus that the kids can practice on and play soc-

cer. When baseball season comes, we have to scrounge around to find a place to practice and play our games. Soccer, we sometimes get cooperation from Calexico High School — which is our feeder school — and use their fields."

"How many continuation schools are there in San Diego County?"

"There are 521 in the state," Plough says. "One of the things people don't realize about alternative ed. — that includes continuation schools, community day schools, et cetera — is that they affect 500,000 kids a year."

I am one of those people. "Let's get back to your sports."

"One boy ran cross-country this year."

I laugh, "That's great." The Box offers sincere congratulations to that noble runner.

"It's easy for us to be folded into cross-country meets because it's just one extra kid running. We also have boys' and girls' soccer."

"How's that going?"

"It's going fairly well. We went to a tournament in Yuma, and they placed third. They're just getting ready for league play now. I think we have a soccer game on the 25th or 26th." (*Daily San Diego Soccer News* projects the Aurora High School boys' soccer team as finishing third in the six-team Frontier League. Aurora finished 2007 at 12-4.)

I say, "That sense of being a winner must be pretty thrilling for them."

"Well, it is. The part that is shocking for folks — we didn't [win] this year, but the last two years we won the Sportsmanship Award at the Yuma Tournament, which is put on by the Catholic school over there. These kids are supposed to be pains in the butts, but if you can get them to understand the dynamics of athletics, you can get them to take a different view on how to behave."

"How do the other schools treat you? Do you get any, 'Gads, we're playing hoodlums?'"

"No. Some of the private schools we play in San Diego are your rich kids. Their first thought is, *Oh*. And then they see our kids and they look like teenagers. They're not thugs, and they play a good game of soccer. Athletes forget all that other stuff."

"How do you recruit coaches? You only have a couple paid coaches, right?"

"Right. I got one of my young teachers to start the soccer program a few years back. We have a teacher that comes in and does a drug-and-alcohol program. That gentleman has volunteered to take over the baseball program."

"The kids would love to have a basketball team. I haven't found anyone who wants to jump out and say they want to coach. We're working on it."

Something still bothers me. I ask, "Where do they shower and change clothes after practice?"

"They change in the classroom. They shower when the get home."

*Readers wishing to coach basketball can reach Dan Plough at 760-768-3940.*

Find Sporting Box online at [SDReader.com](http://SDReader.com)

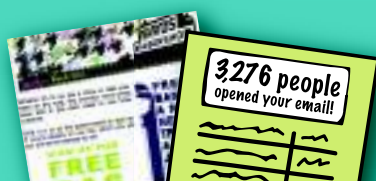


How does Birds Barbershop create some of the most stylish email campaigns in town?

## They use Emma.

Meet Jayson and Michael. As co-owners of Austin's hippest salon and venue, Birds Barbershop, they're using email to keep their growing list of well coiffed clients in the know about their latest promotions, concerts and awards. And they're doing it in style, with Emma's one-click send-offs, real-time response tracking and intuitive features. It's easy, it's affordable, and it's helping 15,000 fine organizations just like Birds create, send and track their email newsletters and campaigns in style. In between foosball matches, of course.

What's new at Birds Barbershop? Join their email list at [www.birdsbarbershop.com](http://www.birdsbarbershop.com) and be among the first to know.



Take a free tour & test drive at [www.myemma.com](http://www.myemma.com)

# fast break

By Anthony Gentile



Eastlake guard Felix Dion goes up for a layup against La Costa Canyon forward Jake Ducey



Rancho Bernardo guard Steven Davis goes up for a layup against Torrey Pines guard Max Heller

## La Costa Canyon holds off Eastlake

Posted January 11, 2009, 12:09 a.m.

Playing back-to-back games is never easy — especially after a loss. La Costa Canyon shrugged off an overtime defeat the previous night and held off a furious Eastlake comeback to win 56-50 in the nightcap of the South Bay Challenge at Eastlake High School on Saturday.

“We just had to pick up our defense,” said Mavericks guard James McCann. “That’s what is keeping us in games.”

After an even first quarter, La Costa Canyon outscored Eastlake 17-5 in the second quarter for a 31-17 halftime lead. The Mavericks capped the first half with three free throws after Parker Johnson was fouled while shooting a three-pointer at the buzzer.

Eastlake outscored La Costa Canyon by one in the third quarter, but the Mavericks began to pull away toward the end of the period. Early in the fourth quarter, La Costa Canyon opened up a 17-point lead on a three-point jumper by Dennis Kramer, and it looked as if the Mavericks would win going away.

But fatigue set in, and Eastlake mounted a comeback thanks to an air-tight full-court press. The Titans mounted a 17-2 run and narrowed the deficit to 50-48 when Zander Epps nailed a jumper with 1:17 left.

After a near steal on the ensuing inbounds play, Mavericks’ McCann took the ball the length of the court and converted a layup for a three-point play. That layup put La Costa Canyon ahead by five, a lead they would not lose in the final minute.

“The big guy didn’t come over,” McCann said of the drive. “I was going to dish it off to Dennis [Kramer], but I decided to take it all the way because he didn’t really step over.”

Kramer led all scorers with 20 points, scoring both inside and outside. McCann added 12 points for the Mavericks (11-3), including seven in the fourth quarter. Center Jovan Griffin led

Eastlake (7-6) with 14 points, and guard Felix Dion (13 points) also scored in double figures.

## Torrey Pines overcomes slow start against Rancho Bernardo

Posted January 10, 2009, 1:05 a.m.

Against Rancho Bernardo on Friday Night, Torrey Pines struggled to make baskets in the first half. The Falcons defense, however, stifled the Broncos for the 59-41 victory.

“We’ve always been a good defensive team,” said Torrey Pines head coach John Olive.

The Falcons held the Broncos to a season low in points. Rancho Bernardo was held well below its average of 58.5 points per game.

Both teams started slowly, but Torrey Pines could not get on the board as Rancho Bernardo had an 8-0 lead midway through the first quarter. The Falcons responded by holding the Broncos scoreless for the rest of the quarter and trailed 8-7 after the first eight minutes.

“We haven’t played in a while, so we were a little rusty, a little anxious,” Olive said.

The second quarter featured more missed shots, turnovers, and sloppy play. Torrey Pines led by one at the break, 17-16.

The Falcons were ahead by seven midway through the third quarter when sophomore guard Nick Kerr hit threes on consecutive possessions to push the lead to double digits. Kerr (12 points), sophomore point guard Max Heller (six points), and freshman guard Joe Rahon (12 points) played big roles in the Torrey Pines win.

“We have a young backcourt and we rely on our frontcourt maturity,” Olive said. “The young kids try not to do too much out there.”

Ahead by eight in the fourth quarter, Torrey Pines buried Rancho Bernardo (11-4) with a 26-point fourth quarter. The Falcons (13-2) were playing their first non-tournament home game.

Torrey Pines center Colin Porter led all scorers with 16 points and was one of three Falcons in double figures. Guard Brian Hogan led Rancho Bernardo with nine points.

Fast Break can be found at [SDReader.com](http://SDReader.com). Under “Stories” in menu bar, click on “Sports” then “High School Basketball.”

**Got Wheels?**  
We buy your stock rims.

**100% Financing OAC**  
**90 Days Same as Cash**

**FREE 6 1/2" SPEAKERS**

With purchase of any CD player. Must bring in ad for redemption.

**BEST PRICES IN TOWN!**  
**GIVE US A CALL!**

**Window Tinting \$59**  
Back 3 windows

**SONY** CD with built-in **Bluetooth**  
MEX-BT2500

- CD receiver with built-in amplifier (17 watts RMS/52 peak x 4 channels)
- Bluetooth wireless connectivity works with compatible cell phones, music players, and more
- Bluetooth features include hands-free calling, integrated microphone, high-quality audio streaming, and control of compatible equipment (no phone book transfer or Caller ID)

Starting at  
**\$169**  
Installation charges not included.  
Or \$39 per month \*OAC

**IDA-X001 The Best In-Vehicle iPod Experience**

Starting at  
**\$199**  
Installation charges not included.

As a “Made for iPod” program member, Alpine designed the IDA-X001 for simple, seamless operation. The IDA-X001 exceeds all expectations combining the trusted sound you deserve, and easy control and access to all your iPod music through a brand-new interface.

\*USB compatible: fifth-generation iPod, and first-generation iPod nano. Full Speed compatible: fourth- and fifth-generation iPod, iPod photo, iPod mini, and first-generation iPod nano.

**Pioneer** AVH-P4000 DVD Navigation Receiver with **Bluetooth**

- DVD/CD receiver with internal amp (14 watts RMS CEA-2006/50 peak x 4 channels)
- 6.1" touchscreen
- Fits double-sized dash openings

Starting at  
**\$459**  
Installation charges not included.  
Or \$39 per month \*OAC

**KENWOOD** KVT-512

- 7" Motorized Touchscreen with Variable Illumination
- Fastest Access to iPod Audio/Video with High-Speed iPod Control
- Two sets of (2V) Pre-outs
- Navigation Ready (Optional KNA-G510)
- SAT Ready (Requires CA-SR20V + Sirius SC-C1 Tuner or KCA-XM100V + XM Mini Tuner)

Starting at  
**\$599**  
Installation charges not included.  
Or \$39 per month \*OAC

**Pioneer** AVIC-90BT DVD/Navigation with built-in **Bluetooth**

- CD receiver with internal amp (14 watts RMS CEA-2006/50 peak x 4 channels)
- Built-in navigation capability with map coverage of US, Canada, Alaska, and Hawaii, plus over 12 million points-of-interest
- 5.8" touchscreen

Starting at  
**\$799**  
Installation charges not included.  
Or \$39 per month \*OAC

Financing Available • 90 Days Same as Cash  
10% Student & Military Discount • Instant Credit  
Military Financing up to \$5000 (OAC)

**CAR ALARM SYSTEMS**

- #1 Remote Start
- #2 Shock Sensor
- #3 Silent Mode
- 4-Door Alarm
- Shock Sensor
- Silent Mode
- Remote Start

**AUDIO SPORT**  
AUTO CUSTOMIZING

714 E. Valley Pkwy • Escondido  
TOLL FREE 888-746-2689

HOURS: Monday-Saturday 9:00 am-7:00 pm, Sunday 10:00 am-6:00 pm. Limited quantities available. First come, first served. Financing available. Not responsible for misprints. Visa, MasterCard, American Express and ATM accepted. No credit/low credit-quality in 15 minutes (OAC). Some restrictions apply. See store for details.

Starting at  
**\$89**

**20" Rims & Tires**

Starting at  
**\$59**

**Rim & Tire Packages**

17 ..... 499

18 ..... 699

20 ..... 899

22 ..... 1299

24 ..... 1599

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package

8 Large Only. Minimum Package



**Bankruptcy**  
**\$625** and up

**Prenuptial**  
**\$495** and up

**Simple will** **\$350**

**Trust** **\$750**  
Revocable living trust and pour over will

**Small claims** **\$75**  
Document filing

Document and Motion Preparation, expungements, LLCs, and partnerships.  
Visa and MasterCard welcome. \* A Gary Whitehead & Associates, LLC

**Divorce** **\$550**  
and domestic partnership termination

**Restraining orders**  
**\$275**

**Landlord evictions**  
**\$495**

**Unlimited consultation**  
**\$0**



**Gary Whitehead** MBA,  
Accountant & Paralegal

**Professional Services of Southern California**

El Patio Building  
7946 Ivanhoe Avenue  
Suite 212  
La Jolla, CA 92037

**(858) 429-8800**

# T.G.I.F.

BY JOHN BRIZZOLARA

**This is one of the last columns in which I will speak so much of myself.**

In the past minute or three I've been trying to determine what it is that so distinguishes one month from another. What is it that transpires from January to February? For comparison, I've thought of June and July as baseball and football, respectively (all of this purely subjective). March and April and I have a poetic, historic wealth: the cruelest month and Eliot, the ides of March and Caesar. Historical dates and poetry: Dickens — Oh, God, you name them...spring, you see? Poetry! Don't care for it? Well, go to hockey, if you know what I mean. October and November, those two months during which I often find peace and aesthetics, are far gone and I'm not certain what I'm left with here, and with age, I fear the cold.

Irrational it may be, but as T.S. Eliot wrote, "I will show you fear in a handful of dust." Just so, to me, and possibly anyone my age when the temperature drops. Possibly your circulation is not what it once was; 64 degrees can be the intimation of death in the wings.

Fridays, Friday nights — once an occasion for leisure activity...activity anyway, entertainment, and in my case, near or literal debauchery — they are now simply for leisure and possibly entertainment with a book or film. Trepidation remains at hand as it has during the week, even during sleep, in dreams. The winter retains its aesthetics, but I will show you fear in a thermometer. And, Lord, that is pathetic. This is Southern California.

This is one of the last columns in which I will speak so much of myself.

I have had a humbling experience in a seizure and have been informed of my lack of remarkability. I will say only this, and you may or may not care. That is all right; turn the page. The dead of winter is the suffering provided when needed for me. It tells me the coachman is in the neighborhood and is too happy to hold open the door with a grin.

Doubt and indecision plague me at this time of year. You? Those still with me? Do I go out? Will the jacket be warm? My mad son threw away my very warm one, I reflect. "It was bad luck for you. You had multiple heart attacks in them." He means the withdrawal seizure, not heart attacks at all. He will not hear of the truth. He has his own skewed, desperate, and magical thinking. And aside from the cold, there is now more doubt — for some reason of which I am unsure — about work. Am I losing it? Has any propensity for the craft fled now with age and the new season?

The pitiful and incomprehensible demoralization

of which Alcoholics Anonymous speaks is with me now, whether I drink or do not. It is not unusual at all if I do. I may not do so to excess, but I am just as likely to do just that. In this way the winter months I speak of have much in common with August. That is the month I always feel as if I am in some god-forsaken colony of the 18th Century British Empire and despair. Have I sufficiently depressed



you? My apologies, but I must go on.

Certainly there are comforts, compensations, even joys during January, February. Friends, contact with family, even frustrating ones, particular meals or passages in books, a play of light. But spring now takes on the characteristic of that which is no longer promised. A literal light at the end of a tunnel that can be withheld like an allowance when one was a child.

Friday nights are no longer associated with license but responsibility, and I am acutely aware that my mother was correct: I am an irresponsible bastard. In January and February, I mean — oh, August as well. I reread that and see how much it resembles self-pity. But no, that is not it, that is not it at all. Indeed I am excellent at the stuff, self-pity, but here I speak of self-observation. Oh, and again, I assure you — for the last time. For the very last time.

For more stories by this author, go to [sdreader.com](http://sdreader.com).

**BUY·SELL·TRADE**  
**GUILT-FREE**  
**Fashion**

**Buffalo EXCHANGE**  
New & Recycled Fashion

**PACIFIC BEACH:**  
1007 Garnet Ave. (at Cass) 858-273-6227

**HILLCREST:**  
3862 5th Ave. (at University) 619-298-4411

**BUFFALOEXCHANGE.COM**

## NEED CONTACTS?

**COMPLETE CONTACT EXAM**  
**ONLY \$74!!!**

*Includes: eyeglass prescription, fitting, follow-up & solution kit.*  
Monovision, Torics & gas perms \$99

**EXAM & 7 PAIRS BIOCURVE DISPOSABLES \$113.90**  
**WEAR THE BEST**

**AVAIRA CONTACTS**  
**\$20.25** per box  
4-box special. Includes \$30 rebate.

**FRESHLOOK COLORS**  
**\$29.99** per box  
All colors. No rebate necessary.

**CALL TODAY**

**858-566-4110**

Dr. Nick Selby,  
Optometrist

9516 Miramar Rd. • San Diego • 92126 • [drnickselby.com](http://drnickselby.com)



# BestBuys

-EVE KELLY

“I could break a Mack truck’s windshield with some of these grocery-store tomatoes,” griped my gardener friend Shawn. “I hate buying produce at the grocery store. This is San Diego; I should be able to garden all year long! But last year, my little patch of earth just petered out on me — the tomato crop was heartbreakingly small.”

“Maybe you need to give back something of what you take,” I suggested.

“Don’t get all circle-of-life on me,” replied Shawn. “You want me to bury the first fruits of my crop in my raised bed or something?”

I told her I was talking about cover crops, and I told her I would get her some information. My first call went out to Tiger at Mission Hills Nursery (619-295-2808; [missionhillsnursery.com](http://missionhillsnursery.com)).

He explained that the concept behind a cover crop “is that it does something to the location, whether it be the soil or the environment, that will benefit the next crop planted in that location. For instance, you could plant marigolds in a location. They contain pyrethrins. Specific bugs — like nematodes, white fly, and aphids — don’t like pyrethrins. Once the marigolds bloomed, you would till them under a good six inches. Then, if you plant vegetables in that spot during the next season, the rotted marigolds in the soil would help prevent them from getting those pests. Marigolds bloom only in the summer, so you’d use it as a summer crop to prepare for a winter vegetable bed.”

Other crops, he said, could help make the nitrogen in the soil more bio-available for developing plants. “Beans [**\$1.59–\$1.69** per packet] might be a good choice there; they’re high in nitrogen. And we sell catgrass [**\$1.59** per packet], which are oats, and mustard greens [**\$1.89** per packet]. They’re also high in nitrogen.”

Besides adding available nitrogen, these crops supply the soil with organic material. “Think about having soil in a jar and growing a plant in that soil. It takes soil to grow that plant. If you take the plant out, then you have less soil in the jar than you did at the beginning. By turning your cover crop over and letting it rot, you replace the lost soil.”

“You’re basically growing your own compost,” added Amber from Peaceful Valley Farm Supply in Grass Valley (530-272-4769; [groworganic.com](http://groworganic.com)). “That’s why it’s referred to as

*“By turning your cover crop over and letting it rot, you replace the lost soil.”*

green manure. Besides adding organic matter, nitrogen, and other trace nutrients, it helps to break up hard soil. For a home till-in cover crop, something you want for just one season, you would plant annuals — perennials are better for commercial ventures that turn over crops more quickly.

“If you’re sowing a winter cover crop for a summer garden,” she said, “we have a winter soil-builder mix composed of seeds that are cold-season specific. There are bell beans, winter peas, a couple of different vetches, and oats. The oats act as scaffolding for the vetches, which are climbing vines. This particular mix can get really big — it’s created to provide the maximum amount of organic matter in a given space.” If you give it enough time, “It will get to four feet high. Once the plants flower, that’s the ideal time to cut them down. You can use a machete or a weed whacker. Of course, if you chop it up a lot, it will decompose more quickly and be easier to till into the soil. The important thing is that it has at least four weeks to rot and be incorporated into the soil before you plant anything else. Where you are, you could plant the winter soil-builder right now.”

Planting, said Amber, could be as simple as hand-scattering seeds. “Just make sure you cover those seeds with a half-inch of soil, and keep the soil moist while they’re germinating.

You may or may not need to water, depending on rainfall. I also recommend an inoculant. That’s bacteria that colonizes the root system of the legumes in the cover crop and also increases the biological activity of the soil. It comes as a black powder — you moisten the seeds and then sprinkle on the powder before you scatter them. The winter soil-builder mix is **\$1.20** a pound, with a five-pound minimum. The seeds will last for several years. The inoculant costs **\$4** and will last 13 months. And we also have a summer soil-builder for **\$1.20** a pound with a five-pound minimum. That one includes annuals such as buckwheat and cowpeas.”

For more stories by this author, go to [sdreader.com](http://sdreader.com).



DOES HOW YOU THINK AFFECT HOW YOU FEEL OR WHAT YOU HAVE?

## HUNA PROSPERITY WEEKEND

BECOME A MANIFESTATION MAGNET WITH MONEY, RELATIONSHIPS, & HEALTH

YOU WILL DISCOVER HOW TO:

- Attract money and abundance to you like a magnet
- Create the kind of relationship that you have always wanted but could not quite achieve
- “Donate” excess weight and maintain your ideal state of health
- Eliminate dis-empowering beliefs by using self-empowerment tools
- Install and actualize new beliefs and habits.

**SAN DIEGO, CA: FEBRUARY 21-22**

JOIN MATTHEW B. JAMES, MA, PHD, INTERNATIONAL TRAINER, LECTURER, AND EDUCATOR.

**800-800-6463** OR VISIT **WWW.HUNA.COM**

 **Empowerment PARTNERSHIP** Call Now For Special Pricing!

815 PINKO STREET, SUITE 501 HONOLULU, HAWAII 96814 • PHONE: 800.800.6463

## Free Phone + \$50 Rebate\*

<p>Samsung Gravity</p>  <p><b>Mass Market Messaging Phone</b> Qwerty keyboard Stereo Bluetooth</p>	<p>Nokia 5310</p>  <p><b>Dedicated music keys</b> 3.5mm headphone jack FM radio</p>	<p>Samsung T819</p>  <p><b>Voice dialing</b> Stereo Bluetooth Camera</p>
---	--	---

**2-for-1 accessories!**  
New 2-year activation.  
Call for details.

**T-Mobile®**  
authorized dealer

**SPORTS ARENA**  
3683 Midway Drive #H  
(Next to 24 Hour Fitness)  
619-225-8034

**COLLEGE**  
5245 El Cajon Blvd.  
(Inside World Food)  
619-287-2697

**We have 1-year & 2-year contracts.**

 **INTERNATIONAL MOBILE CONNECTION**

\*Free phone plus \$50 rebate expires 1/31/09. On select models. Call store for details.





by Barbaraella

*There is one thing more exasperating than a wife who can cook and won't, and that's a wife who can't cook and will.*  
— Robert Frost

I felt a twinge in my stomach and looked at the clock: 12:30 p.m. Lunchtime. It was over an hour ago that David had left to deliver a birthday gift to one of our friends, and I had opted to stay behind and work. Now that Christmas had passed, Martha's Vineyard, where David's parents live, had quieted down. David's mother was out shopping; his father, Robert, sat beside the Christmas tree in the next room, watching Fox News and playing sudoku; I was at the kitchen table, lavishing my laptop with attention.

My preferred leftovers were gone. It was cold outside, so I craved something warm and substantial, ruling out cheese and crackers. I suddenly remembered the ball of dough in the fridge — David had purchased three but had only used two for the pizzas he'd made for his parents' holiday party two nights before. I was excited at the prospect of pizza, but only until I

**I wasn't cooking for him so much as I was satisfying a craving for hot-dogs and beans.**

recalled its naked, unformed state, a gooey mass that, were it not for the plastic keeping it in a ball-ish form, threatened to gross me out with its sticky blobbishness.

David likes to joke about the first time I "cooked" for him. But I wasn't cooking for him so

much as I was satisfying a craving for hot dogs and beans and had merely extended the invitation for him to share in my nostalgic bounty. I classified the preparation as "cooking" because I sliced the hot dogs before placing them on a plate and into the microwave and poured the beans from the can into a saucepan, then stirred while it simmered on the stove — it's as close to culinary toil as I get. David must have forgotten that Valentine's Day a few years ago, when I baked feta-stuffed chicken breasts in the oven and served pasta with sautéed zucchini. I'm not a complete nitwit. It's just that I'd rather press a few buttons on the microwave than dirty my hands with raw food and wait for however long it takes the stuff to smolder in an oven.

The way I saw it, there was only one way to transform that blob in the fridge into something edible. I texted David: *Want to make pizza for lunch, Hm?* After a few seconds, I received his response: *I don't think I'll*

*be home soon enough. How's your work coming?* It was a delicate situation. I needed to coax him back to his parents' house without making it sound like a demand. I tried reverse psychology: *It's coming. I can try making pizza.* My brows furrowed when my bluff was called with an irritating exclamation: *Sure, you can try!* I opted next for a more direct, passive-aggressive approach: *I thought you were just dropping off the gift.* David retorted: *You're working so I'm visiting.* This wasn't good. I was stranded with ingredients while my man was out gallivanting. The downside, or in this case also an upside, of texting, is that David could not hear the intended tone of sarcasm and the unintended air of bitterness in my final three words: *Okay. Have fun.*

Frustrated, I opened every cabinet in search of an alternative. Both David and I knew I'd never break down and actually cook. A ball of dough! I wouldn't know the first thing about handling it. Despite David's goading, or in spite of it, my indignation rose to a feverish pitch; my increasing hunger only further fed my aggravation. I was about to slam my hand on the granite counter in exasperation when a strange notion occurred to me. What if I tried? Sure, it could ruin my mood for the rest of the week if I failed, but if I succeeded... If I pulled it off, I'd not only have my desired meal, I'd also regain some dignity. David didn't think I would. And I didn't think I could. There was only one way to prove both of us wrong, only one way for me to win this

little one-sided argument I was having, and that was to fetch that goddamn ball of dough from the stupid fridge.

Fortunately, that wooden platter with a handle David used to slide pizza into the oven had been left to dry on the counter, so I wouldn't have to go crazy searching for it. Most of the time, while David is cooking at home, I tend to stand on the other side of our counter, reading a magazine and sipping wine while chatting with the chef. Like watching the safety video on an airplane, I never really paid attention to what he was doing. And yet, in my time of need, it became clear to me that I had somehow gleaned the essentials.

I hunted and gathered components almost mindlessly, afraid that if I deliberated, I would most certainly bungle things. For his gourmet pizzas, David uses grapes, Fontina cheese, and bacon. There was some leftover meat sauce he had made for pasta, but I craved that salty-savory-sweet combo. Robert followed the sound of commotion into the kitchen just as I was discovering there was no bacon. The audience of my father-in-law guided my reaction — if alone, I might have thrown up my hands in defeat, but now I stoically searched for a replacement, letting out an elated *A-HA!* when I uncovered a trove of sliced Hungarian sausage in one of the drawers.

I enlisted Robert's help, asking him to render the fat from the sausage in a skillet (thus sparing myself the fear of splatter). Meanwhile, I shredded the Fontina, not

## Who are you spending your Friday nights with?

Same old Friday nights? Try something different. It's Just Lunch is the premier dating service for busy professionals with over 17 years experience and over 100 locations worldwide. We'll match you with other clients who share similar interests, then make all the arrangements for lunch or drinks after work. See why our system is better at [ItsJustLunchSanDiego.com](http://ItsJustLunchSanDiego.com) or [ItsJustLunchSanDiegoNorthCounty.com](http://ItsJustLunchSanDiegoNorthCounty.com)



IT'S JUST LUNCH  
DATING FOR BUSY PROFESSIONALS

San Diego

858.622.1888



Lisa Purdum



Jessica Sobel



Sara French



an easy task given how soft that cheese is. I knew from past complaints about the house heating up that I was supposed to set the oven as high as it could go, which, for this oven at least, was 500 degrees.

By the time I'd finished cutting the grapes in half, Robert was done rendering. Now all I had to do was deal with the dough. An infuriating endeavor, as the taffy-like glop kept sticking to my hands and bouncing back on itself. I poured corn meal all over it, hoping that might minimize the glue effect, but the tiny beads just disappeared into the dough as I tried to flatten it. I lifted one end and let the whole thing sag, but then it began to tear. With no other options at the ready, I grabbed the olive oil. I was surprised I didn't gag when I used my hands to work the slick stuff over the dough — my relief at having it not stick to me eclipsed the disgust I would have normally felt for greasy fingers.

I smothered the dough with the sausage, sliced grapes, and cheese, and slid it into the oven using the wooden-plate thingy. Thirteen minutes later, I pulled out a funky-shaped pizza with an absurdly thick crust

and sliced it up. Upon tasting my creation, I was overcome with surprise and delight — my pizza was delicious. For the first time, I could almost understand why people go to all the trouble to cook. ■

For more stories by this author, go to [sdreader.com](http://sdreader.com).

Entice him with sexy photos of you.

Valentine's Day Special!  
\$60 Session fee ~ \$90 6-4x6 Prints

[IntimatePhotography.com](http://IntimatePhotography.com)  
858.272.0552 by Barbara

**Downsized & Out.**

**Tell us your story of being laid off during the tanking economy.**

Why it happened. What the actual dismissal was like.  
What it's doing to your life. What your plans are. Lessons learned.  
(San Diego, Imperial Counties and Baja only)

**\$50 for 250 words**

Email to: [Downsized@SDReader.com](mailto:Downsized@SDReader.com)

**Asia OVERSTOCK**

China ~ Viet Nam ~ Thailand  
Museum-Quality Gifts

**Great Prices for Difficult Times**

Home Décor ~ Furniture  
Gifts ~ Jewelry  
(858) 271-5900  
7128 Miramar Road, San Diego  
Open Monday–Friday 10 am-6 pm  
Saturday & Sunday 10 am-4 pm

**Coupon good for 25% off purchase**

**MY NEIGHBORHOOD**  
**A monthly writing contest**

**1st place**  
Author: Philomène Offen  
Neighborhood: La Jolla  
Age: 61  
Occupation: Retired

**2nd place**  
Author: Steve Kerrins  
Neighborhood: Mission Valley  
Age: 23  
Occupation: Law student

**3rd place**  
Author: David Alton Dodd  
Neighborhood: Tijuana  
Age: 47  
Occupation: Engineer

Winners from December 2008

Write about your favorite neighborhood character, the ugliest house or street, local politics, crosstown rivalries, town bullies, etc.

Entries must be submitted through and will be published on the Neighborhood pages of the [SDReader.com](http://SDReader.com) website.

If space allows, we will publish entries in the printed version of the *Reader*.

**1st place .....\$500**  
**2nd place .....\$250**  
**3rd place .....\$100**

Photos and YouTube links to videos are welcome but not necessary to win.

Go to [SDReader.com/neighborhoods](http://SDReader.com/neighborhoods), find your neighborhood or campus, and follow the instructions to create a blog.

**Deadline for this month is midnight, January 31.**

**Used a Firearm to Stop a Crime?**  
The *Reader* wants to hear your story.

According to studies, legal firearms are used to stop crimes over two million times a year. For an upcoming feature, we want to talk to San Diegans who have used their legally purchased, legally possessed firearms to foil criminals.

Please send your name, phone number, and a brief synopsis of your story to:

**[ReaderFirearmStories@gmail.com](mailto:ReaderFirearmStories@gmail.com)**

One of our reporters will contact you.

**Now submit your puzzle answers online.**

Okay, okay, after reading complaints from our puzzle winners, we will now accept scans of crossword puzzle entries.

Please send scans of your completed puzzles to:  
[puzzles@sdreader.com](mailto:puzzles@sdreader.com)




**Back to School**

Send in your answers to our 10 Pop Quiz questions (and the page numbers you found them on).

See the questions on page 142

First five people who respond correctly will win \$25 or a Reader T-shirt – winner's choice!





# Where Can I get some peace and quiet?

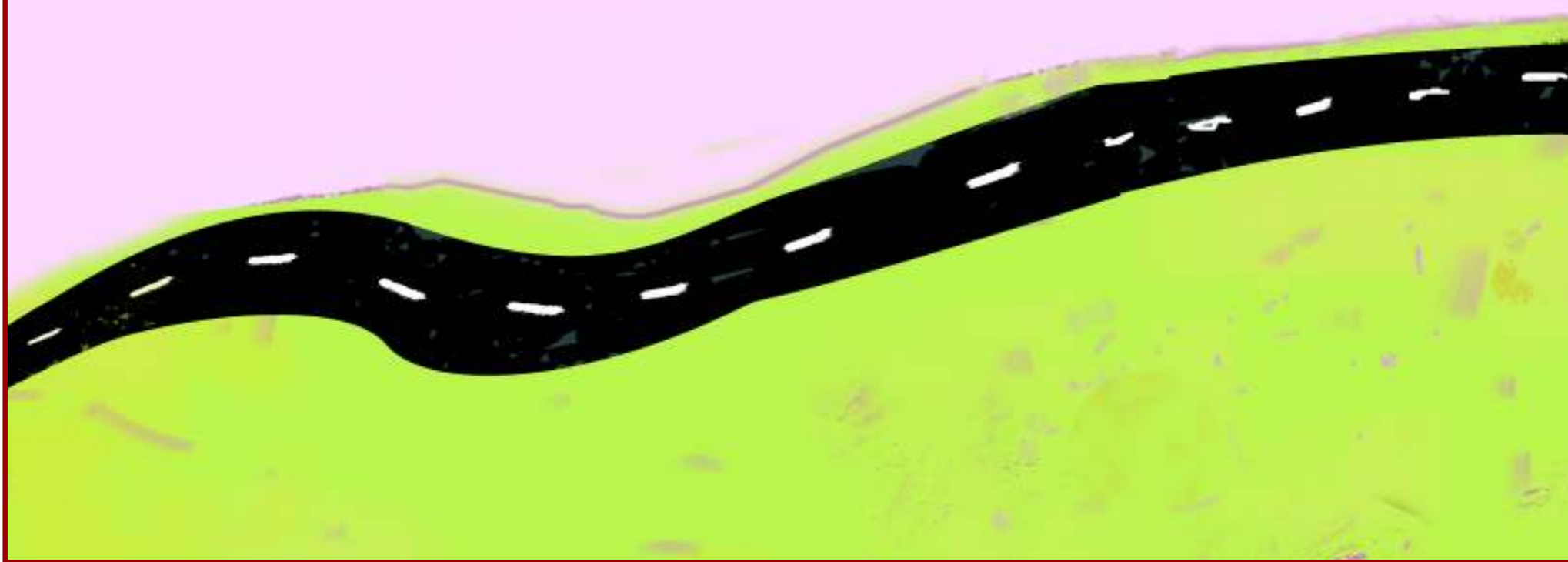
*Story continued from front page*

Triumphantly perched as though I'd conquered all the porcelain in my house, I can talk to

another party if I shout, and I can hear them if I strain my neck and focus my ear.

truck horn, or a family ringing in a young lady's 15th birthday with a band, chickens, and fireworks, then I call the place "the damn ghetto!" or simply "shithole!"

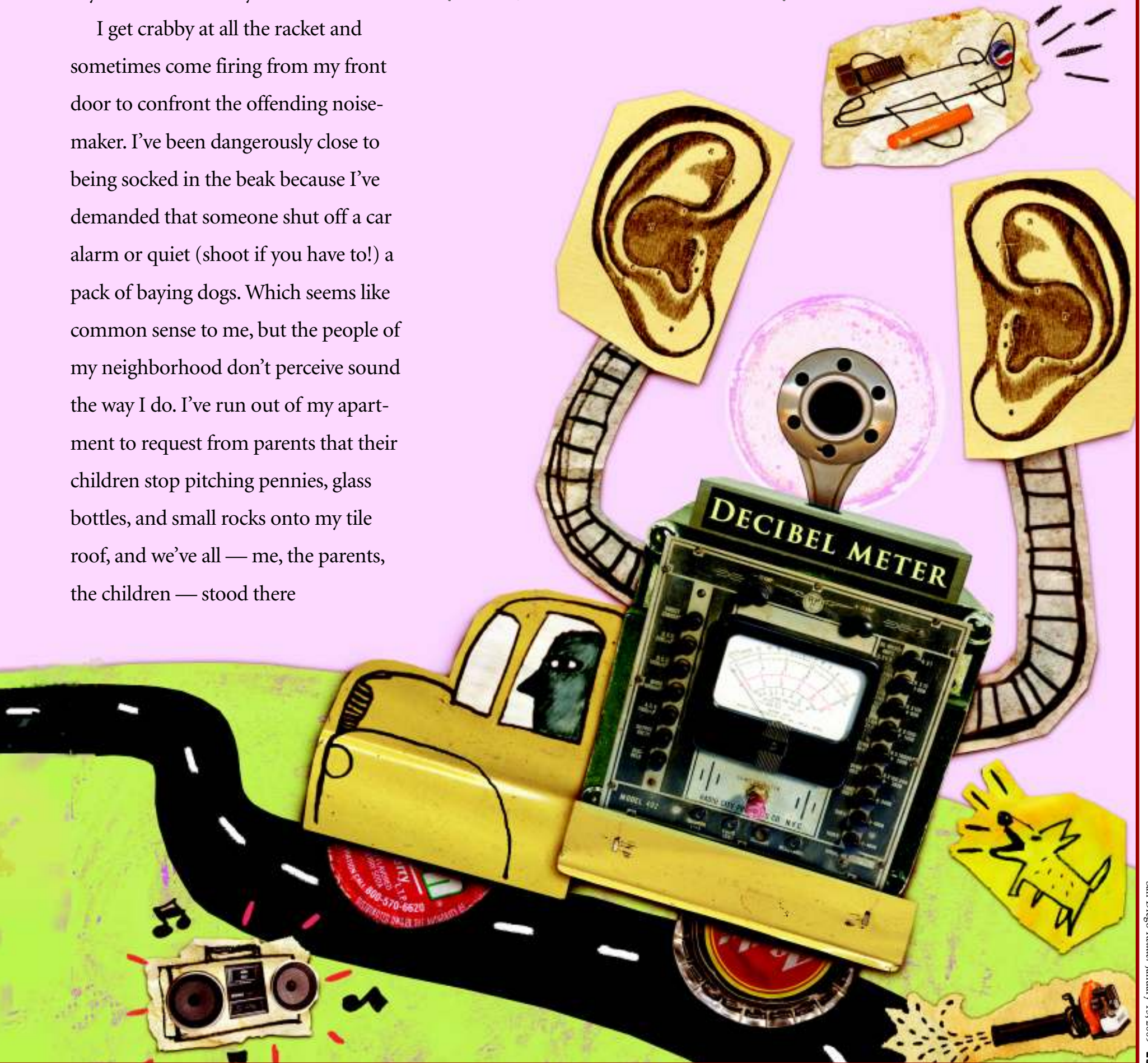
It's a pretty poor system of communication, made only worse by the traffic, Weed Eaters, ice cream bells, and *norteño* music of my working-class neighborhood of Cherokee Point — a border section between North Park and City Heights, on University Avenue between the 805 and 15. If I'm in a fun and forgiving mood, I'll describe my street as "lively" and "blue collar," or "a rich tapestry of many cultures." If I'm working, trying to watch a movie, or talking on my phone, and what keeps invading my home is the sound of someone lying across a work-



The loudest we citizens are allowed to get during the week is 60 decibels.

My street is incredibly loud.

I get crabby at all the racket and sometimes come firing from my front door to confront the offending noise-maker. I've been dangerously close to being socked in the beak because I've demanded that someone shut off a car alarm or quiet (shoot if you have to!) a pack of baying dogs. Which seems like common sense to me, but the people of my neighborhood don't perceive sound the way I do. I've run out of my apartment to request from parents that their children stop pitching pennies, glass bottles, and small rocks onto my tile roof, and we've all — me, the parents, the children — stood there







dumbfounded by the others’ actions, our heads cocked to the side like puppies presented with math.

And I’ve lived in nearly every neighborhood in central and coastal San Diego. Same thing. Although, in my Pacific Beach youth, I was more likely the offender than the offended. Looking back,

I clearly thought that stumbling home drunk by way of Garnet Avenue at 2:00 a.m. on a Wednesday and playing frenetic and brassy jazz records was a way of liberating the stuffy tenants of my apartment complex from the moorings of their conformity. Coltrane might agree with me, but find my old neighbors, and

I’m sure they would hold a different opinion. Which got me thinking I should go and look for the loudest and quietest areas of the city, to see if there is a neighborhood that respects silence. If I ever want to get any work done, I might have to move there.

First thing to do is buy a decibel meter. Not

usually one for purchasing gadgets (see cell phone description above), for this experiment I want an objective electronic authority. So I drive to the sprawling big-box store called Fry’s. Normally, when confronted with vast aisles of wiring, cameras, circuitry, laptops, and televisions, I wander as though lost through a great plastic forest, until a sales executive finds me huddled over a trash fire, naked, bearded, and drinking the remnants of a discarded backwashed Pepsi for sustenance — so I am a shade hesitant to go inside this megalopolis of computing hardware. But this time, with incredible luck, I walk directly to the pertinent section of the store, find the decibel meter, pay at the front

register, and walk out. Standing in the parking lot, I look at the sundial on my phone and calculate that I’ve been inside only seven minutes. Astonishing.

Armed with my new toy, I begin to take readings around my place, holding the meter an inch from anything making noise. My air conditioner: 44.3 dB. Running water in my sink: 64 dB. Having a piss: 75.1 dB.

I call my friend and sometime-assistant Casey at her dungeon, where I force her to slave over hot search engines and reference manuals, to tell her my findings.

“You’ve got some loud pee,” she says.

“If I had a nickel for every time I heard that...But that’s not why I’m calling. Do you

know of any place in town that might be pretty loud?”

“Gay Pride Parade is this weekend.”

Sweet Molasses, the Mother Lode. (Bonus! Compact, half-naked, energetic Puerto Ricans.) But I have a couple days to kill before the festivities start, so maybe I’ll visit some neighborhoods around town to see how they measure up on bothersome sounds. I wonder how the City of San Diego classifies and attempts to abate noise pollution?

Well, as always, the city website is a jumble of legal information and horrid, boring garbage that I’ll attempt to summarize. (Bear with me, this promises to get a little dry.) Our fair hamlet allows for construction, generator, animal,

## Free race tickets.

For best basketball blog each week. You can give us your game predictions, a player profile, your opinions of the cheerleaders or band, or what you think your coach is doing right or wrong. Win a FREE race at Miramar Speed Circuit.

## Free movie passes.

For best photo or video of your favorite high school team members, cheerleaders, candid shots of game fans, coaches. Get a pair of UltraStar movie passes.

Submit via the *Reader's* high school basketball page.

## Fast Break

Go to [SDReader.com/basketball](http://SDReader.com/basketball)

### January 7-10 Scoreboard

#### January 10:

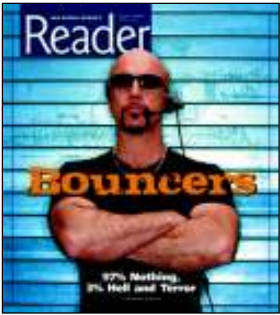
at Foothills Christian 97,  
San Diego Academy 40  
Poway 69 at Southwest (El Centro) 41  
San Pasqual 61 at Mira Mesa 57  
at Oceanside 55, Santa Fe Christian 52  
at Scripps Ranch 71, Crawford 70  
at Bishop's 88, Kings School 43 (Australia)  
Paramount (Calif.) 71 at Valley Center 43  
West Valley (Calif.) 55 at Horizon 45  
at Southern California Yeshiva 52,  
St. Joseph Academy 47  
Escondido 62 vs. Mater Dei 42  
Chula Vista 66 vs. Olympian 44  
Westview 46 vs. Hilltop 38  
Mount Miguel 77 vs. Bonita Vista 73  
South Bay Challenge (at Eastlake High)  
La Costa Canyon 56 vs. Eastlake 50  
January 9:  
Serra 79 at Mount Miguel 49  
University City 48 at Lincoln 41  
at Vista 76, Fallbrook 59  
Rancho Buena Vista 57 at San Pasqual 56  
at Carlsbad 69, Mission Hills 66  
at Torrey Pines 59, Rancho Bernardo 41  
Poway 65 at La Costa Canyon 62  
Madison at Christian  
at Crawford 83, Coronado 49  
at Kearny 55, Point Loma 43

at Scripps Ranch 68,  
Cathedral Catholic 48  
at St. Augustine 65, Mission Bay 64  
San Marcos 64 at Orange Glen 59  
Westview 44 at Mr. Carmel 43  
Ramona 54 at Oceanside 53  
Hamilton (Anza) at Mountain Empire  
Hoover 66 at Horizon 40  
Grossmont 55 at Steele Canyon 33  
at El Cajon Valley 57, Helix 41  
at Valhalla 62, El Capitan 36  
at Granite Hills 64, West Hills 48  
at Olympian 54, Castle Park 41  
at Mar Vista 65, Montgomery 44  
at Southwest (S.D.) 62, Sweetwater 58  
La Quinta 77, Southwest (El Centro) 45  
La Jolla Country Day 66  
at San Dieguito 53  
Canyon Crest 66 at Army-Navy 59  
at Brawley 61, Coachella 39  
Santana 45 at Clairemont 41  
at Lutheran 48, Julian 30  
at Bishop's 59, La Jolla 50  
at Calvin Christian 57,  
Linfield Christian 55  
Paramount (Calif.) 58 at Francis Parker 53  
January 8:  
The Rock Academy 55 at Preuss UCSD 40



at San Diego Jewish Academy 52,  
Calvary Christian Academy 15  
at Central Union 49, Indio 47  
at High Tech 59,  
Escondido Charter 41  
at San Pasqual Academy 70,  
Warner 31  
at La Quinta 69, Imperial 45  
January 7:  
El Camino 79 at Mission Hills 55  
at Escondido 58, Poway 56  
at Helix 56, Grossmont 43  
at El Cajon Valley 48, Monte Vista 45  
Santana at Granite Hills  
Valhalla 55 at West Hills 32  
at Mountain Empire 48, Julian 31  
Foothills Christian 79  
at San Diego Academy 39  
at Sweetwater 56, Olympian 53  
at Point Loma 60, Bonita Vista 33  
Calvary Christian Academy 45  
at St. Joseph Academy 40  
San Ysidro 63 at Montgomery 42  
Christian Life 69 at Lutheran 30  
at Southwest (S.D.) 62, Chula Vista 52  
Mar Vista 56 at Castle Park 34

## Subscribe to the *Reader's* online newsletters – FREE!



### **Bouncers: 97% Nothing, 3% Hell and Terror** *by Michael Hemmingson*

“It’s nothing like *Road House*, there’s no Patrick Swayzes,” says Ted Washington, who divides his time as a bouncer between Winstons in Ocean Beach and at the Casbah in Middletown. Other bouncers have a different take on this particular vocation....[MORE](#)



### **What Poor Writers Like** *by John Brizzolara* “...White people are obsessed with being in the right neighborhood and the Internet is no exception.”...[MORE](#)



### **Will the Horse Drink?** *by Don Bauder* Almost everybody prefers inflation to deflation. Certainly, economists and politicians do. And the general public prefers inflation too. Why do you think Viagra...[MORE](#)

Breaking news, music, events, stories, and reviews —  
delivered to your inbox every Wednesday.  
All newsletter subscribers are entered into a weekly drawing  
for a \$50 certificate to Anthology.

Go to: [sdreader.com/newsletters](http://sdreader.com/newsletters)



and machinery noise, and a whole list of other audible irritations, between 7:00 in the morning and 7:00 at night every day except Sunday and holidays. From *sandiego.gov*, I foxed out this oddly worded rule:

“It shall be unlawful for any person, between the hours of 7:00 p.m. of any day and 7:00 a.m. of the following day, or

Go Green...  
**Recycle Your Jewelry!**  
**We Buy Gold, Jewelry and Estates!**



Rock-n-Gold Creations  
Fine Jewelry Design Centre  
8199 Clairemont Mesa Blvd. H  
San Diego 92111  
858-571-4560  
Appointment recommended.

Dealer 3711.1891  
[www.rockngold.com](http://www.rockngold.com)

Recommended by  
& Featured on



**REDESIGN · REPAIR · RECYCLE**

**Do You Need A Lawyer?**

**(800) 464-1529**  
Monday-Friday 8:30 a.m. - 5:00 p.m.  
Or visit [www.sdlawyerreferral.com](http://www.sdlawyerreferral.com)



**Your resource for fish, corals, aquarium & pond products**



- Hand-Selected Corals, Fresh & Saltwater Fish
- 28,000 Gallons of Fish and Invertebrates
- Full Line of Aquarium & Pond Products
- 1000's of Healthy, Colorful Koi
- Experts in Filtration Systems
- Everyday Discount Pricing



**WHOLESALE · OPEN TO THE PUBLIC**  
2599 State Street • Carlsbad • 760-729-4300 • [www.thepondsource.net](http://www.thepondsource.net)

**Protect Yourself Under California Law!**  
If you suffer from: AIDS, Chronic Pain, Depression, Migraines, MS, Nausea, Insomnia, Bipolar and many other medical disorders.

Doctor's office available on-site where qualified patients in need of a medical marijuana recommendation can receive a low-cost, expert evaluation by a licensed physician.




**New patients \$175 • All renewals \$99**  
**Do it legally!**



FORMERLY **MEDI MAR**  
FAST, SIMPLE AND CONFIDENTIAL  
ASA certified. Patient ID cards included.  
**619-297-3800, by appointment only.**  
**2667 Camino Del Rio S. #315 • Mission Valley**  
The least expensive clinic evaluations in San Diego.


**New patients save \$50 by mentioning this ad.**

Visa | MasterCard | Debit



**LOST AND FOUND**

**WE'VE LOST OUR PRICE SHEET...**  
**YOU'VE FOUND THE DEAL OF THE YEAR!**



**THE BLUFFS**

1042 Scenic Way • Carlsbad, CA 92008  
(760) 434-4599 • [Anastasi.com](http://Anastasi.com)

**OFFER EXPIRES JANUARY 18<sup>TH</sup>**

<b>PLAN 3</b> 3-4 Bedroom, 2.5 Bath, 1,842 Sq. Ft.	<b>PLAN 2</b> 3 Bedroom, 2.5 Bath, 2,112 Sq. Ft.	<b>PLAN 1</b> 3 Bedroom, 2.5 Bath, 2,800 Sq. Ft.
\$ _____	\$ _____	\$ _____

Anastasi Development Company reserves the right to change prices, optional items, floorplans, features, exterior designs, materials and specifications without prior notice or obligation. Lot sizes and square footage are approximate. Buyers to conduct and rely on their own investigation. 1/09



## Lose Weight Now! No Membership Fees



## Real Nutritionist = Real Results



Your weight loss nutritional experts, Kim, Marybeth, and Beth, are ready to help you!

## See Our Results!



BEFORE



NOW

S.N. of Chula Vista lost 80 pounds and is feeling sexy!

## MEDIFAST® Weight Management Program



- Clinically proven
- Promotes QUICK and HEALTHY weight loss
- Encourages long-term weight maintenance
- Not a liquid diet • Excellent price in San Diego
- Enjoy 5 delicious Medifast products daily PLUS one meal



## 1 free week of Medifast food

(\$75 value) With purchase of 1 month, good with initial consultation. Expires 2/14/09. Not to be combined with any other offer.

## Free support group

Downtown: 619.398.2924 • Chula Vista: 619.585.3750  
Kearny Mesa Location: 858.560.1111  
www.ucprx.com

on legal holidays...with exception of Columbus Day and Washington's Birthday, or on Sundays, to erect, construct, demolish, excavate... any building or structure in such a manner as to create disturbing, excessive or offensive noise unless a permit has been applied for and granted...."

I'm sure that the intent of that statute isn't to allow absolute anarchy — destroying any building you see fit,

whether it belongs to you or not, with any means available, be it dynamite, chainsaw, or pack of horses — on Columbus Day and Washington's Day, but that's how I read it. What a way to perk up holidays normally associated with mattress and linen sales. Anyway, carrying on....

Poring over more info on the site, I find that the city defines offenses of noise by a host of variables,

according to zoning and time of day. Without delving into the fetishism of the city for under-thinking and over-printing, I'll tell

the morning. This is something that I soon find almost wholly ignored in my neighborhood. To see if anyone in

## From the house blares something that someone might consider music.

you that for most of us who don't live on farms or in industrial zones, and for those who do not drive garbage trucks or fly helicopters, the loudest we citizens can get around our houses during the week is 60 dB during the day and 45 dB at night — from 10:00 p.m. till 7:00 in

San Diego complies with these guidelines, I leave my apartment with my incredibly dorky-looking gadget and stroll around my neighborhood. What I learn first is that if you want to look like a huge goddamn doofus, carry a dB meter around with you. Mine is tan and



## DIVORCING?

Mediation is the solution:  
Save money and time

Retired Judges

*Divorce  
Mediation Center*

858-755-3441

RetiredJudgesDivorceMediationCenter.com

## Contacts

### \$169\* Disposables

7 pairs Hydrogenic 60 or Biocurves. Myopes only.

### \$159\* 2 Pairs

B&L Optima 38. Myopes only.

### \$129 Eye exam and single-vision glasses

With CR39 lenses. Most prescriptions. Some restrictions apply.

## Designer Sunglasses

at affordable prices

Dior - BCBG - Fendi  
Gucci - Juicy Couture  
Marc Jacobs - RayBan  
Maui Jim - Prada

## Eyecare Plus

DR. ROBERT M. HOWARD  
Optometrist

7841 Balboa Avenue, Suite 201  
[Between 163 and 805]

858-278-EYES (3937)

www.roberthowardod.com

- Eyeglasses in one hour, most cases
- Open Monday through Saturday

We accept CareCredit.

\*Includes exam, all follow-ups for 6 weeks, soft lenses and care kit. Select lenses. Most prescriptions. Astigmatism and specialty lenses higher. Specials not valid with any other offers or insurance.

**Busting Out?**  
of your bra  
Bras in hard-to-find sizes from B to L.  
*As seen on The Tonight Show*  
**The Enchantress**  
1400 Camino de la Reina #121  
Next to Mission Valley Hooters  
**619.294.4544**  
Appointment recommended for proper fitting.

## Bicycle Repair

Reliable • Inexpensive

**Buy-Sell-Trade**

Quality used bicycles & parts

**YE OLDE  
BICYCLE  
SHOPPE  
AND CAFE**

6794 University Ave. • 619-582-4334  
(at 68th Street)

## We Build Websites

- Powerful content management systems, allowing you to make daily updates
- Free hosting available • Call for details

**\$99**  
from

E-commerce • Website facelifts • Flash • Video production  
Internet marketing

**San Diego Web Kings**

1-888-274-4519 • www.SanDiegoWebKings.com

## BAIL NOW, PAY LATER!

Payment plans • No collateral needed  
All jails, all counties • 24 hours

**REMEDY  
BAIL BONDS**

**1-800-BAIL-ME-OUT • 619-422-5010**

Se habla español.

boxy, sort of like a 1980s cell phone, but with a puffy microphone out the top of it that would only look stupider if it were clown-nose red.

Right away, I bumble upon a yard decorated eclectically with a pool table, broken plastic stackable furniture, and dog turds. From the house blares something that someone might consider music, I'm sure, although I can't for the life of me understand why, because it features a crowing rooster, honking car horns, and a squeaky-voiced man who's fond of the word "corazón." Really, that's pretty much every element of the song. It

goes: "B-Gock! Honk! Honk! Something something *corazón*. B-Gock! Honk! Honk! Something something *corazón!*" and so forth.

I check my display to see that the flapping and fluttering speaker on the porch is punching out 79.5 dB. I'm about 15 feet away. Interestingly, it doesn't seem overly loud, especially for this neighborhood and at this time of day: about noon. A man comes to the porch and

over the din shouts, "Hey, what the hell are you doing?!" (84.4 dB)

"Nothing," I say, and haul ass away from the tumbledown shack. A couple blocks away, I find myself comfortably out of earshot of that last racket and encompassed by the soothing tones of a leaf-blower and an irate dog barking and snapping at it about 60 yards away, which, from where I stand, register at 56.6 dB. That's around the upper limit

of allowable noise, and I'm a good block away. The leafman's immediate neighbors are taking in a hell of a lot more, but again, it doesn't seem too loud. The necessity of the yard work, and the idea that it will be all finished up in less than an hour or so, make it at least tolerable.

I figure I'm going to drive myself stupid by measuring how loud everything in my neighborhood is, so I find my trusty carriage, Lucille the Wondertruck, fire her up, and aim her toward a place with a quiet reputation. Ah, the suburbs.

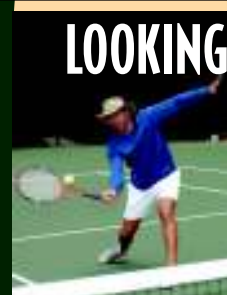
On my drive to Poway, a suburb I

picked randomly off Google maps, the concept of noise irritation really drives itself home; 91X and 94.9 play a constant marathon of the Red Hot Chili Peppers, Sublime, and Pearl Jam. As if in the decades since any of those bands were relevant there weren't hundreds of thousands of musical

## RENTALS

### Comfortable... Exceptional... Apartment Homes

- Friendly, professional staff
- Full-size washer/dryer included
- Reserved covered parking
- Award-winning school district
- State-of-the-art fitness center
- Complimentary personal trainer
- Heated competition lap pool
- Lighted tennis courts
- Free tennis and swimming lessons
- Pro tennis instructor
- Sorry, no pets



Visit our website at:  
[www.torrey.cc](http://www.torrey.cc)

**The Club**  
TORREY PINES

12646 Torrey Bluff Drive  
San Diego, CA 92130  
(866) 354-2096  
[ClubTorreyPines\\_DouglasAllred@crossfiremail.com](mailto:ClubTorreyPines_DouglasAllred@crossfiremail.com)

### LOOKING FOR AFFORDABLE LUXURY LIVING?

The Club Torrey Pines is a pleasant place to call home. We are nestled in a quiet neighborhood of Carmel Valley.

Call about  
special move-in  
incentives!



## STOP LETTING PAIN RUN YOUR LIFE!

Call now to find freedom  
from pain:  
Charles Knoll, M.D.  
**619-481-8416**

Where The  
Winners Train!

**FABIO SANTOS**  
**BRAZILIAN**  
**JIU-JITSU**  
ACADEMY  
Free Trial  
619-229-0022  
4780-F Mission Gorge Place

## ROOMS. FOR. RENT.

SENIORS, VETS, DISABLED  
\$550 PER MONTH/  
FREE MEALS  
**619-846-6993**

### January move-in special!

**\$802 per month**

including utilities!

With 12-month lease. Single occupancy. (Income qualify — ask for details!)  
4th month free rent! (Restrictions apply.) 3 months of free cable.



#### Features:

- Air conditioning
- Full bath
- Kitchenette
- Balcony with bay/ballpark views
- Cable ready
- Microwave
- Internet access
- 4 laundries on-site
- Clubhouse
- Business center
- Gated community
- Courtyard
- On-site management
- Close to shopping, restaurants, entertainment
- Easy access to bus/trolley
- Near freeways

### Island Village



1245 Market Street, San Diego 92101  
Located in East Village near Petco Park

Daily from 8 am to 6 pm  
Call toll-free: 1-800-351-0613



- Free high-speed Internet
  - Large pool and spa
  - On-site laundry facilities
  - Full kitchen
  - Complimentary breakfast
  - Near SDSU, Qualcomm, SeaWorld, Zoo, restaurants, beaches, shopping & downtown
  - Free cable with HBO
- \*Rents start at \$385. Some restrictions apply.

### WINTER SPECIAL!

**Furnished  
studios/suites  
\$385 weekly\***

5343 Adobe Falls Rd.  
Mission Valley  
(Take the Waring Rd.  
exit off I-8, go north  
to Adobe Falls Rd.  
and turn right.)



**Toll-free: 1-800-492-9471 or 619-287-1911**  
[www.SanDiegoHotelsDaysInn.com](http://www.SanDiegoHotelsDaysInn.com)

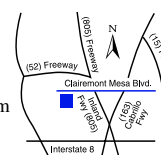
### Studios from \$300/week or \$1,195/month!

- Free daily breakfast! ► Free HBO!
- Free maid/linen service!
- No lease!



- 6-month lease \$895/month
- Corporate rentals available
- Heated pool and spa ► Free parking
- Laundry facilities ► Paid utilities
- Microwave ► Refrigerator
- Easy freeway access ► Centrally located
- High-speed Internet service

**California Suites Hotel**  
5415 Clairemont Mesa Blvd.  
San Diego, CA 92117  
Toll-free: 1-888-475-7147  
[www.californiasuiteshotel.com](http://www.californiasuiteshotel.com)  
\*Rates subject to change.  
Based on availability.



**Vintage Religion**

Inspired by religions & cultures of the world.  
Collectibles • Fine art • Jewelry  
Apparel • Accessories • Statuary

[www.vintagereligion.com](http://www.vintagereligion.com)

3821 32nd St.  
Near University Ave.  
North Park  
619.280.8408





acts performing millions of songs. Nope. All Red Hot Sublime Jam, all the damn time. I flip over to Rock 105.3 to catch the start of "For Whom the Bell Tolls" by Metallica, then check to see that NPR is playing

recorded phone messages of retired Berkeley professors giving their shrillest birdcalls.

"Oh for the love of GOD!" I scream (76.5 dB) and hammer my fist into the steering wheel.

In a simple, average,

unremarkable strip mall on Poway Road, I stop to purchase an iced tea from a corporate coffee shop. While standing in line, a teenage girl snaps her bubble gum and yaps on the phone, while the nice barista

repeats her request a few times.

"How can I help you?"

"Mike is so-o-o stupid. He's such an ass, I can't...."

"Hello, how can I help you?"

"I'll take an iced tea," I say over the girl's head. She glares at me from the corner of her eye and says, "Excuse me, I was in line, rude much?"

Why, you dirty little bugger! This exchange isn't loud, but it is irritating, and I want to stuff my dB meter down the yak hole of the awful young woman. Of course, I don't. I don't

say anything to her, because I'm kind of a big sissy and don't like confrontation, especially with girls. I just arch my brows and lean my head away, as if I were contemplating clouds, until she turns around to bark at the girl behind the counter.

**I'm a big sissy and don't like confrontation, especially with girls.**

Finally, iced tea in hand, I walk from the coffee shop out to the parking lot, accompanied by the soft thudding of car doors, rum-

ble of plumbing-truck engines, and blathering of kids, and I embark Lucille the Pickup Truck of Wonder and Delight and ask her to get us both lost in a nimble manner. I let her take a few wrong turns, we do a lap around a community

## RENTALS



**FREE RENT\*  
FOR JANUARY**

**\$0 DEPOSIT OAC**

Rents start at \$1225  
\*Subject to change.

### RESIDENCE FEATURES:

- City and bay views • Stainless steel gourmet appliances • Custom Euro-style cabinetry • Bamboo laminate floors
- Sculpted carpet in bedrooms • Barbecue • Fire lounge area
- Resort-style heated pool • Oversized hot tub • Brand-new fitness center
- Covered parking available
- Pet-friendly

**GABLES  
POINT LOMA**

3801 Marquette Place #2N  
San Diego, CA 92106



**619-223-6577**



## Downtown live/work lofts

- Several downtown locations • Roof decks with BBQ
- Laundry on every floor • Parking available
- Most pets allowed



**TRILOGY**  
REAL ESTATE MANAGEMENT INC.

Please check our website for availability:  
[www.trilogymanagement.com](http://www.trilogymanagement.com)

Leasing office: 315 4th Avenue  
619-231-1505 ext. 12

## New Year's Blowout — Reduced Rates! Apartment Homes starting at \$999!!

2 Bedrooms, 1 Bath \$1349 • 3 Bedrooms, 2 Baths \$1659

Centrally located in beautiful Point Loma.

**Open House  
Sat., Jan. 17th  
12-5 pm**

**50% off deposit!** (On approved credit.)



Pet-friendly • Clubhouse • Fitness room • Jacuzzi  
Business center • Tennis courts • Heated pool  
Convenient parking • Close to beach & shopping

**Stonewood Gardens**

3889 Midway Drive **1-888-773-6259**



## San Diego's coolest hybrid hotel



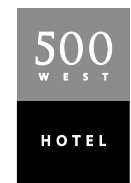
Enjoy comfortable, contemporary lodging, first-class service and a wide array of amenities designed to please both convention travelers and budget vacationers. The hotel's ideally located in the heart of downtown San Diego. That puts the finest shopping, dining and entertainment options all within walking distance or a short drive.

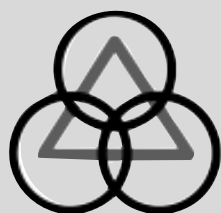
**From \$49 per night\* • Weekly rates from \$37<sup>14</sup> per night\***

Each European-style guest room comes equipped with a cool collection of conveniences, including flat-screen cable television, wireless Internet and personal workstation with custom desk. Refrigerators are also available upon request.

**500 West Broadway • Downtown San Diego**  
500WestHotel.com • Toll-free: 1-888-895-0875 or 619-234-5252

\*Subject to availability.





# SYNERGY CLINICAL RESEARCH CENTER

*"Together...we can make a difference!"*

## Do you or someone you love suffer from **ALZHEIMER'S DISEASE?**

If you are:

- Male or female between 50 and 85 years of age
- Fluently read and speak English
- In good general health

**YOU MAY BE ELIGIBLE TO PARTICIPATE IN  
A CLINICAL RESEARCH TRIAL FOR AN  
INVESTIGATIONAL NEW MEDICATION.**

Participants will receive free of charge:

- Study-related exams
- Investigational drug
- Compensation for time and travel

For more information, call:

**1-888-486-9150**



SYNERGY CLINICAL  
RESEARCH

## Do you or someone you know suffer from **SCHIZOPHRENIA OR SCHIZOAFFECTIVE DISORDER?**

Are you taking medication and  
**ARE STILL HAVING SYMPTOMS?**

**If you are 18-55 years of age** you may be eligible to participate in a  
clinical research trial for an investigational medication.

Participants will receive free of charge:

- Study-related exams
- Investigational drug
- Compensation for time and travel

For more information, call:

**1-888-486-9150**



SYNERGY CLINICAL  
RESEARCH

## Do you or someone you know suffer from **Chronic Obstructive Pulmonary Disease (COPD)**

Are you at least 40 years of age?

Are you using **one** of the following bronchodilators:

**Serevent** (Salmeterol)

**Foradil** (Formoterol Fumarate)

**Spiriva** (Tiotropium Bromide)

You may be eligible to participate in a single-visit clinical research trial.

Qualified participants will receive at no cost:

- Study-related exams • Compensation for study participation.

For more information, call:

**1-888-486-9150**



SYNERGY CLINICAL  
RESEARCH

## Are you anxious?

Finding it hard to focus or concentrate?

**Tense, tired, or on edge?**

**Having difficulty sleeping?**

19 million Americans experience symptoms of anxiety. If you are 18 years or older you may qualify for a clinical research trial currently being conducted by Synergy Clinical Research Center. Study participants may receive compensation for their time and travel. Investigational study drug and study-related doctor's visits are at no charge.

For more information, please contact the study physician's office listed below:

**Synergy Clinical Research Center**

**1-888-486-9150**

See our website at: [www.synergysandiego.com](http://www.synergysandiego.com)

Office hours: 9 am-5 pm

## Are you overweight with type II diabetes?

You might qualify to participate in a new clinical research study.  
We are investigating new treatment options through medical research  
that may help overweight people with type II diabetes lose weight.

You must be:

- Between 18 years old and 65 years old
  - Considered to be in stable health
- Taking oral medication for type II diabetes
  - Not taking insulin
- Able to perform an exercise program
- Willing to participate approximately 1 year (17 visits)

Qualified participants may receive at no charge:

- Personalized dietary counseling
- Study-related investigational medication
- Compensation for your time and travel

To learn more, call: Synergy Clinical Research Center

**1-888-486-9150**

## HIGH BLOOD PRESSURE?

Have you been diagnosed with, or think that you may have,  
high blood pressure?

If so, you may qualify for a research study of investigational  
medications to treat high blood pressure.

Qualified participants must be at least 18 years of age.

If you qualify, you will receive at no cost study-related:

- Physical exams
- Laboratory tests
- Investigational study medications
- Compensation for time and travel

For more information call:

**1-888-486-9150**



SYNERGY CLINICAL  
RESEARCH

[www.synergysandiego.com](http://www.synergysandiego.com)





## Are your waistline and blood pressure on the rise?

You could be at risk for the metabolic syndrome. (Never heard of it?) It's a condition that affects those who are overweight and have elevated blood pressure, which may put you at an increased risk for cardiovascular disease and diabetes.

Our physicians are participating in a research study using already approved medications to assist in treating the metabolic syndrome.

To be considered, you must:

- Be at least 18 years old
- Have elevated blood pressure • Have a larger waistline
- Have abnormal lab results in blood sugar, triglycerides or cholesterol



**DIAGNAMICS**

Innovation and Precision in Clinical Research

If you qualify, you will receive all study-related care and compensation for time and travel. For more information, please contact **Diagnamics**: 760-943-7628 • info@diagnamics.com

perfect place to take some measurements.

Poway Royal Estates! What a fine name for a trailer park. My apartment building is unofficially known as the Legion Hall of Bright Red Glorious Underpants, Justice, Whiskey, and Ninjas, so why shouldn't this mobile home park be called Poway Royal Estates? I like it.

Lucille the Truck of Good Times and Grace drops us down into the park, and we wiggle

along streets until she finds a spot to stop. I hop out to gather some readings. Except for the thrum of a washing machine, the *po-to-weet* of a little bird, and a man ratcheting a socket wrench under the hood of a minivan, this street doesn't even register on the low end of my decibel meter's scale. Across the street from the man working on his car, a window shuts and latches, presumably because his wrench makes too much noise.

Then I get pissed off. Holy cow! In my neighborhood, that bird (42.2 dB) and that ratchet (41 dB) wouldn't even present themselves in the panorama of sound. Far-off jets, cars, saws, dogs, machinery, the pickup and delivery of packages to and from the working-poor hovels in my part of town keep everything humming along at about 47 dB as the bare minimum, the base of background sound. Get

### RESEARCH STUDIES



## CLINICAL RESEARCH

SCHIZOPHRENIA • DEPRESSION • BIPOLAR DISORDER

Researchers at Sharp Mesa Vista Hospital are currently enrolling men and women in 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, call the Sharp Mesa Vista Hospital Clinical Research Center at **(858) 694-8350**.

Clinical  
Research Center  
**SHARP** Mesa Vista  
Hospital



MV88A ©2008 SHC

## Seeking patients for a weight loss research study for type 2 diabetics



Are you a type 2 diabetic? In overall good health? Currently suffering from obesity? If you answered yes to all these questions and are available for study-related visits for a year, you may be eligible.

**Dr. Sunder Mudaliar and his associates at UCSD are looking for overweight/obese men and women with type 2 diabetes as volunteers to take part in a research study to assess the safety and efficacy of Lorcaserin Hydrochloride.**

### Duration:

- 62 weeks total: 6 weeks for screening followed by 52 weeks on study medication plus a 30-day post-study telephone contact and periodic follow-up visits

If you meet the following criteria you may be eligible to participate.

### Inclusion Criteria:

- Males or females aged 18 to 65 years
- Must agree not to participate in a conception process (i.e., active attempt to become pregnant or to impregnate, sperm donation, in vitro fertilization)
- Body Mass Index (BMI) is 27.0 to 45.0 kg/m<sup>2</sup> • Type 2 diabetes mellitus
- Taking oral medications for at least 3 months • Not using insulin for at least 3 months
- Home glucose self-monitoring for at least 3 out of 12 months

**To see if you qualify or to learn more about the study, please contact: Erick Castro at 858-552-8585 ext. 6449 or Catherine DeLue at ext. 6740**

Qualified participants will be compensated for participation up to \$900.



## Did you overdo it?

### Lower back strain, sprain or back spasms?

We are conducting a clinical research trial with an investigational dose of a medication that has been prescribed by physicians for more than 40 years to treat these uncomfortable symptoms.

- 18-70 years of age
- Possibility of 4 visits within 14 days
- Qualified participants receive study-related care, study medication and may be compensated for time and travel

**Next time you have low back pain/spasms, please call:**  
(must be within 3 days of 1st symptoms)

**San Diego Sports Medicine  
and Family Health Center  
619-229-3909**

closer to the day care on the corner and watch the scale jump to mid-70s at the shrieks of awful little beasts too young yet to pawn off on the school system. And here this place, Poway Royal Estates, barely makes a peep. Far as noise goes, the lucky SOBs in the suburbs have it made.

Still enraged at the silence, I shut off my meter, and I mount Lucille and turn her away from this place. On my way down from the Frozen Northern Tundra of Poway, I get a brilliant idea and I pull Lucille into the Mission Valley mall. I step out and walk, and I'm almost to the ticket window when my shoddy Balkan telephone rings. I step out of line to answer it.

"What're you doing?" my friend Jen asks.

"Going to a movie."

"It's Tuesday afternoon."

"It's part of my job."

"Oh bull. You're goofing off," she says.

"I swear to God. I've got a decibel meter and everything."

"??"

"Never mind. I'll explain it later. I have to buy my ticket, the show's about to start."

"Jerk."

Anyway. Onward! With my Nerd Meter concealed in a particularly large pocket of my shorts, I enter the theater and take my seat. The house lights are still bright enough during the previews that I can read the digital display, and at one segment of film and sound the numbers jump up to 87.5 dB, and that's not even during a loud preview for an action movie; it happens dur-

ing the trailer for a quiet girls' movie, *Sisterhood of the Traveling Garbage Part Seven* (or whatever the hell it's really called). Almost 90 dB, and that was a chick movie preview. I have

bigger calamari to broil: I want the readout for the ultra-loud *Dark Knight* trailer.

An usher (a boy that thin ought not be able to get the drop on someone so quick)

pounces. "Excuse me, sir, you're going to have to take that outside."

"It's not recording anything, it just measures..."

"Whatever."

"It's not backlit,

it's not making light or noise."

"Whatever. Whatever," he says, flipping his bangs and fingering his eyebrow piercing.

"I'm waiting for the Batman preview, I want

to get a good..."

"You can't have it in here, I'm sorry."

Well, since he said he was sorry, and because he really was sort of polite, in a way, I take the meter outside

## RESEARCH STUDIES

# Do you suffer from Schizophrenia?

Excell Research is  
starting several new  
**INPATIENT AND  
OUTPATIENT** studies.

Call now to see whether you  
may be eligible to participate.

**760-806-9200**



**BOARD-CERTIFIED PSYCHIATRISTS PROVIDING  
EXCELLENT PATIENT CARE AND QUALITY RESEARCH**

3998 Vista Way, Suite 100  
Oceanside, CA 92056





## Irritable Bowel Syndrome (IBS)

**...can't eat without runnin' to the bathroom!!**  
**...bloated....uncomfortable...**  
**...abdominal pain**

A research study is underway for men and women, 18 years of age or older, suffering from **diarrhea-predominant irritable bowel syndrome**. For those women previously diagnosed or who suffer with **abdominal discomfort, bloating, and episodes of diarrhea or watery stools daily**, this research study using an oral investigational medication may interest you.

### Participants may receive at no cost study-related:

- Colonoscopy (if not performed in the past 2 years)
- Examination and consultation by a board-certified physician
- Lab studies, EKG, and study medication
- Compensation for your time and travel

Interested, call:

**Medical Center For Clinical Research**  
**(619) 521-2841**

and lock it in Lucille the Pickup of Sweetness and Caring. Then, after the 90-minute joke Hollywood plays on me, called *Hellboy 2*, I return to the truck. I check my cell phone's chisel-and-stone-tablet setup to see if anyone has left me any text messages. I have three.

"I'm here," reads the first.

"Getting checked baggage," reads the second.

"Ready, where are

you?" queries the third.

"Oh crap," I say, remembering that I was supposed to pick a friend up from the airport half an hour ago,

the dB meter and stand around, hoping for a plane to come in so I can catch and measure its noise. Passing motorists nod to their

## A Harley-Davidson roars past and zings the gizmo up to 73 dB.

and I panic a little. Then the idea of the airport appeals to me as an opportunity to collect noise readings from what has to be one of the loudest places in the city. Excelsior!

I set Lucille the Time Machine Pickup Truck's Flux Capacitor to 30 minutes previous and zap myself to a Wait for Your Friend to Get Off the Plane Lot on Pacific Highway. From the glove box I retrieve

friends in that way that says, "Check out this dummy." Brandishing my Nerd Toy like the World's Saddest Lightsaber, I wait for an outbound passenger jet to roar overhead, but none comes close enough to register.

Standing next to Pacific Highway, rumbling buses and zooming traffic peg the read-out at around 69.6 dB, but landing or leaving jets don't leave a blip.



RESEARCH STUDIES

**If you suffer from COPD, this clinical research study might be right for you.**

eStudySite is evaluating a new investigational drug to see if it might prevent COPD exacerbations and improve the overall health status and quality of life in people with COPD.

### To participate you must:

- Be over the age of 40
- Have a history of COPD
- Be able to produce sputum (colored yellow, green or brown) on most days even when you are not having an exacerbation
- Have had at least two exacerbations in the past year for which you needed to take antibiotic or corticosteroid medication, be hospitalized, or both
- Have a smoking history of at least 1 pack per day for 10 years



**For more information please contact eStudySite**



619.955.5246 In San Diego  
 760.631.3056 In North County  
[info@eStudySite.com](mailto:info@eStudySite.com)



**Have you suffered from migraines for at least 1 year or longer?**

- Do you have 3 to 14 headache days per month?
- Are you 18 years of age or older?

If so, you may qualify for a research study of an investigational medication for the treatment of migraines.

For more information, please text the word "PAIN" to MERCK (63725) or contact eStudySite at: 619-955-5246 or [info@estudysite.com](mailto:info@estudysite.com)



This photo is for illustrative purposes only and does not imply that these models have migraines.

South Bay Treatment Center

## Addiction Research

has investigational medications with related outpatient drug counseling available in a research setting for...

## Methamphetamine or Crystal Meth Users

For more information, call: 1-888-318-2412

Subjects will be compensated for time and travel.



## Is Waking Up Tonight Affecting Your Tomorrow?

Do you or someone you know have trouble staying asleep? Is it affecting daytime activities? A research study of an investigational medication is underway for people who have trouble sleeping, characterized by difficulty maintaining sleep.

### To qualify for participation in the research study, you must:

- Be at least 18 years old
- Have trouble staying asleep through the night
- Be impacted in your daily life by your sleep problems

If you qualify and choose to participate in this study, you may receive study medication and you will receive physician consultations, study-related medical examinations, laboratory evaluations and follow-up visits at no charge. There are also overnight visits to a sleep laboratory during the study.

Health insurance is not required and compensation for time and travel is provided, of up to \$1,300.



If you are interested in learning more about this study, please contact:

**(619) 688-6565**

See our website: [www.ari-inc.com](http://www.ari-inc.com)

## Newly wed?

Opportunity to participate in a study of the marriage experiences of couples in their first year of marriage.

1. Must be at least 18 years of age.
2. Both partners in a couple must identify themselves as Mexican/Mexican-American or white.
3. Marriage partners must be willing to be interviewed (30 minutes) in their first and third years of marriage.

Compensation up to \$140 per couple.

Please call or e-mail Dr. Donna Castañeda, San Diego State University.

1-888-814-0121

[dcastane@sunstroke.sdsu.edu](mailto:dcastane@sunstroke.sdsu.edu)



Se habla español.



## "I feel controlled by my anxiety."

If you feel this way, you are not alone.

Millions of people across the world live their lives with a constant burden of anxiety, where their excessive worrying occurs for no apparent reason or is triggered by the smallest or most insignificant of incidents.

We are currently looking for people to participate in a research study for an investigational medicine for **Generalized Anxiety Disorder (GAD)**. You may qualify if you are between 18 and 65 years of age and have been diagnosed with GAD or regularly experience the symptoms associated with the condition, including chronic anxiety, muscle tightness, restlessness, prolonged sleep disturbance, and even pain.



If you are interested in learning more about this study, please contact:

**(619) 688-6565**

See our website: [www.ari-inc.com](http://www.ari-inc.com)

## Are you postmenopausal or surgically sterile and experiencing hot flashes?



If you are a healthy female who is between the ages of 18-70 years old and have been postmenopausal for at least 6 months or surgically sterile (bilateral oophorectomy with or without hysterectomy) for at least 6 weeks and you experience several episodes of hot flashes per day, call Dr. Steven Drosman at the Genesis Center for Clinical Research to see if you may qualify for a research study testing an investigational medication.

**Call Dr. Steven Drosman at 619-260-0010 for more information.**

## Affiliated Research Institute specializes in clinical research programs, both inpatient and outpatient, with an emphasis on psychiatric and neurological disorders.

Outpatient Clinical programs offered at Affiliated Research Institute include:

**• Alzheimer's Disease • Bipolar Disorder • Depression • Anxiety • Insomnia**

If you suffer from any of these disorders, you may be eligible for an investigational drug research study. If you qualify and choose to participate, you will receive physician consultations, study-related medical examinations, laboratory evaluations and follow-up visits at no charge, and you may receive study medication. Health insurance is not required and compensation for time and travel is provided.

If you are interested in learning more about any of these studies, please contact:

**(619) 688-6565**

See our website: [www.ari-inc.com](http://www.ari-inc.com)

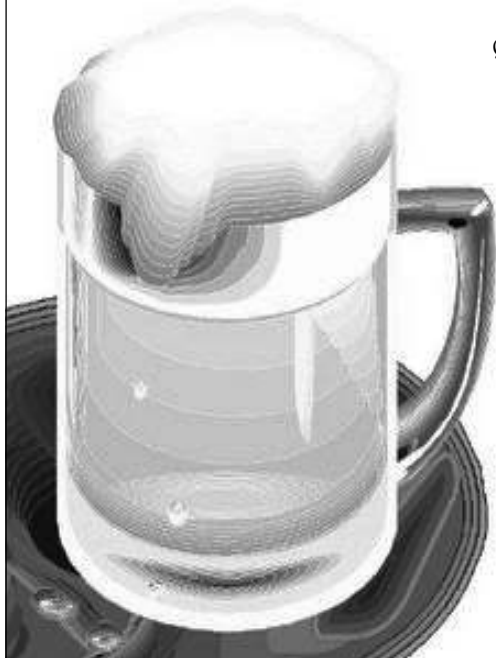




# Attention: Heavy Drinkers

Researchers at The Scripps Research Institute are working to develop new treatments for people with alcohol problems.

Is your current alcohol use causing problems with your family, your work, your life? If you want to stop drinking, The Pearson Center for Alcoholism and Addiction Research is conducting a clinical trial to help you reach that goal.



Qualified participants receive lab tests, medication or placebo, individual counseling and compensation for travel. All information is confidential.

Call: 858-784-7867 (STOP)  
Or visit: [www.pearsoncenter.org](http://www.pearsoncenter.org)



Loudest thing alongside Pacific Highway, right next to the airport, is a Harley-Davidson that roars past and zings the gizmo up to 73 dB.

The tocsin of my cell phone goes off, and I check the stone tablet: "Ready, where are you?" Aha! Right where we left off. Perfect use of time travel.

I swing Lucille out of the Wait Lot and into the collection area of Terminal One, where my friend waits by that big wiggly steel statue

that sort of looks like a walking person.

"What the hell is that?" he says when he sees the meter.

"Decibel meter. I'm trying to get readings from around town. Here, turn it on and hold it out the window."

A car behind us honks, a passenger shuttle revs past, and a security guard blows a whistle, all of which makes the digital readout of the meter wag around, but we can't really get a fix on a plane. Ground-

level noise in the busy hub of the airport masks the sound of the jumbo jets so much that they're hardly noticeable. Here I thought the meter and I would be floored by the ferocity of streaking aircraft, as if I'd stood directly in front of the barrel of a banana-cream cannon, but it was more like slogging waist-deep through a kiddie pool of pudding; there was just too much gunk down here.

Beaten, I returned

## RESEARCH STUDIES



## XALATAN® USERS

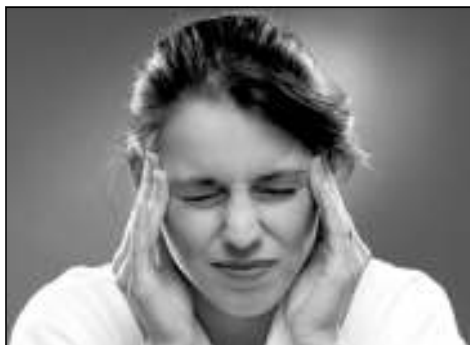
**Are you currently using Xalatan® eyedrops?**

We are seeking qualified participants for an upcoming clinical research study that will last 3 months. If you have Ocular Hypertension or Open Angle Glaucoma and are using Xalatan® to treat these conditions, you may qualify for this study.

Benefits of participation include:

- Study-related exams and study medication provided at no cost
- Financial compensation for your time and travel
- No medical insurance is required for participation in this study

For more information about our clinical research study, please call site contact Patti Simpson at: (760) 758-2008  
3998 Vista Way, Suite A, Oceanside, CA 92056



**GOT MIGRAINES?**  
**...how about an inhaled study drug?**

Have your migraines become more difficult to treat? A clinical research study is underway to evaluate an **inhaled migraine therapy** in men and women with at least a 1-year history of migraine (with or without aura). All participants will undergo pulmonary function testing and echocardiogram, both included with other study-related procedures and study medication, at no cost to the participant.

Possible participants must be:

- Male or female, 18-65 years of age
- Migraine history of 2-8 migraine headaches per month
- Willing to undergo pulmonary testing and echocardiogram

Participants will receive at no cost:

- Examination and consultation with a board-certified physician
- All study-related medication, labs, EKG, echocardiogram, chest X-ray, and pulmonary studies
- Compensation for your time and travel

Interested, call:  
**(619) 521-2841**

**MEDICAL CENTER FOR CLINICAL RESEARCH  
MISSION VALLEY**

## Avoiding Relationships?

**Trouble with dating? Parties? Public speaking?**  
**Starting conversations? Speaking to authority figures?**  
**Always worried about what other people think of you?**



Confidential help is available.  
You may be eligible to

## Receive Free Treatment

with computerized therapy as part of a research program.

**No medications!**

Call: **619-229-3740** or e-mail:  
**[SDSU.CUTA@gmail.com](mailto:SDSU.CUTA@gmail.com)**  
**<http://nas.psy.sdsu.edu>**

CENTER FOR UNDERSTANDING AND TREATING ANXIETY  
6386 Alvarado Court, Suite 301, San Diego

## TREATED FOR SLEEP APNEA & STILL SLEEPY?



Are you being treated for sleep apnea with a CPAP machine and still sleepy or tired during the day? If so, and you are 18-62 years old, you may qualify for an inpatient research study in our state-of-the-art sleep clinic and receive an investigational medication.

If qualified, there is no cost to you. Instead, you receive:

- Compensation up to \$5520
- Study-related medication/medical care

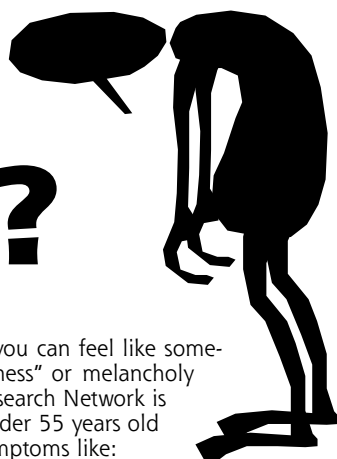
**CALL TODAY: 1-888-CC-TRIAL (228-7425)**

[www.cctstudy.com](http://www.cctstudy.com)



*Finding answers together - since 1986*

## Not Happy?



Sometimes even when things are good in your life, you can feel like something is affecting your mood. This general "gloominess" or melancholy may be the result of a chemical imbalance. Pacific Research Network is currently conducting a research program for those under 55 years old looking at an investigational treatment to address symptoms like:

- Trouble with sleep (too much or too little)
- Weight loss or gain
- Lack of interest in activities
- No energy
- Distraction at work
- Irritability
- Feelings of sadness without apparent cause

The program lasts 3 months and has 9 office visits. All study medication, evaluations, physicals and lab work are at no charge. Qualified participants will receive up to \$720 for time and travel. Call for an appointment to see if your gloominess may be something chemical-related. Perhaps we can help lead you in the right direction.

**PRN** PACIFIC RESEARCH NETWORK

Call: 619-294-4302 • [www.prnsd.com](http://www.prnsd.com)

## We Want You!

**Profil Institute for Clinical Research  
is looking for adults with Type 2 Diabetes  
to participate in a research study.**

### To qualify, you must:

- Have Type 2 Diabetes
- Be 18 to 65 years of age
- Managing Diabetes with diet and exercise alone or taking anti-diabetic medications
- Be a non-smoker
- (If female) post-menopausal or surgically sterile

You may be compensated up to \$3,230 for your time and travel. This study includes 12 overnight stays.

**For more information, call:  
619-409-1243**

**Profil**

Institute for Clinical Research



# Research Trial for Type 2 Diabetics

*Profil Institute for Clinical Research is conducting a research study to evaluate the effects of two previously FDA approved oral diabetic medications. If you are a Type 2 Diabetic yourself, your help could be invaluable.*

**Profil needs volunteers who meet the following criteria:**

1. Must have Type 2 Diabetes and not taking any diabetic drugs.
2. Must be male or female 18-65 years of age and otherwise healthy.
3. Must be a non-smoker or have quit smoking for at least six months.
4. If female, must be post-menopausal or using two methods of birth control.


If you qualify and choose to participate, you will be required to spend 20 overnight stays over four periods of five consecutive nights, and make two outpatient visits. For this commitment, you may be compensated up to \$5,280 and will receive study-related medical care at no cost.

For more information, call  
**619-409-1244**

## Profil

Institute for Clinical Research





# Have uterine fibroids?

## Have anemia because of uterine fibroids?

If you answered "yes" to either of these questions, please call about our research study of an investigational oral medication being developed to see if it reduces the size and symptoms of uterine fibroids.

**QUALIFIED PARTICIPANTS WILL RECEIVE ALL STUDY-RELATED CARE, EXAMS AND STUDY MEDICATION OR PLACEBO AT NO COST.**

To Qualify You Must Be:

- Female
- 18 up to 49 years of age
- Have uterine fibroids

To see if you may qualify, please call  
**1-619-260-0565** or visit **www.ufstudy.com.**

home to wait for the Gay Pride Parade. And in the meantime, I decided to research some of the science behind noise and its effects on our health. Since this is the odd, wonderful, complex world we live in, of course people have studied all kinds of sound and noise pollution, from traffic to air travel, industrial-worker hearing loss, and the effects on nearby inhabitants of something (so supremely cool it is) called a "magnetic levitation train." There's even a study that uses a scale of irritation known as "the Berlin snore score," which I would like to present to my father and a certain ex-girlfriend.

One very interested party in the area of racket and its influence



## Hand Eczema?

Therapeutics Clinical Research, a center of excellence in dermatological care, is conducting a clinical research trial of an investigational medication for hand eczema (also known as hand dermatitis).

### We need participants:

- 18-75 years of age
- with hand eczema lasting at least six months

### Qualified participants will receive:

- study-related evaluations by a board-certified dermatologist and study medication at no cost
- compensation for time and travel

### No insurance required.

Conveniently located in Kearny Mesa.

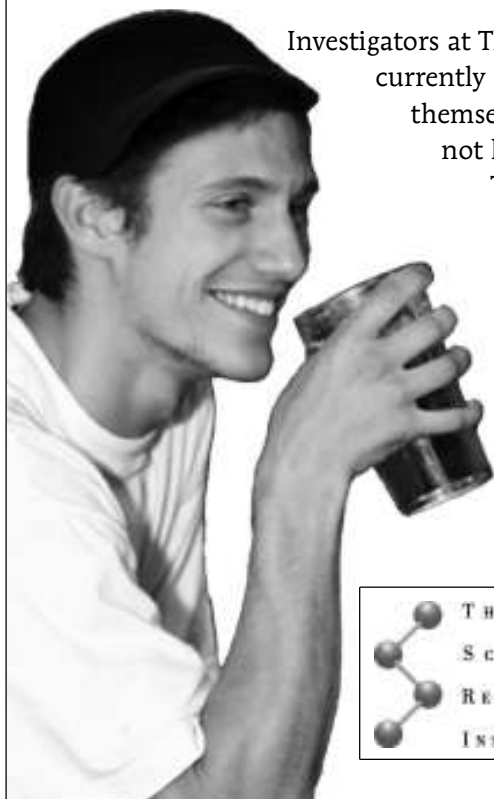
**Call us at: 858-279-SKIN (7546)**

E-mail: [info@therapeuticsresearch.com](mailto:info@therapeuticsresearch.com)

Website: [www.therapeuticsresearch.com](http://www.therapeuticsresearch.com)

**THERAPEUTICS**  
— CLINICAL RESEARCH —

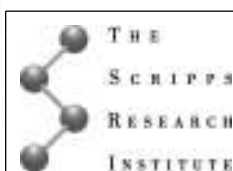
# Heavy drinkers not seeking treatment



Investigators at The Scripps Research Institute are currently seeking volunteers who consider themselves to be heavy drinkers and do not have any desire to stop drinking. The purpose of the research is to study the effect of potential medications on factors related to drinking.

Earn money for completing 4 study visits that take place over 3 weeks.

This study does involve taking a medication or placebo for one week.



To find out if you qualify for study participation, please call Natania at 858-784-7867 or visit our website at: [www.pearsoncenter.org](http://www.pearsoncenter.org) for more information.

## HAS YOUR LIFE BEEN IMPACTED BY TYPE 1 DIABETES?

### HOW WILL FUTURE GENERATIONS MANAGE THEIR DIABETES?

The Profil Institute for Clinical Research is conducting a research study to test a possible investigational medication for Type 1 Diabetics.

#### To qualify, you must:

- Have Type 1 Diabetes
- Be 18-65 Years Of Age, With Type 1 Diabetes
- Using Insulin For At Least The Past 12 Months

Volunteers may be compensated up to \$1,950. Up to nine study visits are required but no overnights.



For more information, call Profil at **619-409-1271**.

# Profil

Institute for Clinical Research

## Constipation

### Feel Like Everyone's Going But You?



Researchers are evaluating an investigational medication to see if it effectively treats Constipation.

You may qualify for a research study if you experience any of the following symptoms:

- Abdominal pain or discomfort
- Bloating and/or straining
- Have fewer than 3 bowel movements per week

All study-related care will be provided at no cost. Insurance is not needed.

To learn more call:

**Medical Center for Clinical Research**  
**619-521-2841**



# Healthy?

Generations of men and postmenopausal or surgically sterile women have helped test investigational medications by participating in clinical research studies. You could help too.

To qualify for research study 8200-239 involving an investigational medication you must be:

- A man or postmenopausal or surgically sterile woman age 18-50
- A non-smoker
- Willing to make overnight stays



Participants will receive all study-related exams at no cost and compensation up to \$2200 for time and participation.

Think you can help?

Then call 866-818-3253 or visit

TestWithTheBest.com today.

**COVANCE**

THE DEVELOPMENT SERVICES COMPANY

9665 Chesapeake Dr., Ste. 200  
San Diego, CA 92123

on our bodies and minds is the World Health Organization. From [www.who.int/en/](http://www.who.int/en/) I gleaned whole pages of recommendations for controlling sound and limiting its detrimental consequences. What I found were the host of health problems related to high sound levels:

After prolonged exposure, susceptible individuals in the general population may develop permanent effects, such as hypertension and ischaemic heart disease [emphasis mine] associated with exposure to high sound levels....

Workers exposed to high levels of industrial noise for 5–30 years may show increased blood pressure and an increased

risk for hypertension. Cardiovascular effects have also been demonstrated after long-term exposure to air- and road-traffic....

Exposure to high levels of occupational noise has been associated with development of neurosis....

Noise exposure may also produce after-effects that negatively affect performance. In schools around airports, children chronically exposed to aircraft noise under-perform in proof-reading, in persistence on challenging puzzles, in tests of reading acquisition, and in motivational capabilities....

Noise above 80 dB may also reduce helping behaviour

and increase aggressive behaviour. There is particular concern that high-level continuous noise exposures may increase the susceptibility of school-children to feelings of helplessness....”

Which is the long version of “Noise pisses people off and makes them sick, especially school kids.” The World Health Organization then lists guidelines for preventing exactly that. San Diego’s own structure of acceptable sounds (60 dB during the day and quieter from 7:00 p.m. till morning) falls pretty much in line with the WHO’s recommendations — which were pretty much ignored by everyone except out in the suburbs. San Diego

## RESEARCH STUDIES

### Trouble staying asleep? Don't feel rested when you wake up?



A research study is currently being conducted by Pacific Sleep Medicine Services for individuals who are experiencing sleep problems throughout the night.

If you are at least 18 years old, you can be considered to participate in a clinical research trial on insomnia.

Study-related care is provided at no charge to participants. This includes a physical exam, sleep exams, laboratory services and study medication.

Qualified participants will receive compensation for time and effort.

For more information, call:

**Pacific Sleep Medicine**  
**877-927-5337**

### Did you know Diabetes care is available at no cost to you?

If you have type 1 or type 2 Diabetes and are over the age of 18 you may be eligible to participate in a research study. You will receive all your study related medications at no cost to you and you may also be compensated for your time and travel. There is no insurance necessary so please call us today and help us in our search for a cure.



**Call today 1-877-567-2627**

**AMCR Institute, Inc.**

700 West El Norte Pkwy, Escondido, CA



# Are you one of the 21 million people in the United States living with Type 2 Diabetes?

*If so, consider participating in a research study at Profil Institute for Clinical Research. Profil is now conducting a research study to evaluate an investigational oral medication for Type 2 Diabetes.*

**You may qualify for the study if you are:**

- A Type 2 Diabetic
- 30-75 years old and are otherwise healthy
- Using insulin alone or insulin in combination with oral anti-diabetic medications
- A non-smoker
- Women must be post-menopausal

If you qualify, you may be compensated up to \$3,155 and you may receive investigational medication at no cost. Up to 12 overnight stays and four outpatient visits will be required.

For more information, please call Profil Institute for Clinical Research at:  
**619-409-1243**

**Profil**  
Institute for Clinical Research

# Migraine Headaches?



If you are 18 years old or older, in good health, and suffer from an average of 3 or more migraines monthly, you may qualify to try an investigational medication being studied for the treatment of migraine headaches.

Qualified participants will receive:

- Compensation up to \$350 for your participation
- Study medication and study-related medical care
- No-cost study-related medical evaluations

Call **858-ARTEMIS** today to see if you qualify for this research study. Enrollment is limited.

 **Artemis**  
INSTITUTE FOR CLINICAL RESEARCH

**858-278-3647**



## Got a Going, Going... Bladder Problem



*and sometimes you don't make it??*

An 18-week clinical research study is underway for men and women with **urinary frequency** and **urinary urgency** using an investigational oral medication. If you suffer from the embarrassment of way too many trips to the bathroom or the loss of urine before you make it there, you may be suffering from **Overactive Bladder**.

To possibly qualify:

- 1) Male or female, 18 years or older
- 2) Eight or more trips to the bathroom and at least one episode of an urgent need to use the bathroom

Participants may receive at no cost:

- 1) Study-related examinations and consultation by a board-certified physician
- 2) Labs, EKG and all study medications
- 3) Compensation for your time and travel

Interested in more information, call:

**Medical Center for Clinical Research**  
**619-521-2841**





is a loud city, and it might be making people sick.

Also what I found in my digging around the city's and county's sites ([sandiego.gov](http://sandiego.gov) and [sdcounty.ca.gov](http://sdcounty.ca.gov)) is that San Diego's enforcement of the sound laws is almost always passive. You call them, they send a police cruiser out, and the police tell your

neighbor to shut the hell up. San Diego rarely actively pursues noise abatement, except around the airports. In the past few years, the city and county have drawn up guidelines for the numerous local airfields, including helicopter pads and small prop-plane fields. But that stuff is awful and boring; it only deals

with shutting down some runways after dark and instructing pilots to stay at certain altitudes and headings and blah blah blah. So we'll skip that trash and get into something fun.

Gay Pride Parade! Ah, Gay Pride. You greasy throbbing throng of sunburnt skin and glitter, hand me a mojito and lotion up

my shoulders!

Standing across from the Ralphs grocery store on University, I position myself to get a good blast of sound from every float, band, etc. — and I am particularly close to an announcement booth, where two emcees, with possibly the most grating voices in the cosmos, fight off any sec-

ond of dead air as if it were an attacking enemy. Both personalities, straining the limits of the amplifiers and of good taste, must've gargled hot glass and cans of chewing tobacco

an eardrum-crushing 107.5 dB of winding engines and bleating little motorcycle horns. Congratulations, ladies!

This, however, is not enough. I call my friend and assistant Casey at

## Representatives of Gay Tijuana spike the readout to 97.5 dB.

before taking up their microphones. Even though they only clock in at 69.7 dB, the tone and pure stony texture of their voices make my neck and shoulders pinch up and my eyes squint.

While I fiddle with the Stupid Meter of Embarrassment, I am surprised and a little disappointed at the sound level of the Gay Pride Parade. Representatives of Gay Tijuana spike the readout to 97.5 dB (*muy bien, mis amigos!*). Our own Gay Community Center rides past boasting a respectable 79 dB, and the two-by-two lines of the vigilant Dykes on Bikes win the day with

the dungeon. "Got anything louder than Pride Parade?"

"You could go to the Worst Apartment in San Diego and get a reading there," she says.

Ah yes, the Worst Apartment in San Diego.

"Excellent suggestion," I say. "And get me a local audiologist on the blower. Ask him if there are any specific environmental issues that San Diegans should avoid. Mush! MUSH!"

"Aye aye, chief," she says smartly, then dutifully rings up audiologist Gary Shasky, MA FAAA. All those letters after his name mean he's real good with sound stuff. After a brief

## RESEARCH STUDIES

**BOTOX®**  
as low as **\$7/unit**

BOTOX injections take as little as 15 minutes and last 3 to 9 months. **\$8 per unit** for first area, **\$7 per unit** for additional areas (25 units per area). Results may vary.

Call: 619-543-1061

**Medical Marijuana Evaluations**

Free verification card provided with every recommendation.

Legitimate and affordable. Dr. Sterner has **10 years' experience** working with medical marijuana patient needs.

Call Office Direct: 619-543-1061

For 24-Hour Recorded Information Please Call: 619-442-4215



**Save 10% with ad.**  
Expires 1/28/09. For weight control. New patients only.  
**Lose Weight** as low as **\$10/day**

We have new and innovative **medications** and regimens to help you lose weight without depleting your body of the nutrients it needs and help you feel satisfied: **bioidentical hormones**, lifestyle and nutrition training and **vitamin B-12 injections** are important contributors to your well-being and helpful in increasing your energy, heightening your metabolism and feeding your nervous system. Let Dr. Sterner develop an individualized program just for you.

**All visits with Dr. Sterner.**  
**Call: 619-543-1061**

Central Location  
Near Airport

**ANTI-AGING ARTS**  
[www.antiagingarts.com](http://www.antiagingarts.com)

**Medical Center & Weight Control Medical Clinic**  
1516 W. Redwood St., Ste. 105  
San Diego 92101

**Robert F. Sterner, Jr., MD**  
Harvard 1978/UCLA 1982  
Serving San Diego Since 1984



## Do you suffer from Diabetes and high blood pressure?

You may qualify to participate in a research study involving FDA-approved medications. Qualified candidates will be compensated for time and transportation up to \$400.

Call (858) 566-8222 for more information.  
**The California Neuropsychopharmacology Clinical Research Institute, LLC**  
"CNRI, LLC"

interview, Casey calls me back and reads Audiologist Extraordinaire Gary Shasky's recommendations for avoiding hearing loss outside of the work environment in San Diego. One of his suggestions:

"Night clubs and bands can play way too loud." [Again — emphasis mine.] A very sobering fact is that the OSHA standard is for a 90-level dB noise for 8 hours. If the noise goes up 5 dB, the time is cut in half. Another five, the time is cut in half again. Most bands are at 105–110 dB, so the prescribed time [for listening to live music] according to OSHA would only be a half an hour."

This plays in perfectly with my plan to visit the Worst Apartment in San Diego — as the Worst Apartment in San Diego sits directly below the incoming Lindbergh Field flight path and directly above the Casbah, dive bar and renowned live-music venue. If the poor souls who live there pay more than a nickel in rent, they're being seriously boned.

At 10:45 p.m. on a Saturday night, Lucille the Pickup Truck of Wonder and Might flies me down to Kettner and Laurel and hunts a back street for a place to park. She runs me the wrong way up a one-way street, and before any of the challenging oncoming traffic, blaring their horns and shouting, slams me into potted meat, she dives into a parking spot. I get out in one piece, unscratched, and I glare at Lucille. Bad truck.

I take off on foot through the streets that

make up the northern border of Little Italy, around India and Juniper Street. As I get closer to the Casbah, a plane angles in over Banker's Hill for a landing. I flip on the gizmo,

and while it warms up, the plane dips further and further into the night, and its engines roar. It jams, looking as though it has stopped forward progress and is threatening to flop onto

the top floor of an art gallery and motorcycle shop, and the whine of it shoots the meter up to 88.7 dB. At almost 11:00 at night, in what would be a normally quiet neighborhood — if it

weren't for the flights above — this seems crushingly thunderous. I want to cover my ears. The plane drops into the airport, and the street I stand on returns to near silence, the only

sound from a chatting couple walking hand-in-hand toward the bar, a couple blocks away.

Good ol' Casbah! Home to several hundred waist-deep-in-hip scenesters, bartenders,

## HEALTH AND BEAUTY

# Laser SKIN CARE



MODEL



MODEL  
Before



MODEL  
After

## FREE Laser Hair Removal\*\*\*

Two Weeks Only

Upper & Lower Back  
or  
Upper Back & Shoulders  
\$299\*

Brazilian  
Full Legs

\$149\*  
\$269\*

Lip or Chin \$39\*  
Full Face \$179\*

Call for other areas.

### BOTOX®

Wrinkle reduction treatment. Entire forehead, glabellar (1 area), crow's feet (both sides).

\$199  
Per area

### Wrinkle Fillers

#### Juvéderm™

For fuller lips & deep wrinkles. Best wrinkle reduction treatment available today! First syringe \$369

\$339\*\*  
for your second syringe

#### Restylane®

To smooth away facial wrinkles. First syringe \$369

\$299\*\*  
for your second syringe

### IPL® Photofacial

For rosacea, redness and flushing.

\$145\*

### Facial Treatments

Microdermabrasion

5 for \$375

Cosmelan - Pigmentation disorders and melasma \$595

Jessner's Peel - Acne and scarring \$250

Cosmelan acne - Oily and acneic skin \$595

Skin Refresher Peel - Fine lines, sun damage and acne \$150

\*Price per treatment with purchase of a package of 5. Expires 1/31/09. \*\*With purchase of first syringe at \$369. \*\*\*Buy a Laser Hair Removal Package and receive one additional treatment of the same area for free. Cannot be combined with any other offers or coupons. Expires 1/31/09.



Farzad Yaghouti, MD  
Medical Director

## 1-866-BEST-LOOK

(1-866-237-8566) • [www.GlobalLaserCosmetics.com](http://www.GlobalLaserCosmetics.com)

6950 Friars Road, Suite 100 • Across from Fashion Valley Mall

Se Habla Español • Promo code: RDR0115

No-Interest Financing until 2011! Limited Time Only (OAC)



GLOBAL LASER COSMETICS, INC.





What's better than chocolate for Valentine's Day?  
**Botox® of course...**

---

**January Specials**

**BOTOX® Cosmetic**  
Botulinum Toxin Type A **\$99**

Up to 12 units and \$9/unit for additional units.

**Juvederm®**  
ULTRA **\$369**

First syringe. \$299 2nd syringe.

---

All medical procedures and consultations performed by Aeria Chang, M.D.  
Offers good through January 31, 2009.

**Beatitude**  
AESTHETIC MEDICINE & ACNE CENTER  
**AERIA CHANG, M.D.**  
9040 Friars Road, Suite 500, San Diego, CA 92108  
Call now to book your complimentary consultation.  
**1-888-246-0766 • www.beatitudemedspa.com**



band members, fans, flunkies, and boozers. Pushing in through the throng at the side gate, I am confronted by a wall of blather, white-belt hipsters with asymmetrical bobs chatting it up about their latest "project," as well as the *zip-snap* of lighters, the sucking sound of cigarette drags, and the zesty "AAAAHHH!" of the cooler-than-you crowd after enjoying a snort of stiff, icy booze. All of this clocks in at a relatively tame 64.3 dB on the Dip Wad Meter, what has to be the most embarrassing thing with which I've ever walked into an establishment of such exuded style and attitude.

After ordering a bourbon and soda from the Atari Lounge bar

and returning to the smoke deck, I find a seat on the edge of a low tree planter and watch the meter. As the band inside says its "hellos" and introductions, the readout zings from its mid-60s level of Modster

## The whine of the jetliners shot the meter up to 88.7 dB.

Din to the high 60s, with spikes into the 70s. I wait for the big leap from the first downbeat and am not disappointed. As the band begins, the meter immediately leaps into the 90s and continues to climb, averaging out at 105 dB during the song, and hitting a peak with the band's squelch-y, squealing, thumping final bars: 115.4 dB. I

remember audiologist Shasky's warning that the OSHA-allowed length of time for this level of noise would be half an hour. I check my phone's water clock: 11:00 p.m. I know the lineup of bands will con-

tinue for another two and a half hours.

I sip my drink and look up to a light in the second-story window, above the smoke pit, and below a screeching jet, the bedroom of whoever inhabits the Worst Apartment in San Diego, and I'm thinking, "Thank God I don't live there." ■

— Ollie

HEALTH AND BEAUTY

## COSMETIC SURGERY :: FACE :: BODY :: BREAST

**Look great for the new year!**  
**\$1000 off**

Any surgical procedure. Limited time offer.

Premier Surgeon in San Diego specializing in TUBA (Transumbilical Breast Augmentation). No scars on the breast! Quick healing time! Through-the-belly-button approach! Silicone and Saline Implants. All approaches offered.



**888-401-3685**

Robert A. Shumway, MD, FACS  
9834 Genesee Ave., Suite 225 • Scripps La Jolla Campus  
888.401.3685 • Complimentary Consultation  
www.ShumwayCosmeticSurgery.com • www.abetterbreastaug.com

Take advantage of  
**\$100 off Botox®**  
**\$200 off Fillers**  
**Free Botox® (1 area) with purchase of regular-priced filler**

- Quick-fix Fillers – Restylane®, Juvéderm®, Radiesse™, ArteFill®
- Breast Augmentation
- Liposculpture • Tummy Tuck
- Laser & Chemical Peels
- Eyelid Rejuvenation • Facelift
- Nose Reshaping • Necklift
- Skin Care Services

As heard on  
Sophie 103.7!

Sophie  
@103.7

# Specializing in Facial Plastic Surgery



**Dr. Amir Moradi**  
Duke University Trained  
American Board of Facial Plastic & Reconstructive Surgery  
**Dr. Regg V. Antle**  
Baylor University College of Medicine  
Fellow of American Academy of Cosmetic Surgery

## Primary Face and Neck Lift Surgery:

Meticulous skin elevation, proper elevation of muscles of face and neck, fine closure of the skin to minimize incisions.

## Correction of Prior Face and Neck Lift:

Proper evaluation of prior face lift, corrections to earlobe deformities, wide and unsightly scars, and re-creation of facial balance and symmetry.



Actual Patient Before



Actual Patient After



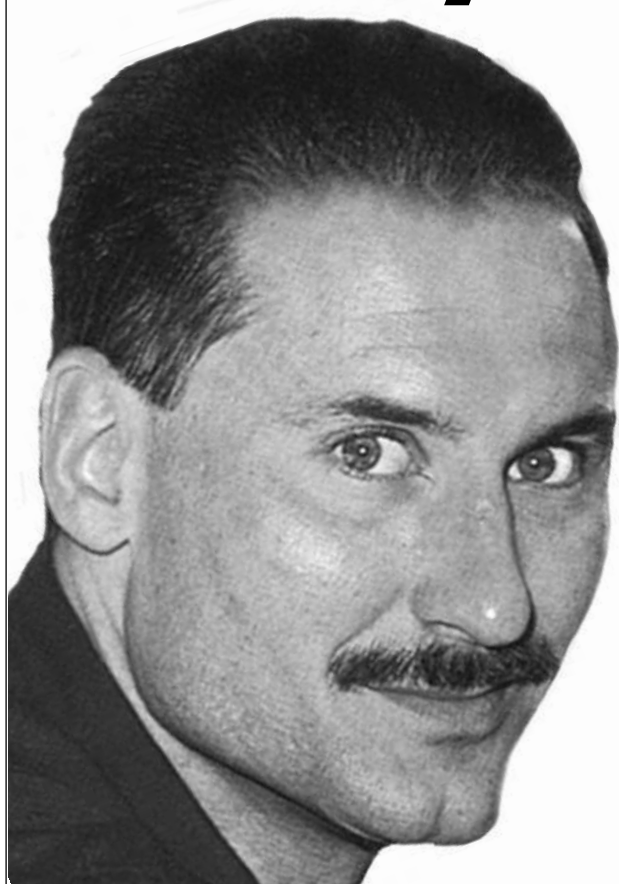
Call our office for your complimentary consultation

**760.726.6451**

2023 W. Vista Way Ste. F, Vista • Visit our website to keep up to date with our specials

[www.face-beautiful.com](http://www.face-beautiful.com)

# Look younger with more hair



**Hair transplants for men and women — Permanent, painless, one-day procedure.**

**3000 hairs**  
**\$2999\***

Regular price \$6000.

**We will match any written estimate!**

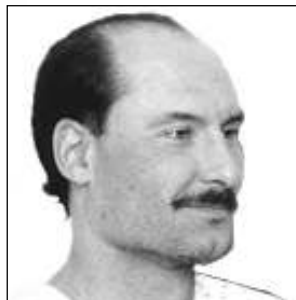
(Limited time only)

**Free financing**

2 years 0% interest.

**Private complimentary consultation: 1-866-751-2182**

With over 25 years' experience Dr. Shugufta Khan, M.D., F.A.A.C.S., is an expert in the field of Hair Transplantation, world renowned for creating a natural hairline and maximum density.



Actual Patient

Visit us at **ILHT.com**

7930 Frost Street, Suite 203, San Diego

Open Saturdays.

\*3000 grafted hairs is the equivalent of 1200 grafts.  
FIT technique offered at a separate pricing scale.  
Please call to inquire. OAC. Offer expires 2-16-09.

**RENEW**  
Hair & Cosmetic Center

**ILHT**  
San Diego • Chicago



# Backyard Bow-Hunting in La Jolla

*"What the hell was that?" the wife screamed from her morning bubble bath.*



I live in La Jolla, once a scrub-covered area of sandstone hills and arroyos, now covered with homes that, come a half inch of rain or so, slide down said hills into said arroyos. No matter how unstable these hills are, we pay plenty for them, which explains why I have a vanishingly small back yard.

So when I got my first bow, a reasonably priced compound, I realized that there was no way that I could safely practice in my so-called back yard. Furthermore, I live on a corner lot, midway up one of the busiest hills in La Jolla, surrounded by neighbors that I never talk to and rarely see. Which sounds sad, but it's not. I can't stand neighbors.

Then again, I had to consider what the neighbors would think of me shooting a high-velocity compound bow mere feet from where they might be enjoying an evening with friends, delicately sipping Napa Chardonnay, the wild salmon roasting expertly on a \$20,000 built-in stainless grill. I doubted that the homeowners' association covenants, conditions, and restrictions covered archery on the premises, but I was quite sure it would be frowned upon.

I set up a target (as large as I could find, for safety reasons, of course) against a small stone wall. When the coast was clear,

and the cat and kids were out of the way, I crept out the sliding-glass door and onto "the range," having blocked off all other ingress and egresses to the yard with dining-room chairs. I shouted to the wife, over the blow-dryer upstairs, that "the range is hot," then tiptoed out with the bow hanging down to my ankles, using all the cover the jasmine vines afforded, and knocked an arrow. I was

somehow able to make a range of 15 yards by standing in my wife's flower garden and putting the target just beyond the potted tomatoes, resting on the herb garden around the corner of the house. I peered downrange through the palm fronds and noted the narrowness of the shooting lane. Perfect. A little dicey for someone who doesn't know what he's doing, but perfect. More realistic, I reasoned.

That summer, most every evening after work, I would hit the range. I took

out several green tomatoes (unintentionally) and two garden hoses, carelessly left on the grounds of my range, and punched a few holes in the stucco of the corner of my house. Thanks to my overreaching safety precautions, no one was seriously injured.

After a few months, I got to thinking that maybe I could hunt with this contraption. Just as I was admiring my tightening groups, I would suddenly send an arrow flying into the stucco.

"What the hell was that?" the wife screamed from her morning bubble bath, one story up from the

## HEALTH AND BEAUTY

### COSMETIC PLASTIC SURGERY • MEN AND WOMEN

#### FACE • BREASTS • BODY

Natural Results • Laser Skincare • Wrinkle Treatments • Laser Assisted Liposuction  
SMART LIPO™ • Accredited Operating Rooms • M.D. Anesthesiologist

*Stuart B. Kincaid*  
M.D., F.A.C.S.

Diplomate, American Board of Plastic Surgery - 1985  
Certificate of Advanced Education in Plastic Surgery



AMERICAN SOCIETY OF  
PLASTIC SURGEONS, INC.



MEMBER OF THE AMERICAN SOCIETY  
FOR AESTHETIC PLASTIC SURGERY  
THE MARK OF DISTINCTION IN  
COSMETIC PLASTIC SURGERY



\*Call Office for Details

[www.SkincaidMD.com](http://www.SkincaidMD.com)

Visit Our Website to See Your Procedures in 3D

\$9 per unit  
BOTOX®  
\$370 first syringe  
RESTYLANE® or  
JUVÉDERM®  
without surgery

0% Interest Finance Plans  
Military Welcome



OVER 24 YEARS OF EXPERIENCE San Diego/La Jolla • 858-450-4199 | Temecula/Inland Empire • 951-695-9934

range.

"Nothing, dear," I said, retrieving the shattered arrow. "Probably just another bird committing suicide on the window."

"Oh, like the birds that keep pecking holes in the stucco and the garden hose?"

She was clearly more observant than I had given her credit for.

When I was shooting my rifle, I would call it a flinch, but in archery they call this premature release "target panic," a name that, in and of itself, inspires fear and suggests some type of psychological disorder requiring a medical professional, or at the very least, self-medication. The term works its way into your midbrain and takes over at the worst times — like when you're really, really trying to shoot something.

I needed to purge the term from my mind. Being a Californian, with an open, yet unquiet mind, I did this through various Eastern techniques of meditation and yoga. (Just kidding. Pure nonsense.) Instead, I held steady and released the arrow without flinching. Midbrain be damned.

Then it happened. I got up early on a weekend, certain that no one would see or hear me firing arrows downrange, when my Croatian neighbor emerged onto his deck, still in his jammies.

"What you doing there?" he shouted.

I quickly lowered the bow and put on my harmless, non-hunter, haven't-I-been-a-good-neighbor face and said, "Just lobbing a few arrows in a safe direction, nothing to be concerned about."

"Good. I take you to Croatia. You hunt wild boar there. We go soon, eh?"

Shocked, I said, "Sure."

"Another thing, we have too many \$#! rabbits in yard, you shoot some, eh?"

"Sure thing," I stuttered, thrilled that I was being commanded to kill in a foreign accent. I felt

like Jason Bourne or the Manchurian candidate. Clearly the Croat was impressed by my shooting ability.

Next thing I knew, I was watching the Padres on TV on a summer evening

when I noticed my neighbor's yard filling with the little cotton-tailed varmints. I made sure my twin teenaged girls were safely engrossed upstairs in some slut-filled, gory TV movie, and, fairly certain


that the Croats weren't home, I stalked out the sliding-glass door, kneeled at the fence, and, trembling in the fading light, shot my first game animal with a bow at 12 yards. Unfortunately, I used a nonlethal field point,

so it wasn't exactly a humane kill. I knew this because I heard the aluminum arrow clackity-clacking along the fence as the hapless creature looked for an escape route.

Having passed (sort

of) this test, I knew that it was time. I booked a wild-pig hunt in central California, fully guided, on private land. Which, if you're from SoCal, goes without saying, since there is no public-land hunting down

## HEALTH AND BEAUTY




Model


- Breast Augmentation
- Breast Lift
- Breast Reduction
- Tummy Tuck
- Liposuction
- Mommy Makeover
- Fat Transfer
- Body Contouring After Major Weight Loss

- Face & Neck Lift
- Eyelid Surgery
- Brow Lift
- Nose Reshaping
- Ear Surgery
- Facial Peels & Laser
- Restylane® & Perlane®
- Botox®
- Labial Reduction

Now offering  
**Vaginal Rejuvenation**  
by Dr. Benito Villanueva  
Board-Certified Gynecologist




CALL TODAY TO SCHEDULE  
A CONSULTATION  
**1-888-669-8949**




**PROFESSIONAL  
PLASTIC SURGERY**

4510 Executive Dr. Suite 105  
La Jolla / UTC Area



**RON G. SOLTERO**  
M.D., F.A.C.S.  
Certified, American Board of Plastic Surgery  
[www.solteromd.com](http://www.solteromd.com)



**JON S. WILENSKY**  
M.D.  
Certified, American Board of Plastic Surgery  
[www.wilenskymd.com](http://www.wilenskymd.com)

Aggressive  
financing available  
& CareCredit®



# Botox \$9 per unit (min. 25 units)



**Juvéderm Ultra Plus \$365**  
**Radiesse \$450**  
**Restylane \$395\***  
**Perlane \$425\***  
 Plus \$50 off your 2nd syringe.

**IPL Photofacial \$175**  
 (reg. \$400) Medical grade. Treats age spots, sun damage & helps skin tightening.

## Laser Hair Removal:

Upper Lip or Chin or Cheeks...\$59	Underarm (Axilla)...\$89
Bikini Line...\$99	Legs (Upper or Lower)...\$229
Bikini Extended...\$149	Full Face...\$189
Brazilian...\$189	Back (Upper or Lower)...\$249
	Abdomen or Chest...\$199

**Acne Treatments**  
 Blue Light \$75 • Photodynamic \$295

**Sclerotherapy**  
 Varicose Vein Treatment \$185

## All procedures performed by physician or RN.

Not to be used in combination with any other offer, discount or promotion. First treatment only. Expires 2/5/09. \*After rebate.

Call for a **free consultation!**

## COSMETIC LASER & SKIN REJUVENATION CLINIC

3252 Holiday Ct., Ste. 229, La Jolla  
**888.326.9259 • www.skinclinic.us**

here, most of it being desert or heavily used bits of national forest. The guide was young, energetic, and an experienced bow-hunter. It was 100 degrees in the valley, and the pigs were having none of it. Being fairly intelligent creatures — them and me — we found a cool spot to pass the heat of the day. I sat in an air-conditioned hotel room reading crappy novels, hunting only a half hour in the morning and a half hour before dark. They crawled under some cool scrubby vegetation, dreaming the pig dreams of lust and hunger.

The first evening of the hunt, I stuck a fairly large sow in the liver at 30 yards, surprised I'd even hit the thing the way my sight picture flailed around the brown blob. Instead of picking a spot, I basically let fly at the center of mass. Typical rookie mistake. Still, she was hurt bad, squeal-

ing and running in circles, and left a pretty good blood trail. We tracked her onto the next ranch, where we lost her at dark in the thick undergrowth that hogs love. I had several more gimme shots on this trip and blew every one of them, either

No thought, just release. The arrow went just where I had aimed, into the dirt under the pig's chest.

The guide was pretty understanding about the whole thing, no doubt because he was a bow-hunter. Pull those kinds of

*She was hurt bad, squealing and running in circles, and left a pretty good blood trail.*

because of poor stalking ability — I was used to shooting elk, antelope, and deer with my .300 Win Mag rifle at 300 yards after all — or because of stupid shooting mistakes, the worst being the time I got to within 30 yards of a small pig, only to put the 20-yard sight pin on its vitals. Why did I do this? Because I had shot so many shots in my back yard with the 20-yard pin that when I saw that familiar green dot, I released.

stunts with the usual rifle-hunter guide and you'd be lucky if he didn't accidentally back over you with a Suburban.

When I got home, my wife was shocked that the cooler was empty, she being unaccustomed to poor hunting prowess.

"Why didn't you just bring the rifle?" she asked, incredulous.

"It's all about the hunt, honey, not just putting meat in the freezer," I lied.

## HEALTH AND BEAUTY

# BAJA HEALTH & BEAUTY DIRECTORY

SAFE & PROFESSIONAL SERVICES DON'T HAVE TO BE EXPENSIVE!

## BOARD-CERTIFIED PLASTIC SURGEONS BY MEXICO'S BOARD OF PLASTIC SURGERY



**Francisco Bucio, M.D.** 20 years of experience in Cosmetic Surgery for Face, Breast and Body. State-of-the-art clinic in the Grand Hotel Tijuana. High-tech Medi-Spa, Laser Center. IPL Photofacial, ACCENT non-surgical Skin Tightening, **CO<sub>2</sub> FRACTIONAL LASER** for skin resurfacing for rejuvenation, **ONE-TIME TREATMENT.** Visa, MasterCard, American Express.

619-946-2158; 011-52-664-686-4588  
**www.franciscobucio.com**



**Ricardo Vega Montiel, M.D.** Member of ISAPS. Providing the desired results in Body Contouring and Face Rejuvenation in a fully licensed surgical facility located at the Grand Hotel Tijuana Complex. High-level Med-Spa and Advanced European Mesotherapy. Visa and MasterCard.

619-946-1074; 1-888-4VEMONT

**drvega@teleserviz.com**



For a fabulous NEW IMAGE, get to know BOARD-CERTIFIED **Jaime Campos-Leon, M.D.**, highly skilled in the most Advanced and Effective Plastic Surgery Techniques and Laser treatments. Active member of ISAPS. The results speak for themselves. **LASER LIPOSUCTION**, IPL Photorejuvenation, Thermage, Vein Laser, Peels, Botox®, and many more.

Free consultation. Visa and MasterCard.  
 1-866-58-SHAPE; 619-240-8681; or visit: **www.tjlipo.com**



**Juan Carlos Fuentes, M.D.** Corresponding member of the American Society for Aesthetic Plastic Surgery. Dr. Fuentes and his bilingual staff provide first-quality results in all fields of Plastic Surgery, performed in a state-of-the-art surgical facility. For more information please call us: 619-428-4803, or visit us online.

**www.juanfuentesmd.com**

## DENTISTRY



**MAKEOVER Dental Studio, Dr. Cortes,** Certified in implant surgery at Loma Linda University. General and **High-Tech** Cosmetic Dentistry. **Nobel Implants: 3D Diagnosis, Surgery guided by computer (flapless).** Personalized attention. All in a comfortable dental office in the best part of TJ.

**Affordable prices.** Most insurance accepted.

619-600-0897; 011-52-664-634-2023  
**http://dr-rafaelcortes.hi5.com**



**TRUST Dental, Dr. Cirenía, 5 Specialists and 4 Dentists** experienced in Superior Quality **Cosmetic Dentistry.** Save **70%** on **Implants, Crowns, Root Canals, Veneers, Zoom 3!, Dentures.** Strict **OSHA** sterilization. **USA** lab materials. Financing, credit cards accepted. **FREE** Digital X-Rays, Oral Camera and checkup. 1/4 mile to border. **Free Shuttle.** 1-800-342-8419

**www.DENTISTatTIJUANA.com**



**TJ Dental Clinic** Pay Less, Expect More. All dental treatments in one state-of-the-art clinic. Cosmetic Dentistry, Laser Whitening, Digital X-rays, Intraoral Camera, Implants, and free estimates. Most U.S. dental insurance accepted. Visa and MasterCard welcome. You don't need to drive — we are just one block from the border. 619-270-8672

**www.sdro.com/tjdentalclinic**



**PRODENT, Alfonso Gracia A., D.D.S.** Simply the best just across the border. Gentle, Ethical, Antiseptic, Affordable. **Implants, Cosmetic Dentistry, Porcelain Veneers, Ceramic Crowns, Root Canal Treatments, Oral Surgery, Sedation.** Visa and MasterCard.

New location in Rosarito at Hospital Bonanova.

619-308-7845, 1-877-215-1516  
**www.dralfonsogracia.com**



**Pacific Dental Tijuana, Dr. Torres & Dr. Lutz** Tijuana's PREMIER dental office. Affordable General and Cosmetic Dentistry. Save up to 60% off U.S. prices. State-of-the-art equipment and materials, English-speaking staff, **U.S.-TRAINED DOCTORS AND SPECIALISTS,** digital x-rays and pictures.

Specializing in Veneers, Root Canals, Bondings, Crowns, Implants and Dentures. Nobel Guide implant technology, mercury-free dentistry, **1-hour ZOOM!** bleaching. Plenty of references from the U.S. and Canada. Dr. Torres, **U.S.-LICENSED DENTIST, USC,** Cosmetic and Rehabilitation specialist. Dr. Lutz, **Harvard University and Loma Linda University** for Dental Implants and General Dentistry. Dental lab on premises. Strict OSHA sterilization control. All treatments guaranteed. Our office has been **featured on CBS and Channel 8.** All major credit cards welcome.

Now offering service in San Diego in our brand-new Chula Vista/Eastlake office. U.S. prices apply.  
 1-866-804-1877; 011-52-664-634-0835  
**www.sdro.com/pacdental**



**Ricardo Alvarez, D.D.S.** 24 years of experience in Cosmetic, Non-Invasive and dental **Implant** procedures. Master Studies at Loma Linda and **Harvard University. Strict Infection Control.** Implants, Crowns, Dentures, Braces, Root Canals. **Visa and MasterCard.** **Border:** 619-734-2386;

**Toll-free:** 1-877-653-9021; **Rio:** 619-734-0233  
**www.bajadentist.com • appointments@bajadentist.com**



**Erico Carreño, D.D.S.** 19 years of experience. UCLA, Loma Linda University, IAO-Certified Senior Instructor, Europe- and USA-trained, warranted quality and ethical dentistry. Top-of-the-line private office (not a clinic). The only Waterlase (real laser) in Baja. Dental laboratory in San Diego. American Academy of Cosmetic Dentistry, ADA, HDA, WLCI,

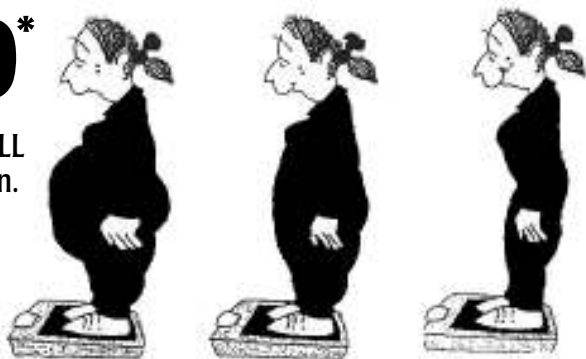
AAFO, IFUNA, IAO member. Insurances welcome.  
 619-308-7082; 011-52-664-684-8133  
**www.drerico.com • www.biolase.com**

**Reynoso Dental** High-quality Cosmetic dentistry. All in one place: Implants, Veneers, Root Canals, Crowns. Mercury-free dentistry. Strict OSHA sterilization. 100 meters after you cross the border. Call 619-407-7911; 011-52-664-683-1251  
**www.reynosodental.com**

# Losing Weight Doesn't Have to Cost a Fortune!

**\$80\***

Includes ALL medication.



- Proven prescription medication
- Convenient monthly appointments
- No contracts • Physician supervised
- Effective use of leading appetite suppressants

760-745-8431

**Luc Fontaine, MD**

430 North Cedar #C • Escondido

**\*Offer valid with coupon only.**

Initial consultation only. Regularly \$95.  
Includes all medications. Expires 1/31/09.



## FREE Cosmetic Surgery Information Pak™ \*

- Surgery pricing guides
- 25 questions to ask your doctor
- Doctor referrals/FREE consultations
- Before and after photos of procedures
  - How to finance your surgery
- Warnings & red flags/hidden pitfalls

Take advantage of today's bargains in pricing!

Find out what you must know about cosmetic surgery before your surgery!

**Call 800-535-0380**

for immediate shipment.  
**NO COST OR OBLIGATION.**

Sponsored by: The Cosmetic Surgery Information Center™...a nonprofit public benefit organization providing information, education and assistance to the public since 1985.

\*Certain restrictions may apply. Paid for by an association of participating Board-Certified Physicians referred by Cosmetic Surgery Information Center. ©2008 COSMETIC SURGERY INFORMATION CENTER, INC.™

## Re-energize. Rejuvenate. Refresh. For less.

Newly reduced prices!

### OUR BEST PACKAGES

#### Ultimate Package \$60 (reg. \$85)

Our 2-hour ultimate package includes a 1-hour European facial plus deep cleansing with steaming, exfoliation and extraction, a 20-minute face, shoulder, neck and back massage, plus spa pedicure and manicure, all followed by a revitalizing masque and moisturizer to hydrate and protect your skin.

#### Wellness Package \$135 (reg. \$180)

3 hours, 30 min. Includes: European facial & microdermabrasion, 1-hour full-body therapeutic massage, body wrap, manicure & spa pedicure with foot masque.

#### Deserve Package \$99 (reg. \$150)

3 hours. Includes: 1/2-hour European facial, 1-hour full-body therapeutic massage, manicure & spa pedicure plus foot masque.

#### Re-Energize Package \$49 (reg. \$70)

45-minute foot massage and 1/2-hour spa pedicure.

#### 1-Hour European Facial \$39

Soft, smooth skin texture. 15-minute massage. Deep cleansing with steamer, exfoliation, extraction, mask and moisturizer.

#### 1-hr. European Facial with Microdermabrasion \$45

#### 1-hr. Full-Body Massage with Manicure and Spa Pedicure \$65

#### Acne Facial Treatment \$50 (reg. \$75)

1 hour, 15 minutes. Includes deep cleansing with steamer, AHA exfoliation, extraction and 15-min. massage.

#### 1-Hour Rejuvenation Facial \$65

(reg. \$100) Includes free microdermabrasion.

#### Free Microdermabrasion

with purchase of a \$120 IPL (Photofacial) (reg. \$180). First-time customers only. 1 hr., 30 mins.

#### Waxing

Special Brazilian Wax \$25 • Bikini \$15

**Extra \$5 off!**  
any package  
Mon.-Wed.

**JENNIFER**  
SALON AND SPA

**8055 Clairemont Mesa Blvd., Ste. 103-B**  
(next to Burger King between 805 & 163)

**858.560.0325 • 858.560.5081**

No previous ads accepted. Expires 1/29/09. Mon.-Sat. 9 am-7 pm, Sun. 10 am-4 pm. Visa, MasterCard accepted. (No checks, please.) Gift Certificates Available. We use and sell Dermalogica products.



### Magic Eyelash Extension \$95

### Jan Marini Skin Research Age Intervention Eyelash

Now available. Helps develop fuller, thicker lashes naturally. 20% off.

### Spa Treatments

#### Head-to-Toe Package \$145

3-3 1/2 hours. Package includes:

- European facial
- Complete 1-hour therapeutic body massage
- Manicure & pedi-spa
- Choice of any body spa treatment

Add \$35 for Microdermabrasion

#### Summer Package \$110

European facial, facial massage including head and neck acupressure, back facial with 15-minute back massage, and body detox wrap.

#### Deep Cleansing Facial \$65

#### Aroma Facial with Pedicure \$60

### Signature Facials \$85

(reg. \$120)

New clients only.

Choose from:

- Acupuncture facelift
- Age Smart facial
- Ageless lift facial
- Isogeji facial
- Slimming facial
- Microcurrent facial
- Lymphatic facial
- Brightening facial
- PCA chemical peel

### Energy Balancing Plan \$85

- 45-minute reflexology foot massage
- 30-minute head, neck, acupressure, and back massage
- Pedi-spa

### Cosmetic Procedures

#### Eyeliner \$300 (reg. \$400)

#### Lip Liner \$300 (reg. \$400)

#### Eyebrows \$300 (reg. \$400)

#### Full Lip \$600 (reg. \$800)

### Scar Removal

- Acne scars
- Skin graft scars
- Surgical scars
- Hypertrophic scars

Specializing in removal of freckles, age spots and sun spots

### Microdermabrasion with Free Rejuvenation Facial 4 for \$235

### 4 Free Microdermabrasions with purchase of

### 4 Series IPL (Photofacial) \$600

- Increases collagen and elasticity

**Sonya of London**  
DAY SPA &  
FULL-SERVICE SALON

3924 Park Boulevard, Hillcrest • 619-291-2728

Open 7 days • www.sonyaooflondon.com

We use PCA and Dermalogica products.

Gift certificates available



## Winter Specials!

State-of-the-art Thermage Technology with advanced tips for skin tightening and contouring.

- > **Face** with 900 STC Tip **\$1,495**
- > **Eyes** with 450 STC Tip **\$1,195**
- > **Abdomen, thighs or arms** with 1200 DC Tip **\$1,995**
- > **Fraxel II** for smoothing and resurfacing skin, acne scars and brown spots. Special Package – 4 treatments for **\$1,960**  
\*While supplies last



Dr. Parvin Mani is a  
**Platinum-Plus Award Winner** for Botox  
**Platinum-Plus Award Winner** for Juvéderm  
**Pinnacle Award Winner** for Thermage Skin Tightening  
**Platinum Award Winner** for Restylane  
**Platinum Award Winner** for Perlane

- > **Laser Hair Removal**  
Call for special packages.
- > **Microdermabrasion**  
Call for pricing.
- > **Botox \$10** per unit.  
Plus a \$25 gift certificate.
- > **Cellulite Treatment with Velasmoth \$950**  
for package of 10.
- > **Mesotherapy Fat Reduction \$500**  
For package of 4 sessions, \$125 each session.
- > **Photodynamic Therapy (PDT) \$295** per treatment.
- > **IPL Photo Rejuvenation with Lumenis One \$145**  
per session with purchase of four sessions.
- > **Cosmelan Peel \$595**  
Skin depigmentation for brown spots.
- > **Blu-U Light**  
For acne removal. \$400 for 8 sessions.

- > **Labioplasty \$1495**  
by board-certified gynecologist.
- > **Vaginoplasty "Vaginal Rejuvenation" \$2500**  
by board-certified gynecologist.

### Fillers \$100 off second syringe on the same day.

- > **Perlane \$449** per 1cc syringe. World's most popular filler.
- > **Restylane \$399** for 1cc (reg. \$450).  
Restylane Platinum Award Winner. \$25 rebate per syringe.
- > **Radiesse \$495** 1.3cc syringe (long lasting)
- > **Artefill \$995** .8cc syringe. Limited time only.

**Juvéderm \$598**  
**2 syringes**  
After rebate. While supplies last.  
Both syringes used the same day.

**Parvin Pam Mani, M.D., F.A.C.O.G.**

5555 Reservoir Drive, Suite 208 (by SDSU, off Alvarado Road) • 619-583-7555 • [www.sdcosmeticlaser.com](http://www.sdcosmeticlaser.com)  
Call for a **free consultation**. Facial products and gift certificates available. Saturday appointments available on request.  
Payment plan available. Se habla español. Offers expire 1/31/09.

The fact is, I had brought the rifle on that trip but resisted the nearly overwhelming temptation to use it. Like lots of new archers, we take the old standby, terrified of going on a hunting trip and coming home empty-handed. "Bowfles," as in bow and rifle, I've heard us called. The toughest part of bow-hunting is coming to the realization that many hunts won't end with a kill, or worse, they'll end like my first hunt did: with a wounded, unre-

covered animal. I hate, more than anything, losing wounded game.

And don't tell me that a hunt is still special without the kill. It's not. Sure, being in the woods in the pursuit of game is wonderful, but without the kill, it's a huge disappointment. Go into outdoor photography if you believe otherwise.

Bow-hunting — the stalk, the challenge of the draw and release in close quarters — was so much more exciting than my rifle hunts. I was hooked. I was

becoming one with the mystical flight of the arrow. Well, sort of. There's nothing mystical about it, really, but it is cool to see. Watching an arrow arch through the air after a perfect release is almost spiritual, driving you to do it over and over again.

A whitetail hunt was the turning point. I was on one of my yearly pheasant trips to North Dakota and decided to bring the bow, since I had seen so many deer around the property where we hunt. I had no tree stand and no ground blind. I knew from the year before what the deer were doing, so I sat on the ground next to a tree in the corner of a woodlot facing an alfalfa field, concealing myself with some brush. I thought my chances were pretty slim, sitting on the ground like that with a bow, going nose to nose with the most skittish game animal there is.

As predicted, the deer appeared just before dark, and a few young ones got

## HEALTH AND BEAUTY



## Dental Implants

as low as **\$795** (crown not included)

**FREE CONSULT/EXAM**

**IMPLANT CROWN \$599**

Bridges • Braces • Crowns  
Root Canals • White Fills

Call: **619-827-0770**

**Smile Design Center**  
A Dental Practice

232 Third Ave. • Chula Vista, CA 91910  
[www.smiledesigncentersd.com](http://www.smiledesigncentersd.com)

## Look sexy and feel confident with a full head of real hair in less than 2 hours.



Actual client

### 100% satisfaction or your money back!

If you are currently a client of another company, come and see why UHD was voted #1 salon in California. **Your first service will be on us. That's right, FREE!** We want to earn your business! Happy new year!

Come see our high-class center and find out why so many customers have made the change to Ultimate Hair!

100% \$\$\$-back guarantee! We want to earn your business. NOT receiving 100% from your current provider? Make the change today!

**Ultimate Hair Dynamics of San Diego**

2221 Camino del Rio South, Suite 108 • 888-446-2417

Complete financing available • [ultimatehairdynamics.com](http://ultimatehairdynamics.com)



## New Year's Specials

Choose one of the following:

### Body Contour Wrap

Gained a few holiday pounds? No need to worry, we have just the right solution for you. Lose inches with an all-natural, effective way to achieve inch reduction, detoxify the body and cleanse the skin. This will leave you feeling totally rejuvenated with smoother, silkier skin.

**\$95**  
Reg. \$110

### Free Microdermabrasion

with the purchase of a Rejuvenating Facial valued at \$65 or more.

### Body Balance Energy Special

Includes:

- 1/2-hour reflexology foot massage
- 1/2-hour stress release back massage
- 1/2-hour head & neck acupressure
- Spa pedicure & manicure

Reg. \$147 \$125 **\$109\***  
**Final Discount! Wow!**

### Permanent Eyelash Extensions

(\$300 value) **\$130\***

Newest Japanese technique.  
Lasts 4-8 weeks. All-natural.

### Permanent Makeup

- Lip-liner \$200\* (\$300 value)
- Eyebrow \$200\* (\$300 value)
- Eyeliner \$200\* (\$300 value)
- Full Lip \$400\* (\$500 value)

\*Must present ad for this special discount.

### Total Body Wellness

(\$185 value) **\$139\***

3 hours. Includes: European facial, 1-hour full-body therapeutic massage, manicure, deluxe spa pedicure, and your choice of one of the following spa body therapies: hydroactive mineral salt scrub, enzymatic sea mud wrap, detox hydro pack wrap for slimming, detox herbal linen wrap.

### Mini Day Spa Package

(\$100 value) **\$85\* 2 hours total**

Includes: 1-hour facial with 15-minute head and neck acupressure and back massage, alpha hydroxy peel (smooths and softens skin texture and appearance), European facial, plus spa manicure and pedicure. A natural face-lift that helps cleanse the skin, removes fine lines, freckles and blemishes.

**Botox • Restylane • Laser Hair Removal available**

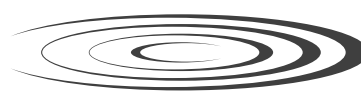
Now open in North Park

3942 1/2 Illinois Street

**(619) 297-3073**

Mon.-Sun. Open 7 days a week

[www.aboutudayspa.com](http://www.aboutudayspa.com)



*About You*

*day spa and salon*



close, but not nearly close enough. One young doe was behind a row of cottonwoods about 100 yards away, not getting any closer in the fading light, so I belly-crawled as close as I could, ranged a nearby tree at 40 yards, got on my knees, and came to full draw just as the doe cleared the trees. She stood broadside and stared at me kneeling there, and I put an arrow through her chest. There I was, alone in this field, all calm, nearly dark, no loud rifle report, pheasants and rabbits and other deer around me, not even disturbed by the light thunk of the bow string. Did I just do that? Crawled up on a whitetail and put an arrow through it? I did.

Over the years, I've gotten pretty good with my bow. I did this by making every possible mistake one can make with a bow, or any activity related thereto. I've even injured myself. I haven't shot myself, or anyone else, at least that I know of, but I've cut my fingers pretty badly in a rush to screw in scary sharp broadheads. After several bouts of tendonitis, I finally got a bow with the right draw length and started treating my shooting like an athletic event, using strength-training, warm-ups, and stretching.

Then a funny thing happened. The compound bow felt like a rifle. I could shoot tight groups at 50 yards (not in my back yard, but down at the park, between the golf course and the baseball field, well hidden, perfectly safe, nothing to be concerned about). I did this with the best state-of-the-art equipment money could buy, including an incredibly accurate rangefinder.

When peering through sights, holding steady, letting my air out, applying back tension on the trigger release, it felt as if I was shooting my rifle. More pleasant, of course, no kick and no loud bang, but the basic shooting of a compound bow is not too different from shooting a rifle.

Shooting a bow should be like shooting a bow — no sights, no range finders, holding wood, not aluminum, fingers on string, not release aids. Just a simple point, draw, and release on pure instinct. Traditional

archery, stick and string, looked more like the real thing to me. But when I saw these traditional guys at the range, their groups were laughable, way off the mark, nowhere near good enough for hunting. How could one

possibly shoot accurately with a stick and string? These things were not designed for the pinpoint accuracy required to take down big game. And how powerful could they be? No pulleys — no velocity. And how can

you hold at full draw without the let-off the cam-equipped compound bow gives you? Impossible.

So I bought my first real bow, a recurve, a few years ago. Nothing serious, just something to mess

around with in the back yard, I told myself. The UPS guy delivered it. With all the hunting gear and cammo he delivers to my house, he usually inquires of my daughters about my mental stability. Most out-

## HEALTH AND BEAUTY

# Melt Away Ugly Fat From Your Stomach, Hips and Thighs!

## INTRODUCING COOL LIPO™ BODY SCULPTING

- Gentle fat disruption & removal using laser technology
- Improves skin tightening
- Less invasive than traditional liposuction
- Safe – with minimal downtime (usually 48 hours)

Winter Specials good through February 1

**Breast Augmentation** (Garment & lab additional) ..... \$3,995

**Liposculpture\*** (1st area) ..... \$1,995

**Tummy Tuck\*** ..... \$4,995

\*Some weight restrictions apply. Garment & lab additional.

### Ask about our other services, including:

- VelaSmooth – FDA-approved cellulite treatment
- Breast enhancement and lifts • Facials, peels, waxing
- Lunch-hour mega peel • Face & eyelid lifts
- Tummy tuck • Facial & spider vein treatment
- Fotofacial™ (improves sun-damaged skin and rosacea without downtime)
- Botox, Juvéderm & Restylane
- Laser hair removal
- Full line of skin care products

## Spider Vein Removal \$99

1 area. Call for details.



Actual patient – Before



After



Actual patient – Before



After

"In my lifetime I've had over nine surgeries and never had I felt like a family member until meeting Dr. Sarosy and his staff. Wonderful people!"

– Patty S.,  
El Cajon

"I found Dr. Sarosy and his team to be the most professional and warm, compassionate people. Thank you, everyone!"

–Carmen P.,  
San Diego

Actual Patient/Model

## Vein & Liposculpture CENTER

Certified by the American Board of Surgery  
8881 Fletcher Parkway, Suite 241, La Mesa • 619-697-1325  
www.veinlipocenter.com • Financing available



# Breast Augmentation

from **\$4250\***

"I would recommend Dr. Pietraszek to anyone considering cosmetic surgery. I am so happy with my results!"

Member  
AMERICAN SOCIETY OF  
PLASTIC SURGEONS



THE LA JOLLA INSTITUTE  
OF PLASTIC SURGERY

**James Casimir  
Pietraszek, M.D.**

**Board Certified  
Plastic Surgeon**

**25 years of plastic  
surgery experience**

**Senior Staff Surgeon  
at Scripps Memorial  
Hospital La Jolla**

**plasticsurgery.lajolla.com  
888.360.1589**

**Actual patient**

\*Restrictions apply. Call us for details.  
Offer expires 2/16/09.

door stuff you can buy in San Diego makes you look like a goofy suburban hiker, clad in bright-colored, noisy, special-wicking synthetics, totally inappropriate for bow-hunting.

It was dark when I got home from work the day my recurve was delivered, but I couldn't resist shooting the thing. I snuck out to the back yard after dinner and set up a flashlight on the target. I stood about five yards from the target, pulled my shoulder out of its socket, and let go of the string before it severed my fingers at the first joint. Luckily, I had a very large backstop. Having barely hit a very large target a few feet away, I was reassured of my initial assessment of traditional archery — impossible. These stick-and-string bows are strictly toys and not for the serious hunter.

I'm the kind of guy who believes nothing unless

it's written down somewhere, and even then, I'm suspicious. I read every imaginable thing written about shooting a traditional bow, and then I bought every DVD and videotape, before I finally realized that shooting a bow, like any activity, is all about the doing. The only good thing about all that research was that I actually saw guys shooting these bows with incredible accuracy. There was Howard Hill demonstrating his snap shooting style by driving an arrow through the head of a giant snake across an African river, then firing a volley of arrows at a running lion 70–80 yards away; or Byron Ferguson shooting an aspirin tablet his wife threw up for him, or shooting an arrow through his wife's wedding ring (sans finger). And here my wife is complaining about a few holes in the house.

So I had proof: Shoot-

ing a traditional bow accurately was possible, but it looked as if it were going to take half a lifetime to learn.

"Honey," I shouted upstairs to my wife. "I'm quitting my job to pursue a life of traditional archery."

"What's traditional archery?" she asked distractedly. She was apparently in the middle of unloading a large Bloomingdale's bag and thus failed to hear the first part of my announcement.

"You know," I said, "those fat guys with the beards and the funny hats you see on the hunting shows with stick-and-string bows, sneaking through the woods in natural fiber cammo, flinging wooden arrows willy-nilly, hopelessly off the mark, but looking cool doing it."

"Oh. Okay," she said. "Did you see my Christian Louboutin boots?" ■

— Bill Keen

## HEALTH AND BEAUTY

# Celebrate You!

## Cosmetic Seminar Wednesday, January 28, 2009

**5:30pm – Check-in**

**6:00pm – Meet patients and view demonstrations.**

**6:30–7:30pm – Presentations by**

- **Johan Brahme, M.D., Board Certified Plastic Surgeon**
- **Richard Fitzpatrick, M.D.  
Board Certified Cosmetic Dermatologist**
- **William Groff, D.O.  
Board Certified Dermatologist**

*Gift  
packages for all  
seminar participants  
including procedure  
discounts.*



LA JOLLA COSMETIC SURGERY CENTRE  
A MEDICAL GROUP est. 1988

**ljcsc.com**

Seating is limited. Reserve your space by calling Betsy at 1-800-942-2816



LJCS Patient



# Featuring Sleep Sedation Dentistry “Sleep through your procedure”

Visit our website: [www.softtouchdental.com](http://www.softtouchdental.com)

Close spaces, correct crowding and brighten your smile with Empress Veneers!

**Porcelain Empress Veneers \$749** per tooth (Reg. \$1100 per tooth)

Limited time! Ends soon!

**FREE** Cosmetic/Implant Consultation  
**FREE** Orthodontic/Invisalign Consultation  
**FREE** 2nd Opinion Consultation

**\$0 down**  
**0% interest**

For 18 months OAC. No insurance needed.

**Invisalign and Invisalign Express**  
**from \$2,000-\$3,500**

**Exam and cleaning \$49**  
in the absence of gum disease.

**Same-Day Emergency Appointments Available!**

**ZOOM!**  
*Advanced Power™*

Whiten your teeth up to 8 shades lighter in one hour!

**\$249**

Elsewhere \$600. As seen on ABC's *Extreme Makeover*.

**Free custom bleaching trays with ZOOM!**  
*Advanced Power™*



BEFORE ACTUAL PATIENT



AFTER ACTUAL PATIENT  
VENEERS



BEFORE ACTUAL PATIENT



AFTER ACTUAL PATIENT  
PORCELAIN CROWNS

*Soft Touch*  
DENTAL

[www.softtouchdental.com](http://www.softtouchdental.com)  
**888-296-6092**

**Dr. Fakhimi, DMD**

Family and Cosmetic Dentistry and Orthodontics

3735 Clairemont Mesa Blvd. (at Clairemont Drive) • Visit our website for a virtual tour!  
Most insurance accepted • Financing available • Military discounts • Senior discounts  
Discover, MasterCard, Visa, American Express, ATM

MEMBER ADA,  
SDCDS, BBB  
GRADUATE OF  
LAS VEGAS INSTITUTE  
for  
ADVANCED DENTAL STUDIES





## LETTERS

continued from page 12

music mostly, but really we have no boundaries. We play what we think is good, and we are far from a cookie-cutter radio station. Our signal is sort of weak (working on that), but it comes in great in North County and is available online at [palomar-collegeradio.com](http://palomar-collegeradio.com).

If your readers are look-

ing for a local, fun station, then look no further than to good ol' AM radio! Thanks for reading this far if you did! We need all the help we can getting the word out that we are here!

John Deskovitz  
via email

### Locals Only

Your writer Thomas Larson overlooked one radio station that is both legal and 100 percent local: KSDS-

FM ("Why Local Radio Is No Longer Local," Cover Story, December 31). We program mainstream jazz and blues 24/7. While our license is held by the San Diego Community College District, we are professionally operated. We serve as an adjunct to the Radio/Television Department at San Diego City College.

We are locally programmed by Claudia Russell. Our deejays are each re-

## HEALTH AND BEAUTY

Special Promotions:

**Extractions \$95 • Porcelain Crowns \$390**  
**Fillings starting at \$75 • Veneers \$740**  
**Discounted menu for cash patients.**  
**Now accepting PPO insurance.**



Joseph Tucker, D.D.S., with comprehensive experience in Endodontics, Fixed Prosthodontics, Oral Surgery and Implant Placement, is now accepting new patients.

Emergencies & Walk-Ins Welcome  
Open Fridays 3-6 pm & Saturdays 8 am-2 pm  
Root Canals  
Extractions including Wisdom Teeth  
Removable & Fixed Prosthodontics  
Implant Placement and Veneers

5210 Balboa Avenue, Suite A-2, San Diego 92117 (west of Rite-Aid at Balboa & Genesee)

**858-279-3455 • [www.BalboaDentist.com](http://www.BalboaDentist.com)**

## If diet & exercise aren't working, consider Cool Lipo™ Body Sculpting

- Less invasive than traditional liposuction
- Gentle fat disruption & removal using laser technology
- Safe – with minimal downtime (usually 48 hours)
- Improves skin tightening

Introductory Offer **only \$1,995** 1st area  
Offer expires 2-1-09.

Ask about our other services, including:

- Full line of skin care products
- Laser hair removal
- Botox, Juvéderm & Restylane
- Fotofacial™ (improves sun-damaged skin and rosacea without downtime)
- Facial & spider vein treatment
- Tummy tuck
- Facials, peels, waxing
- Face & eyelid lifts
- Lunch-hour mega peel
- Breast enhancement and lifts
- VelaSmooth – FDA-approved cellulite treatment



Before



After  
(Actual patient)

**ImageCentre Salon & Medical Spa**

3815 Mission Avenue • Oceanside • 760-722-6344 • [www.imagecentresalon.com](http://www.imagecentresalon.com)



## \$1,000 Off Any Surgery\*

\*Booked by Jan. 31, 2009. Call office for details. Cannot be combined with any other offer.

- Breast Augmentation
- Liposculpture
- Smart Lipo
- Tummy Tuck
- Botox and Fillers
- And much more...



**Jeffrey A. Umansky, MD**

Certified by the American Board of Plastic Surgery

4150 Regents Park Row  
Suite 260, La Jolla 92037  
888.260.8576

[www.drumansky.com](http://www.drumansky.com)

Fellowship trained by Harvard Plastic Surgery Professors

Affordable financing options available



San Diego's

## Best Prices for Laser Hair Removal!

**Buy 5, Get 2 Free!**  
Any one area.

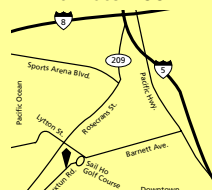
Underarms  
\$60

Bikini Line  
\$85

Brazilian  
\$175

Full Legs  
\$290

Men's Back/Shoulders \$300  
Men's Chest/Abdomen \$300  
Upper Lip \$35 • Lower Legs \$130  
Full Face \$100



### Winter Specials!

(Must present this ad.)

**Botox** \$25 off one area  
\$75 off two areas

**Juvéderm Ultra Plus**  
\$350 per syringe  
(regularly \$450)

**Juvéderm Ultra**  
\$300 per syringe  
(regularly \$400)

**IPL Photofacial**  
Buy 3, Get 1 Free

**15% Off All Skin Medica Products**

**glow - M.D. Skin Care**

2790 Truxtun Rd. #100  
Liberty Station, Pt. Loma  
[GlowMDskincare.com](http://GlowMDskincare.com)  
**888-258-2989**

Free consultation for all procedures.



# Look 10 years younger without surgery!

**Botox \$9** per unit (reg. \$11)  
**NO DILUTION.** Wrinkle reduction.  
 New clients only.

**Juvederm™ Ultra \$399** /syringe  
 New clients only. Offered daily.

**Acne Therapy**  
 Starting at \$99.

**Laser Hair Removal**  
**Underarms \$70 • Brazilian \$155 • Back \$300**  
 Purchase any two areas and get one area of equal or lesser value free.

**Vibraderm \$99**  
 Crystal-free microdermabrasion.

**Pain-Free Lip Augmentation \$449**  
 Dental block and anesthesia included.

**Active FX/Deep FX \$1000 off**  
 Laser resurfacing for lines, wrinkles and acne scars.

**IPL Photorejuvenation \$249** /area  
 For broken capillaries and sun spots.

**Meso-Slim™ \$359** /area  
 Patented fat and cellulite reduction.

**Vein Treatments**  
 Starting at \$300 per leg.

**Extra 10% off**  
 Bring a friend and both receive an additional 10% off.  
 Discount received at completion of both services.  
 \*Does not apply to Botox or Juvederm.  
 All offers expire 1/28/09.

**LASER CLINIQUE™**  
 Aesthetic Surgical, Medical and Dental Spa



P. Alexander Atali, M.D.  
 Medical Director

**888.557.3630**  
**www.Laser-Clinique.com**  
 Log on to see your procedure in 3D!

**4765 Carmel Mountain Road, Suite 207**  
**San Diego • Torrey Hills Center**  
 (Conveniently located off the 5 or 56 freeways)  
 All our services are offered to men and women and are administered by a physician in our state-of-the-art facility.





**ageless+beautiful**  
 SPA AND COSMETIC SURGERY  
 DR. SEAN DANESHMAND  
*The Complete Approach*

**THE Ageless Body PACKAGE**  
**VASER ULTRASONIC LIPOSELECTION™**  
 Purchase the Abdominal Area for **\$2950**  
 or Purchase One Area and Get **Half Off** the Second Area  
 Second Area must be of equal or lesser value.  
 Patient must be seen for a **FREE** consultation. Some restrictions may apply.

**THERMAGE SKIN TIGHTENING™**  
 Abdomen, Face, Eyes, Lips, Hands  
 Purchase One Area and Receive **Half Off** the Second Area  
 Second Area must be of equal or lesser value.  
 Patient must be seen for a **FREE** consultation.



Model Before Vaser Lipo  
 Model After Vaser Lipo



Model Before Thermage For Face  
 Model After Thermage For Face

**ADVANTAGES OF VASER ULTRASONIC LIPOSELECTION™**

- ✓ Local Anesthesia
- ✓ Low to Minimal Bruising
- ✓ Smooth Contouring
- ✓ Tissue Selective Due to Ultrasonic Technology
- ✓ 1-2 Days Downtime

At **Ageless and Beautiful Spa and Cosmetic Surgery**, we have developed a complete approach to your cosmetic needs with a team of Board-Certified Plastic Surgeons who have been approved by the American Board of Plastic Surgery.

Our mission is simple: *Provide Excellent Care.*

**PLASTIC AND COSMETIC SURGERY PROCEDURES**  
 Smart Lipo™, Breast Augmentation, Vaginal Rejuvenation, Tummy Tuck, General Reconstruction, Fami, Face & Neck Lift, Otoplasty & Browlift, Blepharoplasty, Rhinoplasty, Chin Implant

Contact us to schedule your personal consultation.

**current specials**

<b>botox® mondays</b> \$10 a unit all day from 9am - 6pm	<b>fill your face tuesdays*</b> \$50 off any filler treatment	<b>activefx saturdays**</b> ActiveFX for the Face <b>\$1000</b>
---	--	--

\* Cannot be used with any other Discounts, Coupons, or Gift Certificates. \*\* All appointments must be booked any Sat. in January. Cannot be used with any other Discounts, Coupons, or Gift Certificates.

<p><b>laser hair removal<sup>1</sup></b>            Buy 5 Sessions and receive the <b>6th Session FREE!</b>            Back &amp; Shoulders <b>\$299</b>            Bikini <b>\$99</b>            Brazilian <b>\$159</b>            Lower Leg <b>\$159</b>            Full Leg <b>\$299</b>            Underarm <b>\$79</b>            Upper Lip or Chin <b>\$59</b></p> <p><b>injectables</b>            Botox® <b>\$11/unit</b>            Juvederm Ultra® <b>\$399+</b>            Juvederm Ultra® Plus <b>\$499+</b>            Restylane® <b>\$499+</b>            Perlane® <b>\$499+</b>            Sculptra® <b>\$899</b> per vial            Radiesse® <b>\$695</b> per syringe</p>	<p><b>fat/cellulite</b>  <b>Mesotherapy \$175</b>            per area with purchase of package.</p> <p><b>acne &amp; pigmentation</b>  <b>Acne Blu-U®</b>            Destroys Acne Bacteria. <b>\$399</b>            10 treatments.</p> <p><b>ActiveFX® for the Face</b>            Reduce fine lines and resurface skin.  <b>THE ONLY FDA-APPROVED</b> device for collagen stimulation. One-time treatment administered by M.D. <b>\$1000</b> (see special)</p> <p><b>Photodynamic Therapy (PDT)</b>            Treatment for sun damage, acne and keratosis. <b>\$399</b></p>	<p><b>Photofacials (IPL)</b>  <b>\$250</b> for 2 treatments.            Plus a Free Microdermabrasion.</p> <p><b>leg vein treatments</b>  <b>Laser Vein Removal</b>            Spider and varicose veins <b>\$150</b> per area.</p> <p><b>esthetician services</b>  <i>Our Facials:</i>            European Facial            Extraction            Oxygenating Trio            Back to Basics</p> <p><b>50% off</b> All Facials and Treatments.  <b>Friday &amp; Saturday Only</b></p>
---	---	---

**(888) 803-5375 • www.AgelessandBeautiful.com**

**Look Younger in Hours!**  
**January 21, 2009 from 6 - 7:30pm**  
**Tired of looking saggy and old?** Join us for a workshop on Thermage Skin Tightening and Active FX Laser Skin Resurfacing and learn how to look younger without going under the knife. There will be a live ActiveFX demonstration administered by MD. Evening will also include appetizers and giveaways. Attendees can enter an Active FX drawing to be the next live demonstration patient. Seats are limited. Cost to attend is \$20 per person. Call to RSVP Today!

\*Prices below reflect the purchase of 5 sessions. \* First-time clients only. \* Prices only effective with mention of the Reader Ad specials.

**We are located at**  
 1080 University Ave., Ste. H201  
 San Diego, CA 92103  
 Uptown Shopping District

**Medical Director**  
**Dr. Sean Daneshmand, M.D., FACOG**  
 Certified, American Board of Cosmetic Surgery



# Immediate tooth replacement!



## Free consultation for implants

With immediate-function dental implants, patients receive **immediate results never before available** with other implants. **The only implant approved by the FDA for immediate load. No waiting period.** Tooth placed on the implant the same visit and you can eat immediately.

**Delayed Load Implant** as low as **\$700** (excludes crown)

**Immediate Load Implant \$1900** (excludes crown)

With this ad. Expires 1/29/09.

### Complete dental care:

- Exams/Cleanings
- Root canals in one visit
- \$250 anterior tooth
- Have an attractive smile with Lumineers
- Non-invasive sinus floor lift & bone grafting

**Dr. S.T. Sawa** 619-401-0444  
407 W. Madison Ave. • El Cajon

**Visit us online:**  
immediatetoothreplacement.com  
instantdentalcare.com  
sargondentalimplants.com



Before

After



sponsible for "pulling" their own show from our music library of over 200,000 songs (not including the vinyl). We even have an all-request show that is truly programmed by our listeners' phone calls.

People across San Diego County listen to us at 88.3 on the FM dial. People around the world listen to us at [jazz88.org](http://jazz88.org). All our programming, events, and education information is available online at the same Web address.

Local programming is

alive and well in the form of public *music* radio.

Ann G. Bauer  
Jazz 88.3

## Sociopaths In Charge

Being a native-born third-generation San Diegan, local radio has played a major role in my cultural evolution ("Why Local Radio Is No Longer Local," Cover Story, December 31). My father had a radio and TV repair shop back in the '50s, which exposed me to the media from birth, literally. I

can still remember the first color TV broadcast out of L.A. Radio was always on, everywhere I went, every house, in the car, and on those portable transistor radios. I heard every major artist, from teenybop pop to high classical, jazz to country, R&B to psychodelic, comedy, and spoken word. It was a marvelous exposure and nourished my soul for decades.

Now, San Diego radio has become some brain-wash tool in the hands of sociopaths. All the richness of our American musical heritage has been diminished to short playlists on "oldies" stations (do people really want to hear Gary Lewis and the Playboys over and over, every day?). Various genre-based stations, adult contemporary and hip-hop/dance, indie-music (it's not independent at all), clutter up the airwaves on FM. While AM is so overwhelmed with talk radio, 99 percent ultra-right-wing irrational, hysterical propaganda and "Christian" sta-

## HEALTH AND BEAUTY



### NEW WEIGHT LOSS PROGRAM!

**First month FREE!**

Physician-prescribed program, support and monitoring. **All-natural** hormone replacement and supplementation.

\*Call for details.

**George Weiss, MD**  
4130 La Jolla Village Dr. #105  
La Jolla • 888-417-6208  
[www.spa858.com](http://www.spa858.com)

MED SPA 858

## What type of Breast Implant is right for you?

There are many options when you are considering breast augmentation. Dr. Samimi is board-certified in plastic surgery and has many years of experience using saline and silicone implants. Dr. Samimi will help you make the right decisions in breast augmentation or any other cosmetic procedure.

*Please call and schedule a complimentary consultation to discuss any cosmetic procedure— liposuction, tummy tuck, face lift, laser hair removal.*

**RevivaMed**

PLASTIC SURGERY

**Kian J. Samimi, M.D., F.A.C.S.**  
Certified by the American Board of Plastic Surgery

La Jolla • 7300 Girard Ave. #101  
La Jolla, CA 92037

Gaslamp Quarter  
711 Fourth Ave. #200  
San Diego, CA 92101

888-261-1658

[RevivaMed.com](http://RevivaMed.com)



**Soft-Tissue Filler – 2<sup>nd</sup> syringe 1/2 off!**  
**Botox – \$10/unit (40-unit minimum)**

## Facelift Specialist



BEFORE

AFTER



BEFORE

AFTER

**Call to schedule an appointment today!**

**(858) 658-0595**

**ROY DAVID AMIR, M.D., F.A.C.S.**  
Board Certified Facial Plastic Surgeon



**LA JOLLA CENTER**  
for  
**FACIAL PLASTIC SURGERY**

3252 Holiday Ct., Ste. 206 • La Jolla, CA 92037

Ph: (858) 658-0595 • Fx: (858) 658-0596

[www.SanDiegoFace.com](http://www.SanDiegoFace.com)

Diplomate, American Board of  
Facial Plastic and Reconstructive Surgery



tions (primarily fundamentalist Bible Talibanesque stations that go hand in hand with neocon philosophy).

My heart is broken by this devolution of the art form of radio. I really feel sorry for the Gen XYZs who have been robbed of the golden eras I experienced on the radio, growing up in this town without pity. Political agendas have ruined the art of radio, and I see no light on the horizon. Hopefully, the Internet will find a way to undermine the established Clear Channel behemoth and force them to serve the public as a source of edification, enlightenment, and true entertainment.

If those of you really want radio to change (no one I know likes radio anymore), then boycott their sponsors and flood them (Clear Channel or any other clone network) with emails and calls of utter contempt.

One more statement: San Diego does *not* need six TV news channels all saying the same thing over and over all day, every day. What the hell is that about?

Thanks for the soapbox.  
Lord Chris  
via email

### Old Stogie

"Why Local Radio Is No Longer Local" (Cover Story, December 31) was emailed to me by a longtime friend and current media consultant/financier (call him "Woodie," real name Dave). We also attended Ithaca College's broadcasting degree program back "in the day," mainly the late '60s, in an Ivy League town (Cornell) where our professor for "Creative Writing for TV" was *Rod Serling*! We also had a great college radio station, WICB, where I took a turn as program director, which is still on the air and just won a "Woodie" award for college radio. Creativity wasn't tolerated — it was mandatory! We played Quicksilver Messenger Service, Spirit, Santana, Fleetwood Mac, the original Pink Floyd (with Syd Barrett before he went mad), Captain Beefheart's *Trout*

*Mask Replica*, Frank Zappa and the Mothers of Invention, Lenny Bruce, as well as the Beatles' nonhit LP tracks, Rolling Stones' nonhit tracks, and anything else that made the college administration hate us. It was the original home of Doug

Tracht, later the infamous "Grease" man. So don't cry for me, Argentina — I was there, baby, and smokin'! There was a certain "aroma" associated with that period that lingers to this day.

For those of you who remember the great 30-minute

"Recycling Promo" that preceded the demise of KGB "BOSS RADIO," I was one of the founding fathers of the new progressive KGB-AM/FM back in 1972, along with the great Ron Jacobs (who has his own Internet radio show available at

[whodaguyhawaii.com](http://whodaguyhawaii.com)). At that time it was inconceivable that the FCC would ever allow owners to have more than one AM, one FM, and one TV in the same market. It was every man for himself, and the competition (you call Hud-

son and Bauer a golden heyday? They were *hacks*!) was fierce.

KGB-AM (1360) was the first "progressive" AM station in San Diego (I was with KRLA when they tried it in Los Angeles under Shad- doe Stevens in 1970) that

## HEALTH AND BEAUTY



**BOTOX**  
—Cosmetic  
Botulinum Toxin Type A

**Tuesdays**  
**\$8 per unit**

**Juvederm**  
ULTRA

**Thursdays**  
**\$299 per syringe**

With this ad. Offer valid on Tuesdays and Thursdays in January. Can not be combined with any other offer.

## Revive Yourself!

### \$100 Off 1-Hour Teeth Whitening

Faster and brighter than Zoom and BriteSmile with less sensitivity. Performed by a dentist in a relaxing spa setting. Regularly \$299.

Before



After  
(Model)

### Botox \$175 per area\*

**All three areas \$450**

Frown Lines, Forehead Wrinkles & Crow's Feet.

Before



After  
(Model)

(\*Max 20 units one area, 50 units three areas. Additional units \$8 each.)

### Juvederm \$379/syringe

**Receive an additional \$50 off with two or more syringes.**

Smooth and natural results that last longer than Restylane, up to one year!

Before



After  
(Model)

### 50% Off Laser Hair Removal

**Lip or Chin \$50 • Bikini Line \$85 • Brazilian \$140**  
**Underarms \$75 • Lower Arms \$110 • Full Arms \$165**  
**Full Back \$275 • Lower Legs \$165 • Full Legs \$330**

(Discounted Single Treatment Prices)

No package purchase necessary! Pay as you go or buy five and get one free. Effective and safe on all skin types.

**re:vive**  
salon & spa

**1425 Frazee Road, Mission Valley**  
**866.537.0691 • [www.revivesalonandspa.com](http://www.revivesalonandspa.com)**

**Owned and operated by:**

**Vishal Verma, M.D. and Vinita Parekh, D.D.S.**

Some restrictions apply. Not valid with any other offers.  
Call to schedule a complimentary consultation.



# Thinning Hair?

*You have a choice*

**Specialists and Designers in Women's, Men's & Children's Hair Loss** from: genetic (male pattern baldness), hormonal, stress, alopecia, chemo, burn, surgery and trichotillomania

- ∞ Nonsurgical and state-of-the-art hair systems, hair extensions, custom wigs, supplies and repairs
- ∞ Confidential and private rooms
- ∞ Over 40 years' combined experience
- ∞ Board of American Hair Loss Council

**Also Offering:**

- ∞ European Keratin Hair Straightening
- ∞ Laser Hair Therapy for Women and Men to Promote Hair Growth



Call Collette for your complimentary consultation:  
**619-296-7744**

**LA JOLLA  
HAIR CLINIC**

6110 Friars Road, Suite 205 • [www.lajollahairclinic.com](http://www.lajollahairclinic.com)  
(1 mile west of 163 Freeway and Fashion Valley Mall. Next to NYPD Pizza)

played "FM" music. Very few people had FM radios in their cars at that time, so it was immediately a hit with the "hip" (read that "OB") crowd. Larry Himmel was on the late, great (real) KPRI-FM 106 as part of the Doobie and Roach (he was Roach) morning show and later came over to KGB as Baba Cruz. I was Captain Billy along with Brad Messer and Brent Seltzer at KGB AM/FM, and in 1972 we were number one with the 18-35 demographic in the morning.

Every great program director, from Ron Jacobs to Jack McCoy to Buzz Bennett, took a shot at San Diego. It was the bright center of the radio-programming universe, and every great jock of the era, like Lee "Baby" Simms, Live Earl Jive, the "Silver Surfer" Gabriel Wisdom, Bob Coburn, and on and on had their day in San Diego. It was a test market for every new format and an acid test

of a jock's ability to get an audience. At KGB, Ron Jacobs and I invented the *HomeGrown* albums, the true source of today's local music scene (there was *zip* at that time), and it unfortunately led ultimately to *American Idol* (instant fame beats paying your dues!).

Later, in the late '70s and early '80s, KGB-FM became the single biggest phenom on the West Coast, with monster ratings in every day part. By then, I had morphed, at Gabriel Wisdom's urging, into *The Hergon Breakfast Club* with the great Jeff Prescott, and we went from a 3.3 share in morning drive to an 8.8 in less than a year. *Why?* Because we *were* San Diego. It would not have worked in any other market in America. Consultants from out of town thought we were so arcane that they could not figure out why the station was so huge — and thus the success was never duplicated anywhere

else. You can't transplant *local*, by its very nature!

So everything you say in the article is true — it just lacked the historical perspective of someone who was there and fought the good fight when radio *had* to be local. Oh, and one other thing, it *used to be fun!*

As for today's radio, I don't bother. KIFM is wall-to-wall station promos with "liner reader" jocks (has anyone ever told Jay Weidenheimer that he sounds exactly like T.J. Thyne of *Bones*?), so I tune out as soon as they start talking, and I put AM radio on if I need a traffic report.

As for Rush Limbaugh, well, folks, the real reason for his success is, as alluded to above, because he is a seasoned professional radio broadcaster who knows every trick in the book to keep you hooked.

I worked with Casey Kasem when we started *American Top 40* in 1970

## HEALTH AND BEAUTY

### 4 Options for Breast Augmentation:

Peri-areolar • Inframammary • Transaxillary • Transumbilical



Model

**Robert Kearney, MD, FACS**

Board Certified Plastic Surgeon

#### Breasts

- Breast Augmentation — 4 incision options
- Breast Lift • Breast Reduction

#### Body

- Liposculpture
- Tummy Tuck • Arm Lift
- Thigh & Buttock Lift

#### Face

- Face, Neck and Forehead Lift
- Eyelid Lift • Nose Reshaping
- Botox • Chemical Peels • Juvederm
- Artefill® • **Fraxel® II Laser** NEW!

**Free Consultations: 888-697-4828**

[www.kearneymd.com](http://www.kearneymd.com) — View estimated fees, before/after photos and more!

Financing Available  
12-month no-interest plans  
60-month terms available

Certified by the American  
Board of Plastic Surgery

9834 Genesee Avenue  
Suite 129, La Jolla

**K**  
Robert Kearney, MD



Ask about nonsurgical gum disease treatment using the newest laser technology.

Do your homework — select your implant dentist based on long-term experience, credentials and expertise.

**DENTAL IMPLANTS**  
**\$250 OFF**



A beautiful solution for your smile

**Implant Dentistry of San Diego**

William D. Nordquist, D.M.D., M.S., A.P.C.

**1-888-285-4061 • [www.niceteeth.tv](http://www.niceteeth.tv)**

Centrally located. Freeway close. Hablamos español.

We also speak Japanese. BBB Member S.D.



**FREE PRIVATE CONSULTATION and NECESSARY X-RAYS**



(which, by the way, aired first in the nation here in El Cajon on KDEO radio on July 4 weekend in 1970), and he was the *master* of getting you to hang in there as we “counted ’em down to number one.” A *pox* on Ryan the Moron Seacrest. He couldn’t shine Casey’s shoes. That anyone pays any attention to this jerk is a testament to the fact that we, as a culture, have forgotten — or, worse, repudiated — true originality and creativity.

As for reinvention, or “life after radio,” well, that’s a tough one. I have finally found a business where I am the sole proprietor, answer to no idiot program director, and have *nothing* to do with the radio broadcasting business whatsoever — and I’ve never been happier, have fewer wrinkles, and don’t have to get up at the crack of dawn! (If some of you old-timers are guessing that this is Bill Hergonson writing, give yourself a cigar.)

Bill Hergonson  
via email

### Crescent Confusion

The restaurant review titled “2008: The Year in Food” (December 31) is most interesting. But I can’t find any information on the Crescent Grill, mentioned under “Best New High-End Restaurant.” There is no further information in the article on the website. Please clarify with the exact name and location. Any relation to Crescent Heights or Crescent Shores Grill?

Brad Bruce  
via email

*Naomi Wise responds: Mea culpa. With an early copy deadline for the New Year’s Eve issue, somehow or other the name of an L.A. restaurant seeped into my mind instead of the local one. The proper name is Crescent Heights Kitchen and Lounge, at 655 West Broadway, downtown, 619-450-6450.*

### A Slave In The Mines

A letter about E.J. Pettinger’s “Mild Abandon” on page 126 of the December 31 issue.

The more I become aware of the morning’s light shining through my bedroom’s window, the less aware of my night’s dream. The memories of my dream’s endeavors pass from my consciousness. All I have to do is simply open my eyes and I enter a

world not in my dreams but reality. The smeared reality of what I once knew and what is now.

If it weren’t for thinking like this, my life would be lived out like a PBS documentary of one’s sad life working in the mines. But to-

day it’s the minimum-wage jobs with no opportunities, working for people who only care about making money; jobs that keep unlucky employees slaves to them. Most don’t even recognize it anymore, but day after day I am looked down upon and

treated as an unequal, discriminated against by those who have money. The more I am repressed and the more I am forced to deprive myself to stay afloat financially, the less I remember what it is like to be a normal human. I am treated more like a dog than

a human being.

You want to know why I act half died, it is because people like you and the system have already killed my future. I am 21. I work two jobs, and on the average day I can’t afford a full meal.

A poem just for the hell

## HEALTH AND BEAUTY



## Best Skin Care at Great Prices



Dr. Mani has 18 years’ experience as a board-certified ophthalmologist and specializes in Botox® and filler treatments around the eyes and face. Together with her staff of fully certified nurses, she offers the newest technology for skin tightening, resurfacing, age spots, fine lines and wrinkles, acne, acne scars, surgical scars, pigmentation, sun damage, cellulite and fat reduction for face and body with minimal to no downtime. Why trust your face and skin to anyone but the best?

**Rated #1** La Jolla Cosmetic Laser Clinic is the only practice in San Diego to receive the **Pinnacle Award** from **Thermage®** for three consecutive years! This is a designation given to the highest achievers who provide the best in customer satisfaction! We also use the latest Thermage technology, which uses a larger body tip to treat and tighten cellulite at the same time.

New Year’s  
Special:  
10% off  
all fillers!

Look your best in ’09  
with discounts on  
Juvéderm, Restylane,  
Perlane, Radiesse,  
and Artefill.

### Free Seminar

Wednesday, Feb. 4, 6-8 pm. Free food, refreshments, and discounts on our prices to attendees. Please RSVP.

Thermage | ActiveFX/TotalFX/DeepFX CO<sub>2</sub> Laser | Fraxel II Laser  
(IPL) Photofacial | Laser Hair Removal | Botox | Fillers (temp. and perm.)  
Facials | Medical-Grade Peels | Microdermabrasion

### Nasrin Mani, M.D. | FOUNDER & MEDICAL DIRECTOR

1111 Torrey Pines Road, Suite 102 | La Jolla, CA 92037

888-808-9044 | [www.LAJOLLALASER.COM](http://www.LAJOLLALASER.COM)

Monday-Saturday 8 am-7 pm • Se habla español.





## Lose pounds & inches FAST! FAST! FAST!

Flu Shots  
Available!  
Call for appt.



"Managing Weight Loss Since 1972"

### Rodex Forte

Vital link for energy  
and metabolism!  
Call for details!

Our doctors and nurses have  
changed thousands of lives for  
the better, which is why our  
program has been #1 in  
San Diego. We can help you  
take off those extra pounds  
and keep them off.  
Make that call now, and you  
will be on your way to a  
slimmer, trimmer you.  
We'll show you how.

**Free  
Consultation  
plus**

**\$50 Off  
Initial Fee**  
**Bring a Friend!**  
**Get 2 Free  
Weeks**  
**for Both of You!**

With this ad. Hurry!  
Good through 2-12-09.

®

## A DOCTOR'S WEIGHT LOSS CLINIC

**Clairemont** (858) 279-7060 • **East County** (619) 440-8171  
**Carlsbad** (760) 721-7088 • **Chula Vista** (619) 476-0060  
**Murrieta** (951) 894-7737 • **Moreno Valley** (951) 784-5336

\*Individual weight loss may vary.

**4weightclinics.com**

# Health & Beauty Guide

Free 24-hour hotline for frequently asked questions: **619-233-9797**

Call anytime and enter a four-digit extension, or visit our website: [SDReader.com/health](http://SDReader.com/health)

### Extension 7070

#### Botox

- 1 What is Botox?
- 2 Botox & wrinkles
- 3 Effects of Botox
- 4 How much does it cost?



**Venus Medical**  
3740 Rosecrans,  
Suite C, Point Loma  
619-758-9875  
[venusmedical.com](http://venusmedical.com)

### Extension 7030

#### Laser Hair Removal

- 1 What is it?
- 2 How does it work?
- 3 How is it performed?
- 4 What does it feel like?
- 5 Best candidates?



**Farzad Yaghouti, MD**  
**Global Laser Cosmetics**  
6950 Friars Rd., Suite 100  
Mission Valley  
866-237-8566  
[globallasercosmetics.com](http://globallasercosmetics.com)

### Extension 7100

#### Cosmetic Dentistry

- 1 About our office
- 2 Implants, dentures & partials
- 3 Invisalign, the clear straightener
- 4 Veneers & teeth whitening
- 5 Crowns, bridges & surgeries



**Dr. A. Shojania**  
**Extreme Smile Makeover**  
5927 Balboa Avenue  
Clairemont  
858-751-5733

### Extension 7050

#### Weight Loss

- 1 What should I eat?
- 2 How much can I lose?
- 3 Body Mass Index (BMI)
- 4 Is the Atkins Diet safe?
- 5 Exercise: How much?



**Viva Wellness**  
**Medical Group**  
3740 Rosecrans,  
Suite C, Point Loma  
619-222-5433  
[vivawellness.com](http://vivawellness.com)

### Extension 7040

#### Breast Surgery/ Augmentation

- 1 Breast augmentation
- 2 What type is right for you?
- 3 Breast lift
- 4 Breast reduction
- 5 Male breast surgery



**Kian J. Samimi, MD**  
711 Fourth Ave. #200  
Downtown  
7300 Girard Ave. #101  
La Jolla  
888-261-1658  
[revivamed.com](http://revivamed.com)

### Extension 7080

#### Laser Eye Surgery

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



**Farzad Yaghouti, MD**  
**Global Laser Vision**  
6950 Friars Rd.,  
Suite 100  
Mission Valley  
800-438-5274  
[globallaservision.com](http://globallaservision.com)

Other categories available for sponsorship  
include: Acupuncture, Cosmetic Fillers,  
Hormone Therapy, Permanent Makeup  
and Eyelid Surgery. Call 619.235.3000  
to speak with a sales representative.

The professionals who provide this information  
are solely responsible for its content. This  
information does not address all medical  
situations, nor is it intended to replace a  
medical consultation. It is provided free, but  
if calling from outlying areas, you may incur  
toll charges on your telephone bill.

## Erectile Dysfunction? Premature Ejaculation?

Fast Response. Reliable Results.



See Results With The Boston Method®  
In Your First Visit!

- Safe and effective if Viagra failed
- Personalized, physician-monitored treatments
- 30,000 men helped last year alone
- Private waiting rooms



**BOSTON**  
**MEDICAL GROUP**  
[www.BostonMedicalGroup.com](http://www.BostonMedicalGroup.com)

For More Information  
Call 1-866-725-9026

\*Results may vary. Seek immediate medical help for an erection lasting longer than 4 hours.  
Boston Medical Group is a network of independent physicians using intellectual properties to treat ED & PE.

of it.

The days pass, the hours  
change  
Yet the destinations are still  
out of range  
My eyes still searching for  
what I am looking for  
But with no hope because  
I don't know who I am  
anymore  
As the spring's flowers  
bloom  
I am still living in last fall's  
gloom  
Taking one more step up  
the hill  
I realize I don't know how I  
am supposed to feel

Rylan Walleto  
Poway

### Comments from Reader Website

Comments are not edited for  
spelling, punctuation, or  
grammar.

### Cover Story

#### Published January 7

Posted by dumbass on  
January 8, 6:17 p.m.

You are the worst inves-  
tigative journalist ever. Ted  
Washington got beaten to a  
pulp @ Winston's one night.

## "FREE Report Reveals the Five Biggest Mistakes Most People Make When Choosing a Cosmetic Dentist..."

Thinking of going to a Cosmetic Dentist? **Discover how to avoid these major mistakes** that many people know absolutely nothing about. Go to the site below and get this **FREE** report instantly! Get the perfect smile by avoiding these major mistakes (that could cost you precious time, money and suffering!)



**Local cosmetic  
dentist releases  
new report!**

**Get the FREE report here:**  
[www.SanMarcosDentalReports.com/1.htm](http://www.SanMarcosDentalReports.com/1.htm)

**Or call the toll-free 24-hour FREE recorded  
message: 1-877-217-7679**

## GRAND OPENING SPECIAL 50% off all services!

First-time clients only.

### JAPANESE STRAIGHTENING

**Short Hair \$125** (reg. \$250) • **Medium Hair \$175** (reg. \$350)  
**Long Hair \$250** (reg. \$500)

### PERMANENT MAKEUP

**Eyebrows \$200** (reg. \$400) • **Eye Liner \$200** (reg. \$400)  
**Lip Liner \$200** (reg. \$400) • **Full Lip \$400** (reg. \$800)

### ALSO OFFERING:

**Facials & Massages**

**CeCi Salon & Day Spa**

A full-service hair salon with 25 years' experience.  
7420 Clairemont Mesa Blvd. #101 • **858.571.2000**



# More than Cosmetic Botox®

Kim Knox is skilled in reconstructive injectables to erase acne pockmarks and depressed scars. Her extensive experience using dermal fillers allows her to correct facial hollowing to achieve a lifting and smoothing effect.

Offering Radiesse, Juvéderm, Botox®, Elevesse, Photofacial, and Laser Hair Removal

Valentine's Gift  
Certificates  
Available

Please call today  
for your consultation.



**Radiance**

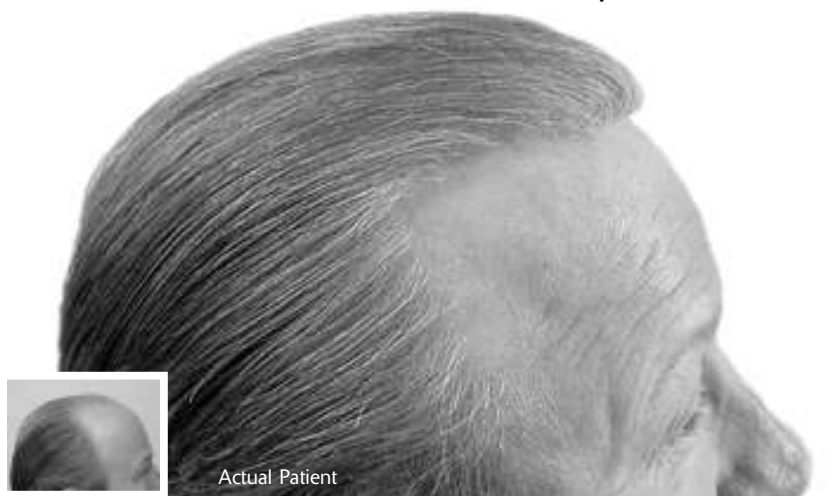
3307 4th Avenue, Hillcrest • 619-347-5771  
(Upstairs, 2nd floor)



Kim Knox, MS, PA-C

# Hair Transplant

1200 Grafts 3000 Hairs = \$3000



Actual Patient

**I**magine hair restoration results so impeccably natural no one may ever guess you had surgery.

Patient results come first at New Look MD. Permanent, painless and affordable results. One session results, using the latest technique.

Instead of minimum coverage where you must come back again and again, we deliver maximum density, medically safe, for a full, completely natural look.

**Natural  
Looking  
Results**

**New  
LookMD**

**888-290-6526**

La Jolla/Scripps Hospital  
9834 Genesee Ave., Suite 428  
La Jolla, CA 92037

Oceanside

2103 El Camino Real, Suite 101  
Oceanside, CA 92054

**www.NewLookMD.com**

# FREE GUIDE

- Don't be a hair transplant victim...be a success story.
- Compare our results.
- Follicular units.
- No extra charges.
- Offer ends Jan. 30, 2009.

Absolutely annihilated. The EMT's had to cut him open in the bar to relieve pressure on his eye or brain.

He spent a couple days in the hospital and couldn't work at Winston's for at least a month.

Where you got your "journalism" skills is beyond me? You certainly didn't acquire anything meaningful.

It was a Monday night and would have turned up if you did a simple crime check.

"Washington hasn't had such dangerous encounters" is the most factually inaccurate thing I have ever read in the reader. Way to go, assclown.

*Posted by smackey619 on January 9, 2:39 p.m.*

I can see from your research or lack thereof that you may need some help with this story. The person killed was Brandon Munding, I knew him well. Not only did we go to high school together, but he worked for my father's security company when this incident occurred, the company I now work for. Please contact me to get the full story on Brandon, so that you can send an apology to his family and friends. Also I can give you the real life information of a Security Officer in the night club industry, which is what they are now (not bouncers). Please contact for more information at [stephanie@XXXXX.com](mailto:stephanie@XXXXX.com)

*Posted by tankjaeger on January 10, 10:27 a.m.*

It is about public relations these days. With everyone sue happy you have to be careful. I am one of the rare category of women bouncers but at 6'2" and 280 pounds my size and being a woman usually doesn't bring trouble my way. Every club security officer will have their fair share of amusing and shocking stories. I think of my co-workers and I as preventors of accidents. Drunk people do stupid things, we stop it before someone gets too hurt. Don't underestimate a woman bouncer by the way, we might surprise you....

# A New Year, A New White Smile!

<b>ONE PACKAGE</b>	<b>As seen on Extreme Makeover</b>	<b>TWO-PACKAGE NEW YEAR SPECIAL</b>
<b>\$250</b>	<b>Zoom!</b>	<b>\$400</b>
Save \$250 after discount (reg. \$500).	<b>Advanced Power Plus</b>	Save \$600 after discount (reg. \$1000).



Actual patients with the Smile Designer Team  
**invisalign®** has awarded Smile  
Designers with Premier Provider  
status, ranking us among top 5%  
clinicians in the nation!

# Perfect smile in one day!

Permanently straighten and whiten your teeth in one visit with porcelain veneers and crowns.



**invisalign®**  
**\$2500-\$3500**  
as low as \$85/month



Based on individual case. O.A.C. Payment plans available.

**New Patient  
Special**

**\$85**

Save \$170!  
(Regularly \$255)

**Exam, X-rays &  
Teeth Cleaning**

Discounts  
available for  
uninsured  
patients.

White Fillings • Root Canals • 1-Day Crowns  
Full-Service Dental Clinic



**Emergencies  
Seen Promptly**

**Family & Cosmetic Dentistry**

**3365 Rosecrans Street, Suite C • 866-524-1801**  
**sdsmlidedesigners.com**

(Located in the Circuit City/Henry's Shopping Center)  
Members of American Association of Cosmetic Dentistry  
and American Dental Association  
Offers expire 1/28/09. Credit cards and CareCredit® accepted.



## Happy New Hair!

### With hair transplants, experience matters.

Trust the most experienced hair restoration physician in San Diego.



**“Dr. DeYarman is the gold standard for hair transplant specialists in the country.”** — Marc P., Patient

For men and women • Customized treatment programs to fit your budget  
Free private consultations • Over 28 years of experience • 12-24 months 0% financing OAC

Ask about our unbelievable stand-by rates!

**Dr. James B. DeYarman, F.A.A.C.S.**

DeYarman Medical Group • 888-869-6982 • www.deyarmamedical.com  
3252 Holiday Court, Suite 204 • La Jolla



## Movie Review

Published January 7

Posted by *uriel81* on January 10, 2:42 p.m.

Although Mr. Sheperd's usage and grammar are usually flawless, I notice in this article a slight mis-step (by no means, a fatal one) when he refers to a “long-postponed trip to confessional.”

A Catholic might refer to a “trip to confession”, or less frequently, “a trip to the confessional,” but the article is necessary here — perhaps this was a type-setting error.

**City Light, by Alastair Bland**

Published January 7

Posted by *samantham* on January 7, 5:15 p.m.

This article does an interesting job of presenting some very divergent views on the MLPA process, but gets one major fact wrong: state marine reserves do not limit access, and therefore would not restrict swim-

ming, kayaking, diving or surfing inside reserve boundaries.

I like what Kate Hanley says about fishermen and conservationists actually working toward the same end: healthier oceans and more fish. As someone who served on the North Central Coast Regional Stakeholder Group, I can say firsthand that the MLPA process truly does allow for every interest—including fishing interests—to be considered in designing these MPAs. It's pretty amazing (and unusual) to go to a meeting and actually see folks from both sides working together for the same thing, but that's exactly what happens in the MLPA process.

Posted by *return* on January 7, 5:49 p.m.

I am a member of the South Coast Regional Stakeholders Group (RSG) and I think it is important to point out that there is a significant representation of

commercial and recreational fishing interests on the RSG. Everyone is sitting at the table together to come up with a solution that will benefit the long term health of the ocean. By addressing this issue now, we are making an investment in the future and will hopefully create a marine environment where our kids will be able to fish, surf, dive, and appreciate the natural beauty of intact ecosystems. Creating marine protected areas gives us insurance against the uncertainties inherent in traditional fisheries management and also against larger scale impacts like climate change. I believe that no matter what side of the table you sit on, we all want the same thing: a legacy of healthy oceans and abundant fish populations. We can all agree on that.

## HEALTH AND BEAUTY

**Holiday Specials** Now through January 30, 2009  
CREATING BEAUTY...ONE FACE AT A TIME



**Mini Face Lift**  
Little downtime.  
No general anesthesia.

Call today for your custom consultation.  
We will tailor a plan to suit your specific needs.

**Mario S. Yco, M.D., F.A.C.S.**  
BOARD CERTIFIED BY THE AMERICAN BOARD OF  
FACIAL PLASTIC & RECONSTRUCTIVE SURGERY

**Gretchen Taylor, M.D.**  
BOARD CERTIFIED OTOLARYNGOLOGIST

**Sarina Brumley, PA-C**  
477 N. El Camino Real, Suite A-210, Encinitas  
**760-944-4211**

**Active FX CO<sub>2</sub> laser \$1,500 full face**  
**Isolaz™ Acne Treatment**

Painless laser treatment for acne. Includes Blue Light.  
Call for acne packages.  
\$225 per treatment  
\$200 each when pre-purchasing a series of 3 (\$600)  
\$175 each when pre-purchasing a series of 6 (\$1050)

**PD2 Photo Dynamic Therapy \$400**

**Botox® \$10** per unit  
(One area usually requires 20-25 units)

**Restylane® \$499** 1cc

**Perlane® \$420** 1cc

**Juvéderm Ultra® \$370** 1cc

**Juvéderm Ultra Plus® \$550** 1cc

**Laser Hair Removal**

Upper lip \$40, Chin \$45, Underarm \$45,  
Bikini line \$99, Brazilian \$150

**Thermage - Call for prices**

The only FDA-approved skin tightening for face, eyelids and body.

**Radiesse \$420** 1.3cc

**IPL Photofacial Full Face \$150**

**Fat Transfer - Call for prices**



## Trust your body & face rejuvenation to a caring, Board-Certified Plastic Surgeon



**DIANA BREISTER GHOSH, M.D.**  
Certified, American Board of Plastic Surgery

Specializing in

- Breast Augmentation
- Breast-Lift ■ Tummy Tuck
- Skin Removal after Weight Loss
- Face-Lift/Neck-Lift
- Liposuction ■ Eye Rejuvenation
- Endoscopic Brow-Lift
- Botox® Cosmetic
- Restylane®/Juvéderm®
- ArteFill® ■ Perlane®

**20% OFF**  
**All Skincare Products**

- Epionce • La Roche-Posay
  - Physician's Choice of Arizona
  - Rhonda Allison
  - gloMineral Makeup
- Limited quantities  
& stock on hand.



Get Gorgeous for the New Year!

**15% OFF**  
**Dermal Fillers, Botox®,**  
**or Surgical Procedure**

Fillers include Restylane®, Juvéderm®, Perlane®,  
ArteFill® & elevesse™. Special limited-time offer  
applies to services completed by January 31, 2009.  
Must present coupon prior to service.

6386 Alvarado Court, Suite 340  
San Diego ■ **619-286-6446**  
Financing Available



# Your Week

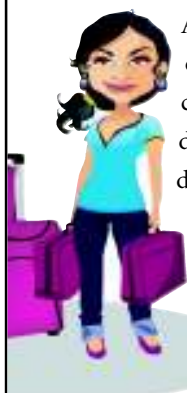
## AND WELCOME TO IT

### Thursday | 15

#### SEE THE ROVER (PROTOTYPE)

As big as an SUV but with much better mileage, the new Mars Rover is scheduled to launch in 2011. See a life-sized prototype of the craft at Reuben H. Fleet Science Center. See **SPECIAL**, page 70.

#### WOMEN TRAVELING SOLO



Are you a “gawking camera-toter”? Do you carry yourself with confidence? Learn how to decrease your likelihood of being a target for thieves with tips offered by a representative of Hosteling

International at Adventure 16 in Oceanside. See **LECTURES**, page 68.

### Friday | 16

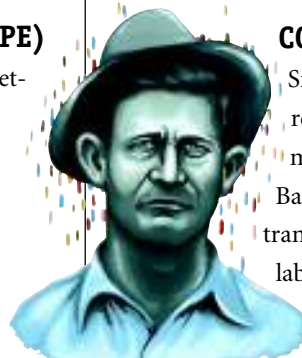
#### PERSONAL VISIONS

Not all art is a quilt, but all quilts are art. Visions Art Quilt Gallery will feature work from “distinguished fiber artists.” These pieces are meant to hang on your wall, not at the foot of your bed. See **GALLERIES**, page 74.

#### AMERICAN BUFFALO

In this dramatic performance, three punk-ass crooks plot to steal a man’s coin collection after the collector discovers a rare buffalo nickel in the trio’s junk shop. The only way for some guys to learn that crime doesn’t pay is the hard way. See **THEATER**, page 117.

### Saturday | 17



#### CONSPIRE

Six rooms in the newly renovated “community” building in Banker’s Hill have been transformed into a collaborative music and art space. With a shared garden, bicycles on loan, and artists and musicians, it’s the next best thing to a commune. RSVP required. See **SPECIAL**, page 70.

#### ADVENTURES OF TOM SAWYER

San Diego Junior Theatre enacts Mark Twain’s classic about Tom, his friends Huck Finn and Joe Harper, and the Mississippi River. This performance is interpreted in American Sign Language. See **FOR KIDS**, page 66.

### Sunday | 18

#### WEDDING EXPO

Head to Baja and into a sea of white. Find florists, photographers, dresses, jewelry, caterers, and hundreds of other vendors that contribute to the only billion-dollar industry that doesn’t need a bailout. See **SOUTH OF THE BORDER**, page 70.

#### GET UP, FALL DOWN, REPEAT!

La Jolla Music Society presents the choreography of Elizabeth Streb, known in some circles as the “Evel Knievel of dance.” Her moves “intertwine the disciplines of dance, athletics, boxing, rodeo, the circus, and Hollywood stunt work.” See **IN PERSON**, page 66.



SEE THE ROVER (PROTOTYPE)

### Monday | 19

#### KNIT TWO

South Park’s Whistle Stop isn’t the only institution to embrace stitching and bitching. Author Kate Jacobs visits Warwick’s Bookstore to discuss her sequel to *The Friday Night Knitting Club*. See **IN PERSON**, page 66.



### Tuesday | 20

#### LAUGHTER YOGA

It’s true — laughter is good for your health. Michael Coleman teaches yoga students how to incorporate “simple, fun, gentle laughter exercises” with deep breathing for a mirthful workout. See **SPECIAL**, page 70.

### Wednesday | 21

#### THEY POURED FIRE ON US FROM THE SKY

Local resident Alephonsion Deng was once a member of Sudan’s Dinka tribe and was forced to flee at the age of seven when his village was attacked. He will discuss his experience and the book he co-authored. See **IN PERSON**, page 66.

#### DOUBT

That movie starring Meryl Streep and Philip Seymour Hoffman about a priest who may or may not have taken advantage of the cloth began as John Patrick Shanley’s Pulitzer Prize-winning play of the same name, to be performed by the San Diego Repertory Theatre. See **THEATER**, page 117.





# Great Escapes

619-235-8200 TO PLACE AN AD



## Big Bear Cool Cabins

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



## Cupid's Castle B&B

Winter Special \$25 off with ad. Fairytale castle near Harrah's Casino. Jacuzzis, balconies, TVs, bathrobes, breakfast, snacks. Voted most romantic getaway. Near wineries. Wedding facility. Cupid's Castle B&B. [www.adreamcastle.com](http://www.adreamcastle.com). 760-742-3306.



## Legendary Mexico Getaway Only \$29\*

The Rosarito Beach Hotel is offering a \$29+ tax special for a standard room. \*Per person, based on a 2-person standard room. Valid Sunday-Thursdays until 2/19/09, except U.S. holidays, subject to availability. Limited availability. Reservation required. 1-866-Rosarito. [www.rosaritobeachhotel.com](http://www.rosaritobeachhotel.com).



## Recession Special \$40 Off Only \$89. Fireplaces, In-room Jacuzzis

January Special only! Includes delicious breakfast for 2 people. Fine dining & cocktails. Lodge. Hookah bar, billiards, Internet. Golden Acorn Casino! 2-story, A-frame cabins, air, HBO, microwave, refrigerator. Live Oak Springs Resort: 37820 Old Highway 80 (60 minutes east of downtown San Diego, 2 miles south I-8). Massage package available. Certain Restrictions apply. [www.LiveOakSprings.com](http://www.LiveOakSprings.com). 619-766-4288.

## Reduce Your Stress!

For a relaxing getaway, we have cabins from \$74 plus tax! Southern California's 2nd best kept secret – 6200' in the sky! 11 individual log cabins, fireplaces, kitchens. Reservations: Edelweiss Lodge, 951-659-2787, [www.1cabin4u.com](http://www.1cabin4u.com).

## Calendar LOCAL EVENTS

**HOW TO SEND US YOUR LISTING:** 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 85803, San Diego CA 92186-5803. Or fax to 619-881-2401. You may also submit information online at [SDReader.com](http://SDReader.com) by clicking on the events section.

## DANCE

### "3 Kings 3-on-3 Bboy Battle"

Sunk Roc hosts competition promising \$600 in cash and prizes, with guest deejays including Jo III, DJ Mane One, Romali, Maddness. Judges: Rawken (War Orphans/Fresh 2 Death), Dougly Styles (Fresh 2 Death), Amon (Banguhrang). 619-409-5979. Saturday, January 17, 3 p.m.; \$10. Parkway Gymnasium, 385 Park Way. (CHULA VISTA)

**"Cabaret Dances"** Jean Isaacs San Diego Dance Theater presents "sizzling, sexy, and steamy program" including premiere of *Eyes of Love*, a collection of duets and

## OUT & ABOUT

**THE LAND — YOUSSEF CHAHINE'S 1969 FILM** Thursday, January 15, UCSD.

(SEE FILM)



trios created by Isaacs, danced to jazz standards sung by Rachel Drexler and performed by pianist Steve Baker. Dances are performed to music by Duke Ellington, Cole Porter, Thelonious Monk, Irving Berlin, Cassandra Wilson. Also on tap: *Sippie*, a suite of five blues songs by legendary singer Sippie Wallace. Guest choreographers/performers include Daniel Marshall and John Diaz, Sadie Weinberg, Annie Boyer, Liv Isaacs-Nollet, Veronica M. Lamm, Anthony Diaz, Julio Catano, Minaqua McPherson, Danielle Eldred. Tickets: 619-595-0300. Sunday, January 18, 5 p.m.; \$15-\$35. Anthology, 1337 India Street. (LITTLE ITALY)

**Incidental Fear of Numbers** Collaboration between dancers of San Diego's Little Known Dance Theatre and Tijuana-based Lux Boreal "considers the exchange between audience and performer, precision and abandon, density and spaciousness with movement,

sound, time, light, and the body's relation to the materials that surround and compose us." Choreographer: Leslie Seiders. Pay what you can. 619-235-8466. Thursday, January 15, 8 p.m.; Friday, January 16, 8 p.m.; Saturday, January 17, 8 p.m.; Sunday, January 18, 7 p.m.; Sushi Performance & Visual Art, 390 11th Avenue. (DOWNTOWN)

**Argentine Tango Class** Introductory Argentine tango classes, ongoing. No partner required. 619-393-1974. Fridays, 9 p.m.; free. Pattie Wells' Dancetime Center, 1255 West Morena Boulevard. (BAY PARK)

**Belly-Dance Showcase** Ana, Alexis, Dalia, Marula perform to live music by John Bilezikjian, with Dave Dhillon and Frank Lazaro (percussion). 619-688-9845. Thursday, January 15, 8 p.m.; \$5. Claire de Lune, 2906 University Avenue. (NORTH PARK)

**English Country Dancing** Ellen Riley calls for English country

dancing. Beginners' instruction at 6 p.m. 858-676-9731. Sunday, January 18, 6 p.m.; \$6. Jean Hart Academy of Dance, 12227 Poway Road. (POWAY)

**Free Your Body, Free Your Soul** Nia dance classes to "develop freedom in the mind and body through expressive movement combining dance, martial arts, and healing arts." No dance experience needed. Fee: \$10; new students pay \$20 for 4 classes. 858-622-YOGA. Saturday, January 17, noon; \$10-\$20. Akasha Yoga, 3211 Holiday Court #203. (LA JOLLA)

**Hip-Hop Don't Stop!** Latest dance steps taught by instructor/dancer Prince on every Thursday. 858-635-1211. Thursdays, 7 p.m.; \$10. Dancing Unlimited, 4569 30th Street. (NORTH PARK)

**Hustle and Nightclub Dance Party** DJ plays hustle, nightclub two-step, and requests. For singles and couples of all ages. Hustle lesson: 8 p.m. First time free. 619-275-3533. Saturday, January 17, 8 p.m.; free. Pattie Wells' Dancetime Center, 1255 West Morena Boulevard. (BAY PARK)

**Old Twine String Band** Provides music, Adina Gordon calls for contra dancing hosted by San Diego Folk Heritage. Beginners' dance workshop 7:30 p.m.; dances taught and called to live music 8-11 p.m. Wear soft-soled shoes. 619-283-8550. Friday, January 16, 7:30 p.m.; \$7. Trinity United Methodist Church, 3030 Thorn Street. (NORTH PARK)

## Local-grown fresh produce Third Ave. Farmers' Market Sundays 9 am - 1 pm



Certified California-grown fresh produce  
Flowers • Bread • Preserves • Nuts  
Smoked fish • Pet treats • French crêpes  
Mexican, African & Islander grilled foods  
Handcrafted jewelry, candles and soaps for unique holiday gifts!

Third Ave. & J St. • Downtown • 619-838-8011 • [asianpacificdistrict.org](http://asianpacificdistrict.org)

## 6-Hour Weekend Special Starting at \$399

(gratuity included!)

Ask about our  
FREE Birthday  
Package



Weekday Special  
Starting at \$189

(gratuity not included)

**UTC**  
Transportation

800-882-6554

[www.utclimo.com](http://www.utclimo.com) • TCP-017514

## Pacific Coast Skydiving

# \$125\* Tandem



\* Scenic flights over the ocean and downtown San Diego

\* Jump from altitudes over 2 miles above the ground

\* Ask about RVT video technology

Call or go online for reservations.

# (619) 661-0194

# www.pcskydiving.com

Open 7 days a week • MC/Visa

Gift certificates available.

\*Must purchase \$70 video (\$195 total cost). Weekdays only.  
Add \$20 for weekend jumps.



GOLDEN  BOY PRESENTS

# Affliction

## DAY OF RECKONING

### GLOBAL

FEDOR VS ARLOVSKI  
JANUARY 24

MATYUSHENKO HIERON NOGUEIRA BABALU BARNETT HORODECKI LINDLAND BELFORT BUENTELLO SIDELNIKOV

TICKETS ON SALE NOW!

714-740-2000 OR [WWW.TICKETMASTER.COM](http://WWW.TICKETMASTER.COM)

TO ORDER CONTACT YOUR CABLE OR SATELLITE COMPANY

HONDA CENTER—ANAHEIM, CA—SATURDAY JANUARY 24TH—9PM ET/6PM PT

[WWW.AFFLICTIONCLOTHING.COM](http://WWW.AFFLICTIONCLOTHING.COM)

HONDA  
Center

HDNet  
FIGHTS

ticketmaster

Trump

WAMMA



## ROAM--RAMA | A Guide to Unexpected San Diego and Beyond | by Jerry Schad

**T**he Bayside Trail, sweeping downward from the old lighthouse at Cabrillo National Monument on Point Loma, offers an incomparable view of the city of San Diego and its watery envi-



Cavernous sandstone along Bayside Trail

rons. Amid the sweet-pungent sage scrub and chaparral vegetation, you get an eyeful of San Diego Bay, the Silver Strand, and the gleaming downtown skyline. You'll double your pleasure if you walk this trail on a crystal-clear day, fairly typical of the winter season in San Diego.

A parking fee is levied at the monument's entrance — but you get in for less if you are arriving by foot or by bike. Once inside, you get to visit the museum and old lighthouse, check out some military bunkers, catch sight of migrating whales at the whale-watching overlook, and walk the Bayside Trail — collectively an essential experience for all San Diegans as well as a recommended activity for visitors.

From the main parking lot, climb first to the old lighthouse, then start descending on the signed Bayside Trail, which follows a quarter-mile of pavement to begin with.

The remaining three-quarter mile of trail, coated with gravel, descends gradually east and finally north, losing some 300 feet of elevation. Large metal interpretive plaques have been installed along this part of the trail, detailing the cultural and natural history of the area.

Point Loma's bay slope is honeycombed with the ruins of a World War II defense system of mortars, observation bunkers, generators, and searchlights. You will see some of these remains along the trail. At the point where the trail ends (or, rather, runs into off-limits Navy property), you'll still be about 90

feet above the water surface. This is a good place to observe the sailboats and ships maneuvering in and out of the bay's narrow entrance. There are also aerial acrobatics to watch, courtesy of gulls, terns, and pelicans — plus aircraft taking off and landing at the North Island Naval Air Station across the bay.

Return to the lighthouse the same way you came, uphill all the way. Tempting as they may be, don't take shortcuts — the vegetation is easily trampled and the soil eroded by one footprint too many. Besides, off-trail exploration is strictly forbidden within the national monument.

### BAYSIDE TRAIL

Hiking Point Loma's Bayside Trail is a classic San Diego experience.

**Distance from downtown San Diego:** 10 miles

**Hiking length:** 2 miles round-trip

**Difficulty:** Moderate



**Quadrille and Polka Night** Waltz & Such offers waltz and other 19th-Century dance lessons (in preparation for Viennese Ball on January 31). All ages. Partners not required. Donation. 619-583-9958. Friday, January 16, 7:15 p.m.; \$1. Casa del Prado, El Prado. (BALBOA PARK)

**Social Dancing** Five-week course for beginners focuses on swing, salsa. Couples, singles welcome. Preregister at [dancewithliza.com](http://dancewithliza.com) to save \$5. 619-861-6260. Thursdays, 7 p.m.; through Thursday, February 5, \$65. Ages 16 and up. Attire by Lea Dance Studio, 7202 El Cajon Boulevard, Suite A.

**Sweat to Latin Funk!** Join instructor Minnie Ruiz in her "salsaerobics" workout classes. Learn mambo/cha-cha, meringue funky boogaloo. 619-254-9799. Saturdays, 10 a.m.; through Saturday, January 31, \$10. Ages 15 and up. Mind Body & Soul Dance Studio, 2973 India Street. (MISSION HILLS)

**Time to Learn Arabic Dance** Dilek, a professional Arabic dancer from Turkey, leads classes. 619-588-3718. Saturday, January 17, noon; free. Ages 12 and up. El Cajon Library, 201 East Douglas Avenue. (EL CAJON)

**Welcome 2009 in Swingin' Style** Community swing dances

including "Firehouse swing school" (7-8 p.m.); swing dancing (8 p.m.); introduction to swing lessons for total beginners (8:30-9 p.m.). Fee: \$50 for four weeks of classes (includes admission to dance), \$8 for dance only. All ages. 858-395-6060. Wednesdays, 7 p.m.; through Wednesday, January 28,

\$8. San Diego Women's Club, 2557 Third Avenue. (BANKER'S HILL)

### FILM

**"Channeling: An Invocation of Spectral Bodies and Queer Spirits"** Program intends to "reimagine film and video as occult



**Spotlight on African American & African Diaspora Cinema**  
Over 100 Films Screened: Drama, Comedy, Documentaries, Animation

**This Year, Doing the Black Film Festival is... Twice as Nice!**



Meet & Greet Academy Award-Winning Actor **Louis Gossett Jr.**  
This Year's Recipient of the SDBFF Award of Merit.  
Don't Miss The World Premiere of Louis Gossett Jr.'s New Film **"The Least Among You"**  
A Ground Breaking Gospel Inspired Drama  
Saturday, January 31, 7:00PM

### VIP Package \$500

Includes Access for 2, to ALL Black Film Festival Screenings, VIP Rooms Access with Filmmakers and Stars, Parties (including Awards Party), Panel Discussions, etc. Food, Beverages & Spirits Included.

### Festival Package \$250

Includes Access for 2, to ALL Black Film Festival Screenings, Parties (including Awards Party), Panel Discussions, etc.

### Screening Pass \$100

Includes Access for 2, to ALL Black Film Festival Screenings and Panel Discussions.

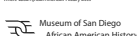
**Individual Film Screening Tickets Also Available. Numerous Films Sell Out.**

**Advance Purchase Your Tickets Now!**

**UNITED ARTISTS**  
Theatres

**Horton Plaza**  
**Jan. 29 - Feb. 1**

**(619) 685-7215**  
**www.sdbff.com**



## \$100 Off English Class\*



**English as a Second Language Program**  
**ESL/TOEFL \$300 a month**

\*W/ this ad. New students only. Not valid w/ any other offer. Exp. 1/31/09.

**Free ESL class every Wednesday 2-3 pm. Anyone welcome!**

**Afternoon  
& evening  
classes**

**Bachelor's, Master's, or Ph.D. degree in Psychology!**

(Certificates also available)

**Bachelor's and Master's Degrees in Business Administration for \$390-\$400 a month**

Classes also available online!

San Diego University  
for Integrative Studies

**SDUIS**

800.234.7041 or 619.297.1999

Now in Old Town • 3900 Harney St. #210 • Come in today or call. [www.sduis.edu](http://www.sduis.edu)





**A \$1,000 winner  
every 15 minutes for 4 days!**

**Guaranteed.**

With Rapid Fire, Barona Power Payout guarantees  
**more winners, more often!**

Just play daily with your Club Barona Card for  
your chance to win a share of

**\$200,000.**

**Friday, January 16 - Monday, January 19**  
2pm to 2am.



What will your Barona moment be?

© Copyright 2009 Barona Tribal Gaming Authority. "What will your Barona moment be?" is a trademark of the Barona Band of Mission Indians. Management reserves all rights.



## Calendar LOCAL EVENTS

technologies that allow us to connect with the bodies, experiences, and emotions that are often invisible — ghostly, even — in everyday life.” Featured works take personal approach to “political and historical problems that haunt the queer experience.” Artists include Renwick, DiStefano, Montague, Pena, Robinson, EMR, Moulton. 619-384-7989. Monday, January 19, 8 p.m.; \$5. Agitprop Gallery, 2837 University Avenue. (NORTH PARK)

**“Feel-Good Films”** Enjoy *Night at the Museum*, starring Ben Stiller and Robin Williams, during ongoing Carlsbad Library film series. Pre- and postfilm discussions. 760-602-2026. Wednesday, January 21, 5:30 p.m.; free. Schulman Auditorium at Carlsbad City Library, 1775 Dove Lane. (CARLSBAD)

**Le Grand Bleu/The Big Blue** Jean Reno stars in director Luc Besson’s film about a rivalry following two divers, starting as children and continuing into adulthood during their final competition at world free-diving championships in Taormina; film is showcased for dinner and movie night series. In English. No cover. 858-663-7752. Thursday, January 15, 8 p.m.; free. Sea Rocket Bistro, 3382 30th Street. (NORTH PARK)

**Beautiful Simplicity** Writer, film producer Paul Bockhorst explores effects of Arts and Crafts Movement on both physical and cultural landscapes of Southern California in late 19th and early 20th Centuries. Film features over 40 important buildings in southland; more than a dozen are in San Diego area. 619-232-6203 x129. Wednesday, January 21, 5:30 p.m.; \$15-\$20. Ages 12 and up. Museum of San Diego History, 1649 El Prado. (BALBOA PARK)

**The Land (al-Ard)** Youssef Chahine’s 1969 film — considered his greatest work — tells story of an Egyptian village and the peasant inhabitants’ struggle against feudalism, injustice. Screening takes place in Center 119. 858-822-5297. Thursday, January 15, 7 p.m.; free. University of California San Diego, 9500 Gilman Drive. (LA JOLLA)

**Tsotsi** Academy Award-winning “best foreign language film” in 2005 is based on a novel by Athol Fugard, set in a Soweto slum, near Johannesburg, South Africa. 619-299-9360. Sunday, January 18, 6:30 p.m.; free. Libertalia Café, 3834 Fifth Avenue. (HILLCREST)

## FOR KIDS

**“Discovering the New World: American Art”** Explore art of North America in museum’s

## OUT & ABOUT

**GET UP, FALL DOWN, REPEAT!** STREB vs. Gravity, Sunday, January 18, Birch North Park Theatre.

(SEE IN PERSON)



American galleries. Registration not required for “Drop-In Family Days” activities. For families with children 6-12. Included in regular admission. 619-231-7092. Sunday, January 18, 1 p.m.; free. Ages 6 and up. San Diego Museum of Art, 1450 El Prado. (BALBOA PARK)

**“Dream with Me!”** Martin Luther King Jr. had a dream for America; learn about it, share your own dreams, make a “dreamcatcher craft” during “History for Half Pints” program for children 3-5 years old. 619-232-6203 x129. Monday, January 19, 10 a.m.; \$5. Ages 3 and up. Museum of San Diego History, 1649 El Prado. (BALBOA PARK)

**“Rockets”** Time for family science day with hands-on activities. Included in regular admission.

619-238-1233. Saturday, January 17, noon; \$6-\$8. Reuben H. Fleet Science Center, 1875 El Prado. (BALBOA PARK)

**“Underwater Parks”** Celebrate ocean conservation, learn about marine protected areas (MPAs) during Family Days. Scripps Oceanography researchers, naturalists help visitors of all ages learn about their role in protecting ocean, how to get involved in Marine Life Protection Act Initiative. Local high school students will share MPA presentations. Make an ocean-inspired art project, take conservation tips home. Included in regular admission. 858-534-7336. Saturday, January 17, 11 a.m.; free. Birch Aquarium at Scripps, 2300 Expedition Way. (LA JOLLA)

**The Adventures of Tom Sawyer** Mark Twain’s classic story of pre-Civil War life in a Mississippi River

town comes to San Diego Junior Theatre stage, adapted by Tom Mason. Performance on January 17 is ASL interpreted. Reservations: 619-239-8355. Fridays, 7 p.m.; Saturdays, 2 p.m.; Sundays, 2 p.m.; through Sunday, January 18, \$8-\$13. Ages 8 and up. Casa del Prado Theater, 1650 El Prado, Suite 208. (BALBOA PARK)

**James and the Giant Peach** This 1996 animated version of Roald Dahl’s book is featured during film series showcasing films directly inspired by some favorite children’s stories. Activities offered during screening. 619-238-7559. Saturday, January 17, 12:30 p.m.; free. Museum of Photographic Arts, 1649 El Prado. (BALBOA PARK)

**The Very Hungry Caterpillar** Classic favorite will be performed by variety of puppets by Big Joe Productions. Other tales included in performance. Curtain rises at 10 and

11:30 a.m. Wednesday-Friday; and 11 a.m., 1, and 2:30 p.m. Saturday and Sunday. 619-544-9203. Thursday, January 15; Friday, January 16; Saturday, January 17; Sunday, January 18; \$3-\$5. Marie Hitchcock Puppet Theatre, 2130 Pan American Road West. (BALBOA PARK)

**Dream Catchers Family Day** Celebrate life, accomplishments of Martin Luther King Jr. through hands-on activities, crafts to take home, viewing of exhibition “Place of Promise: Stories of San Diego.” What have San Diegans “done to forward civil rights in the city”? 619-232-6203 x129. Monday, January 19, 1 p.m.; free. Museum of San Diego History, 1649 El Prado. (BALBOA PARK)

**MLK Stories Promised** “Ancestral storyteller” Alyce Smith Cooper shares stories in celebration of the life of Martin Luther King Jr. 858-573-5007. Thursday, January 15, noon; free. Mission Valley Library, 2123 Fenton Parkway. (MISSION VALLEY)

## IN PERSON

**“For the Beauty of the Earth”** Pacific Women’s Chorus concert with program “celebrating our world, the seasons, the landscapes, and natural wonders.” Donation. 760-846-6184. Sunday, January 18, 3 p.m.; \$10. Unitarian Universalist Fellowship of San Dieguito, 1036 Solana Drive. (SOLANA BEACH)

**Learn to Meditate!**  
New Perspectives for the New Year:  
Cultivating Love in Tough Times  
with Buddhist Monk, Gen Kelsang Atisha

Mondays 7-9pm, \$12/class at  
Vajrapini Center, 3344 4th Ave  
(between Upas & Thorn St.)  
619-692-3676  
[www.MeditateInSanDiego.org](http://www.MeditateInSanDiego.org)

**KARMA**  
**Study the**  
**Bhagavad Gita**  
The timeless spiritual classic  
of ancient India

Learn about:

- The Science of Reincarnation
- Karma
- The Nature of Consciousness
- Time
- Attaining Inner Peace
- And a lot more

Vegetarian/vegan meals will be served.  
**(858) 405-5606**  
<http://bhakti-yoga-academy.blogspot.com>

**FRED ASTAIRE**  
FRANCHISED DANCE STUDIOS

Tony Dovolani & Elena Grinenko from  
**“Dancing With The Stars”**

**Let’s Dance**  
**Learn Social & Ballroom Dancing**

- Private & group classes
- Wedding programs

**Enjoy the Benefits of Dancing**

- Exercise in a friendly environment
- Enjoy social interaction & relieve stress

**Succeed With Our Unique System of Teaching**

- Developed by Fred Astaire himself
- Taught by our certified instructors

**FRED ASTAIRE** [fredastairesd.com](http://fredastairesd.com)  
FRANCHISED DANCE STUDIOS

**858-499-0180**  
8303 Clairemont Mesa Blvd.

**760-757-1700 (Now Open!)**  
845 S. Coast Hwy • Oceanside

**11th Annual SAN DIEGO**  
**MULTICULTURAL FESTIVAL**

**SATURDAY, JANUARY 17**  
**11 A.M. to 5 P.M.**  
**on the Martin Luther King, Jr. Promenade**  
(Across from the San Diego Convention Center,  
Fourth Avenue to Market Street along Harbor Drive)

**FAMILY FUN! FREE & FESTIVE!**

- Children’s activities – Storytellers and entertainment
- Multicultural merchandise, food and entertainment
- Global Villages – Countries brought to life by students from downtown-area schools

**2009 featured schools and countries:**

- KIPP Adelante Preparatory Academy – China
- School of Communication, San Diego High Educational Complex – Ghana

**NEW FESTIVAL FEATURE**  
**Downtown Education Fair**  
Research downtown’s many learning opportunities

**FESTIVAL SPONSORS**

Gold: Cable City Development Corporation

Silver: San Diego Energy

Bronze: 5

Visit [www.ccdc.com](http://www.ccdc.com) and click on Special Events for details about the festival’s performances, a site map and tips for public transportation and parking

[www.ccdc.com](http://www.ccdc.com)



**"Jewish Poets — Jewish Voices"** Featured poets are Stephen Baird, Merle Fischlowitz, Jose Galicot (Spanish); open-mike readings follow. Bring your poetry, or just listen. Requested RSVP: 858-362-1174. Wednesday, January 21, 7:30 p.m.; free. Lawrence Family Jewish Community Center, 4126 Executive Drive. (LA JOLLA)

**"Kamza and Bar Kamza"** Art-Power! Film and UCSD music professor Schlomo Dubnov present site-specific installation and performance piece featuring UCSD music professors Steven Schick and Philip Larson. Piece "tells the story of the Talmud in a multimedia hyper-explosion experience that includes video, online chatting, and live debate. Audience members who come with their laptops will be able to engage with the Talmudic story via online chats." 858-534-TIXS. Thursday, January 15, 7 p.m.; \$5-\$10. The Loft, 9500 Gilman Drive. (LA JOLLA)

**"Spark of Insanity"** Comedian Jeff Dunham in concert. Ticketmaster (619-220-TIXS). Friday, January 16, 8 p.m.; \$37-\$46. Cox Arena, 550 Campanile Drive. (COLLEGE AREA)

**Cooking with the Seasons at Rancho La Puerta** Deborah Szekely — founder of "world-famous spas" Rancho La Puerta and the Golden Door — shares her story, presents advice on health, fitness, and longevity. Afterward, co-author Deborah M. Schneider introduces cookbook, followed by "small tasting." Signing follows. 858-755-3735. Sunday, January 18, 2 p.m.; free. Book Works, 2670 Via de la Valle. (DEL MAR)

**Knit Two** Kate Jacobs signs, discusses her sequel to *The Friday Night Knitting Club*. 858-454-0347. Monday, January 19, 7:30 p.m.; free. Warwick's Bookstore, 7812 Girard Avenue. (LA JOLLA)

**People of the Book** Pulitzer Prize-winning author Geraldine Brooks signs and discusses her new novel. Among her books: *Nine Parts of Desire*, *Year of Wonders*, *March*. 858-454-0347. Wednesday, January 21, 7:30 p.m.; free. Warwick's Bookstore, 7812 Girard Avenue. (LA JOLLA)

**The Four Seasons: A Novel of Vivaldi's Venice** Book reading, talk by Laurel Corona, also author of *Until Our Last Breath*. Signing follows. 619-236-5821. Wednesday, January 21, 6:30 p.m.; free. San Diego Public Library, 820 E Street. (DOWNTOWN)

**They Poured Fire on Us from the Sky: The True Story of Three Lost Boys of Sudan** Alephonsion Deng, one of Sudan's Dinka tribe, was younger than seven years old when he left his home after Sudanese civil war attacks; in 2001 he was located with his brother and cousin to U.S. from Kenya's Kakuma refugee camp. Deng, who currently resides in San Diego, discusses his life and this book. 760-753-7376. Wednesday, January 21, 6:30 p.m.; free. Encinitas Library, 540 Cornish Drive. (ENCINITAS)

**Comics That Kill** Stand-up comedy show every Monday night in January. Hosted by Jason Bang. 619-255-8635. Mondays, 9 p.m.; through Monday, January 26, \$5. Ages 21 and up. Riley's, 2901 Nimitz Boulevard. (POINT LOMA)

**Fantasy/Adventure Author** Kevin Gerard discusses his series *Conor and the Crossworlds*. Search for hidden keys to win prizes. Books available for purchase. 619-463-3006. Wednesday, January 21,

4 p.m.; free. Spring Valley Library, 836 Kempton Street. (SPRING VALLEY)

**Get Up, Fall Down, Repeat!** STREB vs. *Gravity* presented by La Jolla Music Society. Elizabeth Streb's choreography seems to defy gravity, intertwining "disciplines of dance, acrobatics, and Hollywood stunt-work." 858-459-3728. Sunday, January 18, 8 p.m.; \$25-\$65. Birch North Park Theatre, 2891 University Avenue. (NORTH PARK)

**Hypnotic** Comic hypnotist Rich Aimes entertains. 858-534-TIXS. Saturday, January 17, 8 p.m.; free. The Loft, 9500 Gilman Drive. (LA JOLLA)

**Poetry and Art Slam** Poetry and Art Series 2009 promises poetry/visual art combination slam for writers, artists, performers. Participants who bring and show visual art connected in some way to their poetry earn extra points; performers encouraged to

use artwork hanging in museum's current exhibit. Winner takes home \$300. Signups start at 6:30 p.m. 619-236-0011. Wednesday, January 21, 6:30 p.m.; free. San Diego Art Institute: Museum of the Living Artist, 1439 El Prado. (BALBOA PARK)

**Squeaky-Clean Comedy!** Family-friendly shows for all ages. 858-433-1457. Saturdays, 7 p.m.; \$5. Naveed's Comedy Club at Bella

Roma Pizza and Restaurant, 6830 La Jolla Boulevard #103. (LA JOLLA)

**Sunset Poets Gather** Poetry reading with open mike. 760-758-2410. Sunday, January 18, 2 p.m.; free. Oceanside Mission Branch Library, 3861-B Mission Avenue. (OCEANSIDE)

**The Horror (Authors)** Co-authors John Skipp and Candy Goodfellow sign *Jake's Wake*, their novel about an undead man of the cloth. Also on hand: Wrath James

**Saturday, January 17, 2009**  
**San Diego Sports Arena**

**MAKE 2009**  
**YOUR BEST YEAR EVER**

[www.YourBestYearEver.org](http://www.YourBestYearEver.org)

**Experience the most empowering and motivating day of your life!**  
**Learn how to achieve health, wealth, love, success and happiness in 2009**  
**from the most knowledgeable and inspiring speakers in the world!**

**THIS SATURDAY ONLY!**



**Dr. Wayne Dyer**



**Suze Orman**



**Larry King**



**Mark Victor Hansen**



**Dr. John Gray**



**Debbie Ford**



**Ken Blanchard**

**SPECIAL VIDEO PRESENTATIONS**



**HOSTED BY**  
**Jim Lampley**



**Patrick Lencioni**



**John Assaraf**



**Brian McKnight**  
**SPECIAL CAMEO PERFORMANCE**

**Here's how to unlock the lowest ticket prices, starting at only \$29:**

- 1) Visit [www.ticketmaster.com](http://www.ticketmaster.com)
- 2) Search for "Your Best Year Ever" and click on "Find Tickets"
- 3) Use promo code **READER** in the **Special Discount Offer** section

All net proceeds from this event benefit The Jenna Druck Foundation in San Diego. Since 1996, The Jenna Druck Foundation has strengthened and healed thousands of people in ways that inspire hope and leadership, through two award winning programs: **Families Helping Families**, which offers a lifeline to families who have lost a loved one, and **Young Women's Leadership**, providing a path for young women to become leaders in their own lives.

**THE JENNA DRUCK FOUNDATION**  
[www.JennaDruck.org](http://www.JennaDruck.org)

**This incredible event would not be possible without the generous support of:**









## Calendar LOCAL EVENTS

White, author of *Succulent Prey*. 858-268-4747. Saturday, January 17, 2 p.m.; free. Mysterious Galaxy Books, 7051 Clairemont Mesa Boulevard, Suite 302. (CLAIREMONT)

**West Coast Funnies** Comedy variety show stars Dwayne Perkins, who has appeared on *Late Night with Conan O'Brien*, *The Late, Late Show*, and his own comedy special on Comedy Central. Also entertaining: Sean Kelly, Pearl St. Players, host Kurt Swann. 619-997-3033. Saturday, January 17, 8 p.m.; \$15-\$20. Carlsbad Village Theatre, 2808 State Street. (CARLSBAD)

**Winter Music Concerts** Students at School of Creative and Performing Arts plan recitals. Enjoy an orchestra performance on January 21, choral recital on January 22, and bands on January 23. 619-475-8556. Wednesday, January 21, 7 p.m.; \$10-\$9. School of Creative and Performing Arts, 2425 Dusk Drive. (PARADISE HILLS)

## LECTURES

**"A Sense of Place: British Art History"** Linda Blair's lecture series on British art continues with look at "Portraiture." 858-454-5872. Tuesday, January 20, 7:30 p.m.; \$12-\$17. Athenaeum Music

and Arts Library, 1008 Wall Street. (LA JOLLA)

**"Aging in Place: Residential Design Principles for an Aging Population"** Interior designer Robert Wright presents program for Friends of San Diego Architecture on "aging in place," interior design principles for homes, considerations for exterior residential design. Donation. 619-224-8584. Saturday, January 17, 9:30 a.m.; free. NewSchool of Architecture and Design, 1249 F Street. (DOWNTOWN)

**"Designing with Water-Wise Plants"** Saturday Water Wise series gets underway when landscape designer Jan Tubiolo focuses on site analysis, plotting your design, environmental factors, water-efficient plant grouping. Registration: 619-660-0614. Saturday, January 17, 1 p.m.; \$15-\$25. Water Conservation Garden, 12122 Cuyamaca College Drive West. (CUYAMACA COLLEGE)

**"Gardening with Succulents"** Jeff Moore of Solana Succulents "has enchanted the public with his award-winning succulent displays at the Del Mar Fair and Quail Gardens." Moore demonstrates how to use water-wise succulents in gardens when MiraCosta Horticulture Club meets in room 7001. Refreshments, plant raffle follow. Visitors welcome. 760-729-8172. Saturday, January 17, 12:45 p.m.; free. MiraCosta College, One Barnard Drive. (OCEANSIDE)

**"Immigration History, Memory, and Museums in France and the United States"** Why

## OUT & ABOUT

**"ICONS OF THE '50S AND '60S: The Historic Black & White Photography of Leigh Wiener"** opening reception, Saturday, January 17, Ordovery Gallery.

(SEE ART GALLERIES)



Grace Kelly, Beverly Hills, CA, 1955

do issues of history and memory arise at certain moments and not at others? "Lessons of museum-building show it is not just the past that explains the present, but often the present that explains the uses of the past." Talk by Nancy L. Green — author and professor at Ecole des Hautes Etudes en Sciences Sociales in Paris — in Social Sciences Building (SSB) Room 107. 858-822-5297. Tuesday, January 20, 12:30 p.m.; free. University of California San Diego, 9500 Gilman Drive. (LA JOLLA)

**"It's Being Done: Academic Success in Unexpected Schools"** Karin Chenoweth, author of *It's Being Done*, will identify some key characteristics of high per-

forming and rapidly improving schools where most of the students are children of color or children of poverty or both. RSVP required: 619-260-8839. Thursday, January 15, 4 p.m.; \$75. University of San Diego, 5998 Alcalá Park. (LINDA VISTA)

**"Jasper Johns: The Idea of Knowing an Image"** In conjunction with opening of "Jasper Johns: Light Bulb," exhibition curator Stephanie Hanor presents her research on motif of the light bulb in Johns's work. 858-454 3541. Saturday, January 17, 7 p.m.; free. Museum of Contemporary Art San Diego, La Jolla, 700 Prospect Street. (LA JOLLA)

**"Making Sense of the Gaza-Israeli Conflict"** Political science de-

partment at SDSU hosts teach-in with participants Farid Abdel-Nour, Jonathan Graubart, Gershon Shafir in 140 Hardy Tower. 619-594-6245. Thursday, January 15, 2 p.m.; free. San Diego State University, 5500 Campanile Drive. (COLLEGE AREA)

**"Plant Propagation Made Easy"** Learn techniques for preparing, storing, planting seeds during class led by Connie Beck. Bring samples of plants and seeds you wish to propagate. Reservations: 619-660-0614 x10. Saturday, January 17, 9:30 a.m.; \$30-\$40. Water Conservation Garden, 12122 Cuyamaca College Drive West. (CUYAMACA COLLEGE)

**"Quilting for Rebels and Yankees"** "Quilting was a form of communication, an art, and a necessity for people during the Civil War." Cheryl Ranes explores this period and shows how quilts reflected struggles between North and South, divulges "truth and myths of the Underground Railroad quilt blocks," as well as proper care and storage of quilts. Reservations: 858-538-8159. Friday, January 16, 1 p.m.; free. Ages 18 and up. Rancho Peñasquitos Library, 13350 Salmon River Road. (RANCHO PEÑASQUITOS)

**"Really Reliable Recall"** Frustrated when Rover won't "come when called"? Remedy problem during workshop. Registration: 619-299-7012 x2704. Saturday, January 17, 9 a.m.; \$35. San Diego Humane Society and SPCA, 5500 Gaines Street. (LINDA VISTA)

**"Stop Kids from Killing Kids"** Matters of Controversy presents talk about youth violence by Ples Felix of the Tariq Khamisa Foundation (TKF). Organization provides violence prevention education programs to inspire, empower students to say no to gangs, guns, violence. Donation requested. 858-459-4650. Thursday, January 15, 7 p.m.; First Unitarian Universalist Church of San Diego, 4190 Front Street. (HILLCREST)

**"The Right Plant in the Right Place"** "California Natives for Particular Landscape Situations" provide topic when landscape designer Dan Songster speaks for California Native Plant Society in Casa del Prado room 101. "Many of our natives have wide landscape potential, others a more narrow application and some can be used in unexpected ways." Mystery plants identified. 619-294-3868. Tuesday, January 20, 6:30 p.m.; free. Casa del Prado, El Prado. (BALBOA PARK)

**"Tijuana Estuary's Winter Feathered Migrants"** Did you know that 370 different types birds have been sighted at the Tijuana Estuary? Biologist, estuary docent Pat Gower plans outside presentation for "Tijuana Estuary Speaker Series." Binoculars provided, or bring your own. 619-575-3613. Saturday, January 17, 11 a.m.; free. Tijuana Estuary Visitor Center, 301 Caspian Way. (IMPERIAL BEACH)

**"Women Traveling Solo"** Learn travel tips with fellow adventurers in this program presented by Hosting International. 760-

## SEAWORLD ENTERTAINMENT OPPORTUNITIES

If you've got talent,  
SeaWorld® has opportunities.  
Come and be a part of the fun,  
the wonder and  
the excitement.

Open Call Audition Date:  
**Saturday, Jan. 17**

Casting SeaWorld Costume Characters,  
Sesame Street Costume Characters, Show  
Host, Hosts who sing and play guitar, Electric  
Guitarists and Comedic Actors.



If you have backstage experience,  
we will also be holding on-site interviews for  
lighting, stage, video and audio positions.

For more information including times,  
locations and position requirements visit  
[SeaWorldSanDiegoAuditions.com](http://SeaWorldSanDiegoAuditions.com).



SeaWorld San Diego is an Equal Opportunity  
Employer supporting a drug-free workplace.

© 2009 SeaWorld Entertainment Corp. All rights reserved.

## Crazy Skydive Special!

# \$150 Sundays

\$59 off regular price\*



\*Must present coupon. Expires 1/30/09.  
Other conditions may apply.  
Must be 18 years of age and weigh less than 230 pounds.  
San Diego's oldest, largest operation  
619.216.8416 | [SkyDiveSanDiego.com](http://SkyDiveSanDiego.com)





966-1700. Thursday, January 15, 7 p.m.; free. Adventure 16 Ocean-side, 2002 South Coast Highway 101. (OCEANSIDE)

**"Wood 'n Clay: Pine Needles on Ceramic Base"** Create an unusual pine needle basket attached to a ceramic base during class led by Carol Lang. "Explore pine needle techniques with a unique twist." Materials fee: \$10. Registration: 760-721-2787. Equipment list: 760-431-1645. Sunday, January 18, noon; \$55-\$80. Oceanside Museum of Art School of Art, 219 North Coast Highway. (OCEANSIDE)

**(Guitar-y) Goodtime for All** C.F. Martin guitar clinic and guitar show. Take a look at new Martin models direct from NAMM show. Prizes, gifts. 760-434-4567. Tuesday, January 20, 7 p.m.; free. Bufalo Brothers Guitars, 4901 El Camino Real. (CARLSBAD)

**Handwriting Analysis** Discover your personality type with "licensed graphologist" Paula Sassi. 619-588-3718. Thursday, January 15, 2 p.m.; free. Ages 12 and up. El Cajon Library, 201 East Douglas Avenue. (EL CAJON)

**Mind Your Manners!** Elaine Swann, nicknamed the "Etiquette Lady," divulges "what to do and say in order to shine in any social or business situation." Learn to make a great impression with current, practical tips from a contemporary perspective. 760-753-7376. Thursday, January 15, 6:30 p.m.; free. Encinitas Library, 540 Cornish Drive. (ENCINITAS)

**Mix with Literary Types!** San Diego Professional Editors Network (SD/PEN) host literary mixer promising a dozen writer, editor, and publisher groups. Each group makes a short presentation about their objectives, answers questions. 619-281-6951. Thursday, January 15, 6:30 p.m.; free. Joyce Beers Community Center, 1230 Cleveland Avenue. (HILLCREST)

**Opera Insights on Offer** Historical and cultural background, music analysis, plot synopsis, musical selections from Puccini's *Tosca* presented by Ron Shaheen to highlight upcoming San Diego Opera production. 619-236-5800. Wednesday, January 21, 5:30 p.m.; free. San Diego Public Library, 820 E Street. (DOWNTOWN)

**Picture This** "Everyone Has a Camera — So Why Is Photography a Fine Art?" Photographer and curator Joyce Strauss answers the

question when San Diego Independent Scholars meet in room 111A of UCSD Chancellor's Complex. 760-751-3094 or 619-296-4055. Saturday, January 17, 1:30 p.m.; free. University of California San Diego, 9500 Gilman Drive. (LA JOLLA)

**Renowned and Influential!** Paris-based artist Sophie Calle speaks for annual MCASD/UCSD Russell Lecture. "In her conceptual and poetic works, Calle consciously conceals the borders between art and life, fiction and reality, and the private and the public.... With self-established behavioral instructions and rituals, she transforms her daily life with a series of performances, usually executed as a combination of texts and photographs." Talk at 7 p.m. follows reception at 6 p.m. 858-454-3541. Thursday, January 15, 6 p.m.; free. Museum of Contempo-

# 20% OFF

## Custom Framing

Selected styles and mouldings through January 31.

Ready-made frames  
4,000 posters in stock

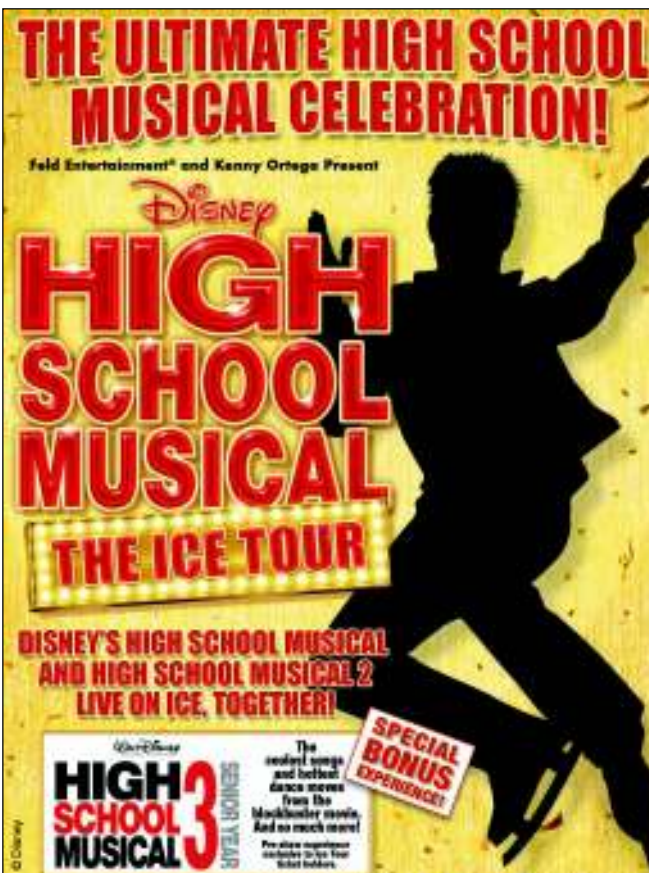
We beat Michael's and Aaron Brothers Framing!





AZTEC GRAPHICS

Art for Everyone  
1439 Garnet Ave. • Pacific Beach • 858-272-7760  
www.posteramerica.com




# TICKETS \$10

Excludes Opening Night, Front Row and VIP seats. No double discounts. Valid on all \$23-\$18-\$15 tickets.

Use code **MUSIC** to save!  
Offer expires Jan. 23, 2009.

GOOD ONLY:



THUR., JAN. 29 @7:30 PM  
SAT., JAN. 31 @11 AM  
SAT., JAN. 31 @3:30 PM  
SUN., FEB. 1 @3:30 PM

Redeem this ad at the Box Office, online at Ticketmaster.com, or by phone at [ticketmaster](http://ticketmaster.com) (619) 220-TIXS. Use code **MUSIC** for online and phone orders.

REGULAR TICKET PRICES: \$23-\$18-\$15

Limited number of Front Row and VIP seats available. Call for details.  
(Service charges, facility and handling fees may apply.)

Appearing: January 28–February 1 • San Diego Sports Arena

TICKET SELLER: Retain for audit.

[www.highschoolmusicaltheicetour.com](http://www.highschoolmusicaltheicetour.com)

## OPPORTUNITIES TO REACH THOUSANDS OF CONSUMERS ALL IN ONE WEEKEND!



San Diego Convention Center February 27 - March 1, 2009

The 2009 Anti-Aging & Healthy Living Expo will be coming to the San Diego Convention Center for a weekend that promises to be a groundbreaking opportunity! Hundreds of health and aesthetic related products and services will be showcased in one entertaining and informative expo and we want you to be a part of this exciting event!

### Who Should Exhibit?

**Physical Fitness & Health**

- Alternative Medicine Specialists
- Anti-Aging and Longevity Specialists
- Chiropractors
- Dermatologists
- Green Products and Health Food Stores
- Laser Treatments
- Massage Therapy
- Medical Doctors and Therapists
- Medical Spas
- Mind & Body Renovation
- Nutritionists and Food Experts
- Retreat Centers
- Sports Medicine, Sports Therapy and Rehabilitation
- Stress Reduction Therapies and Products
- Weight Management Products and Services

**Aesthetics & Cosmetics**

- Aesthetics Medical Treatments
- Anti-Aging Cosmetics & Beauty Supplies
- Cosmetic Enhancements
- Cosmetic Dentistry
- Face lifts & Forehead lifts
- Hair Transplants
- Laser Skin Resurfacing
- Plastic Surgeons
- Spas
- Tummy Tucks
- Wrinkle Fillers

### Why Exhibit?

**#1 Perfect Location**  
Beautiful downtown San Diego! The Anti-Aging & Healthy Living Expo fills a market niche, promising to draw thousands of qualified buyers to one location.

**#2 Extensive Marketing Campaign**  
Benefit from our comprehensive marketing campaign designed to attract the attention of a client base who can afford your products or services.

**#3 Free Health & Aesthetics Seminars**  
A highlight of the expo is the free, in-depth, educational programs that will be delivered by local and national experts designed to draw the qualified buyer to the Expo. Seminar slots are filling fast so please contact us for availability.

**#4 Valuable Opportunities to Present and Demonstrate Your Products and Services**  
Nothing can substitute face time, especially in this day and age of e-marketing and conference calls. Take advantage of this opportunity to showcase your products and services directly to attendees.

**#5 Thousands of Attendees Searching for Ways to Look Younger and Feel Healthier!**  
The Anti-Aging & Healthy Living Expo is just the right place for reaching those who are actively seeking out professionals, products and services in the wellness and aesthetics industry. Reach consumers at a time when they are making new year's resolutions to improve their health and fitness.



**FREE** link from the Anti-Aging & Healthy Living website to your website, plus public relations and newsletter mentions for your company if you sign up before January 31, 2009!

DON'T MISS OUT! The Anti-Aging Expo will increase the visibility of your business. These clients are looking for you!

Reserve your booth today by calling (888)439-7639 or email [info@antiagingexpos.com](mailto:info@antiagingexpos.com)  
[www.antiagingexpos.com](http://www.antiagingexpos.com)

Produced By



SAN DIEGO CONVENTION CENTER, 111 W Harbor Drive, San Diego, CA 92101



## Calendar LOCAL EVENTS

rary Art San Diego, La Jolla, 700 Prospect Street. (LA JOLLA)

**A Rose Is a Rose Is a Rose** Rosarian Jack Shoultz of San Diego Garden Supply focuses on “Bare Root Roses and Rose Pruning Techniques” when San Diego Garden Club gathers. 619-269-6184. Saturday, January 17, 10 a.m.; free. Malcolm X Library, 5148 Market Street. (SOUTHEAST SAN DIEGO)

**Say Cheese!** “How to Make a DVD of Your Family History Research Experiences” is topic when Del Ritchhart address Computer Genealogy Society of San Diego (10:30 a.m.). Ritchhart integrated photographs and video clips, used zoom and scan features, and added titles and music for a DVD of his recent trip to Irish Republic. Meeting begins with gathering of user groups for FTM, Macintosh, and DNA Genealogy (9 a.m.). 619-426-8295. Saturday, January 17, 9 a.m.; free. Robinson Auditorium complex at UCSD, off Pangea Drive. (LA JOLLA)

**Silky!** Learn art of silk painting with Jan Janas during beginning silk class exploring all traditional techniques of silk painting. Also promised: information on types of dyes, silk steam setting, stabilizing the silk. Some materials included. Six week class concludes February 19. 619-299-4278. Thursday, January 15, 10:30 a.m.; \$195. San Diego Art Department, 3830 Ray Street. (NORTH PARK)

**Water-Smart Gardening** Learn basics of landscape sprinkler systems and the selection of “colorful, healthy, and attractive low-water use plants for” your garden. Reservations: 619-570-1999. Saturday, January 17, 8:30 a.m.; free.

Scripps Ranch Community Service Center, 11885 Cypress Canyon Road. (SCRIPPS RANCH)

**What's Up With Tosca?** Artists from *Tosca* participate in Artists' Round Table — offering look at music, characters, behind-the-scenes work — hosted by San Diego Opera in Beverly Sills Salon of Civic Theatre. 619-232-7636. Thursday, January 15, 5:30 p.m.; free. San Diego Civic Theatre, 1100 Third Avenue. (DOWNTOWN)

**Wild Thing!** Why do feral cats exist? What are they? What can we do to help them? Talk focusing on past, present, future initiatives of Feral Cat Coalition (for people only). Register: 619-243-3424. Thursday, January 15, 6:30 p.m.; \$12. San Diego Humane Society and SPCA, 5500 Gaines Street. (LINDA VISTA)

## OUTDOORS

**San Diego County's Waterfalls** could be at their very best during the next month or two, depending on how much rainfall arrives. Three of the most accessible are: Green Valley Falls at Cuyamaca Rancho State Park; the falls below the first palm grove in Borrego Palm Canyon (Anza-Borrego Desert State Park); and the falls at the midpoint of Los Peñasquitos Canyon Preserve — a three-mile walk from either its east or west entrance. Hikers and climbers can explore many other waterfalls (some with heights up to 100 feet) in remote areas of the county.

**Tree Aloes**, the familiar succulent plants with red-hot-poker-like flower clusters, are at their showy best this month. Large clumps of aloes can be seen at La Jolla Cove, Mission San Diego de Alcalá, and scattered along the embankments

## OUT & ABOUT

**"SPARK OF INSANITY,"**  
Jeff Dunham,  
Cox Arena, Friday,  
January 16.

(SEE IN PERSON)



overlooking Highway 163 in Balboa Park.

**The “Evening Star” Venus** reaches greatest eastern elongation on Wednesday, January 14, standing at a position in the sky 47 degrees “east” of the sun — high above the western horizon at dusk. The interval of time between sunset and the setting of Venus is now approximately 3.5 hours.

**“Migration — Safe Haven at Daley Ranch”** Naturalist Dorothy Klitzing discusses migration of native birds and animals on this moderately easy walk covering nearly four miles. 760-839-4680. Saturday, January 17, 8:30 a.m.; free. Daley Ranch, 3024 La Honda Drive. (ESCONDIDO)

**Bird Walk** Easy walk with variety of birds and views of salt marsh habitat hosted by Friends of Famosa Slough starts at first bench on Famosa Boulevard. 619-224-4591. Saturday, January 17, 1 p.m.; free. Famosa Slough, West Point Loma Boulevard and Famosa Boulevard. (POINT LOMA)

**D Street Nesting Site Work Party** Help improve nesting habi-

tat for endangered California least terns. Volunteers remove ice plant that has invaded native salt grass vegetation. If you own them, bring gloves, wear long pants, long-sleeve shirt, eye protection, sturdy shoes. Water, snacks provided. Only heavy rain cancels.

Directions: From I-5, exit Mile of Cars/Bay Marina Drive and turn west; turn left on Marina Way; meet at entrance of bike path located on east side of street just as Marina Way curves to right. RSVP: 619-682-7210. Saturday, January 17, 9 a.m.; free. D Street Nesting Site, 100 Gunpowder Point Drive. (CHULA VISTA)

**Enhance Awareness** Appreciate nature during guided walks. 619-668-3281. Saturday, January 17, 9:30 a.m.; Sunday, January 18, 9:30 a.m.; Wednesday, January 21, 9:30 a.m.; free. Mission Trails Regional Park, One Father Junipero Serra Trail. (SAN CARLOS)

**Explore the Park** Walkabout perambulators meet at new walking trails sign to explore the shortest of new marked trails, with time to explore Trees for Health project and Marston House gardens. Ca-

sual pace. 619-2313-7463. Saturday, January 17, 3 p.m.; free. Balboa Park Trails Gateway, Upas Street and Sixth Avenue. (BALBOA PARK)

**Go Native!** Plant native plants in Buchanan Canyon with Friends of Buchanan Canyon to help restore canyon to its natural state. Wear good shoes, long pants, and bring water bottle. 619-297-2957. Saturday, January 17, 9 a.m.; free. Johnson Avenue, Johnson Avenue at Lincoln. (UNIVERSITY HEIGHTS)

**Hawkwatch 2009** Visit Ramona's grasslands to witness resident and winter migration of hawks, falcons, and eagles during outing led by Wildlife Research Institute. Events include demonstrations of hawk banding and tracking eagles with transmitters. Walks led by trained biologist every Saturday through February. Wear hiking or walking boots. Bring binoculars or spotting scopes if you have them. 760-789-3992. Saturdays, 9 a.m.; through Saturday, February 28, free. Wildlife Research Institute, 18030 Highland Valley Road. (RAMONA)

**Miner's Loop Trail Hike on Black Mountain** Naturalist David Robertson leads nature hike up north face of Black Mountain. See native wildflowers, learn about historic arsenic mine. Wear hiking boots, bring water. 858-484-3219. Saturday, January 17, 8 a.m.; free. Carmel Valley staging area, 14850 Carmel Valley Road. (RANCHO PEÑASQUITOS)

**More Walk, Less Talk** Naturalists Simone Green and Barbara VanHorn lead fast-paced 6.5-mile hike on variety of trails. 760-839-4680. Saturday, January 17, 8:30 a.m.; free. Daley Ranch, 3024 La Honda Drive. (ESCONDIDO)

**Poway Promenade** Hike and speak French with Alliance Française de San Diego during moderate trek. “Good for kids.” Bring water, snacks. RSVP by Friday January 16: jeeprice@mac.com. 858-254-2253. Sunday, January 18, 10 a.m.; free. Lake Poway, 14644 Lake Poway Road. (POWAY)

**Tree Time** Offshoot Tours offers hour-long guided tour highlighting various Balboa Park trees. 619-235-1122. Saturday, January 17, 10 a.m.; free. Balboa Park Visitors' Center, 1549 El Prado. (BALBOA PARK)

**Volunteers Needed for Wildlife Monitoring!** San Diego Tracking Team hosts training. Learn to recognize tracks of native mammal species, join experienced tracker on one or more wildlife surveys. Bring sack lunch, dress for a day outdoors. 760-715-4102. Saturday, January 17, 9:15 a.m.; free. Los Peñasquitos Ranch Adobe, 12122 Canyonside Park Drive. (RANCHO PEÑASQUITOS)

## SOUTH OF THE BORDER

**La Tocado del Año** Enjoy performances by “the best deejays in Tijuana” including Martín Parra, Joy Márquez, Erick Ensastigue, Mauricio Donce, and Kermit. 011-52-664-176-5752. Friday, January 16, 8 p.m.; \$10-\$35. Planeta Ti-

juana at Multikulti, at Avenida Constitución and 7th Street. (BAJA)

**Wedding and Bridal Expo** Everything for your wedding in 2009. 011-52-664-634-2067. Sunday, January 18, 11 a.m.; Camino Real Hotel, Paseo de los Héroes 10305, Zona Río. (BAJA)

## SPECIAL

**“Conspire”** Sanctuary143 hosts “interactive art and music happening.” One artist and one musician are assigned to each room; each room's musician will create, install a soundtrack in response to artist's work. Featured artists and musicians include Mike Maxwell, Joel P. West, Acamonchi, Sandee Manuel, Sean Kelley, Keikichi Honna, Jeff Faeth, Tocayo, Will Redd, Josh and Jeremiah Zimmerman of Silent Comedy, others. Appetizers, beverages from local restaurants, farms served. Required RSVP: 858-444-5930. Saturday, January 17, 6 p.m.; free. Community at the Martin Building + Flats, 401 Olive Street. (BANKER'S HILL)

**“Honoring the Beauty of Nature”** National service day “in response to a call from President-elect Barack Obama.” Quail Botanical Gardens partners with the No Child Left Inside Coalition (NCLI) for day of service, learning.

Learn about hydroponics while helping build new hydroponics vegetable garden (10 a.m.-noon). Help garden beautification teams groom bamboo and California gardenscapes (10 a.m.-noon). Bring your lunch, recycle your leftovers during worm bin demonstration (noon). Help rebuild ramada shade structure, learn about Kumeyaay Indian culture and their use of native plants (1-2 p.m.). Registration: 760-436-3036. Monday, January 19, 10 a.m.; free. Quail Botanical Gardens, 230 Quail Gardens Drive. (ENCINITAS)

**“Make 2009 Your Best Year Ever”** Program promises “motivation and life coaching,” with live presentations by Debbie Ford (*The Best Year of Your Life*, *The Right Questions*); John Gray (*Men Are From Mars*, *Women Are From Venus*); business coach Ken Blanchard (*The One Minute Manager*); others. Video presentations by Suze Orman and Wayne Dyer. Proceeds benefit Jenna Druck Foundation. Ticketmaster (619-220-TIXS). 619-225-9813. Saturday, January 17, 9:30 a.m.; \$39-\$199. San Diego Sports Arena, 3500 Sports Arena Boulevard. (POINT LOMA)

**“Masters of Fire: Hereditary Bronze Casters of South India”** — Exhibition based on a new book of same name traces role of hereditary bronze casters in the town of Swamimalai, in south Indian state of Tamil Nadu. Exhibit curated by UCSD anthropology professor Tom Levy continues through Sunday, January 25, in Seuss Foyer of Geisel Library. 858-534-3336. Thursdays, 8 a.m.; Fridays, 8 a.m.; Saturdays, 8 a.m.; Sundays, 8 a.m.; Mondays, 8 a.m.; Tuesdays, 8 a.m.;

**Wanted Cookbooks**  
Buy | Sell | Trade

**1¢ Book Sale**  
Buy one book at regular price, get 2nd book for a penny

**Cook Book Store in Kensington**  
thecookbookstore-sandiego.com  
4108 Adams Avenue  
(near Clem's Liquor) • Free Parking  
619-284-8224  
Open 11 am-5 pm • Closed Sundays

**Dance lesson only \$10\***

**Latin and Ballroom  
Jitterbug and Swing  
Salsa and Merengue**

Classes still open. No contracts!

**\$32 for 4 weeks**  
with this ad

**Pattie Wells Dancetime Center**  
619-275-3533  
www.dancetime.com  
\*1-hour introductory class

**Live Cooking Classes**

**Jan. 20:**  
Put It on the Grill  
How to prepare a seafood BBQ. Chef Brian Malarkey of Oceanaire Seafood Room.

**Jan. 21:**  
Vietnamese & Thai Pantries  
Hands-on class! Explore simple, classic dishes you can make for any occasion. Chef Melissa Mayer.

**Jan. 23:**  
Be My Tuscan Valentine  
Fresh, organic dishes you can make for your valentine. Love is in the air! Chef Marty.

Wed.-Fri.  
6:30-9:00 pm  
8290 Miramar Rd.  
**858-578-COOK**

**Cooking With Class**  
sdcookingwithclass.com

**Intro lesson \$38**  
**2-for-1**  
(Advance reservation required)

**Largest Climbing Gym in San Diego**

**Military  
Sundays  
50% Off  
Day Pass**

(Excludes lessons. Call for details.)

**VERTICAL HOLD**

**9580 Distribution Ave. • San Diego**  
**858-586-7572 • verticalhold.com**



Wednesdays, 8 a.m.; through Sunday, January 25, free. UCSD Arts Library, Geisel Library, 9500 Gilman Drive. (LA JOLLA)

**"Mugs of the Mesas"** Exhibit of prehistoric ceramics from David W. May American Indian Collection associated with ancestral Pueblo people of the Four Corners region of Southwestern United States. Photographs of Cliff Palace at Mesa Verde National Park in Colorado included. Exhibit was curated by USD anthropology professor Tim Gross, designed by Paul Johnson, with photographs by William Lile. Viewing continues in the May Gallery — located in Serra Hall 214 — through Friday, January 30. 619-260-4238. Thursdays, 1:30 p.m.; Fridays, 1 p.m.; Wednesdays, 1 p.m.; through Friday, January 30, free. University of San Diego, 5998 Alcalá Park. (LINDA VISTA)

**"Reclaim, Rework, Recreate: The Gotthelf Goes Green"** Exhibit utilizing "only recycled and repurposed materials" continues through Wednesday, February 25. "Show explores the whimsy and creativity of Tony Berlant, Liz Mamorsky, Marilyn Mitchell, and Jody Silver." 858-457-3030. Thursdays, 10 a.m.; Fridays, 10 a.m.; Sundays, noon; Mondays, 10 a.m.; Tuesdays, 10 a.m.; Wednesdays, 10 a.m.; through Wednesday, February 25, free. Gotthelf Art Gallery at Lawrence Family Jewish Community Center, 4126 Executive Drive. (LA JOLLA)

**"San Diego Multicultural Festival"** Celebrate cultures from around the world through performances including storytelling, music, activities; variety of food, merchant, informational, educational booths. Students from four local schools will build "global villages" to showcase customs and ways of life from other cultures. 619-533-7145. Saturday, January 17, 11 a.m.; free. Martin Luther King Jr. Promenade, West

Harbor Drive at West Market Street. (DOWNTOWN)

**"The Dream Must Be Achieved"** Annual celebration commemorating life, legacy of Martin Luther King Jr. promises keynote address by San Diego Community College District chancellor Constance M. Carroll, awards, music by Christ United Chancel Choir, Men's Chorus, more. Reception follows. Offering. 619-239-2346. Sunday, January 18, 4 p.m.; Christ United Presbyterian Church, 3025 Fir Street. (SOUTH PARK)

**"What's in Your Attic?"** Find out at SANDICAL Stamp Expo 2009. Stamp show boasts 24 dealers; exhibit of over 1000 pages of rare stamps and postal history from around world; free stamps for children; advice. Approximate valuation of stamp collections, postal history, and accumulations of other philatelic material by a board of three long-time collectors on Sunday, 10:30 a.m.-3 p.m. (appointments available). 858-484-8010. Friday, January 16, 10 a.m.; Saturday, January 17, 10 a.m.; Sunday, January 18, 10 a.m.; free. Ages 8 and up. Al Bahr Shrine Center, 5440 Kearny Mesa Road. (KEARNY MESA)

**Getting Off: Pornography and the End of Masculinity** Robert Jensen's book is fodder for San Diego Feminist Book Group, open

to "all genders, sexes, and orientations." 619-296-7673. Tuesday, January 20, 7 p.m.; \$2-\$5. Ages 18 and up. Rubber Rose, 3812 Ray Street. (NORTH PARK)

**The Nose** Discuss Nikolai Gogol's satirical short story from 1836 with San Diego Great Books group. Newcomers welcome. 619-440-5625. Saturday, January 17, 2 p.m.; free. San Diego Public Library, 820 E Street. (DOWNTOWN)

**Beginning Yoga** Series of yoga classes for adults only. Bring yoga mat, wear comfortable clothing, be prepared to remove your shoes. 858-538-8159. Saturdays, 9:30 a.m.; through Saturday, February 21, free. Ages 18 and up. Rancho Peñasquitos Library, 13350 Salmon River Road. (RANCHO PEÑASQUITOS)

**Books to Good Homes** Support your "endangered library," find bargain books in all categories. 619-542-1724. Saturday, January 17, 8 a.m.; University Heights Library, 4193 Park Boulevard. (UNIVERSITY HEIGHTS)

**Cannons Will Be Used!** Cannon battles promised in San Diego Bay between tall ship *Californian*

and the *Lynx*, and you may spend the afternoon sailing along on board. Battles may be seen from sites around bay (free). 619-234-9153. Saturday, January 17, 1 p.m.; Sunday, January 18, 1 p.m.; \$35-\$55. Ages 4 and up. San Diego Maritime Museum, 1306 North Harbor Drive. (DOWNTOWN)

**Del Mar Antique Show** Over 250 antique dealers from all over California and the west offer antiques, vintage collectibles, and decorator items during Calendar Antique Show. Antique appraisal booth (\$5 per item). Also on hand: repair and restoration artisans expert in fields of glass, crystal, porcelain, pottery, rugs, jewelry. 800-943-7501. Friday, January 16, 11 a.m.; Saturday, January 17, 11 a.m.; Sunday, January 18, 11 a.m.; \$8. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

**Dumbek Drumming** Mary Marshall leads class for newcomers and beginners, with review and teaching for drummers with prior experience and skills. Regular dance program follows. 619-281-5656. Saturday, January 17, 7 p.m.; free.

**CUSTOM MADE**



**(619) 291-4977**  
David of California  
**GOLDSMITH**  
2725 Congress St., Old Town

**If you can dream it, we can make it!**

- Custom gowns and fashions
- Prêt à Porter bridal wear
- Bridal jewelry
- Mothers, maids and flower girls

**D'Angelo Couture**  
619.497.1949  
www.dangelocouture.com  
1400 Camino de la Reina #120  
(Next to Hooters)



Photo by Susie Linquist



# BRIDAL BAZAAR

...has it all!

## San Diego's #1 Bridal Show

**Saturday, January 17**  
**San Diego**  
**Convention Center**

Over 300 exhibitors with everything you need to plan the wedding of your dreams! Spectacular fashion shows at 12:00 pm, 1:30 pm, 3:30 pm & 4:45 pm.

**\$2 OFF ADMISSION**  
**BRIDAL BAZAAR**

**Saturday, January 17 • 11 am-6 pm**  
**San Diego Convention Center**  
**111 W. Harbor Dr., Downtown**

One admission per coupon.  
Cannot be combined with other offers.  
Visit [www.bridalbazaar.com](http://www.bridalbazaar.com) for discount coupons.

To place your ad in the Wedding Guide, call 619-255-8200.

## Wedding Guide

**Affordable Customized Wedding Ceremonies**  
Church services or barefoot on the beach. Call 858-350-1053. See [www.personalizedweddings.zoomshare.com](http://www.personalizedweddings.zoomshare.com). E-mail, [sjwallace1053@yahoo.com](mailto:sjwallace1053@yahoo.com).

**Bridal Bazaar Saturday, January 17**  
SD Convention Center: 11am-6pm. More than 350 exhibitors with everything for your wedding. Info, coupons, [www.bridalbazaar.com](http://www.bridalbazaar.com).

**Cupcakes Squared Gourmet Cupcakes**  
24-plus flavors to choose from, and gluten-free. Freshest ingredients. Affordable alternative. Fresh daily. [CupcakeSquared.com](http://CupcakeSquared.com). 619-226-3485.

**Diplomats Of Jazz Jazz/Blues Quartet**  
Events/restaurant gigs. Piano, trumpet, bass, drums. Al Marchese vocals. Featured at La Scala, Festa Siciliano. Call 619-417-4385.

**Michael's Flower Girl MichaelsFlowerGirl.com**  
The look of elegance on a working bride's budget! Flowers, cakes, DJ, invitations, photography, linens and more! Call for specials! 619-516-5544.

**Over 200 Wedding Dresses \$100s Off Retail Prices!**  
Current style, quality consigned gowns. Veils, headpieces, petticoats and more! Garment Gourmet Resale, 760-630-6630, [Garmentgourmet.com](http://Garmentgourmet.com).

**Don't Let The French In French Gourmet Scare You! We Offer Delicious Values!**  
From simple hors d'oeuvres & cakes to elaborate buffets or sit-down receptions, our experienced staff will plan a menu that will please your guests and someone's wallet. Visit [www.thefrenchgourmet.com](http://www.thefrenchgourmet.com) or consult us at 800-929-1984 x125. Free cake tasting. 960 Turquoise, PB. Serving San Diego since 1979.

**Southbay Limousine Call Now For 10% Discount!**  
Providing corporate service with a personal touch. Weddings, concerts, wine tastings, special events, free champagne & beverages. Call 877-789-8769.

**Wedding Planner And Bridal Consultation**  
Reasonable rates. Call 760-540-5542 or mail to Jade Dynasty Design, P.O. Box 304, San Diego, CA 92101.

[www.SDReader.com/wedding](http://www.SDReader.com/wedding)



## Calendar LOCAL EVENTS

Folk Dance Center, 4569 30th Street. (NORTH PARK)

**Farewell to W at the W** Barack Obama inauguration event hosted by San Diego County Young Democrats. Inauguration speech (replayed) at 9 p.m. No cover. 858-442-7374. Tuesday, January 20, 7:30 p.m.; free. Ages 21 and up. W San Diego, 421 West B Street. (DOWNTOWN)

**Gather Ye Scions While Ye May** Annual scion wood/cutting exchange hosted by California Rare Fruit Growers is planned in room 5300 in Hort Building. Share seeds, cuttings, scion wood of fruiting trees and plants. (A cutting is a scion if it is to be grafted onto another tree.) 760-631-1731. Friday, January 16, 7 p.m.; free. MiraCosta College, One Barnard Drive. (OCEANSIDE)

**Gray Whale Season Surfaces!** Outings hosted by Birch Aquarium and San Diego Harbor Excursion boast Scripps naturalists on hand to share information about gray whales, the ecology, and history of San Diego Bay and Scripps Institution of Oceanography. Dolphins, sea lions, marine birds make guest appearances. Registration: 619-234-4111. Thursdays, 9:45 a.m. and 1:30 p.m.; Fridays, 9:45 a.m. and 1:30 p.m.; Saturdays, 9:45 a.m. and 1:30 p.m.; Sundays, 9:45 a.m.

and 1:30 p.m.; Mondays, 9:45 a.m. and 1:30 p.m.; Tuesdays, 9:45 a.m. and 1:30 p.m.; Wednesdays, 9:45 a.m. and 1:30 p.m.; through Sunday, March 29, \$15-\$35. San Diego Harbor Excursion, 1050 North Harbor Drive. (DOWNTOWN)

**Happy (Lunar) New Year!** Vietnamese Tet Lunar New Year Festival promises entertainment including Asian-themed dancers, traditional and contemporary singers and musicians, martial artists, magicians, soccer and volleyball tournaments, Chinese chess tournament, traditional cultural center, Vietnamese traditional dress (áo dài) fashion show, ballroom dancing contest, Asian-Pacific dance troupes, special foods. Lion and dragon dance performances throughout festival.

As part of festival, Mira Mesa Library hosts fine arts, floral designs, and bonsai exhibit with work by Vietnamese artists from San Diego and Orange County (free admission). 858-204-6953. Saturday, January 17, 10 a.m.; free. Mira Mesa Community Park, 8575 New Salem Street. (MIRA MESA)

**Healthy Heart Expo** Take in educational and motivational lectures, health-care screenings, exhibits, health-care professionals on hand to answer questions. 619-543-6031. Saturday, January 17, 9 a.m.; free. UCSD Faculty Club, 9500 Gilman Drive. (LA JOLLA)

**In Praise of Braise** Chef Bernard Guillas demonstrates recipes which feature braising techniques including Niman Ranch pork

## OUT & ABOUT

### SEE THE ROVER (PROTOTYPE)

Mars Science Laboratory Rover, displayed through Wednesday, February 4, Reuben H. Fleet Science Center.

(SEE SPECIAL)



casserole. Donations benefit Feeding America. Reservations: 619-299-9811 x4231. Saturday, January 17, noon; \$15. Macy's Mission Valley Home Store, 1555 Camino de la Reina. (MISSION VALLEY)

**It's Voluntary!** Passionate about preserving and protecting coastal wetlands? Tijuana Estuary hosts volunteer open house and mixer to help you get involved. Learn of volunteer opportunities, chat with current volunteers and staff, meet fellow nature enthusiasts. 619-575-3613 x330. Wednesday, January 21, 3 p.m.; free. Tijuana Estuary Visitor Center, 301 Caspian Way. (IMPERIAL BEACH)

**Laughter Yoga** Learn how to bring more laughter to your life and community. Typical class led by Michael Coleman consists of a series of "simple, fun, gentle laughter exercises combined with deep breathing." 619-588-3718. Tuesday,

January 20, 6 p.m.; free. El Cajon Library, 201 East Douglas Avenue. (EL CAJON)

**Lux at Night** Enjoy libations and chance to meet resident artist Jolynn Krystosek and view her "large-scale paper cut-outs and intricate wax floral relief carvings." The pieces "reflect traditional craftsmanship, lush botanicals, and Victorian cameos." 760-436-6611. Wednesday, January 21, 7 p.m.; free. Lux Art Institute, 1550 South El Camino Real. (ENCINITAS)

**Nature Trip to Coronados Islands** Enjoy marine nature tour by way of 9-Mile Bank on local 40-foot charter boat. Look for whales, dolphins, seals, pelagic marine birds, other open water creatures; there are colonies of elephant seals, harbor seals, sea lions at the islands. Also promised: a stop for snorkeling among the sea lions and kelp forest. Reservations: 619-523-9282. Sunday, January 18, 8 a.m.; \$79. Dive Connections, 1500 Quivira Way. (MISSION BEACH)

**Quel Fromage?** Craft beer and cheese pairings considered. Co-hosts from Temecula Valley Cheese Company and Stone Brewing Company demonstrate "how these two favorites can be enjoyed to bring out the very best from each other." 760-471-4999. Sunday, January 18, 2:30 p.m.; \$30. Ages 21 and up. Stone Brewing World Bistro and Gardens, 1999 Citracado Parkway. (ESCONDIDO)

**Ring in the New Year** Chimes atop Geisel Library ring out premieres in January. Anyone in a general radius of library will be able to hear a new short work by UCSD freshman and composer Wesley Hawkins. "Keep in

mind that the actual library entrance is the worst possible place to stand — you really need to walk out Library Walk a bit to get the full effect." 858-822-5758. Friday, January 16, noon; free. University of California San Diego, 9500 Gilman Drive. (LA JOLLA)

**See the Rover (Prototype)** NASA's Mars Science Laboratory (MSL) Rover is on display in lobby through Wednesday, February 4. This "full-sized rover prototype" as big as a small SUV is on loan from NASA's Jet Propulsion Laboratory (JPL). Actual spacecraft is scheduled to launch from Cape Canaveral in late 2011. Included in regular admission. 619-238-1233. Thursdays, 9:30 a.m.; Fridays, 9:30 a.m.; Saturdays, 9:30 a.m.; Sundays, 9:30 a.m.; Mondays, 9:30 a.m.; Tuesdays, 9:30 a.m.; Wednesdays, 9:30 a.m.; through Wednesday, February 4, free. Reuben H. Fleet Science Center, 1875 El Prado. (BALBOA PARK)

**Sketchy Goodness!** Dr. Sketchy's Anti-Art School convenes to "sketch hunky model STMUL8R as a sexy boxer (70's afro-tastic style)," plus other looks. Bring your art supplies. Contests. 619-756-7891. Saturday, January 17, 3 p.m.; \$10. Ages 21 and up. Ruby Room, 1271 University Avenue. (HILLCREST)

**Solar Open House** Learn more about solar electricity and see an actual installation during open house hosted by Clean Power Systems. 858-748-3636. Saturday, January 17, 9 a.m.; free. Solar Open House, 12358 Pathos Lane. (RANCHO PEÑASQUITOS)

**Taste Cake, Hear Music, See Gowns** Bridal Bazaar with over

300 exhibitors offering their wares, fashion shows (noon, 1:30 p.m., 3:30 p.m., 4:45 p.m.). 760-334-5500. Saturday, January 17, 11 a.m.; \$10. San Diego Convention Center, 111 West Harbor Drive. (DOWNTOWN)

**Travel Time?** Carefree Vacations travel show, with over 40 representatives from cruise lines, tour companies, and tourist boards from around the world on hand; seminars. 800-266-3476. Saturday, January 17, 11 a.m.; free. Town and Country Hotel and Convention Center, 500 Hotel Circle North. (MISSION VALLEY)

**Unwind from Work Week** Exercise your humor and creativity with "variety of interactive exercises from the world of improvisation" to give your funny bone a workout during "playshop" led by Jacquie Lowell. 858-581-0050. Monday, January 19, 7:35 p.m.; \$20. Ages 10 and up. Radiance Yoga Center, 1618 West Lewis Street. (MISSION HILLS)

**Was Novelist Jack London a Humanist?** Get the skinny — and see original signed London artifacts — when Humanist Fellowship of San Diego gathers. 619-670-4159, 619-544-0640. Sunday, January 18, 2 p.m.; free. San Diego Public Library, 820 E Street. (DOWNTOWN)


**What Is Humanism?** "Everyone knows what an atheist is, and nearly everyone knows what an agnostic is, but what on earth is a humanist?" Meet some secular humanists during Humanist Association of San Diego meeting. 619-646-2191. Sunday, January 18, 6 p.m.; free. Joyce Beers Community Center, 1230 Cleveland Avenue. (HILLCREST)

**Who Were the Freemasons?** Why should you care? Find out when P&R Discussion Group gathers. 619-370-1027. Thursday, January 15, 7 p.m.; free. Filter, 4096 30th Street. (NORTH PARK)

## SPORTS

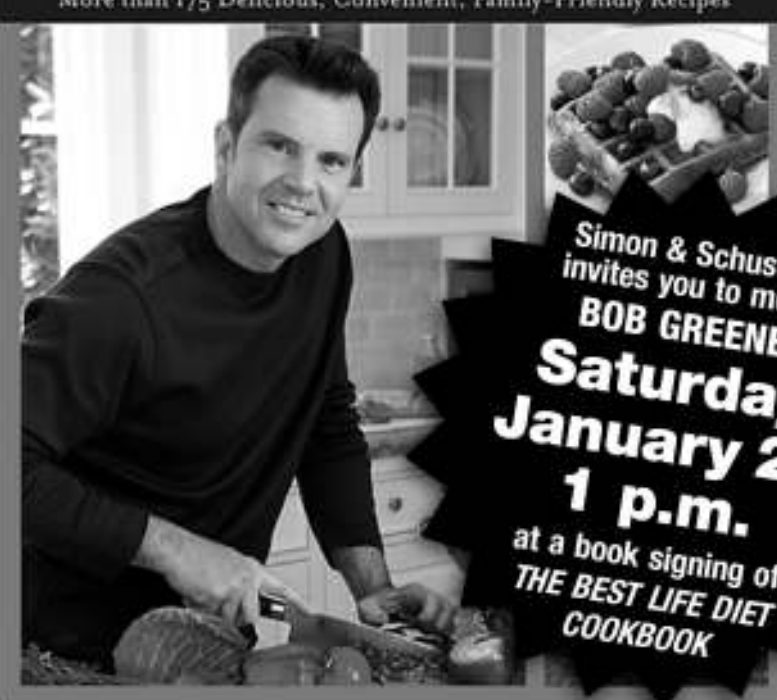
**Face to Face with Gray Whales** La Jolla Kayak offers guided tours to see "gray whales from a few feet away in a small boat." Kayakers can get very close to whales without sound of boat engines to interfere with experi-

BASED ON THE NEW YORK TIMES BESTSELLER

**BOB GREENE** 

**THE BEST LIFE DIET COOKBOOK**

More than 175 Delicious, Convenient, Family-Friendly Recipes



**Simon & Schuster invites you to meet BOB GREENE**

**Saturday January 24 1 p.m.**

at a book signing of **THE BEST LIFE DIET COOKBOOK**

951 Palomar Airport Road, Carlsbad, CA 92009

FOR COSTCO MEMBERS ONLY

**COSTCO WHOLESALE**

## 2009 Special: Buy 3 Hours, Get One Free!

Sunday through Thursday

- Party Special Events • Temecula Wine Tours
- School Dances • Corporate Events



FREE  
Party Package with  
Reservation  
Mention Reader ad.

Top-line vehicles: Hummer, Denali, Party Buses, more!

619-588-4009

www.russoslimo.com

TCP 23646 B

**BLACKONYX**  
RUSOS & DALAGIS

ence. The 2.5-hour-long tours include La Jolla's Seven Caves. You may also encounter sea lions, garibaldi, leopard sharks, more. Fee: \$65 for single kayak, \$110 for double kayak; includes wetsuits. Reservations: 858-459-1114. Thursdays, 10:30 a.m. and 1:30 p.m.; Fridays, 10:30 a.m. and 1:30 p.m.; Saturdays, 10:30 a.m. and 1:30 p.m.; Sundays, 10:30 a.m. and 1:30 p.m.; Mondays, 10:30 a.m. and 1:30 p.m.; Tuesdays, 10:30 a.m. and 1:30 p.m.; Wednesdays, 10:30 a.m. and 1:30 p.m.; through Friday, February 20, \$65-\$110. La Jolla Kayak, 2199 Avenida De La Playa. (LA JOLLA)

**Stamp Show Cycling** Join Knickerbikers for 25-mile bike ride to exhibit halls of Sandical stamp show at Al Bahr Shrine. Bring money for lunch in Mission Valley. 858-272-4710. Sunday, January 18, 9 a.m.; free. Mission Bay Visitors' Center, East Mission Bay Drive and Clairemont Drive. (PACIFIC BEACH)

**Transform Your Running** Professional running coach Jason Karp leads "VO2max Distance Running Clinic." Participants will "receive training guidelines using the best scientific methods proven to make you a better runner," with presentations on many aspects of running. Fee at door: \$119 per person or \$198 per couple, includes continental breakfast, buffet lunch. Registration: 619-546-8386. Saturday, January 17, 8:30 a.m.; \$119. Marina Village Conference Center, 1936 Quivira Way. (PACIFIC BEACH)

**Year-Round Waterskiing** Con-vair Waterski Club provides ski boats for waterskiing. Group meets at south end of Crown Point Beach. 858-863-4755. Sundays, 8 a.m.; \$8-\$15. Mission Bay. (MISSION BEACH)

MUSEUMS

**Barona Cultural Center and Museum** 1095 Barona Road, 619-443-7003. (LAKESIDE)

**Birch Aquarium at Scripps** Facility is a component of the Scripps Institution of Oceanography at UCSD. More than 60 tanks contain marine life of Pacific Northwest, California coastline, Mexico's Sea of Cortés, and South Pacific. The La Jolla Kelp Tank is a two-story-high tank with giant kelp plants and nearly 30 species of local marine life. "Feeling the Heat: The Climate Challenge" examines science behind climate change; "Art of Deception" explores undersea camouflage. "Wonders of Water" waterplay area includes three interactive stations. The Lynne and Howard Robbins Shark Reef Exhibit features a 13,000-gallon shark tank with black tip, white tip, bamboo, and wobbegong sharks. 2300 Expedition Way, 858-534-FISH. (LA JOLLA)

**Chula Vista Nature Center** Interactive living museum devoted to the endangered Southern California coastal wetlands, located in Sweetwater Marsh National Wildlife Refuge. Visitors can use a Bioscanner to view animals macroscopically, use a Wentzscope for views of microscopic organ-

isms found in the "Sweetwater Soup," and interact with computerized videos exploring how tides affect the bay in the "Moons, Tides, and the San Diego Bay" exhibit. Pet sharks and rays in the David A. Wergeland Shark and Ray Experience, see burrowing owls and migratory birds, and enjoy the xerophytic gardens.

Visitors meet a shuttle bus at the Bayfront E Street Trolley Station or at the center's parking lot at the foot of E Street and Bay Boulevard. 1000 Gunpowder Point Drive, 619-409-5903. (CHULA VISTA)

**Coronado Museum of History and Art** "Public Eye: A Focus on Community Art," continuing through mid-January, features a decorative bench from 2003 Benchmark project, information on some of Coronado's 38 pieces of public art, models, photographs, and sculptured pieces.

Ongoing exhibits explore the overall history of Coronado, Navy and Army, Tent City, and the Hotel del Coronado. 1100 Orange Avenue, 619-435-7242. (CORONADO)

**Flying Leatherneck Museum** Museum is dedicated to Marines who provided air support, from the propeller-driven fighters and bombers of the 1940s to the modern jets and helicopters currently in use. Static displays of a variety of aircraft are included, along with equipment, insignia, paintings and photographs, scale models, and a research library. The museum is located in building T-2002, at Marine Corps Air Station Miramar. Miramar Road (Marine Corps Air Station), 858-693-1723. (MIRA MESA)

**Gaslamp Museum of Historic San Diego** Glimpse San Diego's colorful past at the museum, where displays highlight Wyatt Earp's San Diego days, the Peg Leg Gold Legend, the first maps and photographs of Old Town and "New Town," early military history, the naval disaster in 1923 at Point Honda, and more. 413 Market Street, 619-237-1492. (DOWNTOWN)

**John DeWitt Historic Museum and Library** Museum and library, operated by the Alpine Historical Society, is located in the 1897 home/office of Dr. Sophronia Nichols. She was the first doctor in Alpine and the first female doctor in the East County. Indian artifacts from the Kingery family

on exhibit. 2116 Tavern Road, 619-659-8740. (ALPINE)

**Junipero Serra Museum** "Commemorating 75 Years: The Serra Museum" is said to "remember the events leading up to the dedication of Presidio Park and the Serra Museum" on July 16, 1929. The exhibit includes a "visit back in time to 1929."

The museum interprets the Native American, Spanish, and Mexican periods of San Diego's history and contains Spanish Colonial furnishings, art, and artifacts. It's located at the site of the West Coast's first European settlement. 2727 Presidio Drive, 619-297-3258. (OLD TOWN)

**Olaf Wieghorst Museum** Displays paintings and prints by Olaf Wieghorst and features exhibits of other artists' American West art. Adjacent to museum is courtyard with cactus gardens, 20 x 20-foot reproduction of Wieghorst's painting *Navajos at Castle Creek*, and original restored home Wieghorst lived in for many years starting in 1945. 131 Rea Avenue, 619-590-3431. (EL CAJON)

**San Diego Aircraft Carrier Museum** Museum onboard the decommissioned USS *Midway* is open for tours, now berthed at 910 North Harbor Drive. Exhibits include Navy jet simulators, carrier and flight deck touring, captain's sea cabin, pilot house, navigation bridge. Admission fee includes audio guide. 910 North Harbor Drive, 619-544-9600. (DOWNTOWN)

**San Diego County Sheriff's Museum** The 150-year history of the sheriff's department is highlighted at the museum, which is located "just feet away" from the

original cobblestone jail site, built in 1850. The museum boasts artifacts, photographs, equipment, uniforms, and vehicles, along with exhibits from each of the departments making up the organization such as crime scene, K-9, court service, detentions, crime lab, bomb squad, and many others. 2384 San Diego Avenue, 619-260-1850. (OLD TOWN)

**San Diego Model Railroad Museum** Museum celebrates American railroads with "the largest permanent operating model railroad and toy train exhibit" in North America. Four scale-model railroads of the Southwest, the "San Diego County Relief Map" exhibit, and an interactive toy train. There is a

multimedia presentation on railroading, an operating railroad semaphore signal, and interpretive displays on railroads and model railroading. The museum is downstairs in the Casa de Balboa building. 1649 El Prado, 619-696-0199. (BALBOA PARK)

**San Diego Natural History Museum** "The Art of Robert Bateman" showcases work by "one of the world's premier wildlife artists." Exhibit reflects his commitment to ecology, preservation. Through January.

"Tibet: Imagery by Kenneth Parker" — continuing through Sunday, March 1 — reveals "religious

monuments, prayer flags, modest homes, and dramatic mountains of the region." To create his imagery, Parker engages in five-ten day backpacking excursions to remote areas carrying 75-85 pounds of gear.

"Aerial Portraits of the American West: Photographs by John Shelton" closes on Sunday, March 1. Shelton is author of *Geology Illustrated*.

Also on view: "Fossil Mysteries," a permanent exhibition. From dinosaurs to mastodons, discover the rich fossil history of our region. Current "giant-screen film" is *Ocean Oasis*. 1788 El Prado, 619-232-3821. (BALBOA PARK)

SINGLES



# Big beautiful Women and the men who adore them!

♥ Browse & Record Ads FREE!

♥ Talk LIVE with local callers in the chatroom!

**(619) 270-4411**  
**(858) 764-2609**  
**(760) 494-2597**

Put the fun back into meeting local people!



**SPEED DATING**  
**Thursday, Jan. 29**  
Ages 24-34, 33-45 & 45-58  
at **Keating Hotel, Minus1 Lounge**  
**Wednesday, Feb. 11**  
Ages 25-37, 38-48 & 48-62  
at **Keating Hotel, Minus1 Lounge**  
Check-in 7 pm, event 7:30 pm  
**Advance registration required.**  
See website for details.  
**www.lucky7match.com**  
(619) 890-7117



# Singles Parties for 30+

**A comfortable, safe environment with great music and fun people!**

**Tuesdays 7-11 pm**  
**94th Aero Squadron**  
**8885 Balboa Avenue**

**Saturdays 8 pm-1 am**  
**Four Points Sheraton**  
**8110 Aero Drive**  
**Skies Lounge**

**Hotline: 858.259.6166**  
**SinglesinSanDiego.com**  
**Hosted by Darlena**



# MORE FREE FEATURES

than any other dating service

Call

Listen

Date

**San Diego**  
**619.295.5550**  
**858.707.7777**

**FREE CODE 9671**

El Cajon	619.387.0317
La Mesa	619.388.0770
Chula Vista	619.734.0083
La Jolla	858.713.5545
Mira Mesa	858.860.0177
Encinitas	760.516.0011
Oceanside	760.405.0899
Escondido	760.708.2199
Vista	760.509.1010
Other Cities	(888) MegaMates



Dateline for Men Seeking Women & Women Seeking Men

MADE IN USA ©2009 PC LLC



# Calendar

## CLASSICAL MUSIC

## CLASSICAL LISTINGS

**HOW TO SEND US YOUR LISTING:** *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 CLASSICAL MUSIC, Box 85803, San Diego CA 92186-5803. Or fax to 619-881-2401. You may also submit information online at SDReader.com by clicking on the events section.*

## CLASSICAL

**Pipe Organ Concert** Gabriel Arregui, organist and choirmaster at St. Andrews Episcopal Church in Escondido, performs works by Bach, Mendelssohn, Alain, Handel, and Arauzo for series. No offering taken. 619-442-8201. Free. First Church of Christ, Scientist (2450 Second Avenue), 7:30 p.m., Friday, January 16. (HILLCREST)

**Mainly Mozart Spotlight Series** Enjoy concerts by David Shifrin (clarinet) and Pei-Yao Wang (piano) featuring Mozart's "Sonata No. 26 in B-Flat," the "Sonata No. 1 in F Minor" by Brahms, Poulenc's "Sonata for Clarinet and Piano," the "Premiere Rhapsody" by Debussy, and Rossini's "Introduction, Theme and Variations." 619-239-0100. \$48. Neurosciences Institute (10640 John Jay Hopkins Drive), 8 p.m., Friday, January 16, and Saturday, January 17. (LA JOLLA)

**Chamber Music Is Alive!** Pacifica String Quartet returns for Art-Power! series to play Mendelssohn's "String Quartet No. 4 in E Minor," the "String Quartet No. 2 in F Major (Kabardinian)" by Prokofiev, Beethoven's "String Quartet No. 11

in F Minor (Serioso)." 858-534-TIXS. \$10-\$37. Mandeville Auditorium at UCSD (9500 Gilman Drive), 8 p.m., Friday, January 16. (LA JOLLA)

**Beethoven Festival Continues** San Diego Symphony and conductor Jahja Ling are joined by pianist Anne-Marie McDermott to perform Beethoven's "Piano Concerto No. 1," "Symphony No. 4," and "Leonore Overture No. 3" for Jacobs' Masterworks series. Reservations: 619-235-0804. \$20-\$93. Copley Symphony Hall (750 B Street), 8 p.m., Friday and Saturday, January 16 and 17; 2 p.m., Sunday, January 18. (DOWNTOWN)

**They're Social Instruments!** San Diego County Recorder Society meets to play ensemble music from medieval to 20th Century with professional conductors. Recorder players of all skill levels invited. Warm-up session (1-1:50 p.m.), followed by instruction by guest conductor Cahte Sobke (2-4 p.m.). Free to attend; membership encouraged (\$35 per year). 619-297-2095. Free. Clairemont Community Room (4731 Clairemont Drive), 1 p.m., Saturday, January 17. (CLAIREMONT)

**Former Civic Organist** Jared Jacobsen in concert. 619-702-8138. Free. Spreckels Organ Pavilion (2211 Pan American Road), 2 p.m., Sunday, January 18. (BALBOA PARK)

**Flute Master Class** Flutist Elena Yarritu leads master class featuring advanced high school students from Carmel Valley. Listen for works by Büsser, Hübner, Mozart, Bach, and Prokofiev, accompanied by pianist Dana Burnett. Program sponsored by Friends of Carmel Valley Library includes coaching on topics such as practice strategies for developing technique, tone quality, and performance and presentation skills. 858-552-1668. Free. Carmel Valley Library (3919 Townsgate Drive), 2 p.m., Sunday, January 18. (CARMEL VALLEY)

**"The Life of Sergei Rachmaninoff in Music and Narration"** Mezzo-soprano Janelle DeStefano, pianist James Frimmer, musician-poet Joanne Regenhart (narrator) plan program interweaving "biographical narration with songs and piano music by Rachmaninoff" for "Pleasure of Your Company" music series. Reception follows. Do-

nations appreciated. 858-538-8158. Free. Scripps Miramar Ranch Library (10301 Scripps Lake Drive), 2:30 p.m., Sunday, January 18. (SCRIPPS RANCH)

**Vintage Tangos and Singable Jazz** The winter/spring concert series begins with concert by Odyssey Tango. Listen for "Palomita Blanca" by Anselmo Aietta, "El Choclo" by Angel Villoldo, Mozart's "Menuet," "Do Hungarians Ever Dream of Swiss Cowbells?" and "Caramel" by Bevan Manson, "Embraceable You" by George Gershwin, "Autumn Leaves" by Joseph Kosma, Pablo Motta's "Alma Desolada," "Liber-tango" by Piazzolla, more. 619-236-5810. Free. San Diego Public Library (820 E Street), 2:30 p.m., Sunday, January 18. (DOWNTOWN)

**Tagi Trio** Hailing from New York, these musicians present classical chamber repertoire as well as "music of our time," with program ranging "from Brahms to Gershwin and Piazzolla to Joplin, others." Reservations: 760-451-8644. \$10-\$38. Bob Burton Center for the Performing Arts (2400 South Stagecoach Drive), 3 p.m., Sunday, January 18. (FALLBROOK)

**Millennia Too!** Alison Luedecke (harpsichord) and Susan Barrett (oboe) perform repertoire from Renaissance to modern, including numerous premieres by contemporary American composers. 858-552-1657. Free. La Jolla Library (7555 Draper Avenue), 3 p.m., Sunday, January 18. (LA JOLLA)

**Music on the Point** Early music ensemble Courtly Noyse performs for series. Reception follows. Donation. 619-223-6394 x13. \$5. All Souls' Episcopal Church (1475 Catalina Boulevard), 4 p.m., Sunday, January 18. (POINT LOMA)

**More Spotlight Series** Enjoy concert by David Shifrin (clarinet) and Pei-Yao Wang (piano) featuring Mozart's "Sonata No. 26 in B-Flat," the "Sonata No. 1 in F Minor" by Brahms, Poulenc's "Sonata for Clarinet and Piano," the "Premiere Rhapsody" by Debussy, and Rossini's "Introduction, Theme and Variations." 619-239-0100. \$60. The Inn at Rancho Santa Fe (5951 Linea del Cielo), 5:30 p.m., Sunday, January 18. (RANCHO SANTA FE)

## ART LISTINGS

**HOW TO SEND US YOUR LISTING:** *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 85803, San Diego CA 92186-5803. Or fax to 619-881-2401. You may also submit information online at SDReader.com by clicking on the events section.*

## GALLERIES

**"366 | 08"** Opening reception for photographer Frank Rogozienski, who started taking a picture a day on January 1, 2008. Exhibition promises all 366 images (remember, it was a leap year). "What began as an exercise has grown into a broader examination of the everyday world and how meaning, beauty, and whimsy make our lives deeper." Closes Sunday, February 15. 619-876-0664. Free. Subtext Gallery (2479 Kettner Boulevard), 6 p.m., Friday, January 16. (DOWNTOWN)

**"Dreams and Other Lost Languages"** Opening reception for complete exhibition of work by Genie Sherk. Show opens along with "Looking for Juan," an art exhibition of children's book illustrations by emerging Filipino artists (to raise money for building of a Pacific Rim Friendship Park in Puerto Princesa City, Philippines). Also on view: selections from Athenaeum's Erika and Fred Torri Artists' Books Collection, "Gefn Press." View exhibitions through Saturday, February 14. 858-454-5872. \$10. Athenaeum Music and Arts Library (1008 Wall Street), 6:30 p.m., Friday, January 16. (LA JOLLA)

**"Icons of the '50s and '60s: The Historic Black-and-White Photography of Leigh Wiener"** Opening reception for exhibition of black-and-white photographs capturing "famous American figures of the 1950s and 1960s"; Wiener's son Devik Weiner will be on hand for reception. Also on view: Shona sculpture by Spirits in Stone, work in variety of media by Charles Sherman, Abe Ordovery, Peter Fay, Lisa Ross, Sapphire, Dick Di-tore. Closes Sunday, April 12. 858-720-1121. Free. Ordovery Gallery (410 South Cedros Avenue), 5 p.m., Saturday, January 17. (SOLANA BEACH)

**"Personal Visions"** Opening reception for exhibition of work by "distinguished fiber artists who have served as jurors for past Quilt Visions exhibitions from 1990 through 2008," including Liz Ax-ford, Judith Content, Jane Dunnewold, Mary Anne Jordan, Jean Ray Laury, Libby Lehman, Patricia Malarcher, Joen Wolfrom. Closes Sunday, March 22. 619-546-4872. Free. Visions Art Quilt Gallery (NTC Promenade, Liberty Station, 2825 Dewey Road, Suite 100), 5 p.m., Friday, January 16. (POINT LOMA)

**"Translations"** Opening reception for exhibition of contemporary works referencing the classical in imagery and medium. Landscape paintings by Wade Hoefer "reflect a reverence for the untouched vistas of the 19th Century." Also on view: grand-scale tapestries by contemporary artists Deborah Oropallo, Squeak Carn-wath, Guy Diehl, Robert Kushner. Through Monday, March 16. 858-793-4442. Free. Susan Street Fine Art Gallery (415 South Cedros Avenue #160), 6 p.m., Thursday, January 15. (SOLANA BEACH)

## ART MUSEUMS

**California Center for the Arts, Escondido Museum** 340 North Escondido Boulevard, 760-839-4120. (ESCONDIDO)

**Mingei International Museum** "India Adorned" features selections from museum's Stephen Huyler Collection. Exhibit "reveals the colorful diversity of Indian creative expression, presenting an evocative collection of works that are used in the daily routine of a typical Indian family — objects of worship, personal and domestic adornment, utility, and recreation." Closes Sunday, April 19. 1439 El Prado, 619-239-0003. (BALBOA PARK)

**Mingei International Museum — North County** "Nomadic Legacy — Tent and Textiles of Central Asia and Iran" presents aspects of rich artistic heritage of nomadic culture, traditions with origins in antiquity. Highlights include recent gifts to museum such as a Kyrgyz yurt, Persian bag faces, Central Asian hats. The Kyrgyz yurt — a round, domed, trellis-tent dwelling, 22 feet in diameter — won first prize in a national contest celebrating 1000th anniversary of Kyrgyzstan's existence. Also on view: rare Kyrgyz reed screens; Turkoman, Uzbek, and Kazakh costumes and textiles. Exhibit continues through Sunday, March 22. 155 West Grand Avenue, 760-735-3355. (ESCONDIDO)

**Museum of Contemporary Art San Diego, Downtown** "Drawing the Line" includes works on paper, sculpture, fabric pieces from museum's collection, revealing "new approaches to the integration of drafting techniques and line-making into media that have not been traditionally associated with drawing genres." Show boasts works by artists Amy Adler, Jaci Den Hartog, Kim Dingle, Iana Quesnell, Nancy Rubins, Margaret Honda, Marta Palau, Eugenie Geb, Tania Candiani, Marisol Rendón, Mely Barragán, Lynne Berman, and Shizu Saldamando. On view through Sunday, February 22.

"Human/Nature: Artists Respond to a Changing Planet" uses contemporary art to investigate relationships between fragile natural environments and human communities depending upon them. Collaborative multiyear exhibition project sent eight artists to eight UNESCO World Heritage sites around globe to complete mini-residencies, create new work informed and inspired by their experiences in these diverse cultural and natural regions. Exhibit features new commissioned works by Mark Dion, Ann Hamilton, Inigo Manglano-Ovalle, Marcos Ramírez ERRE, Rigo 23, Dario Robleto, Diana Thater, and Xu Bing. Closes Sunday, February 1. 1001 Kettner Boulevard, 858-454-3541. (DOWNTOWN)

**Museum of Contemporary Art San Diego, La Jolla** "Jasper Johns: Light Bulb" — on view Sunday, January 18, through Sunday, May 10 — focuses on Johns's first sculpture, *Light Bulb I* (1958), a re-

cent gift to the museum. Exhibition brings together Johns's light bulb sculptures and related drawings and prints, including several never-before-exhibited drawings and modified prints from artist's collection. Selection of works in this exhibition "demonstrates the significance of the relationship between the two-dimensional and three-dimensional in Johns's work and the importance of the light bulb as an image he explored for over 20 years."

"Cerca Series: Javier Ramírez Limón" features photographic works by the Tijuana-based artist. On view Sunday, January 18, through Sunday, May 10. Exhibition includes the two documentary photography series "Mexican Quinceañera" (2006-2008) and "De Altar al Sásabe" (2007). 700 Prospect Street, 858-454-3541. (LA JOLLA)

**Museum of Photographic Arts** "Picturing the Process: Landscape through Time and Space" — continuing through Sunday, February 1 — includes selections from MoPA's permanent collection, exploring ideas and issues related to landscape.

"Writing with Light" is said to illustrate "the connections between photography and literacy using the photographic arts as inspiration." MoPA's annual youth exhibition offers opportunity to recognize talented students throughout San Diego, linking the medium of photography with writing. Through January.

"Nancy Newhall: A Literacy of Images" continues through Sunday, January 25. Best known for writing text to accompany photographs by Ansel Adams and Edward Weston, Nancy Newhall was also a widely published writer on photography, conservation, American culture. 1649 El Prado, 619-238-7559. (BALBOA PARK)

**Oceanside Museum of Art** "Quilt Visions 2008: Contemporary Expressions" — continuing through Sunday, March 1 — boasts 41 quilts selected from 586 entries. Jurors were Judith Content, Mary Anne Jordan, and Don Bacigalupi. 704 Pier View Way, 760-435-3720. (OCEANSIDE)

**San Diego Museum of Art** "Emerging Elites: Indo-Muslim Cultures in Transition" examines artistic transitions that took place in Indo-Muslim cultural centers in the 18th and 19th Centuries. Exhibition treats these paintings as creative, ongoing cultural transformations. Closes Sunday, March 15.

"Visible Places: Works on Paper by Women," continuing through Sunday, March 22, is comprised of "Spatial Gestures" and "Manners of Sight." All of the included works are from museum's permanent collection, many of them presented for first time. 1450 El Prado, 619-232-7931. (BALBOA PARK)

**Timken Museum of Art** Permanent collection includes European old master paintings, 18th- and 19th-Century American paintings, and Russian icons. *Saint Bartholomew*, the only Rembrandt painting on public display in San Diego, is featured. 1500 El Prado, 619-239-5548. (BALBOA PARK)

2009 SPECIAL!  
3hrs from \$199

Hummers  
Limo Buses  
Chryslers  
Denalis  
**619.401.7200**  
**flamingolimo.com**  
TCP 24186

## In Your Face, MySpace

Ross May, singer-guitarist with Faded Chroniclez, played twice at West Hollywood's Whisky a Go Go last year. Each gig cost his band \$600.

"We had to drop a deposit of half up front when we got

the second time. We found that about two-thirds of the people who bought tickets actually came up to see us. We broke even the first time. The second time, some of [the money] had to come out of our pockets. But we wrote it off since they give you a

# the inside track blur

the tickets," says May. "We had to pay the other half when we got there."

May and the other mem-

video of you playing live for \$150, which is a screaming deal.

"The video was bad-ass,



SPARED FROM FINE PRINT (FADED CHRONICLEZ)

bers of his six-man power-funk band were given 100 tickets with a face value of \$12 each. If they sold all 100 tickets, bandmembers could divide \$600 among themselves.

"We sold about 70 of the tickets the first time, and less

but the audio sucked.... We found out later, if you wanted a good audio feed, you had to pay an extra \$400. We can't even use the video; you can't be represented by something that has bad sound."

After those shows, May got a call.

"Celina [Denkins], the general manager of the Whisky, called us. She said she really liked our band and that we should play at this battle of the bands." That contest, hosted by the Whisky and cosponsored by MySpace Records, promised \$25,000, a demo deal, and \$5000 worth of equipment to the winner. The finalists would compete in front of judges. May says he was flattered that Denkins reached out to his band. He submitted the required video of his band to enter.

"Then Celina called," says May. "She asked me why we didn't send [the video] in. For some reason it didn't go through [the mail]."

May subsequently discovered that the contract would have given MySpace Records "perpetual, worldwide" rights to the song and the "right to use, publish, reproduce" the song "anywhere in the world for any purpose."

"And they wouldn't even have to notify us," says May. "Just by submitting the song, they own it and they would never have to pay us a dime.... The moral of the story is make sure you read all the fine print [in music contracts]."

Faded Chroniclez appears January 30 at the Big Bear Music Festival.

— Ken Leighton

**Happylicious** Happy Ron's appearance on Sunday, January 18, at Clairemont's Blarney Stone Pub will be his 1000th open-mike



**WHO'D TARGET HAPPY RON?** performance.

"I started in 1997, and believe it or not, poetry open-mikes are the most borderline violent," says Ron. "I've really thought people were going to come to blows over poems. Last year in L.A., this one poet started bad-mouthing this other poet on the stage and wouldn't let him finish a sentence.... He rushed the stage like he was going to punch somebody, but the club kicked him out."

The worst local open-mike contestant Ron has seen calls himself the Wolf.

"This guy showed up for years at Hot Monkey Love [Café] and would put on a

CD of random industrial music, with him saying, 'I am Luke Skywalker, I am Darth Vader, you must die' and flailing around stage with his light saber. It was interesting for 30 seconds, and then it got real uncomfortable."

One time, Ron says, "I was on stage at Fannie's, and I kept feeling that something was whizzing by my head. Then I heard this voice saying, 'Mom, quit throwing your tampons!' The club crew picked up numerous tampons as I was getting offstage, and I put them in my hat. Fortunately, they weren't used, and nobody was injured."

Another time, he says, "I was at Harbin Hot Springs for a retreat thing, and they had a talent night, so I performed in the nude, wearing only my hat, in front of a hundred mostly naked people...."

"My favorite open mikes are at Cosmos Coffee, where I've played most Tuesdays for more than four years. They have a salad there named after me, the Happylicious." — Jay Allen Sanford

**No Rock and Roll Excess** "Liquid Blue became the greenest band in the world in 2008," according to bandleader Scott Stephens, "as we installed solar panels at our office and recording studio and implemented many other green programs...."

"We use [an electric scooter] to go between our recording studio and commercial office location," says Stephens. "We plan to purchase an all-electric car and van as soon as they become readily available.... The Liquid Blue headquarters are powered by 14 solar panels. We power our recording studio, dance studio, numerous computers, and other electronics via the sun... [Our] computers have reduced levels of cadmium, lead, and



NO FRESH TOWELS FOR LIQUID BLUE

mercury to better protect human health and the environment....

"We use 100 percent organic food whenever possi-

(Continued on page 78)

**THURSDAY • JANUARY 22 8PM**  
Vernazza Miller • Michelle Lewis  
Picus Maximus • Echo Revolution  
B Violin Jan Aval

---

**SUNDAY • JANUARY 25 8PM**  
Barbara Nesbitt  
Joe Rathburn • The Game

---

**WEDNESDAY • JANUARY 28 10PM**  
Maddox Revolution

**BACKSTAGE**

*Home of the Famous  
Black Martini*

**THURSDAY • JANUARY 29 9PM**  
Double Standard  
Eclipse 79  
Deverb

---

**WEDNESDAY • FEBRUARY 4 8PM**  
Victoria Rose • Mark Jackson Band  
Dave Perskie and Session 73

---

**THURSDAY • FEBRUARY 5 9PM**  
Deliverance Machine • The Flowerthief  
Shaun T. Morgan

770 fifth ave. • [www.myspace.com/backstagesd](http://www.myspace.com/backstagesd) • Booking Information > [backstage@thebitterend.com](mailto:backstage@thebitterend.com)



# anthology

FINE TUNED MUSIC & CUISINE



1/16 & 17  
**STANLEY CLARKE**

1/18  
**ROBBEN FORD  
W/ DANI WILDE**



1/23  
**RICHIE HAVENS**

1/24  
**FOUNTAINS OF WAYNE**



1/27  
**BLUE NOTE RECORDS  
70TH ANNIVERSARY TOUR**

BILL CHARLAP, PETER BERNSTEIN, RAVI COLTRANE,  
NICHOLAS PAYTON, STEVE WILSON,  
PETER WASHINGTON & LEWIS NASH



**JEAN ISAACS  
SAN DIEGO  
DANCE THEATER**

*Cabaret  
Dances*

**EVERY SUNDAY NIGHT IN JANUARY AT 5PM**



**ANTHOLOGY HOUSE BAND  
MOVES TO TUESDAYS IN '09  
HAPPY HOUR MENU 5:30-7:30PM**

**GET YOUR TICKETS NOW!**

EVE SELIS BAND	1/21
KAKI KING	1/22
GRIFFIN HOUSE WITH KATIE HERTZIG	1/25
BOBBY CALDWELL	1/30 & 31
AL DI MEOLA	2/3
MARK HUMMEL HARP SUMMIT FEAT. JOHN MAYALL, CHARLIE MUSSELWHITE & LEE OSKAR	2/4

All shows subject to change.

**www.AnthologySD.com • 888 594 3183**  
1337 India Street, San Diego

# BellyUp

143 South Cedros Ave.  
Solana Beach  
Rockin' Since '74!

**TICKETS & INFO**  
**www.BellyUp.com • 858-481-8140**

**BE A BellyUp VIP!**  
**SIGN UP ONLINE!**

This Monday, we will be giving away: tickets and swag to Ozomatli!

**THE KNITTERS**  
  
**TONIGHT!**  
**THE FARMERS  
THE CHEAP LEIS**  
THURSDAY 1/15 • 8 PM

**MARCIA BALL**  
  
**BILLY WATSON & HIS  
INTERNATIONAL SILVER  
STRING SUBMARINE BAND**  
FRIDAY 1/16 • 9 PM

**40 OZ. TO FREEDOM  
SUBLIME TRIBUTE**  
  
**SOCIAL GREEN  
QWIKSAND**  
SATURDAY 1/17 • 9 PM

**SAMBA NIGHT!**  
Brazilian Pre-Carnaval Ensaio II  
feat. **JANGADA**  
In memory of Steve Baiano  
**SAMBA  
MARACATU/  
SAMBA-  
REGGAE/  
AXE MUSIC  
AND DANCE  
LESSONS**  
SUNDAY 1/18 • 8 PM

**THE WALKMEN**  
  
**BEACH HOUSE  
JOHNNY AND THE MOON**  
MONDAY 1/19 • 9 PM

**NORTH MISSISSIPPI  
ALLSTARS**  
  
**HILL COUNTRY REVUE**  
WEDNESDAY 1/21 • 9 PM

**THREE NIGHTS**  
**OZOMATLI**  
REUNITED  
WITH  
CHALI 2NA  
1/23: RUE MELO  
THURSDAY 1/22, FRIDAY 1/23, SATURDAY 1/24 • 9 PM

**BACKWATER  
BLUES BAND  
15TH ANNIVERSARY  
ALL-STAR REVUE**  
  
SUNDAY 1/25 • 7 PM

**FRANKLIN LOUNGE**  
  
**NATE DONNIS  
MATT COMMERCE**  
TUESDAY 1/27 • 8 PM

**LED KA'APANA  
& MIKE KA'AWA**  
  
WEDNESDAY 1/28 • 8 PM

**WEST INDIAN GIRL**  
  
**TRANSFER  
YEARS AROUND THE SUN**  
THURSDAY 1/29 • 8 PM

**THE CURED**  
  
**RIO • STILL ILL**  
FRIDAY 1/30 • 9 PM

**JAMES MORRISON**  
  
**W/GUEST**  
SATURDAY 1/31 • 9 PM

**FM 94.9 PRESENTS  
EAGLES OF DEATH  
METAL**  
  
**LIVING THINGS**  
TUESDAY 2/3 • 9 PM

**DEVOTCHKA**  
  
**CROOKED FINGERS  
ERIC CORNE**  
WEDNESDAY 2/4 • 9 PM

**TODD SNIDER  
SOLO ACOUSTIC**  
  
**KEITH SYKES**  
THURSDAY 2/5 • 8 PM

**THE GREYBOY  
ALLSTARS**  
  
**W/GUEST**  
FRIDAY 2/6 • 9 PM

**BOOGIE NIGHTS PRESENTS  
'80s FEVER!  
HYPERCRUSH**  
  
**DJ TOMMY COXX**  
SATURDAY 2/7 • 9 PM

**TIM REYNOLDS & TR3**  
  
**MARCUS EATON TRIO**  
MONDAY 2/9 • 8 PM

**2/11 The Drowning Men w/Arm the Angels & The Surrender**  
**2/24 Dead Confederate – FM 94.9 About the Music – on sale Friday!**  
**3/14 Boogie Nights – Electro Nite w/Shark Attack & Buddy Akai**  
**3/26 Justin Nozuka – on sale Friday! • 3/28 Atomic Punks**  
**4/23 Hot Tuna – Electric • 4/27 Railroad Earth**

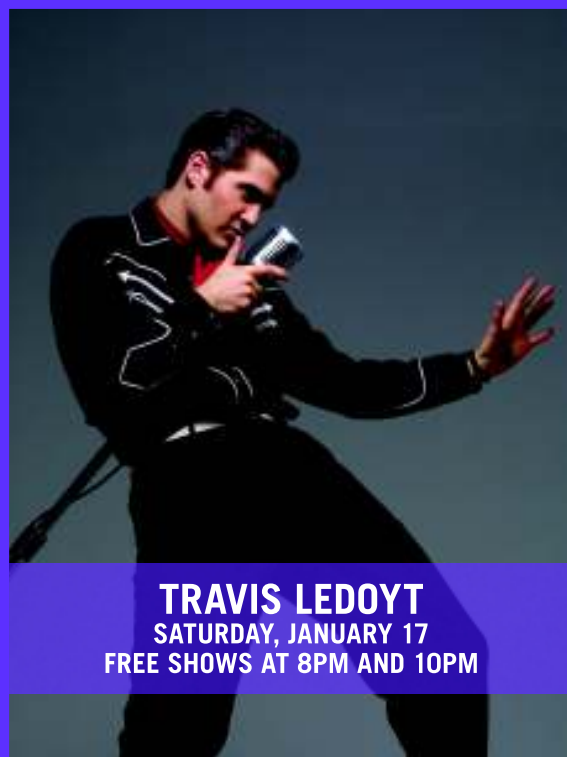
<b>UPCOMING SHOWS:</b>	2/19 Donavon Frankenreiter	2/27 & 2/28 English Beat
2/12 ALO	SOLD OUT	3/6 Delta Spirit
2/13 Common Sense w/Dynamite Walls	2/20 Super Diamond	3/12 Solana Beach Baseball Bash feat. Atomic Groove
2/14 B-Side Players' Valentine's Day Ball	2/21 Cash'd Out w/Sara Petite	3/21 Stepping Feet: The Dave Matthews Band Experience
2/15 Susan Tedeschi	2/22 Laugh for Recovery w/Alonzo Bodden, Paul Ogata, Chip Franklin – 2 pm	4/4 John Brown's Body
2/16 Donavon Frankenreiter w/Gary Jules	2/22 Salsa Sunday	4/9 Dark Star Orchestra
2/18 Joshua Radin		

<b>FRIDAYS SWINGIN' HAPPY HOURS</b> 1/16 <b>Atomic Groove</b> 1/23 <b>The Credentialed</b>	<b>SALSA SUNDAY ORQUESTA PRIMO</b> 2/22 8 PM	<b>Free parking! Low service charges! Great bar prices! bellyup.com</b>	<b>Dine before the show and skip the line...next door at the Wild Note Cafe!</b>
--	--	---	--



# THE HARRAH'S LIVE CONCERT SERIES

The best in entertainment is at Harrah's Rincon.



For tickets visit [www.HarrahsRincon.com](http://www.HarrahsRincon.com). Call 1-800-HARRAHS for hotel packages and special group rates.

## EVERYONE PLAYS A PART.™

The Casino • The Restaurants • The Entertainment • Total Rewards® • The Everything • [www.HarrahsRincon.com](http://www.HarrahsRincon.com)

Entertainers subject to change or cancellation. Must be 21 or older to gamble and attend events. Know When To Stop Before You Start.® Gambling Problem? Call 1-800-522-4700. Owned by the Rincon San Luiseno Band of Mission Indians. Managed by HCAL, LLC. ©2009, Harrah's License Company, LLC.

**Harrah's**  
**RINCON**  
SAN DIEGO NORTH



ble from local farmers and outlets, such as Whole Foods Market, Henry's, and Jimbo's.... We select only organic free-range eggs and meats." The entire band is made up of nonsmokers. Says Stephens, "Smoking pollutes the air others breathe, creates nasty trash, and destroys health."

Liquid Blue claims to be the only American act signed to a major Chinese label, having landed a distribution deal with Shanghai Audio and Video, "the biggest music publisher in China," according to Stephens, a former pro roller-derby skater for the L.A. Thunderbirds.

"We performed [in China last year] at the official Olympics kick-off celebration," says Stephens. "[Last] year, we did a show for 15,000 fans in Belarus.... We did USO shows in places like Mozambique and Afghanistan. We spent a week in the occupied territory last year of Palestine, playing several shows."

What about fuel consumption that comes with traveling the globe?  
 "Due to frequent flying, our carbon footprint is heavy. We try to lessen our impact, including things such as not requesting fresh hotel towels until needed, among others."  
 — Jay Allen Sanford

**Hungry Boyz** When Boyz II Men appear tonight at the House of Blues, they want only "white meat chicken, no fried." They'd also like baked



FEED THE GUY IN FRONT FIRST (BOYZ II MEN)

salmon, steamed lobster, grilled jumbo shrimp, grilled tuna, and pasta ("prepared in virgin olive oil"), all served on "fine china and dinnerware... along with glasses. No

## OVERHEARD IN SAN DIEGO: UCSD CAMPUS

JAY ALLEN SANFORD



OVERHEARD? EMAIL JAS2669@AOL.COM - IF WE USE YOUR TIP, YOU GET THE ARTWORK

WWW.MYSPACE.COM/JAYALLENSANFORD

Styrofoam or plastic utensils will be accepted."

For snacks, they want one large tin of King Leo peppermint candy, one large bag of Archway Oatmeal cookies ("low fat"), and one large bag of Life Savers ("assorted flavors"). The drink list includes a case each of spring water and assorted Fruitopias and a gallon each of cranberry and pineapple juice.

Their backing band gets a deli tray and a case of Heineken beer to split between them. No liquor for the male and female dancers, though they do get soft drinks, water, and a "basket of assorted breads."

At this writing, [ticketcity.com](http://ticketcity.com) is selling gener-

al-admission seats for \$142 each.

— Jay Allen Sanford



PETTY PUT NEW WAVE TO SHAME

### Knuckle Bonus-Jacks

Twenty-nine years ago this week (1/18/80), Tom Petty and the Heartbreakers sold out downtown's Golden Hall. It was the band's first time in San Diego since playing

SDSU's Montezuma Hall two years earlier.

Concert reviewer Steve

Esmedina (for *Kicks* magazine) wrote, "The qualities which distinguish the Heartbreakers, such as Petty's passionate, richly romantic but street-wise lyrics and the band's full arrangements and

textures, were fully evident at Golden Hall."

However, heavy-handed security nearly spoiled the show.

"When 4,000 hyperactive fans are forced to sit solid while witnessing a group which probably puts every new or old wave band seen in these parts lately to shame, then the fault in this case rests on the broad shoulders of overzealous security guards who greeted everyone who stood up with a blaring flashlight or a knuckle bonus-jack. Even when the best of bands play, it's hard to have fun in such a situation."

— Jay Allen Sanford

### CONTRIBUTORS

William Crain, Dave Good, Larry Harmon, Ken Leighton, Bart Mendoza, Jay Allen Sanford, David Stampone

**O'Connell's**  
 1310 MORENA BLVD. • 619.270.5837  
 MYSPACE.COM/OCONNELLS • 21+  
 POOL • FOOSBALL • DARTS

**THURSDAY: JANUARY 15**  
**KARAOKE**

**FRIDAY: JANUARY 16**  
**NINJA LOVE • HOCUS RA(Z)NER**  
**BROKEN FINGERS**  
**AUDIO OUT**

**SATURDAY: JANUARY 17**  
**INIGO**  
**SNAKE BABIES**

**SUNDAY: JANUARY 18**  
**HUMAN FRAGMENTS**

**MONDAY: JANUARY 19**  
**BLUES JAM** Hosted by  
**MYSTERY TRAIN** 8 PM

**TUESDAY: JANUARY 20**  
**KARAOKE**

**FRIDAY: JANUARY 23**  
**THE HOWLERS**  
**HARD FALL HEARTS**  
**KNOCK 'EM STIFF**

**SATURDAY: JANUARY 24**  
**"D"**  
**HERSHEL ABRAM**  
**DELANCEY**

**CALYPSO CAFE**  
 Live Music • Full Bar  
 Seafood • Vegetarian  
 Continental • Pacific Rim

Thursday, January 15  
**Michael Tiernan**

Friday, January 16  
**Jeff Moore & The Witchdoctors**

Saturday, January 17  
**Uplift**

Sunday, January 18  
**Middle Earth**

Monday, January 19  
**Josh Bonas**

Tuesday, January 20  
**Jack Tempchin**

Wednesday, January 21  
**Tres Sapos**

576 N. Hwy 101 • Leucadia  
 760.632.8252  
[www.calypsocafe.net](http://www.calypsocafe.net)

**epicentre**  
 all ages! all the time!!!

Fri., January 16 • \$10/\$12  
**Casino Madrid**  
**Illl Equipped**  
**She.Said.Sever**  
**Falco Does It Dirty**  
**Forever Ends Now**  
 and more

Sat., January 17 • \$7/\$9  
**The Skank Agents**  
**EPZ**  
**Half Past Two**  
**Useless Idols**  
**The Mayors of Sexy Town**

Sun., January 18 • \$8/\$10  
**School of Rock**  
**All-Stars!**

Thurs., January 22 • \$7/\$9  
**Glacier Hiking**  
**White Apple Tree**  
**Lanterns**  
**Soundscape**  
**Flux Theory**

Epicentre offers a professional recording studio with ProTools at an affordable rate! Call us at 858-271-4000 ext. 15 for more info!

**8450 Mira Mesa Blvd.**  
**858.271.4000 • epicentre.org**

THE EPICENTRE IS A PROGRAM OF HARMONIUM. VISIT [HARMONIUMSD.ORG](http://HARMONIUMSD.ORG) FOR MORE INFO.

**Jewel Box**  
 Bar & Grill

**Happy Hour**  
 4-8 pm daily

Wednesdays 6 pm-2 am  
**Military Night**  
 Happy Hour prices all night with military ID.

Thursdays 8 pm-2 am  
**Industry Night**  
**U-Call-Its \$3<sup>75</sup>**  
 Must show apron or pay stub.

Monday  
**\$2 PBR Drafts**  
**All Night**

Tuesday  
**\$1 Taco Tuesdays**  
 Ladies night 8 pm-2 am

619-236-8685  
 805 16th Street & F  
 Downtown  
 Free Pool • Breakfast Every Day

**The Kensington Club**

Friday, January 16  
**THE OLD IN OUT**  
**VITRO • PANT HOOTS**

Saturday, January 17  
**RADIO WENDY**  
**THE HOWLS**  
**TAPEDECK MTN.**

Thursday, January 22  
**SILENT LUNE**

Friday, January 23  
**LONG LIVE LOGOS**  
**QQC • JAMUEL SAXON**  
**HOLY ROLLING EMPIRE**

Saturday, January 24  
**JAY RETARD**  
**EARTHMEN & STRANGERS**  
**RYAN PITS & THE BOY TOYS**  
**THE EMBALMERS**

Sunday, January 25  
**DIABLO DIMES**

4079 Adams Ave.  
 next to the Ken Theatre  
 619-284-2848

**TIOLEOS**  
 Lounge & Restaurant

Live Music  
 Dining • Dancing  
 Cocktails

Every Thursday  
**KARAOKE**  
 (No cover)

Friday, January 16  
**ROAD DOGS**

Saturday, January 17  
**KARAOKE**  
 (No cover)

Tuesdays • 6:30-11 pm  
**ZYDECO TUESDAY**  
 DANCE LESSONS,  
 FREE DRAWINGS & MORE  
[www.louisianadance.com](http://www.louisianadance.com)

1/23: SUE PALMER  
 1/30: RED ELVISES  
 2/6: TBA

Wi-Fi Zone 21 & Up  
 TIOLEOS.com  
 5302 Napa Street  
 619/542/1462





2008 BEST DANCE CLUB  
CLUB LIST NOW  
www.ClubListNow.com

01/16/09  
**FRIDAY NIGHTS**



**MATT CERF  
YAN L HERT**

**FLAUNT FRIDAYS** INSIDE THE KARMA LOUNGE : HOSTED BY CLIMAXSD  
PRESENTING HOLLYWOOD'S FINEST DJ TO THE STARS... **DJ QUICKIE**

FEATURING HOSTED BAR BY **U4RIK ULTRA PREMIUM VODKA**  
FOR RSVP GUESTS 9PM - 10PM: RSVP @ WWW.CLUBLISTNOW.COM

01/17/09  
**SATURDAY NIGHTS**

TIM ORTIZ PRODUCTIONS PRODUCTION ON NET minipro.com



**Victor Dinaire  
COWBOY MIKE**

FEATURING THE NEW HIT SINGLE "FRACTURED"  
OPENING DJ SET BY: **CHASE COSTELLO**

GUARANTEED ENTRY PRE-SALE TICKETS: @eventvibe.com

**BEAT THE COVER!**  
MAKE DINNER RESERVATIONS @ ZEN CAFE. CALL 619.231.0011  
FRIDAY NIGHT HAPPY HOUR SPECIAL \$10 SAKÉ / SUSHI

615 BROADWAY AVENUE : WWW.OBEC.TV : 619.231.0011  
VIP BOTTLE SERVICE : CALL AARON 619.565.0834 : VIP@OBEC.TV

**ROCKSTAR ENERGY DRINK**

UPCOMING EVENTS:  
**SAT.01.24  
DOC MARTIN  
FRI.01.30  
HI-FI GRAND OPENING : LA RIOTS**



restaurant+nightlife  
www.belosandiego.com

.....

**THURSDAY • JANUARY 15TH**  
DRE VEGAS • INFAMOUS L.A. • HUNDRED PERCENT • MUSIQ JIVE GIRLS

**PAJAMA JAM • 18+ TO PARTY • 21+ TO DRINK**  
COME DRESSED IN YOUR PJ'S AND PARTY WITH THE HOTTEST DJ'S.

**DOCTA SPARXXX, DJ RUE & DJ KISS**  
ROCK, 80'S, MASH-UPS, DANCE GROOVES, R&B & FUNK

.....

**FRIDAY • JANUARY 16TH**  
PRESENTED BY IMPACT PRODUCTIONS

**INFAMOUS FRIDAYS**  
HOSTED BY: DJ MIKESKI, GROOVE ENTERTAINMENT & AFTERDARC.NET

**DJ MIKESKI, DJ FINGAZ & PHOBIX** WILL BE MIXIN' THE HOTTEST  
TOP 40, 80'S, MASH-UPS, PARTY ROCK & ROCK EN ESPANOL!

\$200 BOTTLE SPECIALS IN OUR VIP • \$5 YOU CALL IT'S 12:30A.M-1:30A.M  
FOR VIP GUESTLIST • PARTYMAFIAGHOTMAIL.COM

.....

**SATURDAY • JANUARY 17TH**  
**EPIC SATURDAYS**

EPIC EVENTS IS REVITALIZING SATURDAY NIGHTS @ BELO

COME PARTY WITH US IN SAN DIEGO'S HOTTEST NIGHTCLUBS AS OUR  
DJ'S SPINNING THE BEST IN TOP 40, MASH-UPS, PARTY ROCK & 80'S!

**DJ FINGAZ, DJ MIKESKI & PHOBIX**

\$200 BOTTLE SPECIALS IN OUR VIP  
FOR VIP GUESTLIST • EMMAJOSEPHSON@GMAIL.COM

.....

21+ • DOORS OPEN @ 9PM • CLUB ATTIRE REQUIRED & ENFORCED!  
(DRESSCODE & ADMISSION IS AT THE DOORMAN'S DISCRETION)

**CLUB LIST NOW**  
VIP ACCESS TO THE HOTTEST  
EVENTS IN YOUR AREA

**Dj fingaz**  
(BELO RESIDENT DJ)



919 4TH AVENUE DOWNTOWN SAN DIEGO • 619.231.9200  
VIP BOTTLE SERVICE HIGHLY RECOMMENDED  
PLEASE CALL OREAN @ 619-507-0843



# club crawler

This Week  
In Music

## Thursday 15

X sideshow. Doe, Cervenka, and Alvin kick off one of their infrequent **Knitters** tours at Belly Up tonight. The cowpunks infuse bluegrass and folk to their trademark punkabilly for something old-timey but timeless. Novel or novelty? Check the takes from 30-year-old debut *Poor Little Critter on the Road* or sophomore set *The Modern Sounds of the Knitters*, released 20 years later. Doe: "The Knitters, like their music, don't do anything hasty." Our own country skunks, the **Farmers**, and Polynesian punks, **Cheap** **Leis**, set the Solana Beach stage.... Gary Shuffler and local '90s hits **Honey Glaze** drip their old goo as **Stairway to Charo** does the "coochie-coochie-coo" at Casbah.... France's **Les Hatepinks**



EL VEZ AT CASBAH

play Bar Pink. French punk. Huh. With O.C. nu-wavers the **Stitches**.... **Anna Troy Band** and the **Old Palominos** bring more of the country stuff to Beauty Bar's backyard.

## Friday 16

"El Vez has entered the building." Gay Elvis impersonator Robert Lopez tours his Greatest Hits show through Casbah Friday night along with the Lovely Elvettes and Memphis Mariachis. Mario Escovedo and Latin lounge lizards **Mex** set the stage.... Ten "metal and/or hardcore" bands jam in Epicentre to benefit Hansen Summer Institute, an SDSU organization that brings students from areas of conflict to San Diego for the summer. Nice. Too many bands to list, but trust it, each band name epitomizes metal and/or hardcore.... Ché Café books Sactown punks **Pressure Point** with like-minded locals **Rat City Riot**, **Northern Towns**, and **Cold Stare**.... Else: **Manuok** and **By Sunlight** shine on Bar Pink.... **Old In Out**, **Pant**

**Hoots**, and **Vitro** hit the Ken.... Something different, per'aps? Check out Iranian comedian (oxy-moron alert) **Maz Jobrani** at House of Blues. Apparently he is a key player in the "Axis of Evil" comedy cell.

## Saturday 17

**Album Leaf**, **Ilya**, and **Via Satellite** make their Casbah 20th anniversary appearance. Jimmy LaValle's ambient Album Leaf is touring up the coast to Bear Creek, where they'll start recording album number five. In the mean, taste the takes from '06's *Into the Blue Again*, TAL's most cohesive collection.... Brooklyn bad boy Ron Braunstein, aka **Necro**, a Jewish emcee who calls himself the "Godfather of Gore," rocks his brutalist rap at Canes Satty night.... Jamaican dancehall dude **Barrington Levy** appears at 4th&B. Levy's 30-year recording career has reached a sort of saturation with as many greatest hits collections as originals. Heard one dem classics on Grand Theft Auto.... **Thanatology**. **Shoot Em in the Head**, **Bumbklaat**, **Impulse**, and **Trans Axis** fill a bill at Ché Café. Thanatology is the study of human death. Thought you might be wondering.... O'Connells stages return of the alt-rock recklessness of **Inigo**. Distinct aroma of Pixies and early Radiohead in the boys' record collections. **Snake Babies** set the Bay Park stage.... Uptown haps, in no particular: **Boom Snake**, **PAPA** (NYC), and **Ghost Orchid** float into Soda Bar...**Hialeah**, **Fever Sleeves**, and the **Lanterns** light up Radio Room...while **Writer**, **Lights On**, and **Summer Darling** coif at Beauty Bar.

## Sunday 18

Where to begin with **Three Mile Pilot**... In the interest of not burying the lead, their three reunion shows at Casbah are def. sold out. There. Why? TMP was one of the most engaging and influential left-field bands in SD rock-roll; their progeny looks like Slint's family tree, with the top branches occupied by international indie darlings Pinback and Black Heart Procession. Not bad for a bass, drum, and piano band. Of high school kids! Pall, Zack,



THREE MILE PILOT AT CASBAH

and Tobias have grown up, and grown, and will share a stage for the first time in ten years Sunday (with **Little White Teeth** and **Theresa Andersson**), Anti-Monday (with **Kill Me Tomorrow** and **Calico Horse**), and Tuesday (with **Physics** and **Long and Short of It**). Slap in *The Chief Assassin to the Sinister*, and we'll see you on Kettner. P.S. and by the way, TMP recently signed to Touch and Go. There's a record and a lot more shows coming this year.... No luck with TMP tix, guitar guru **Robben Ford**'ll play you some blues down the street at Anthology...or catch L.A.'s Blondie for brats **Killola** with **Action Design** up at Bar Pink.

## Monday 19

Big gig up at Belly Up this week is a hellu double bill with New York's wily **Walkmen** and Baltimore



THE WALKMEN AT BELLY UP

hypnotics **Beach House**. The bands released two of the best, that is to say sustaining sets in '08. The Walkmen's "In the New Year" contends for single

of the year. Bend an ear. And beyond Beach House, check out the music scene burgeoning in Baltimore these days — Ecstatic Sunshine, Ponytail, Dan Deacon. Looks and listens like Brooklyn's back porch.... Speaking of, you know, over there, Soda Bar sets up NYC indie kids **Rumi**, whose Hanging Moon debut *Your Time Will Come* gave me inordinate amounts of ear wax — "It takes some good luck to find a good f\*\*\*." Well, they are from the Bronx. Fellow Yawkers **Test Dream** sound a'tight. They play with Rumi at Soda on Monday and at the new Office (the old Scolari's) on Tuesday.

## Tuesday 20

Other than the sold-out Three Mile Pilot gig, I got nada. Have a swearing-in party. This revolution will *totally* be televised.... Wait. This just in: São Paulo's "indie-pop, alt-funk/rap" multi-instrumentalist **Curumin** will be up at UCSD's Loft space with F.O.B.B.! (friend of Beastie Boys exclamation point) **Money Mark**.

## Wednesday 21

I'm kinda outta words, and interest in much of the following.... That said, Belly Up books the **North Mississippi Allstars** with **Hill Country Revue**...**Edwin McCain** will be down at House of Blues with **Dawn Mitschele**...and keeping the anniversary affair rolling, Casbah screens **Silent Comedy**, turns up Incredible Leroy's **Softlightes**, and crowns swinging kings **Louis XIV**.

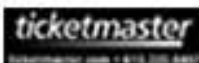
— Barnaby Monk

## SHARON JONES AND THE DAP-KINGS



special guest  
IVAN MILEV

FRI JAN 23



## THE Casbah

COCKTAILS • LIVE MUSIC • 21 w/ID  
2501 KETTNER BLVD. • 232-4355

THURSDAY • JANUARY 15  
**HONEY GLAZE**  
**STAIRWAY TO CHARO**  
**DJ MORGAN YOUNG**

FRIDAY • JANUARY 16  
**EL VEZ GREATEST HITS**  
**MEX • DJ CLAIRE**

SATURDAY • JANUARY 17  
**THE ALBUM LEAF**  
**ILYA • VIA SATELLITE**

WEDNESDAY • JANUARY 21  
**LOUIS XIV**  
**THE SILENT COMEDY**  
**THE SOFT LIGHTES**

THURSDAY • JANUARY 22  
**LOUIS XIV**  
**APES OF WRATH**  
**THE ROMAN SPRING**

SATURDAY • JANUARY 24  
**THE PENETRATORS**  
**THE LEGENDARY**  
**LATINO UNCLES**  
**MANUAL SCAN**  
**THE LOONS**  
IN THE ATARI LOUNGE

SUNDAY • JANUARY 25  
EARLY SHOW 2 PM  
**CREEDLE**  
**OPTIGANALLY YOURS**  
**THE NEPHEWS**  
**SOUL JUNK**

LATE SHOW 8:30 PM  
**TAPES N TAPES**  
**THE WILD LIGHT**  
**THERESA ANDERSSON**

MONDAY • JANUARY 26  
ANTI-MON. LEAGUE & ROCKIT PRESENT  
**CIRCA NOW**  
**THE RINGERS**  
**LAZERWOLF AND**  
**THUNDERBOLT**

TUESDAY • JANUARY 27  
**GRAY GHOSTS**  
**SWIM PARTY**  
**THE NEW ARCHAIC**

WEDNESDAY • JANUARY 28  
**GOBLIN COCK**  
**PLEASEEASUR**  
**BLASPHEMOUS GUITARS**

THURSDAY • JANUARY 29  
**THE BLACK HEART**  
**PROCESSION**  
**BUCKFAST SUPERBEE**  
**A.M. VIBE**

FRIDAY • JANUARY 30  
**ADOLESCENTS**  
**SCREAMIN YEEHAWES**  
**MEATWAGON**

SATURDAY • JANUARY 31  
**BIG SANDY AND HIS**  
**FLY-RITE BOYS**  
**DAVE AND DEKE COMBO**  
**THE RUMBLERS**

MONDAY • FEBRUARY 2  
ANTI-MONDAY LEAGUE PRESENTS  
**FRUIT BATS**  
**SERA CAHOONE**

casbahtickets.com

Charge by phone:  
888-512-7469

thecasbah.com



RESTAURANT & NIGHTCLUB  
*with a south beach flair*



### THURSDAY, JANUARY 15TH

DREDCARPET.COM IN CONJUNCTION W/ SHYSTI BOYS ENTERTAINMENT PRESENTS...

### BLACK & WHITE BALL \* 18+ EDITION

WEAR YOUR SEXIEST & CLASSIEST BLACK & WHITE CLUB ATTIRE

FEATURING SD'S HOTTEST DJS:

DJ GIGI \* DALE DA DRED \* PHOBIK \* MIKESKI

18+ TO PARTY / 21+ TO DRINK

FREE ENTRY BEFORE 10:30PM W/ THEMED ATTIRE (GUEST LIST REQUIRED)

FOR GUEST LIST, EMAIL DREDCARPETVIP@GMAIL.COM

WE'LL SEE YOU ON THE DREDCARPET!!

### FRIDAY, JANUARY 16TH

ROBZOOMY PRESENTS AND POINT ENTERTAINMENT PRESENTS

### THE RETURN OF THE FRIDAY NITE SHAKEDOWN

EVERY FRIDAY \* HOSTED BY ROBZOOMY & KULAIDE

DJS DUBZ \* DJ RAGE \* DJ ENGIMA

PLUS GUEST DJ AND MC'S WITH GOGOS JANEY & TIFFANY

ALSO FEATURING DJ PIVOTIK AND DJ PREIMER

\$150 BOTTLES SPECIAL! \* \$3 WELLS ALL NITE LONG

\$3 BEERS ALL NITE & \$3 MANAGER SHOT SPECIALS ALL NITE

CONTACT TINH FOR ALL VIP SPECIALS 619.840.8087

### SATURDAY, JANUARY 17TH

PRESENTS A ROB ZOOMY AND DJ XRAY EVENT

### CLUB DEViate

HOSTED BY: THE MUZIK JUNKIES

DEEJAYS ROCKIN DEViate STYLE

RICH E RICH \* XRAY \* JAY VALDEZ \* A-ROCK \* DUBZ \* CIRCLE K \* RAGE

\$8 DRINK SPECIALS

SPONSORED HOSTED BAR 9-10PM ( MUST BE ON RSVP VIP LIST )

VIP LIST AND HOSTED BAR EMAIL ROBZOOMY@AOL.COM

WWW.ROBZOOMY.COM / WWW.CLUBDEViate.NET

TO VIEW ALL EVENTS AND ADD YOUR SELF TO THE GUEST LIST GO TO



BEAT THE COVER : MAKE DINNER RESERVATIONS  
FOR ALL VIP BOTTLE SERVICE INQUIRIES CALL TINH @ 619.840.8087  
731 FIFTH AVENUE GASLAMP : 619.696.DECO : WWW.DECOS.TV

# SCOTT WEILAND IN CONCERT



## FEBRUARY 6

DreamCatcher  
**VIEJAS**

NEW ALBUM  
"HAPPY IN GALOSHES"  
SCOTT WEILAND



IN STORES NOW

TICKETS AVAILABLE AT THE VIEJAS GIFT SHOP  
CHARGE BY PHONE 619.220.7133 :: TICKETMASTER OUTLETS  
PRINT YOUR TICKETS TODAY! TICKETFAST™ AT TICKETMASTER.COM

JUST OFF I-8 EAST AT WILLOWS ROAD :: 619.659.1996  
FREE PARKING - MUST BE 21 OR OLDER  
FOR COMPLETE INFORMATION, GO TO VIEJAS.ENTERTAINMENT.COM



# Eventual Rebound Girlfriend

*"It's basically a comedic love story, with lots of drinking-buddy humor."*

**N**am Chi Vu of San Diego's Riboflavin is a rare multi-threat talent. As a bassist, she's among the city's two or three best, comfortable playing classical, jazz, and rock. Now she's involved in a local film as screenwriter-coproducer and has a costarring role. If Sly can pull it off with *Rocky*, maybe she has a shot!

"I'm working on a rock-and-roll film entitled *The Predictables*, which will be filmed here in San Diego," says Vu. "The movie is about an English rocker who falls for a girl on the Internet and moves to San Diego to be with her and pursue his rock-and-roll dreams."

Filming takes place over the first two months of 2009. "It's the lead character's first step into a new country," says Vu. "And it's his entry into the music business. San Diego, I always felt, is the perfect stepping stone. It's a big city, but not as scary as L.A.... The movie starts with him breaking up with his online girlfriend and joining this local band, and he experiences how wonderful, humiliating, and exciting the San Diego music scene can be."

Vu herself plays the rocker's bandmate and eventual rebound girlfriend. "My character Cecilia gives him shit and pokes fun at him — so it's basically a comedic love story, with lots of drinking-buddy humor."

"The production is funded by the film crew out of the Bay Area, me, and the director Son Nguyen. Our plan is to have a screening at one of the locations seen in the film and then to have it streaming online amongst fans."

## LISTS JAY ALLEN SANFORD

**CAN YOU DESCRIBE RIBOFLAVIN'S MUSIC IN ONE SENTENCE?**  
"It makes you want to laugh and cry...or perhaps make you laugh so hard that you want to cry."

## WHAT'S IN YOUR CD PLAYER?

1. The Ting Tings, *We Started Nothing*. "I love the percussion, the hooks, and the harmonies."
2. Franz Ferdinand, self-titled. "I love the European grooves."
3. The Beatles, *Love* [Cirque du Soleil production]. "I think most people would have thought

that modern arrangements — done digitally, putting the songs through Pro Tools — would have messed them up, but the music was significantly enhanced."

## MUST-HAVE DVDs?

1. *Amélie*. "The movie is about self-discovery and good karma."
2. *Gia*. "It's about women who take risks, without even knowing it, and end up making history."
3. *Once*. "That one magical moment is all it takes to change somebody's life."
4. *The Beatles Anthology*. "It's their story told in a collection of DVDs. They tend to hit you right in the heart. I think it was the director's doing."
5. *The Secret*. "If you ask the universe for negativity, then that is what you will receive...if you ask for good fortune, then that is what you will get. It's like the genie in the bottle."



Nam Chi Vu

## FAVORITE BOOK?

*The Seven Spiritual Laws of Success* by Deepak Chopra. "It allowed me to see life as a journey and not a destination."

## MAC OR PC?

"I like the PC for office work, but for music and for a laptop, I go with Mac."

## WHAT WOULD YOU DO WITH THE POWER OF INVISIBILITY?

"If people can't see me, as a result, they can't judge me. So if I secretly do something nice for them while I'm invisible, they won't question who did it...they can't ask *why* I did it. I

think this would bring more positive energy into people's lives."

## BRUSH WITH FAME?

"Jerry Heller of Ruthless Records once told me that if I'm the first at doing something, it will always be remembered. This explains why there are some people who make history even though there are others who later took what they did and maybe did it better. The originator gets all the glory."

## DRINK OF CHOICE?

"A nice, hot cup of green tea." ■



**Adult Night Skating**  
*Roller Skating Excitement*  
Now every Tuesday 7:30-10:30 pm \*8  
**Adult Learn-to-Skate Clinic \*6**  
Every Tuesday 6:30-7:15 pm.  
Coupon applies to session only. Skate rental and blade rental extra.  
**Family Fun Saturday & Sunday**  
\*7 All Day • 1:30-6 pm

Come join the fun!

**21** for

**Admission Adults-Only Night!**  
Valid Tuesday, January 20, 2009.  
\*Buy 1 admission and receive 2nd admission free.

Now recruiting for a new team:  
★ **"San Diego Derby Starlettes"** ★

**SKATEWORLD**  
sandiegoskateworld.com  
myspace.com/SanDiegoSkateworld

6907 Linda Vista Rd. • 858-560-9349  
or further info: 858-560-9278  
(3 blocks south of Genesee, 1 mile north of USD)



**PATRICK'S II**  
Blues, Soul & Rock 'n' Roll  
Family Owned Since 1976  
Support "Live" Music

**LIVE MUSIC IN THE GASLAMP**  
NO COVER SUN.-THURS.

New Band **Thursday, January 15**  
**3rd Degree Blues**

**Friday, January 16**  
**Johnny "V" Vernazza**  
"Veteran Rocker Plays the Blues"

**Saturday, January 17**  
**Len Rainey & the Midnight Players**  
"Blues-Soul-Motown"

<b>Sunday, Jan. 18</b> <b>Ronnie Lane</b> & the <b>Twisters</b>	<b>Monday, Jan. 19</b> <b>Ronnie Lane</b> & the <b>Twisters</b>	<b>Tuesday, Jan. 20</b> <b>Blue</b> <b>Four</b>	<b>Wednesday, Jan. 21</b> <b>Bill Magee</b> <b>Blues</b>
---	---	---	--

428 F Street • Downtown • (619) 233-3077 • www.patricksi.com

The Best Live Music  
in North County

**THE Alley**

ENTERTAINMENT 7 NIGHTS A WEEK  
**421 GRAND AVENUE**  
IN THE CARLSBAD VILLAGE  
(760) 434-1173  
HOURS: MON-THURS 11 AM-2 AM  
FRI, SAT, SUN 6 AM-2 AM

**THURSDAY, FRIDAY  
& SATURDAY NIGHTS**

**Dancing  
with  
The Love Rangers**  
\$5 COVER AFTER 9 PM FRI. & SAT.



**WEDNESDAY NIGHTS**  
**DJ SPINS GREAT MUSIC!**  
**SUNDAY, MONDAY & TUESDAY 9 PM**

**Karaoke**

DRESS CODE ENFORCED AFTER 9 PM  
NO HATS, JERSEYS & BAGGIES, OR COLORS, PLEASE





Air  
conditioned  
for your comfort

SINCE 1986  
[www.secondwindbars.com](http://www.secondwindbars.com)  
ATM & credit cards welcome.

## Navajo

8515 Navajo Road • 619-465-1730  
(Albertsons shopping plaza at Navajo & Lake Murray)

Thursday, January 15

**Worthy Cubbins • Southern Storm**

**Classic Rock**

Friday, January 16 • 9 pm



**FX5**

Saturday, January 17 • 9 pm



**Lien On A Prayer**  
"Bon Jovi" Tribute Band

Sunday, January 18

**Boob Pops • French Kiss Koma • Gurtrudestein**

Monday, January 19

**Karaoke**

Tuesday, January 20

**Cory Wilkins Band**

Wednesday, January 21

**Reverend Stickman • Bedpost Buzzards • Fuzz Huzzi**

## Santee

8528 Magnolia Avenue • 619-596-8350  
(Corner of Prospect & Magnolia)

Thursday, January 15

**Industry**

Friday & Saturday, January 16 & 17 • 9 pm

**Classic Rock**



**Serious  
Guise**

Sunday, January 18

**Reverend Stickman • Vacine • Fuzz Huzzi**

Tuesday, January 20

**Dresden's Burning & Guests**

Wednesday, January 21

**Cory Wilkins Band**

Pool Tables • Dart Boards • Free Parking  
Hot Spot & Lotto • Free WiFi Access

## The Future of Live Poker is Here!

Now You Can Enjoy the Fun and  
Excitement of Live Poker with the  
Speed and Accuracy of Online Poker  
Only at Valley View Casino!

San Diego's only fully automated live poker room  
is now open - that's live poker without the cards,  
without the dealer, without the chips! Plus we  
have the lowest rake in Southern California! In  
fact, you get up to 40% more hands in the same  
amount of time with our amazing new tables. Visit  
[ValleyViewCasino.com](http://ValleyViewCasino.com) for more information on live  
tournaments, freerolls and more!



**POKER**  
*At The View*

**FREE**  
*all-you-can-eat*  
**LOBSTER BUFFET!**  
Offer is for new Players Club  
members. Please present  
coupon when joining the club.  
Membership is free! Valid for  
lunch or dinner; lobster served  
at dinner only. Management reserves all rights.  
Expires: 3/31/08

**PLUS!**  
Get \$2000  
MOREPLAY™  
that's Free  
Slot Play!  
when you earn  
30 points in a  
24-hour period.

**VALLEY  
VIEW  
CASINO**  
*San Diego's Favorite...*

1-866-VIEW-WIN • [ValleyViewCasino.com](http://ValleyViewCasino.com)  
1-15 to Valley Pkwy. East • Valley Center, CA

21 means more than just thoughtless! Games must be 21 or older to enjoy the casino, restaurants, buses and concourse. Management reserves all rights.

**The SHOUT! House** Rock 'n Roll  
Sing-A-Long  
Duelling Pianos

**TUESDAY**  
\$2 Karls, \$5 Cosmos

**WEDNESDAY**  
\$1.50 Domestic Bottled Beer

**THURSDAY COLLEGE NIGHT**  
\$2.50 Miller Light Drafts  
\$2 Lunch Box Shots

**FRIDAY**  
6-7pm, \$1 Any Draft

**SUNDAY**  
\$2 Domestic Drafts  
\$3 Well, Wine & Lager Shots  
\$5 Lager Bombs

**RIGHTLY SPECIALS**  
\$13.50 Hurricanes & You Keep The Glass  
Refills \$9  
\$7 Big Ass Beer & You Keep The Cup  
Refills \$5

**The Place To Celebrate  
ANY Occasion!**

**VOTED San Diego's Best  
Live Music Venue**

**NO COVER Sun-Wed**  
PLAN YOUR NEXT PARTY WITH US  
VIP Packages, Private Parties,  
Off-Site Events

655 4th Ave, Gaslamp Quarter  
619.231.6700 [www.TheShoutHouse.com](http://www.TheShoutHouse.com)



# HOUSE of BLUES SAN DIEGO

1005 FIFTH AVE  
BETWEEN BROADWAY & U STREET

NEW SHOWS

**Lisa Hannigan**  
Sonic Glass  
VOODOO STAGE  
ALL AGES  
FEB 11

**IRATION**  
ALL AGES  
FEB 12

**THE GAME LAX**  
WORLD TOUR  
ON SALE FRIDAY 1/16 @ 10AM  
ALL AGES  
FEB 19

**DANZIG**  
ON SALE NOW  
ALL AGES  
FEB 23

**BUSTA RHYMES**  
Dago Braves  
ON SALE FRIDAY 1/16 @ 10AM  
MAR 2

**LES CLAYPOOL**  
YARD DOGS  
ON SALE SATURDAY 1/17 @ 10AM  
MAR 4

**JESSE MCCARTNEY**  
ON SALE FRIDAY 1/16 @ 10AM  
ALL AGES  
MAR 10

**LADY GAGA**  
THE PAPER BALL TOUR  
ON SALE FRIDAY 1/16 @ 10AM  
ALL AGES  
MAR 12

**SKID ROW**  
ON SALE SATURDAY 1/17 @ 10AM  
MAR 16

**AP TO UR**  
2009  
FAMILY FORCE 5  
30H/3 - THE MAINE  
HIT THE LIGHTS - A ROCKET TO THE MOON  
ON SALE SATURDAY 1/17 @ 10AM  
ALL AGES  
MAR 29

**Boyz II Men**  
MOTOWN  
JUPITER RISING  
JAN 15

**MAZ JOBRANT**  
from the Axis of Evil Comedy Tour  
and Friday After Next  
ALL AGES  
JAN 16

**Rebelution**  
STATE RADIO  
ALL AGES  
JAN 17

**ERIC JOHNSON**  
Tonight, Taylor and Kym Brock  
The 4th Via Marconi Band  
JAN 18

**BAD MANNERS**  
DELTA ROOM  
JAN 18

**Edwin McCain**  
Dawn Mischale  
VOODOO STAGE  
JAN 21

**BOYH.COM & DAVE L**  
PRESENT  
**CLUB LUCKY**  
JAN 24 18+

**MOLOTOV**  
PASTILLA  
JAN 26

**TYRONE WELLS**  
Jason Reeves & Keaton Simons  
JAN 27 ALL AGES

**DIAR**  
ALL SIDES  
THE NEW ALBUM AND TOUR  
WITH SPECIAL GUEST  
Eric Hutchinson  
JAN 28 & 30 ALL AGES

**BRIAN WILSON**  
THAT LUCKY OLD SON  
AND HIS GREATEST HITS  
JAN 29

**TO LOUNGE**  
Richard Cheese & Lounge Against the Machine  
Linda Zaichko  
JAN 31

**MESSENGER**  
CYNIC  
FEB 2 ALL AGES

**NOFX**  
Smoke or Fire  
Pop, Habit  
Youth Brigade  
FEB 3 & 4 ALL AGES

**BADFISH**  
a tribute to  
**SUBLIME**  
Scotty Don't  
3rd Ally  
FEB 7 ALL AGES

Western U.S. Tour 2009  
**The Toasters**  
VOODOO SLOW SKULLS  
Week of the  
Skunk Agents & Grim Luck  
ALL AGES  
FEB 8

**elephant**  
CANARY  
CANTUA  
FEB 11

1/21 SAN DIEGO ROCKS!  
2/5 KATY PERRY-SOLD OUT!  
2/11 THE AIRBORNE TOXIC EVENT  
SOLD OUT!  
2/13 SO LONG DAVEY/VALENCIA  
VOODOO STAGE  
2/13 JON LAJOIE- DELTA ROOM  
2/14 STYX  
2/15 CLUB MASSIVE  
2/17 ADELITA'S WAY  
VOODOO STAGE  
2/18 TASTE OF CHAOS TOUR FEAT:  
THURSDAY  
2/20 GIN BLOSSOMS/TONIC  
2/21 REVEREND HORTON HEAT  
2/22 RICK ORTIZ PRESENTS  
THE BEST OF TRIBUTES

2/24 YES  
2/24 ADELITA'S WAY  
VOODOO STAGE  
2/25 THE GUITAR GENERATION  
FEATURING PAUL GILBERT  
2/26 KINKY  
2/27 BIG HEAD TODD &  
THE MONSTERS  
3/1 ZAPPA PLAYS ZAPPA  
3/3 ADELITA'S WAY  
VOODOO STAGE  
3/5 THE PRETENDERS  
3/6 JIMMY EAT WORLD-SOLD OUT!  
3/8 G. LOVE & SPECIAL SAUCE  
3/9 ADELITA  
3/14 THE SUB CITY TAKE ACTION  
TOUR FEAT: CUTE IS WHAT  
WE AIM FOR

3/17 NOFX PRESENTS  
3/20 ESCAPE THE FATE  
3/22 OK GO  
3/27 ADICTS  
4/5 BRETT DENNEN  
THE GO-SANTS AND CHIMERS TOUR FEAT:  
HOLLYWOOD UNDEAD AND  
SENSES FAIL  
4/10 DON FELDER - LIVE TOUR/FEAT  
4/17 THE DEREK TRUCKS BAND  
5/1 KREATOR  
5/15 RAMON AYALA  
6/12 BILLY RAY CYRUS

**Sycuan**  
RESORT & CASINO

RESTAURANT OPEN  
DAILY AT 4PM

LIVNATION.com

ticketmaster

CHARGE BY PHONE: 818.228.1100  
All dates, acts and ticket prices subject to change without prior notice. Subject to applicable service charges.

4 Pack Discounts  
on Select Shows!  
Visit [Livenation.com](http://Livenation.com)

LIVE NATION  
SPECIAL  
**FOURPACK**  
OFFER

[Livenation.com](http://Livenation.com)



# Lil WAYNE

I AM MUSIC TOUR  
gymclassheroes. AND DAGO BRAVES

JANUARY 27

**COX ARENA**

*Sycuan*  
RESORT & CASINO

in stores now

lilwayne-online.com



**Slipknot**  
ALL HOPE IS GONE  
WHEEL OF DEATH

**SUNDAY, MARCH 8**  
**COX ARENA**

**CHEED CAMBRIA TRIVULM**

**UPCOMING SHOWS**

Manuel Mijares y Manoella Torres La Gira del Amor // February 13 // Cox Arena

Magic 92.5 Valentine's Love Jam feat., Atlantic Starr / Heatwave / Peaches and Herb and more! // February 15 // Cox Arena

Los Temerarios // March 15 // Cox Arena

Celtic Woman // April 29 //

SDSD Open Air Theatre

André Rieu // June 22 //

Cricket Wireless Amphitheatre

# MÖTLEY CRÜE

SAINTS OF LOS ANGELES  
2009 TOUR

SPECIAL GUESTS  
**HINDER**  
**THEORY OF A DEADMAN**  
**THE LAST VEGAS**


**MONDAY FEBRUARY 2**  
**COX ARENA**

WILLIET CARR SAINTS OF LOS ANGELES

ON STAGE [www.motley.com](http://www.motley.com)

LIVE NATION  
**FOURPack**  
4 TICKETS \$99

# JESSE MCCARTNEY



**ON SALE FRIDAY 1/16 AT 10AM!**

**HOUSE of BLUES. SAN DIEGO**

1405 FIFTH AVE. (INTERSECTION OF 5TH & C STREETS)

**MARCH 10**

ALL AGES

NEW ALBUM DEPARTURE IN STORES NOW  
[WWW.JESSEMAC.COM](http://WWW.JESSEMAC.COM)

DAVE NAVARRO PRESENTS

# LADY GAGA

THE FAME BALL TOUR

WITH SPECIAL GUESTS **WHITE TIE AFFAIR**  
**CHESTER FRENCH**



**ON SALE FRIDAY 1/16 AT 10AM!**

**HOUSE of BLUES. SAN DIEGO**

1405 FIFTH AVE. (INTERSECTION OF 5TH & C STREETS)

**MARCH 12**

ALL AGES

The Fame IN STORES NOW [WWW.LADYGAGA.COM](http://WWW.LADYGAGA.COM)

LIVENATION.com  
ticketmaster  
All dates, acts and times subject to change without prior notice. Subject to applicable service charges.





1921 bacon street • ob  
619-222-6822  
www.winstonsob.com

Thur.  
1/15

Rock 'N' Roll



## TURBINE

Fri.  
1/16

6-9 PM

OCEAN BEACH COMEDY

Featuring **JUSTIN DECKER**

A Night of Rock 'N' Roll  
and Reggae



Sat.  
1/17

Alt Country and  
Rock 'N' Roll

## OLD DEVIL



THE ROTTEN  
LIVERS

Sun.  
1/18

Football  
Championship Games

5-8 PM: **CARLOS BLUES EXPERIENCE**

Karaoke OB Style

**OB.O.KE**

HOSTED BY  
**JOSE SINATRA**

\$2 drinks 9 pm to close

Mon.  
1/19

6-8 PM:  
**Drunk Poets Society**

An evening of music from the  
Grateful Dead



## ELECTRIC WASTE BAND

Tues.  
1/20

6-9 PM:  
**Think 'N' Drink Trivia**

Rock 'N' Roll  
**ROLLING  
REUNION**  
**THE TROUBLEWEEDS**

Wed.  
1/21

Cue presents  
Live DUB

**KINDLE TO EMBER**  
**DJ RASHI** (from Tribe of Kings)

### UPCOMING:

- 1/22: Rock, Funk and World  
RHYTHM & THE METHOD  
with special guests GUAVA BELLY
- 1/23: NATIVES OF THE NEW DAWN  
with THE FOUR KINGS
- 1/24: Feat. members of Slightly Stoopid  
C. MONEY & THE PLAYERS INC.

## Calendar MUSIC SCENE

Classical listings can be found in the  
Classical Music Guide. Music videos,  
driving directions, maps, event  
alerts, coupons, and more available  
online at [SDReader.com](http://SDReader.com).

**HOW TO SUBMIT A MUSIC  
LISTING:** Call 619-235-3000 x405,  
night or day by 5 pm Friday, the  
week prior to publication. To send  
weekly or monthly schedules, fax to  
619-231-0489 or mail to Reader  
Music Scene, P.O. Box 85803,  
San Diego, CA, 92186. You may also  
submit information online at  
[SDReader.com](http://SDReader.com) by clicking on the  
music section.

## Bartending Academy

1 to 2 week course  
Weekend classes available  
Job Placement Assistance

Call for information:  
**619-296-0600**



## THIS WEEK'S SHOWS

**4th&B:** 345 B Street, Downtown,  
619-231-4343.  
*Saturday*, 8 p.m. — Barrington  
Levy. Reggae. \$27.

**710 Beach Club:** 710 Garnet  
Avenue, Pacific Beach, 858-483-  
7844.  
*Thursday* — Z02.  
Alternative/acoustic/grunge.  
*Friday* — Stephen Percy (Ratt).  
With Dust N' Bones (Guns N'  
Roses tribute) and Aepnia.  
Metal/rock.  
*Saturday* — The Lou Dog Trio. A  
tribute to Sublime. Iriesside also  
performs. Reggae/rock.  
*Wednesday* — Neon Nights. A trib-  
ute to Dio. With Purple Rising  
(Deep Purple tribute) and the I-  
90s.

**Acoustic/MusicSanDiego:**  
4650 Mansfield Street, Normal  
Heights, 619-303-8176.  
*Thursday*, 7:30 p.m. — The John  
Jorgenson Quintet. Gypsy jazz. \$18-  
\$47.  
*Friday*, 7:30 p.m. — Fred  
Eaglesmith. Singer-songwriter. \$15-  
\$45.  
*Saturday*, 7:30 p.m. — Peter  
Rowan. Americana/bluegrass. \$22-  
\$47.

**Anthology:** 1337 India Street,  
Little Italy, 619-595-0300.  
*Friday*, 7:30 p.m. and 9:30 p.m.,  
*Saturday*, 7:30 p.m. and 9:30 p.m.  
— Stanley Clarke. Contemporary  
jazz. \$27-\$34.  
*Sunday*, 8:30 p.m. — Robben Ford.  
Blues. \$32.  
*Tuesday*, 7 p.m. — The Anthology

House Band. Jazz/R&B/soul. \$5.  
*Wednesday*, 7:30 p.m. — The Eve  
Selis Band. Acoustic/country/pop.  
\$16.

**Athenaeum Music and Arts  
Library:** 1008 Wall Street, La Jolla,  
858-454-5872.  
*Saturday*, 7:30 p.m. — Marilyn  
Crispell. Jazz pianist. \$18-\$88.

**Beaumont's:** 5662 La Jolla  
Boulevard, La Jolla, 858-459-0474.  
*Thursday*, 8 p.m. — Ryan Hiller.  
Blues/soul/standards/funk. Free.  
*Friday*, 9 p.m. — Mark Fisher and  
Friends. Covers/standards/rock.  
Free.  
*Saturday*, 9 p.m. — Pocket.  
Blues/soul/funk/jazz.

**Beauty Bar:** 4746 El Cajon  
Boulevard, Kensington-Talmadge,  
619-516-4746.  
*Wednesday*, 9 p.m. — Arms  
Entwined. With Incomplete  
Neighbor. Garage  
rock/pop/punk/rock.

**Belly Up Tavern:** 143 South  
Cedros Avenue, Solana Beach, 858-  
481-8140.  
*Thursday*, 9 p.m. — The Knitters  
and the Farmers. With the Cheap  
Leis. Roots/rock/Americana. \$20-  
\$22.  
*Friday*, 9 p.m. — Marcia Ball. With  
Billy Watson. Zydeco/blues. \$17-  
\$19.  
*Saturday*, 9 p.m. — 40 Oz. to  
Freedom. A tribute to Sublime.  
With Social Green and Qwiksand.  
\$11-\$13.  
*Sunday*, 8 p.m. — Jangada.  
Brazilian/samba/world. \$10.  
*Monday*, 9 p.m. — The Walkmen  
and Beach House. Indie/rock/pop.  
\$16-\$18.  
*Wednesday*, 9 p.m. — The North  
Mississippi Allstars. With the Hill

Country Revue. Country/blues.  
\$18-\$20.

**Birch North Park Theatre:**  
2891 University Avenue, North  
Park, 619-239-8836.  
*Friday*, 7:30 p.m. — George  
Winston. The pianist plays a variety  
of styles including folk, stride, and  
New Orleans R&B. \$30-\$41.

**Brick by Brick:** 1130 Buenos  
Avenue, Linda Vista, 619-275-5483.  
*Thursday*, 8 p.m. — Alex Skolnick.  
With E.X.P. (Jimi Hendrix tribute)  
and Mark Huettman.  
Metal/rock/jazz. \$10-\$12.  
*Friday*, 9 p.m. — Lil' Flip. With  
Crooked I. Hip-hop/rap. \$15-\$20.  
*Saturday*, 7:30 p.m. — The  
Dwarves. With the Uprising,  
Critical Me, Art/Official, and the  
Aggronauts. Punk/rock. \$10-\$12.  
*Sunday*, 7:30 p.m. — Authority  
Zero. With the Gift/Curse, Strike  
Twelve, and Plane Without a Pilot.  
Punk/rock/pop. \$10-\$12.  
*Wednesday*, 8:30 p.m. — the Kyle  
Van Band. With the Surrender and  
Colin Armstrong. Alternative. \$5.

**Café La Maze:** 1441 Highland  
Avenue, National City, 619-474-  
3222.  
*Fridays and Saturdays*, 7 p.m. —  
The Sandy Chappel Quartet. With  
Burnett Anderson, Robert  
Sebastian, and Hank Young.  
Standards/jazz/blues.  
*Sundays*, 7:30 p.m. — Burnett's  
Bliss. With Robert Sebastian and  
Scott Wallingford.  
Jazz/standards/blues.

**Candelas on the Bay:** 1201  
First Street, Suite 115, Coronado,  
619-435-4900.  
*Friday*, 6 p.m. — Blue44. Jazz/funk.

# 710 BEACH CLUB

710 GARNET AVE. PACIFIC BEACH

WHERE GARNET ENDS & HAPPY HOUR BEGINS  
ANY BEER + ANY SHOT = \$7.10 OPEN TO 7:00am MON. THRU FRI.

THURSDAY 1/15	AS SEEN ON IFC'S Z ROCK
Z02 AEPNIA BIPOLAR MELTDOWN	
FRIDAY 1/16	NO COVER ROCK
FLUX THEORY TRANSLATION: AUDIO THE CRASHING MARBLES	
SATURDAY 1/17	TRIBUTE TO SUBLIME
THE LOU DOG TRIO AUDIODUB IRIESIDE FULL BLOWN STONE	
FOOTBALL CONFERENCE CHAMPIONSHIPS	
SUNDAY NIGHT HAPPY HOUR ANY BEER + SHOT = \$7.10 9PM-CLOSE	
WEDNESDAY 1/21	TRIBUTE TO DIO & DEEP PURPLE
NEON KNIGHTS PURPLE RISING THE I-90'S	
UPCOMING	
SAT. JAN. 24TH	6-9pm ROCK OUT KARAOKE/THEN
DAZED N CONFUSED WAY COOL JR.	
SAT. JAN. 31ST	UFC 94
ST. PIERRE VS. PENN 7pm DUST N BONES	

WWW.710BC.COM (858) 483-7844 / TAKE OUT 274-7427

# the Filling Station

PUB & GRILL

SATURDAY, JAN. 31 • 7 pm

## UFC Fight Night for FREE!

No cover!

EVERY NIGHT **Karaoke Nights**  
David Kelly's All Starz Entertainment  
(Best Host 5 Years Running) Over 35,000  
songs on an awesome sound system.

MONDAYS **\$2 Kamikazes** Rock band till 9 pm

TUESDAYS **Game Night** Nintendo, X-Box & board games  
Game shot specials! Rock band till 9 pm

WEDNESDAYS **Premium Beer \$3.50/pint**

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!  
Saturday: \$3 Bloody Marys

SUNDAYS **Free Pool All Day** \$3 Mimosas

Dancing • Pool • Karaoke • Food • Fun • DJ  
Entertainment every night • Rock band every night until 9 pm  
Free Nacho Bar Mon.-Thurs. 4-7 pm and Taco Bar Fri. 4-7 pm!

**9522 MIRAMAR ROAD • 858-578-0757**  
Northeast corner of Miramar Road & Black Mountain Road

# THE COMEDY STORE

Friday & Saturday  
January 16 & 17 • 8 & 10:30 pm

**Ari Shaffir**  
The Amazing Racist  
& from TBS  
*Minding the Store*

**Nick Youssef**  
From The Axis of Evil  
Comedy Tour

## 4 FREE ADMISSIONS

GOOD WED, THURS, & SUN.

Excludes Special Events. Subject to Availability.  
Reservations REQUIRED with this ticket.

To purchase tickets, call (858) 454-9176  
916 Pearl Street • La Jolla • [www.thecomedystore.com](http://www.thecomedystore.com)  
Must be 21 – All shows 2-drink minimum

**JEFF DUNHAM** **JANUARY 16**  
**THIS FRIDAY!**

**SPARK OF INSANITY**

**COX ARENA**

DOORS 7PM  
SHOW 8PM

Tickets available at the COX Arena ticket office, the Aztec Center ticket office, All Ticketmaster locations, by phone 619-220-8497, or online at [ticketmaster.com](http://ticketmaster.com)

icon  
 ICON CONCERTS.COM JEFFDUNHAM.COM

WorldBeat Cultural Center Presents:

CELEBRATING BLACK HISTORY MONTH! PRESIDENTS DAY! NO WORK! NO SCHOOL!

28TH ANNUAL!

TRIBUTE TO THE REGGAE

**LEGENDS**

HEALING OF THE NATION!

Presidents Day, Monday, Feb 16th  
 San Diego Sports Arena - 3500 Sports Arena Blvd.

**BUJU BANTON**  
**STEPHEN MARLEY**  
**MIDNITE**  
**KY-MANI MARLEY**  
**PABLO MOSES**  
**TONY REBEL**  
**QUEEN IFRICA**  
**MAD PROFESSOR**  
**MACKA B**  
**DENNIS BOVELL**  
**GROUNDATION**  
**ALIKA**  
**QUINTO SOL**  
**TRIBAL SEEDS**  
**SOJA**  
**K'NAAN**  
**TESSANNE**

TICKET GIVEAWAYS ON [ONEWORLDREGGAE.COM](http://ONEWORLDREGGAE.COM)

REGGAE MAKOSSA ON 102.5 FM EVERY TUESDAY 7-9PM

ANCIENT NYAHBINGHI DRUMMERS

Roots Outlets: WorldBeat Center | Trade Roots | Reggae World | Dream Crystal | Lou's Records | Earth Culture  
 Info: 619-230-1237 | [WorldBeatCenter.org](http://WorldBeatCenter.org)  
[TRIBUTETOTHELEGENDS.COM](http://TRIBUTETOTHELEGENDS.COM)  
 Tickets online: [Ticketmaster.com](http://Ticketmaster.com) [ticketmaster](http://ticketmaster)

Produced by WorldBeat Center & Moss Jacobs Presents

**The Jumping TURTLE**  
 "North County's True Music House"

**THIS WEEK**

**THURSDAY 1-15**  
**THE ODD US THREE**  
**SHE'S MY CASSETTE**

**FRIDAY 1-16** 7 pm • Paul Green School of Rock Vista presents the Music of Black Sabbath  
**WARBRINGER • HEXEN • KEAPER**  
**EMPIRES ABLAZE**

**SATURDAY 1-17** 2 pm • Paul Green School of Rock Vista presents the Music of Black Sabbath  
 The Victory of Reason CD Release Party feat.  
**THE VICTORY OF REASON**  
**APHOTIC MURDER**  
**PROCESS FOR ENIGMA**  
**ADESTRIA**  
**ENDS IN AGONY • CHON**

**SUNDAY 1-18**  
**LONG LIVE LOGOS**  
**ONE HOT MINUTE • BIRDZILLA**  
**DIRTY BIRDS**  
**HOLY ROLLING EMPIRE**

**WEDNESDAY 1-21**  
**THE BLEEDING IRISH**  
**KEG WITHOUT A TAP • THE BLOKES**

UPCOMING SHOWS (See our website for more info):

**THURSDAY 1-22**  
**O.C.T. • GIANT STYLES**

**SATURDAY 1-24**  
 2 pm • Paul Green School of Rock Vista presents the Music of Led Zeppelin  
**UNLOADED**  
**GONE TO OBIVION**  
**GHOST TOWNE**  
**THE ECHELONS**  
**NOT ANYMORE**

**FRIDAY 1-23** 7 pm • Paul Green School of Rock Vista presents the Music of Led Zeppelin  
**THE BOMBPOPS • PASS THE AXE**  
**HULA GUNS • TROUBLE IN THE WIND**

**SUNDAY 1-25**  
**JONESLAGGER**  
**FUZZ-HUZZI**  
**THE SIDE PROJECT**  
**90% NOTHING**

**THURSDAY 1-29**  
**ROTTING CHRIST**  
**EPICUREAN**  
**RUINES OV ABBADON**  
**MANTIC RITUAL**  
**ANA KEFR**

**"Best Live Music Venue in San Diego 2007" – AOL City Guide**

**1660 Capalina Rd., San Marcos**  
**760-471-7778**  
**[www.thejumpingturtle.com](http://www.thejumpingturtle.com)**

Bring in your wireless computer and take advantage of The Turtle's wireless technology! Check e-mail, surf the Web or research while you enjoy the atmosphere, FREE!  
[www.thejumpingturtle.com](http://www.thejumpingturtle.com)



**Canes:** 3105 Ocean Front Walk, Mission Beach, 858-488-1780. *Friday*, 8:30 p.m. — One Inch Punch. With Sixth Day and Negative Filter. Alternative/rock/metal. \$10. *Saturday*, 9 p.m. — Necro. Hip-hop/rap. \$17-\$20.

**Carlsbad Village Theatre:** 2808 State Street, Carlsbad, 760-434-5944. *Sunday*, 5 p.m. — Danny Paisley & the Southern Grass. Traditional bluegrass. 858-679-1225. \$18-\$20.

**The Casbah:** 2501 Kettner Boulevard, Little Italy, 619-232-4355. *Thursday*, 8:30 p.m. — Honey Glaze and Charo. With guests. \$15. *Friday*, 8:30 p.m. — El Vez. Hispanic Elvis tribute. With Mex. \$20. *Saturday*, 8:30 p.m. — The Album Leaf. With Ilya and Via Satellite. Ambient/experimental/indie. \$15. *Sunday*, 8:30 p.m. — Three Mile Pilot and Little White Teeth. With Theresa Andersson. Indie/experimental/rock. \$20. *Tuesday*, 8:30 p.m. — Three Mile Pilot and Physics. With the Long & Short of It. Indie/experimental/rock. *Wednesday*, 8:30 p.m. — Louis XIV and the Silent Comedy. With the Soft.Lights. Alternative/garage/pop.

**Dizzy's:** 200 Harbor Drive, Downtown, 858-270-7467. *Friday*, 8:30 p.m. — The Waller Family Band. Jazz. \$10-\$15. *Saturday*, 8 p.m. — The Young Jazz

Trio. With Kiefer Shackelford (piano), Brandon Zedaker (bass), and Griffin Kisner (drums). Jazz. \$10. *Sunday*, 6 p.m. — The Valhalla High School Jazz Band. Under the direction of Richard Almanza; with guest vocalist Frannie LaRussa. Jazz. \$10-\$15.

**Dream Street Live:** 2228 Bacon Street, Ocean Beach, 619-222-8131. *Saturday* — Unset and Loked. Metal/rock.

**Dublin Square:** 554 Fourth Avenue, Downtown, 619-239-5818. *Monday*, 8 p.m. — Saba. With Astra Kelly and The Flowerthief. Indie/acoustic/folk. Free.

**Epazote:** 1555 Camino del Mar, Del Mar, 858-259-9966. *Thursday*, 7 p.m. — Freefall. Jazz. Free. *Saturday*, 8 p.m. — Willovealot. Smooth jazz.

**Epicentre:** 8450 Mira Mesa Boulevard, Mira Mesa, 858-271-4000. *Saturday*, 7 p.m. — Evil Petting Zoo and Useless Idols. With guests. Ska/reggae/rock. \$8-\$10.

**Fannie's Nightclub:** 9143 Campo Road, Spring Valley, 619-698-2204. *Thursdays* — Fuzz-Huzzi. Alternative/pop/punk. *Friday*, 9 p.m. — Youth Envy. With the Bomb Pops and the Rambling Outlaws. Punk. *Saturday*, 9 p.m. — GFI. With Hell Street and Strangers. Punk.

**The Harp:** 4935 Newport Avenue, Ocean Beach, 619-222-0168.

# NOTE

BY DAVE GOOD

In the summer of 1983, Dan McLain approached **Jerry Raney** about forming a band. Raney, a guitarist, was fresh out of the Shames. McLain, who used the name Country Dick Montana both on and offstage, was already a veteran of such bands as the Crawdaddies and the Penetrators. With Bernard Seigal (Buddy Blue) and bassist Rolle Love, they called themselves the Beat Farmers. They were a hit. By 1985, their first album on Rhino got them comparison with the Beatles. When Blue left the following year, Joey Harris replaced him, and the band's sound was changed. Most writers labeled the San Diego band cow punk, but the Beat Farmers possessed three musical identities: rock, chicken-fried pop, and Montana's raunchy locker-room humor.

When Country Dick died in 1995, the band came to an end. Raney and Harris would resurface later in Powerthud, and in 2005 Jerry Raney, Rolle Love, and Buddy Blue (with ex-Penetrator **Joel Kmak** on drums) once again began to play shows together. They called themselves the **Farmers**. But the reunion was short-lived — Blue died in 2006.

Today, the Farmers survive as Raney and Kmak with **Corbin Turner** and another ex-Penetrator named **Chris Sullivan**. The Farmers have written new songs and have plans to record, but they still play a lot of old Beat Farmers favorites in performance, and, truth be told, they sound a lot like the Beat Farmers. Why not just reprise the old name? Raney says he has mixed feelings about going there.

"Considering that now I'm the only one in the band that was in the Beat Farmers, it would be kinda strange to use the Beat Farm-



FARMERS

ers name. But it would probably have been okay back when there were three of us." Kmak adds, "We're not trying to capitalize on anything. We still do the old songs because we love 'em."

**The Knitters** also perform.

**FARMERS, Belly Up Tavern, Thursday, January 15, 8 p.m. 858-481-8140. \$20; \$22 day of show.**

*Saturday*, 9:30 p.m. — The Buzzbombs. Rockabilly/punk/surf.

**Hennessey's Tavern - Carlsbad:** 2777 Roosevelt Street, Carlsbad, 760-729-6951. *Tuesday and Wednesday*, 9 p.m. — The Blokes. Rowdy Celtic, bluegrass, and surf.

**Hensley's Flying Elephant Pub and Grill:** 850 Tamarack Avenue, Carlsbad, 760-434-2660. *Friday* — New American Mob.

Punk/rock. *Sunday* — The Drowning Men. Alternative/rock. *Monday*, 7 p.m. — The Blokes. Rowdy Celtic, bluegrass, and surf. *Wednesday* — Joe Wood & the Lonely Ones. Blues/rock/soul.

**House of Blues:** 1055 Fifth Avenue, Downtown, 619-299-2583. *Thursday*, 7 p.m. — Boyz II Men. R&B/soul. \$32-\$52. *Saturday*, 7:30 p.m. — Rebelution. With State Radio. Reggae/rock/dub.

\$15. *Sunday*, 7 p.m. — Eric Johnson. Instrumental rock. \$17-\$37. *Sunday*, 7 p.m. — Bad Manners. Ska. \$19. *Wednesday*, 7:30 p.m. — Edwin McCain. Acoustic/rock/soul. \$24. *Wednesday*, 7:30 p.m. — San Diego Rocks! Rock. \$12.

**Humphrey's Backstage Music Club:** 2241 Shelter Island Drive, Point Loma, 619-224-3577.

*Saturday*, 9:30 p.m. — Zac Harmon. Blues.

**Jimmy Love's:** 672 Fifth Avenue, Downtown, 619-595-0123. *Wednesdays*, 6:30 p.m. — The Soul Revue. Jazz, dance, and top 40.

**The Jumping Turtle:** 1660 Capalina Road, San Marcos, 760-741-7778. *Friday, Saturday*, 2 p.m. — The Paul Green School of Rock. A tribute to Black Sabbath. With

# BOAR CROSSIN

www.myspace.com/boarcrossn

**Friday & Saturday**  
\$1 Bud, Bud Light, Beer Of the Month  
from 8pm-10pm

**Thursday**  
\$1 Bud & Bud Lights  
From 8pm-9pm

**Tuesday**  
\$5 Gets ANY Beer  
Plus a Shot

Live Music & Dj's  
Every **Friday & Saturday**

390 grand ave. carlsbad 92008 21+ w/ valid ID 760.729.2989

CELEBRATING THE RELEASE OF "MIRAGE THERAPY: FULL DISCLOSURE" FROM GIANT SQUID RECORDS' LEFT IN COMPANY

SON OF RAY LEFT IN COMPANY

JANUARY 22<sup>ND</sup> AT BOARS CROSS'N  
390 GRAND AVE CARLSBAD, CA 21+ / \$5 / 8PM

Mr. Stilo  
J.L. Walker  
Cassanova  
Parker and the Number man  
Mag Flux  
D MANN

THURSDAY, JAN. 15TH  
DOORS OPEN AT 8:00 P.M.  
\$5 21+ Event  
myspace.com/boarcrossn  
760.729.2989  
390 grand ave. carlsbad 92008

## HUMPHREYS BACKSTAGE LIVE

Tickets for "Upcoming Shows"  
Preferred Lounge Seating  
All shows are 21 years and up

Thursday, January 15  
8:30 pm • Blues

**Otis Taylor**

Friday, January 16  
9:30 pm • New Orleans Funk

**Cyril Neville & Tribe 13**

Saturday, January 17  
9:30 pm • Blues

**Zac Harmon**

Sunday, January 18  
6 pm • Jazz

**MLK Jazz Fest**  
featuring **Glen Fisher, Reggie Smith** and many more

Monday, January 19  
7 pm • Blues

**Chet Cannon's Blue Monday Blues Party**

Tuesday, January 20  
7 pm • Billy Joel Tribute Band

**52nd Street Tribute to Billy Joel**

Wednesday, January 21  
8 pm • Blues/Swing

**Buick Wilson Band**

Upcoming Shows

Saturday, Jan. 31 <b>The Steely Damned</b>	Saturday, Feb. 14 <b>Savoy Brown</b>	Saturday, Feb. 18 <b>Guitar Shorty</b>
---	---	---

humphreysbackstage.com • 2241 Shelter Island Dr. • 619-224-3577

**\$1** MUGS EVERY WEDS

**\$6** PITCHERS SUN - THU

**THE DOG**  
4479 EVERTS, PACIFIC BEACH

**50 QUALITY BEERS ON DRAUGHT**

**TORONADO**  
SAN DIEGO

**WE SPECIALIZE IN BELGIAN BEERS**

Open 11:30 am-12 midnight  
Happy Hour until 5 pm  
Serving food all day

4026 30th Street ▶ North Park  
619-282-0456 ▶ [www.toronadoSD.com](http://www.toronadoSD.com)

**Win FREE tickets!**

WORLD PREMIERE SHOT AT THE NORIA THEATRE IN TIMES SQUARE  
**FALLout BOY**  
FOLIE DEUX A. MONTAGNE DE NOBIA  
REMARKS: EXCLUSIVE LIVE VIDEO FROM THE BAND

**UltraStar**  
Del Mar Highlands

**UltraStar**  
Chula Vista

**E-mail contests@sdreader.com to enter.**  
Type "Fall Out Boy" in the subject line.  
Deadline is Thursday, January 15, at 3 pm!  
Winners will be chosen at random.

**Winners must be able to pick up tickets at the San Diego Reader Friday 9 am-5 pm 1703 India Street, San Diego 92101**

**MISO HARNEY sushi**

sushi til midnight  
super lunch combos  
reverse happy hour  
Monday...happy hour all night

**Lunch:** mon-fri 11:30am to 3pm  
**Dinner:** mon-sun 5:30pm to 12am

**Old Town**  
Wednesday  
**HAN**  
ASIAN VODKA  
\$2 off all cocktails  
Thursday  
**TRIBE OF KINGS**  
Friday  
**Storm Shadow**  
Hip Hop  
Saturday  
**Mete**  
Trip Hop and Funky grooves

**Oceanside**  
Wednesday  
**Deez Riddim**  
Ragga Jungle  
Thursday  
**HAN**  
ASIAN VODKA  
\$2 off all cocktails  
Friday  
**TRIBE OF KINGS**  
Saturday  
**Headphone JONES**  
Soul, funk and hip hop

**On Harney Street**  
3964 Harney St.  
San Diego, Ca. 92110  
619.295.3272

**At Oceanside Pier**  
301 Mission Ave.  
Oceanside, Ca. 92054  
760.967.1820

**2008 awards** best sushi~Citybeat magazine best sushi~Channel 10 best first date spot~Citysearch award of excellence~Zagat

[www.harneysushi.com](http://www.harneysushi.com)



Warbringer, Empires Ablaze, Keaper, and Hexen. Metal/thrash. *Saturday*, 8 p.m. — The Victory of Reason. CD release of *By the Forgiving Light* with Aphotic Murder, Adestria, Chon, and Ends in Agony. Metal/hardcore. *Mondays* — Reggae Infusion Irie Time. Various reggae bands perform.

**The Kensington Club:** 4079 Adams Avenue, Kensington-Talmadge, 619-284-2848. *Friday* — Vitro and Pant Hoots. Indie/rock.

**The Kraken:** 2531 South Highway 101, Cardiff, 760-436-6483.

*Thursday*, 9 p.m. — Custard Pie. Covers/standards. *Friday*, 9 p.m. — The Flat Out Liars. Covers classic to modern-rock hits. *Saturday* — Ghost Riders and Blue Heat.

*Sundays*, 4 p.m. — The Blues Brokers. Blues/soul/rock. *Mondays, Tuesdays* — Doug Allen. Front man of the Mar Dels. *Wednesday*, 9 p.m. — Jeff Moore & the Witchdoctors. Down-home Americana blues rock.

**Lestat's Coffee House:** 3343 Adams Avenue, Normal Heights, 619-282-0437. *Thursday*, 8 p.m. — Kelli Rudick. Experimental/indie/neoclassical. \$8. *Sunday*, 8 p.m. — The Robin Henkel Band. Blues/funk/jazz. \$8.

**Little Italy Spaghetteria:** 1953 India Street, Little Italy, 619-398-2974.

*Saturday*, 8 p.m. — Lanuza the Band. Latin/pop/jazz/rock.

**The Loft:** 9500 Gilman Drive, UCSD. *Tuesday*, 8 p.m. — Curumin. Funk/pop/electronica. \$12.

**Lyceum Theatre:** 79 Horton Plaza, Downtown, 619-858-0322. *Monday*, noon — Martin Luther King Jr. Community Choir. Gospel. Free.

**Main Stage Bar at Valley View Casino:** 16300 Nyemii Pass Road, Valley Center, 866-843-9946. *Thursday*, 7 p.m. — The Heroes. Covers/standards/dance. Free. *Friday*, 4 p.m. — The Fabulous Pelicans. Covers/standards. Free.

*Friday*, 9 p.m. — Lady Dottie & the Diamonds. Blues/soul/rock. Free. *Saturday*, 4 p.m. — Federal Funk. Soul/funk/jazz. Free. *Saturday*, 9 p.m. — Innovation. Covers/standards. Free. *Sunday*, 2 p.m. — Aunt Kizzy's Boyz. Blues/rock/soul. Free.

**Mas Fina Cantina:** 2780 State Street, Carlsbad, 760-434-3497. *Wednesdays*, 8 p.m. — Mike Gardner. Rock. Free.

**McCabe's Beach Club:** 1145 South Tremont Street, Oceanside, 760-439-6646. *Fridays*, 4:30 p.m. — The California Rangers. Country. Free.

**McP's Irish Pub and Grill:** 1107 Orange Avenue, Coronado, 619-435-5280. *Tuesday*, 8 p.m. — The Taylor Harvey Band. Bluegrass/rock.

**O'Connells Pub and Nightclub:** 1130 Morena Boulevard, Linda Vista, 619-276-5637. *Friday*, 9 p.m. — Wasting June and Hocus. With Ninja Love, Broken Fingers, and Audio Out. Alternative/rock/pop. \$7. *Saturday*, 9 p.m. — Inigo. With Snake Babies. Indie/alternative/rock. *Sunday*, 9 p.m. — Human Fragments. Rock. *Monday*, 8 p.m. — Mystery Train. Pro-invitational blues jam.

**O'Sullivan's Irish Pub of Carlsbad:** 640 Grand Avenue, Carlsbad, 760-729-4072. *Friday*, 9 p.m. — The Blokes. Rowdy Celtic, bluegrass, and surf.

**Ocean House:** 300 Carlsbad Village Drive, Carlsbad, 760-729-4131. *Friday*, 9 p.m. — The Gold Dust Band. Covers country and classic rock.

**Osetra Watergrill:** 904 Fifth Avenue, Downtown, 619-239-1800. *Thursdays*, 8 p.m. — Live Jazz. In the E5 Lounge. Free. *Wednesdays*, 8 p.m. — Los Reyes del Ritmo. Flamenco and Latin music in the E5 Lounge. Free.

**Pasquale on Prospect:** 1250 Prospect Street, La Jolla, 858-456-0722. *Sundays*, 6 p.m. — Stage 4. Jazz/rhythm and blues.



## >most downloaded

BY OLLIE

*"All I Got," by Astra Kelly, was the most-downloaded MP3 from SDRReader.com during the month of December. Below is an interview with the songwriter.*

*What inspired you to write "All I Got"?*

Astra Kelly: The chorus came first in a late-night writing session over red wine with my boyfriend/engineer at the time. We were playing with beats and built a minute's worth of the backing track. I came up with the chorus lyrics on the spot, sang a bunch of backing parts, and with some fancy editing we built a song.

We then forgot about the track for almost a year.

We were in the studio recording some band tracks on some other tunes, and we found a "mystery track" on my hard drive. We took a listen and were so into it, we went right to work on it. I had the verses written within minutes, sang the lead, tracked the band...the weird electronic sound you hear up front and throughout the song is this crazy feedback loop that was going on with the board. We couldn't figure out how to get rid of it, so we ended up recording it into the song and joked that it was the studio ghost...

The song is my vow to give everything I am to the music that I make and to share it unconditionally. It is also an acknowledgment that everyone has a similar quest that they can potentially take no matter what their "music" may be.

**Patrick's II:** 428 F Street, Downtown, 619-233-3077. *Thursday* — 3rd Degree Blues. Blues/soul. *Friday* — Johnny "V" Vernazza. Blues/soul/rock. *Saturday* — Len Rainey & the Midnight Players. Blues/jazz/soul. *Sunday, Monday* — Ronnie Lane & the Twisters. Blues/rock. *Tuesday* — Blue Four. Blues/soul. *Wednesday* — Bill Magee Blues Band. Blues/soul/rock.

**Peter D's:** 5149 Clairemont Mesa Boulevard, Clairemont, 858-277-3217. *Wednesdays*, 8 p.m. — Mystery Train. Performs and hosts an open blues jam.

**Portugalia:** 4839 Newport Avenue, Ocean Beach, 619-222-

7678. *Friday*, 9 p.m. — 2 Mex, TRC Sounds, Bocafloja. With Trust & Dr. Zarkob (Formula Abstract). Hip-hop/rap. \$10-\$15.

**Pounders:** 125 West Grand Avenue, Escondido, 760-739-1288. *Friday and Saturday*, 9 p.m. — Stone Wolf. Rock.

**RT's Longboard Grill:** 1466 Garnet Avenue, Pacific Beach, 858-270-4030. *Thursdays* — Stepping Feet. A Dave Matthews Band tribute. *Friday* — 6one9. Hip-hop/rap. *Sundays* — The Devastators. Roots/reggae/dub.

**Radio Room:** 3519 El Cajon Boulevard, North Park, 619-284-3323. *Sunday*, 9 p.m. — Perfect Blue.

Lyrics to "All I Got":

It's my condition, my ambition  
My struggle, my test  
Believe in you, trust in you  
Always see your best

Been in trouble had to still my pride  
Been accused of being far too nice  
I felt the sting and my rage, my pain became

My rhythm, my passion, the music  
My rhythm, my passion, the music

CHORUS:  
I give to you everything, everything  
I give to you everything, all I got  
I give to you everything, everything  
I give to you everything, all I got  
You think you're wrong, but you still hold on

With Death on Mars. Alternative/rock. \$3.

**Rancho Bernardo Inn:** 17550 Bernardo Oaks Drive, Rancho Bernardo, 858-675-8500. *Fridays*, 5:30 p.m., *Saturdays*, 6 p.m. — Jerry Melnick & Tom Bishop. El Bizcocho Restaurant. Jazz/variety.

**The Red Parrot Lounge at Casino Pauma:** 777 Pauma Reservation Road, Pala, 760-742-2177. *Friday*, 8 p.m. — MoonDance. Classic rock/R&B/soul.

**Rimac Arena:** 9500 Gilman Drive, La Jolla. *Friday* — John Legend. R&B/soul.

**Rosie O'Grady's:** 3402 Adams Avenue, Normal Heights, 619-284-7666.



Astra Kelly

And you've never let go  
The road is long, seems to just stretch on  
You've come so far, I know

The transition could go either way  
You weigh it out and you lay your bet down  
You felt the sting and your rage, your pain became

Your rhythm, your passion, the music

**TO GET YOUR MUSIC ON THE READER WEBSITE, GO TO:** [SDReader/mp3](#)

To download music, see our home page: [SDReader.com](#)

*Saturday*, 9 p.m. — The Israel Maldonado Band. Funk and Reggae. *Tuesdays*, 9:30 p.m. — Dbud's Jazz Jam Session. Modern jazz classics and standards with Bryan Whelan, Doug Walker, Laurel Grinnell, and friends.

**The Round Table Cocktail Lounge:** 1723 Euclid Avenue, City Heights, 619-264-6000. *Tuesdays*, 6 p.m. — Charlie Blue. Blues.

**Saint Mark's United Methodist Church:** 3502 Clairemont Drive, Clairemont, 858-273-1480. *Sunday*, 7 p.m. — Martin Luther King Jr. Community Choir. Gospel. Free.



850 Tamarack Ave  
Carlsbad, CA 92008  
(760) 434 - 2660  
[www.hensleypub.com](#)

## Music & Event Calendar of January

**Thursday, 15th:** Irish Night

**Friday, 16th:** New American Mob

**Saturday, 17th:** Hidden City Derby Girls

**Sunday, 18th:** The Drowning Men

**Monday, 19th:** The Blokes

**Tuesday, 20th:** Rich the Stitch

**Wednesday, 21st:** Joe Wood

**Thursday, 22nd:** Irish Night

**Friday, 23rd:** Reggae with MG3

**Saturday, 24th:** Special Guest

**Sunday, 25th:** DJ Blairly Legal

**Monday, 26th:** The Blokes

**Tuesday, 27th:** Special Guest

**Wednesday, 28th:** Joe Wood

**Thursday, 29th:** Red Octopus

**Friday, 30th:** Art Show Event

**Saturday, 31st:** Special Guest

\* Dates are subject to change  
\* Check [hensleypub.com](#) for details





## UPCOMING SHOWS

**4th&B:** 345 B Street, Downtown, 619-231-4343.

January 23 — Sharon Jones.  
January 30 — The Hank Show.  
February 14 — Warren Hill.  
February 24 — Hank Williams III.

**710 Beach Club:** 710 Garnet Avenue, Pacific Beach, 858-483-7844.

January 22 — Ed Stanely and ThrillRazr.  
January 24 — Dazed & Confused.  
January 28 — Mary Grasso and Sheila Sondergard.  
January 29 — Pushin Rope and Old Devil.

**AcousticMusicSanDiego:** 4650 Mansfield Street, Normal Heights, 619-303-8176.  
February 6 — Loudon Wainwright III.  
February 7 — Hot Club of Cowtown.  
February 21 — Geoff Muldaur.  
February 27 — Lucky Kaplansky.  
March 6 — Stephen Bennett.  
March 26 — Chad & Jeremy.  
April 3 — Hawaiian Slack-Key Masters.  
April 5 — Muriel Anderson.  
April 11 — Rory Block.  
April 24 — David Wilcox.

**Anthology:** 1337 India Street, Little Italy, 619-595-0300.  
January 22 — Kaki King.  
January 23 — Richie Havens.  
January 24 — Fountains of Wayne.  
January 24 — The Clumsy Lovers.  
January 25 — Griffin House.  
January 27 — Bill Charlap, Ravi Coltrane, Peter Bernstein.  
January 28 — Sacha Boutros.  
January 29 — Rebecca Jade.  
January 30, January 31 — Bobby Caldwell.  
February 3 — Al DiMeola.  
February 4 — Harp Summit.  
February 5 — Jay Nash.  
February 6 — Fiction Family and Rod Piazza & the Mighty Flyers.  
February 10 — The Anthology House Band.  
February 11 — Charles McPherson.  
February 12 — Kenny Neal.  
February 13 — Back to the Garden.  
February 14, February 17 — The Anthology House Band.  
February 18 — Duncan Sheik.  
February 20 — Judy Collins.  
February 21 — Pete Escovedo.  
February 22 — Bill Caballero.  
February 24 — Matt Wertz.  
February 25 — The Anthology House Band.  
February 26, February 27 — Bobby Hutcherson.

**Athenaeum Music and Arts Library:** 1008 Wall Street, La Jolla, 858-454-5872.  
January 29 — Hoenig Pilc Project.  
February 12 — The Michael Wolff

## OF NOTE

BY WILLIAM CRAIN

**Beach House** is the name of the band, but “Bleak House” is more like it. The duo of **Victoria Legrand** and **Alex Scally** specializes in beautiful but slightly unsettling music built on slow drumbeats, droning organs, moaning slide guitar, swirling synths, and Legrand’s austere vocals. But, like Mazzy Star or Nico, to whom they’re often compared, Legrand and Scally seem cold and distant in a way that is, paradoxically, warm and inviting. Their music seems designed for playing in a cozy bedroom on a stormy winter night. (Or perhaps for an artsy indie-movie soundtrack: See the duo’s David Lynch-like

video for “Master of None” or the Wim Wenders-like video for “Used to Be.”)

Beach House isn’t just about atmosphere. The duo appeared fully formed with their 2006 debut album, and Legrand and Scally have only grown as songwriters since then. Lyrics such as “Man, you got a lot of jokes to tell/ So you throw your baby’s banners down the well” (from the exquisite “Gila” on last year’s *Devotion*) are as enigmatic and evocative as the music. And, despite all the droning and swirling in place, the best Beach House songs have a beginning, middle, and end. The recent single “Used to Be” is something you could sing to yourself in the shower. It wouldn’t have to be a moody shower on a cold night either. The song is full of Beach House’s trademark sounds, but its major-key melody is actually kind of uplifting. That is, until you notice that Legrand is singing, “It’s always good



**BEACH HOUSE**

to see you again/ Even if it’s coming to an end.”

**The Walkmen** also perform.

**BEACH HOUSE, Belly Up Tavern, Monday, January 19, 9 p.m. 858-481-8140. \$16; \$18 day of show.**

Trio and The Amina Figarova Sextet.

February 23 — Jaeryoung Lee.

**Bare Back Grill - Downtown:** 624 E Street, Downtown, 619-237-9990.  
February 24 — Jordan Reimer.

**Belly Up Tavern:** 143 South Cedros Avenue, Solana Beach, 858-481-8140.  
January 22, January 23, January 24 — Ozomatli.

January 25 — The Backwater Blues Band.

January 27 — Matt Commerce, Franklin Lounge and Nate Donniss.  
January 28 — Led Kaapana & Mike Kaawa.

January 29 — West Indian Girl.  
January 30 — The Cured.  
January 31 — James Morrison.  
February 3 — The Eagles of Death Metal.

February 4 — DeVotchKa.  
February 5 — Todd Snider.

February 6 — The Greyboy Allstars.

February 7 — ’80s Fever.  
February 9 — Tim Reynolds & TR3.

February 12 — The Animal Liberation Orchestra.  
February 13 — Common Sense.  
February 15 — Susan Tedeschi.  
February 16 — Donavon Frankenreiter.  
February 18 — Joshua Radin.  
February 19 — Donavon

Frankenreiter.

February 20 — Super Diamond.  
February 21 — Cash’d Out.  
February 22 — Orquesta Primo.  
February 27, February 28 — The English Beat.  
March 6 — Delta Spirit.  
March 12 — Solana Beach Baseball Bash.  
March 21 — Stepping Feet.  
April 4 — John Brown’s Body.  
April 9 — The Dark Star Orchestra.

**Birch North Park Theatre:** 2891 University Avenue, North Park, 619-239-8836.  
February 28 — The Lalo Schiffrin Trio.

**The Bitter End:** 770 Fifth Avenue, Downtown, 619-338-9300.  
January 22 — Ryan Vernazza & John Miller and Michelle Lewis.  
January 25 — Joe Rathburn.  
February 19 — Mike V.

**Bondi Bar and Kitchen:** 333 Fifth Avenue, Downtown, 619-342-0212.  
March 15 — Jordan Reimer.

**Brick by Brick:** 1130 Buenos Avenue, Linda Vista, 619-275-5483.  
January 22 — Snot and Mower.  
January 24 — TSOL and Black



619.677.BOWL(2695)  
930 Market St. • Downtown San Diego  
www.BOWLEVT.COM

Guitars Up To  
65% OFF  
Yamaha RGXA2  
Guitar  
Toll Free: 877-687-4276  
7120 Clairemont Mesa Blvd

Relax at the air-conditioned  
**AERO Club**  
“Where bartenders come for a cold beer”  
**90 Vodkas**  
**125 Whiskeys**  
**45 Beers**  
3365 India St. • Since 1947  
Aeroclubbar.com • 619.297.7211  
WiFi Internet access



etix

Saturday, January 17

## THE DWARVES

THE UPRISING  
CRITICAL ME  
ART/OFFICIAL



etix

Sunday, January 18

## AUTHORITY ZERO

GIFT/CURSE  
(Feat. members of Spell Toronto & The Classified)  
STRIKE TWELVE  
PLANE WITHOUT  
A PILOT

**BRICK BY BRICK**

Thursday, January 15  
**ALEX SKOLNICK TRIO**  
(from Testament)  
**STEVEN JAMES**  
**MARK HUETTMAN**

Friday, January 16  
Siccmade Birthday Bash featuring  
**CROOKED I • LIL FLIP**  
Presale tickets & info: 619-793-8775

Friday, January 23  
“DEEP 8-YR. ANNIVERSARY”  
**ANIMATE • GHOST MD**  
**KNOTTYBOY • SKUTECH**  
**SUBLIMINAL • DELANO**  
**RONNIE • RIDDA • SHOOK**  
**DAEMIA • WALLKRAWLER**  
**PROBABLE CAUSE**  
**SKYLER MIC**

2/14 “Hell on Heels” Burlesque Revue • 2/6 Russ’s Going-away Party  
2/7 Frank & Sulo’s Annual Birthday Bash • 3/12 The Start • The Action Design • 3/19 Y&T

Sunday, January 25  
**THE TRADE • AYSHIA**  
**JUNG ACE**  
**LEWPAPERFURY**

Wednesday, January 28  
**ALESSA IS RED**

Thursday, January 29  
**3RD IDENTITY**

Friday, January 30  
**SWEET TOOTH**  
**MOONTUCKY RISIN**

Wednesday, February 11  
(Tix from postponed 12/11 date will be honored.)  
**ZAC BROWN BAND**  
**GOOD MAN DOWN**  
**JOSH DAMIGO**

Thursday, January 22

etix

## SNOT

MOWER  
ELECTRIC  
DYNAMITE  
MY ELYSIAN



Saturday, January 24

etix

## T.S.O.L.

BLACK  
PRESIDENT  
SHOT OUT  
HOODS



BRICKBYBRICK.COM • etix • 619-275-LIVE • 21 & UP • 619-276-3993 • 1130 BUENOS AVENUE (OFF MORENA BLVD.)

**Now Finally Open!!**

# COLLEGE ROCKS

**18 to Party  
21 to Drink**

**1 Mi.  
from SDSU**

**Thurs. \$1 Drafts All Night**

**FRI & SAT \$1 DRINKS & \$1 COVER B4 10P**

**& THE BEST FOOD IN SAN DIEGO!**

**\$2 OFF W/ THIS AD! Exp. 2-1-09**

**CollegeRocksBarAndGrill.com**  
**More Info: 619-544-0807**

\*Promotions Subject To Change without Notice

President.  
*January 25* — LewPaperFury and the Trade.  
*January 28* — Alessa Is Red.  
*January 29* — Return to Silence and Third Identity.  
*January 30* — SweetTooth and Ryan Bingham.  
*January 31* — The Easy Marks, Glasses Malone and Shiloe.  
*February 6* — Watch Me Burn and Caskets on Parade.  
*February 7* — Unset and Authentic Sellout.  
*February 11* — The Zac Brown Band.  
*February 27* — Bionic jive.  
*March 8* — Acoustic Alliance.  
*March 12* — theSTART.  
*March 19* — Yesterday & Today and Y&T.

**Canes:** 3105 Ocean Front Walk, Mission Beach, 858-488-1780.  
*January 22* — Kemistry and Monday's Alibi.  
*January 23* — Cash'd Out.  
*January 24* — Tainted Love.  
*January 30* — Psycho Realm and Planet Asia.  
*January 31* — (hed) p.e.  
*February 13* — Atomic Punks.  
*February 20* — One Drop.

**The Casbah:** 2501 Kettner Boulevard, Little Italy, 619-232-4355.  
*January 22* — Louis XIV and the Apes of Wrath.  
*January 23* — No Knife and Creedle.  
*January 24* — The Penetrators and the Loons.  
*January 25* — Creedle, Tapes 'n Tapes and Theresa Andersson.  
*January 27* — Gray Ghosts and the New Archaic.  
*January 28* — Goblin Cock and Pleaseeasaur.  
*January 29* — The Black Heart Procession.  
*January 30* — The Adolescents and the Whiskey Dicks.  
*January 31* — The Dave & Deke Combo.  
*February 2* — The Fruit Bats and Sera Cahoone.  
*February 3* — Underminer.  
*February 4* — Fucked Up and Mika Miko.  
*February 5* — The Bird & the Bee and Obi Best.  
*February 6* — Greg Laswell and Jessica Hoop.  
*February 9* — Freeks, Sassy, Pant Hoots.  
*February 11* — The Appleseed Cast.  
*February 12* — Don Caballero.  
*February 15* — Drag the River and Yo! Majesty.  
*February 17* — Gil Mantera's Party Dream.  
*February 18* — The Annuals and Jessica Lea Mayfield.  
*February 19* — Murder by Death.  
*February 23* — French Kicks and the Broken West.  
*February 25* — A.C. Newman and Dent May.  
*February 26* — N.A.S.A.  
*February 28* — Kool Keith.  
*March 10* — Plants & Animals.  
*March 15* — Asobi Seksu.  
*April 16* — The Black Lips.

**Cox Arena:** 550 Campanile Drive, College Area, 619-594-6947.  
*January 27* — Lil Wayne.  
*February 2* — Mötley Crüe.  
*March 8* — Slipknot.  
*March 15* — Los Temerarios.

**Dizzy's:** 200 Harbor Drive, Downtown, 858-270-7467.  
*January 25* — Allison Adams Tucker.  
*January 30* — The ESP Quintet.  
*January 31* — Fred Benedetti &

**SOMA San Diego**

**SAT. JAN 17**  
**3 Inches of Blood**  
**fire Up the Blades**  
**LAUGHING**  
**EUROMAN SCAMS**  
**\$10 • 7PM • LUNATIKS.COM**  
**SOMA BOX OFFICE**

**SUN. JAN 25**  
**\$10 • 6PM**

**SAT. MAR 14**  
**MILLENCOLIN**  
**THE BRIDGE • Plus Guest!**  
**\$10 • 7PM • LUNATIKS.COM**  
**SOMA BOX OFFICE**  
**SOMASD.COM**  
**3350 SPORTS ARENA**  
**619.226.7662 ALL AGES**

**FRI. JAN 16**  
**THE TWENTYFIFTH HOUR**  
**THE COST OF SALVATION**  
**ELIZET**  
**CITRADORA**  
**THE PARTYS OVER**  
**REMAINS FORGOTTEN**  
**FRI. JAN 23**  
**Get Back Loretta**  
**PEACHCAKE**  
**SILENT ARMADA**  
**PLAY THE FOX**  
**WITT**  
**SAT. JAN 24**  
**misdelphia**  
**SOMATO SENSORY**  
**THE HAVEN**  
**MEDFORD FALLING**  
**LOVE BEATS WAR**  
**FRI. JAN 30**  
**ANIMAL CORPSE**  
**UNDER THE STONE**  
**IMMOLATED SERAPHIM**  
**RUINS OF ABRADON**  
**SAT. JAN 31**  
**ONE DROP**  
**DIRTY HEADS**  
**SOCIAL GREEN**  
**ROOTS VISION**  
**STRAIGHT TRIPPIN**  
**SAT. FEB 7**  
**MADBALL**  
**HOODS**  
**ALPHA AND OMEGA**  
**LIFE OR DEATH**  
**BLACKOUT**  
**FRI. FEB 13**  
**Casino Madrid**  
**THE VICTORY OF REASON**  
**THE INVENTOR**  
**A SKY LIKE APRIL**  
**SAT. FEB 14**  
**The Sleeping**  
**EMAROSA**  
**THIS IS HELL**  
**HELLO MARQUEE**  
**SUN. FEB 15**  
**CASBAH PRESENTS**  
**Andrew Bird**  
**Plus Guests**  
**\$20 • 7pm**  
**THURS. FEB 19**  
**MILLIONAIRES**  
**WED. MAR 4**  
**Automatic**  
**LOVELETTER**  
**A CURSIVE MEMORY**  
**TICKLE ME PINK**  
**SAT. MAR 21**  
**Full Blown Chaos**  
**FRI. MAR 27**  
**afesaya**  
**DROP DEAD GORGEOUS**  
**FEAR BEFORE**  
**I SET MY FRIENDS ON FIRE**

# Big Band Salsa!

**Sunday, January 18**  
Special performance straight out of New York City

## Angel Lebron y Su Sabor Latino

Plus **DJ New Yo Rican**  
& **DJ Jose**

Doors open at 6:30 pm.  
Cha-Cha class at 6:45 pm.  
Complimentary tapas buffet until 7:30 pm.  
Band starts at 8 pm.

**Salsa Dance Lessons at Club Salsa!**  
By Valerie Tues., Wed., Thurs. @ 8:30 pm

Thurs., Jan 15	Tues., Jan. 20	Wed., Jan. 21	Thurs., Jan 22
<b>Primo</b>	<b>Trece de la Suerte</b>	<b>Orq. Guarare</b>	<b>Orq. LGC</b>

**sevilla NIGHT CLUB**

TAPAS BAR  
HAPPY HOUR NIGHTLY 5-6:30 PM  
SUN. & MON. ALL DAY LONG

DANCE FLOORS | TAPAS BAR | LIVE ENTERTAINMENT  
VIP call: 619.807.4481 • joe@cafesevilla.com  
555 4th Ave., Gaslamp Quarter • 619-233-5979  
sevillanightclub.com • myspace.com/cafevillasalsa



George Svoboda.  
*February 1* — Road Work Ahead.  
*February 14* — The Gilbert Castellanos Quartet.  
*February 15* — Gary Lefebvre.  
*February 21* — Leonard Patton & Rebecca Jade.

**Dream Street Live:** 2228 Bacon Street, Ocean Beach, 619-222-8131.  
*March 27* — Dead as Dillinger.

**Dublin Square:** 554 Fourth Avenue, Downtown, 619-239-5818.  
*January 26* — Lee Coulter.  
*February 2* — Republic of Letters.

**Epicentre:** 8450 Mira Mesa Boulevard, Mira Mesa, 858-271-4000.  
*January 22* — Glacier Hiking and White Apple Tree.  
*January 29* — Goodnight Caulfield and Sleep for Sleepers.

**Gallagher's Pub & Grill:** 5046 Newport Avenue, Ocean Beach, 619-222-5300.  
*January 28* — Wookie Garcia.  
*February 21* — Dazed and Confused.

**Hensley's Flying Elephant Pub and Grill:** 850 Tamarack Avenue, Carlsbad, 760-434-2660.  
*January 23* — MG3.  
*January 28* — Joe Wood & the Lonely Ones.  
*January 29* — Red Octopus.

**House of Blues:** 1055 Fifth Avenue, Downtown, 619-299-5838.  
*January 24* — Femi Kuti & the Positive Force.  
*January 25* — Ramón Ayala.  
*January 26* — Molotov.  
*January 27* — Tyrone Wells.  
*January 29* — Brian Wilson.  
*January 30* — O.A.R.

*January 31* — Richard Cheese & Lounge Against the Machine.  
*February 2* — Meshuggah.  
*February 3, February 4* — NOFX.  
*February 5* — Katy Perry.  
*February 7* — Badfish.  
*February 8* — Ska Is Dead IV.  
*February 11* — The Airborne Toxic Event and Elefante.  
*February 13* — So Long Davey and Valencia.  
*February 14* — Styx.  
*February 18* — Taste of Chaos.  
*February 20* — The Gin Blossoms and Tonic.  
*February 21* — Reverend Horton Heat and Manic Hispanic.  
*February 27* — Big Head Todd & the Monsters.  
*March 1* — Zappa Plays Zappa.  
*March 5* — The Pretenders.  
*March 6* — Jimmy Eat World.  
*March 8* — G. Love & Special Sauce.  
*March 9* — Adele.  
*March 14* — Cute Is What We Aim For.  
*March 17* — Escape the Fate.  
*March 20* — OK Go.  
*March 22* — The Adicts and the Dickies.  
*March 27* — Brett Dennen.  
*April 10* — Don Felder.  
*May 1* — Kreator.  
*June 12* — Billy Ray Cyrus.

**The Kensington Club:** 4079 Adams Avenue, Kensington-Talmadge, 619-284-2848.  
*January 22* — Silent Lune.  
*January 30* — Modern Rifles.

**The Kraken:** 2531 South Highway 101, Cardiff, 760-436-6483.  
*January 22* — 3 EZ Pieces.

**The Loft:** 9500 Gilman Drive, UCSD.

*February 7* — Matt & Kim.  
*February 11* — Donavon Frankenreiter.  
*March 1* — Ra Ra Riot.

**Lyceum Theatre:** 79 Horton Plaza, Downtown, 619-858-0322.  
*February 2* — Ian Tordella.

**Main Stage Bar at Valley View Casino:** 16300 Nyemii Pass Road, Valley Center, 866-843-9946.  
*January 22* — Firefly.  
*January 23* — Hot Rod Lincoln and The Shockwaves.  
*January 24* — Aunt Kizzy's Boyz and Old School.  
*January 29* — The Fabulous Pelicans.  
*January 30* — The Jones Revival and The Heroes.  
*January 31* — Firefly and Lady Dottie & the Diamonds.

**Museum of Contemporary Art San Diego, La Jolla:** 700 Prospect Street, La Jolla, 858-454-3541.  
*February 19* — Carolina Chocolate Drops.

**O'Connells Pub and Nightclub:** 1130 Morena Boulevard, Linda Vista, 619-276-5637.  
*January 23* — Stellar Corpses.  
*January 24* — "D."  
*January 25* — Sic Waiting.  
*January 26* — Mystery Train.  
*January 30* — Kindle to Ember.  
*January 31* — The Grass Heat.

**Open Air Theatre:** 5500 Campanile Drive, SDSU, 619-594-6947.  
*April 29* — Celtic Woman: Isle of Hope.

**Pala Casino:** 35008 Pala Temecula Road, Pala, 877-946-7252.  
*March 6* — The Pretenders.

**Patrick's II:** 428 F Street, Downtown, 619-233-3077.  
*January 22* — A Fifth of Blues.  
*January 23* — The Buick Wilson Band.  
*January 24* — Missy Andersen.  
*January 25* — Shelle Blue.  
*January 26* — 145th Street Deluxe Blues Band.  
*January 27* — Blue Largo.  
*January 28* — Bill Magee Blues Band.  
*January 29* — The Burnsville Band.

*January 30* — Aunt Kizzy's Boyz.  
*January 31* — Family Style.

**Portugalía:** 4839 Newport Avenue, Ocean Beach, 619-222-7678.  
*January 28* — Sharon Hazel Township.  
*February 6* — Danyavaad & the Shimmy Sisters.  
*February 7* — Tidepool.

**Price Center:** 9500 Gilman Drive, UCSD, 858-534-6467.  
*April 15* — Seun Kuti & Egypt 80.

**Radio Room:** 3519 El Cajon Boulevard, North Park, 619-284-3323.  
*January 25* — Dave the Butcher.  
*January 30* — Vaginals.

**Riley's:** 2901 Nimitz Boulevard, Point Loma, 619-255-8635.  
*February 7* — Copywrite.

**San Diego Sports Arena:** 3500 Sports Arena Boulevard, Point Loma, 619-224-4171.  
*February 16* — 28th Annual Tribute to the Legends.

**Soma:** 3350 Sports Arena Boulevard, Point Loma, 619-226-7662.  
*January 23* — Get Back Loretta and Peachcake.  
*January 24* — Misdelpchia.  
*January 25* — After the Burial and Veil of Maya.  
*January 31* — One Drop.  
*February 6* — Blessed by a Broken Heart.  
*February 15* — Andrew Bird.  
*February 19* — Millionaires.  
*April 24* — The Devil Wears Prada.

**Spreckels Theatre:** 121 Broadway, Downtown, 619-235-9500.  
*March 20* — Joe Bonamassa.

**Tio Leo's Lounge:** 5302 Napa Street, Linda Vista, 619-542-1462.  
*January 23* — Sue Palmer & Her Motel Swing Orchestra.

**Viejas Casino DreamCatcher Show Room:** 5000 Willows Road, Alpine, 619-445-5400.  
*April 9* — Billy Currington.

**Whistle Stop Bar:** 2236 Fern Street, South Park, 619-284-6784.  
*January 23* — Genius of Soul.

**WorldBeat Cultural Center:** 2100 Park Boulevard, Balboa Park,

619-263-7911.  
*January 24* — Tribal Seeds.

## DJ

**HOW TO SUBMIT A DJ LISTING:** Call 619-235-3000 x405, night or day by 5 pm Friday, the week prior to publication. To send weekly or monthly schedules, fax to 619-231-0489 or mail to Reader Music Scene, P.O. Box 85803, San Diego, CA, 92186. You may also submit information online, get directions, maps, event alerts, RSS feeds, club coupons, and more at SanDiegoReader.com.

**Bacchus House:** *Saturday*, 9 p.m.: Therapy. Industrial Gothic with deejays Bryan Pollard, Xian, and Detonator. \$3-\$6. 3054 University Avenue, North Park. 619-299-2032.

**Bar Dynamite:** *Thursdays*, 9 p.m.: DJs SG, Dubz, Teknikscian. Hip-hop, old skool, and mashups. \$5. *Wednesdays*, 9 p.m.: Deep House Nite. DJs Duane, Lil Ryan, and Johnny D spin house music. 1808 West Washington Street, Mission Hills. 619-295-8743.

**Bar Pink:** *Mondays*, 9:30 p.m.: Grown Folk Music. Features the Husky Boy All Stars DJ Buddha and Duse. Hip-hop/soul. Free. 3829 30th Street, North Park. 619-564-7194.

**Beauty Bar:** *Tuesdays*, 9 p.m.: Trans Am Tuesdays. New wave '80s dance party with DJ Heather Hardcore. Free. 4746 El Cajon Boulevard, Kensington-Talmadge. 619-516-4746.

**Bourbon Street:** *Wednesday*, 9 p.m.: Flashback. New wave, industrial, and alternative hits with DJs Brian Pollard, Stem, and Severin. \$3. 4612 Park Boulevard, Normal Heights. 619-291-0173.

**Camel's Breath Inn:** *Fridays and Saturdays:* Live DJ. Ages 21 and up. 1033 Friars Road, Mission Valley. 619-281-1722.

**Candelas:** *Thursdays:* DJ ALA. Deep soulful house music. 416 Third Avenue, Downtown. 619-702-4455.

**College Rocks Bar & Grill:** *Fridays and Saturdays*, 9 p.m.: Guest DJs. Spin Top 40, '80s tech-no, and rock. Ages 18 and up. *Thursday*, 9 p.m.: College Night. With guest deejays. Ages 18 and up. 6195 University Avenue, Suite A, College Area. 619-544-0807.

**Coyote Bar and Grill:** *Thursdays*, 10:30 p.m.: DJ Earl Henry. *Fridays*, 10:30 p.m., *Saturdays*, 10:30 p.m.: DJ Steve Hasty. 300 Carlsbad Village Drive, Carlsbad. 760-729-4695.

**Deco's Restaurant & Nightclub:** *Thursdays:* Krush. Hosted by Chase Costello, Steve Kamp, Jack Kennedy, and more. Hip-hop/mashups/party rock. Ages 18 and up. 731 Fifth Avenue, Downtown. 619-696-3326.

**Fannie's Nightclub:** *Wednesday*, 9 p.m.: DJ Underground. Hip hop. Free. *Sunday*, 9 p.m.: DJ Rocket. With karaoke. All genres. Free. 9143 Campo Road, Spring Valley. 619-698-2204.

**The Filling Station:** *Fridays and Saturdays*, 9 p.m.: DJ Dance Party. 9522 Miramar Road, Mira Mesa. 858-578-0757.

**Jack's La Jolla - Ocean Room:** *Thursdays and Saturdays*, 10 p.m.: Wall Street Bar. DJs and dancing. 7863 Girard Avenue, La Jolla. 858-456-8111.

**The Kava Lounge:** *Friday*, 9 p.m.: 4 Year Anniversary. Featuring Breakbeat Buddha, OSAL8, UBUV, and Walker. 2812 Kettner Boulevard, Little Italy. 619-543-0933.

**McDini's:** *Fridays*, 7 p.m.: Classic Soul & R&B Review. Top 40, hip-hop, dance, and more with DJ Dizzy D. *Saturdays*, 8 p.m.: DJ Damon. Spins rock and R&B. 105 East 8th Street, National City. 619-474-6772.

**Miami Grille:** *Friday*, 8 p.m.: DJ Da Wizard. Mixes salsa, merengue, cumbias, and more. Free. 4545 La Jolla Village Drive, La Jolla. 858-552-0668.

**Moondoggies Pacific Beach:** *Saturdays*, 9 p.m.: What's Good. DJs Enigma and Cisco. Hip-hop, R&B, and Top 40. Free. 832 Garnet Avenue, Pacific Beach. 858-483-6550.

**RT's Longboard Grill:** *Mondays, Wednesdays:* DJ Famous Dave. Mixes music videos. 1466 Garnet Avenue, Pacific Beach. 858-270-4030.

**Riley's:** *Thursdays:* '80s Night. *Fridays:* Hip-Hop Night. *Mondays:* College Night. With guest deejay. 2901 Nimitz Boulevard, Point Loma. 619-255-8635.

**Ruby Room:** *Thursday*, 8 p.m.: DJ Mix Architect. 1271 University Avenue, Hillcrest. 619-299-7372.

**Sevilla:** *Fridays*, 9:30 p.m.: Blazin' Fridays. Hip-hop and reggaeton with Blazin' '98.9. 555 Fourth Avenue, Downtown. 619-233-5979.

**Whistle Stop Bar:** *Sundays:* Night of the Cookers. Listen to classics and favorites from personal jazz record collections. Ages 21 and up. *Tuesdays*, 9 p.m.: Friends Chill. Board games and mellow grooves every Tuesday night. Candyland, Connect 4, Operation, Atari and Nintendo on the big screen. Free. Ages 21 and up. 2236 Fern Street, South Park. 619-284-6784.

JOIN NOW & SAVE



GREAT GIFT!

**FREE VIP CARD**

with purchase of 1 @ regular \$150 rate.  
Offer expires 1/31/09.

**GET VIP LINE CARD HOLDER & GUEST PLUS**  
**THOUSANDS OF DOLLARS IN DRINK & COVER DISCOUNTS. HONORED AT ALL TOP NIGHTCLUBS.**  
**SAMPLE CLUB LIST:** On Broadway • Croca's • Henry's • Faces • Tremors • The Field • Canes • Sevilla 710 Beach Club • Plum Crazy • Comedy Store • SD Sports Club • Tens • Altitude • Belo • Kadan • Dela Vu Winston's • Deco's • Jolt'n Joes • Flicks • Brick By Brick • Cheetahs • Brass Rail • Society Billiards Pure Platinum • Sandbar • RT's Longboard Bar • Lips • E-five • Dream Street • Aubergine • Typhoon Saloon Morena Club • PB Bar & Grill • Gaslamp Tavern • Maloneys • Onyx/Thin • Visions • Jade Theatre • Sin East Village • Air Condition • Beauty Bar • Red Circle • Tilted Kilt • Beachcomber • Shore Club • Prospect Nicky Rottens • Red Zone • Double Deuce • Bourbon Street • The Stage Bar • U-31 • Tap Room & Many More!

**FREE RENTALS\*** Bicycles, Surfboards, Kayaks, Rollerblades & more! **Over \$150 Value!**  
**FREE SERVICES\*** Massage, Dental, Nail, Hair, Tanning Salons! **Over \$500 Value!**  
**FREE ENTERTAINMENT\*** Sports: Kayak, Golf, Bowling, S.D. Roller Coaster Co., Dave & Busters, Comedy Store, Paintball, Scuba! **Over \$2000 Value!**

**Save \$500 Easy!**

**CALL 619.226.1121 NOW FOR DETAILS!**

3333 Midway Drive #206 (Sports Arena Area) • San Diego, CA 92110 • Open Mon.-Sat. 9 am-8 pm  
**www.VIPCLUBCARD.com**

Bonus: Also save big on restaurants, movies, theme parks, retail, limos, party buses & more! Also includes VIP News, personalized VIP card and full-color directory with over 200 offers. Total package may be worth \$1000s!

**2 FREE HOURS\***

San Diego Limobuses/Spectrum Limousines. \*With purchase of 3 hours or more.



**limobuses.com // 800.808.8466**

\*Offers not valid in conjunction w/other discounts or specials. All vehicles vary in features, interior design and amenities. Restrictions may apply. Expires 1/31/09.

**INCAHOOTS**

Est. 1992

**WEDNESDAYS**

Since 1992  
The Legend Continues...



**FREE PARKING**  
**\$2.00 DRINKS**

**FREE DANCE LESSONS:**  
TUES-SUN. 6-30 PM

**THURSDAYS**

5-9 pm

**STEAK SPUDS & SUDS**

CAN'T BELIEVE IT'S ONLY...

**\$ 5.95**



Grilled Steak, Baked Potato & an ice cold Draft Beer

**www.incahoots.com**

**5373 Mission Center Rd. San Diego, Ca. 619-291-1184**

# Crasher

## ROCKIN' AROUND THE BLOCK

by Josh Board

**W**hen I was four, I formed two distinct memories of events that happened at Christmastime.

The first was when my mom, newly single, took my older brother and me to see Santa Claus. We didn't believe in him, but we knew going to see him meant getting a free toy and a candy cane. It was worth sitting on some weirdo's lap for that.

As my brother sat there, Santa asked him if he'd rather have a watch or a race car. My brother said, "A watch!" And he was handed one. I was getting excited for my turn.

I sat on Santa's lap and rattled off the things I wanted. I ended by saying, "That's about it. Can I have a watch, too?" He said, "Oh, no, we gave that boy before you the last one. Here's a car, though."

As we walked to my mom's car, a Ford Pinto that I was hoping would explode on the way home, I started bawling. My mom tried to calm me down and then said, "You're being a big baby!" My brother, in one of the few times he'd ever been nice to me, said, "I think the car is cool. Look..."

He started moving it up and down the seats, making engine sounds with his mouth. I tried to say through my sobs, "If you like it so much, let's trade."



Teresa (bottom left)

A few days later, as we were sitting around the fireplace drinking hot chocolate, our doorbell rang.

My mom opened the door and we saw Christmas carolers. I had no clue what was going on and not necessarily because we were a Jewish family. My mom had a Christmas tree just so we wouldn't feel "different" from the other kids.

As I peered around my mom's

And then someone called and invited me to a caroling party in the P.B./La Jolla area the week before Christmas.

I felt at home when I walked into Teresa's house and she had a Christmas tree, decorations, and a menorah. As I soaked in the festive atmosphere, two big dogs made their way toward me. The Australian shepherds were roaming the party waiting for people to drop food.

"If kids didn't get the presents they wanted from Santa, they'd beat me up."

knees, I saw people singing. They weren't selling anything or preaching religion. Just singing Christmas songs.

After two songs, they left.

I hadn't seen or thought about carolers since.

Most of the people were dressed in holiday attire. I saw a woman wearing mistletoe on her Santa hat. A few guys glanced at her, and I wondered if anyone would drink enough to go up and plant one on her.

I heard a woman tell her son that she'd found the dessert table. "You have to eat real food first, though," she told him.

Ah, the joys of being an adult, I thought as I scarfed down two chocolate chip cookies.

I talked briefly to Teresa, who told me about her two dogs, one of which she'd rescued four weeks earlier. She told me that she's "part Jewish" and about all the countries that she's traveled to. She left to greet other arrivals and get the songbooks ready.

A guy named Dave said, "Her nickname is 'Nonstop.'" He added that it's better than the woman they nicknamed "Bedpost." I asked him what his nickname was. "Dorkasaurus Rex," he admitted. "But they call me 'Dork' for short. And, even that's better than 'Bedpost.'"

I wasn't so sure.

I met an older lady, a neighbor of Teresa's, who had interesting stories to share. She told me that her daughter ran the La Jolla Playhouse. She told me about a time she went to a party at Jane Russell's house. I asked her about the bra that Howard Hughes designed for Russell. "Oh, I don't think that she really wore that thing! It was all for publicity." She also told me about how religious Russell had become.

Teresa told everyone to get ready to head out. Nobody seemed to want to leave. They had drinks in their hands and were having a great time.

A box of songbooks was put on the kitchen floor, and another box had reindeer antlers.

Outside, the group practiced a few songs on the driveway. Aside from a slight blunder during "Here Comes Santa Claus," it sounded great.

As we approached the first house, a few kids ran up to ring the doorbell. As the door opened, someone in the crowd yelled, "Please don't call the cops!"

The song went off without a hitch. As we finished, I heard someone say, "Thank you for not shutting the door on us."

At a few houses, the doors never opened. We occasionally noticed eyes peering out through closed curtains. I leaned over to the person next to me and said, "I think they're Jews. We should move on." Someone heard this and said, "Hey, we should have a Jewish song, just in case we need it."

I noticed one guy had gloves. I said, "This is San Diego, not Chicago." He said they helped him hold the songbook. He then asked why I wasn't singing, and I told him I can't. Another woman said, "I can't sing either. Hell, I even hum

**Xavier's bar & grill**

Monday - Friday 4pm-8pm  
**WEDNESDAYS**  
\$3 WELLS DRAFTS  
\$2 off APPETIZERS AND WINES

**LATIN ROCK THURSDAYS**

Guest DJ's  
Friday And Saturday

750 6th Ave | Gaslamp Quarter | xavierstamgrill.com

**Live at the Kraken!**  
Blues • Dance  
Rock 'n' Roll

The bar with a definite beach atmosphere

6 TVs • 2 Satellites  
Pinball Games  
Pool Tables • ATM

On Highway 101  
Restaurant Row  
Cardiff • (760) 436-6483  
www.myspace/thekrakenbar

**BC's BBQ: Sat. and Sun. Noon 'til Midnight**

Thursday, January 15 • No Cover  
**CUSTARD PIE**

Friday, January 16 • No Cover  
**FLAT OUT LIARS**

Saturday, January 17 • No Cover  
**GHOST RIDERS** (Day)  
**JEREMY BUCK & the BANG** (Night)

Sunday, January 18 • No Cover  
**BLUES JAM** anchored by the **BLUES BROKERS**

Mondays and Tuesdays  
**DOUG ALLEN** of the **MAR DELS**

Wednesday, January 21 • No Cover  
**JEFF MOORE & THE WITCH DOCTORS**

**SERIOUS PLAYERS ONLY!**

**THE KRACKEN**  
THE BAR BY THE BEACH



**DREAM STREET LIVE**  
2228 Bacon Street, Ocean Beach  
619-222-8131 • [www.dreamstreetlive.com](http://www.dreamstreetlive.com)

**Bartenders Wanted**  
Free Wi-Fi • **DAILY HAPPY HOUR 4-7 PM** • No Cover  
Power Hour 4-5 pm — \$2 U-Call-Its • \$1 off drinks till 7 pm

**Thursday 1/15**  
Edgie Productions Presents  
  
Drum & Bass DJs • \$5 Cover

**Friday 1/16**  
**EXIT 86**  
  
**KATIE LEIGH • TIDE**  
w/Special Guests

**Saturday 1/17**  
Live Music • Hard Rock  
  
w/Special Guests

**Monday 1/19**  
Live Music • Alt Rock  
  
**BOTTOM SHELF**  
w/Special Guests  
Happy Hour 4-7 pm with Jodi

**Tuesday 1/20**  
Happy Hour 4-7 pm with Rosa  
Free Pool

**Wednesday 1/21**  
Live Music • Alt Rock  
  
**LOCAL RED**  
w/Special Guests

**Now Booking: Every genre.**  
Call Billy or Drew: 619-222-8131. [www.myspace.com/kidslam](http://www.myspace.com/kidslam)  
Attention Bands: Check us out on MySpace! Please add us!  
[myspace.com/dreamstreetlive](http://myspace.com/dreamstreetlive)  
[myspace.com/dreamstreetlounge](http://myspace.com/dreamstreetlounge)  
[myspace.com/metallounge](http://myspace.com/metallounge)

## Crasher

off-key."

A few people were walking dogs with the group. When Teresa said we'd be doing song number two in the book, a woman said, "I think the dog is taking a number two on that lawn."

By the fifth house, a few in the group were getting mad that the singing would start before everyone

in the group was there. I glanced around and noticed that there were at least 40 people.

As the door opened, the homeowner's dog started barking at one of the dogs in our group. They quieted down once the singing started.

A few people really seemed to enjoy watching the carolers, and some even took pictures. Others stood there looking uncomfortable, such as when they sing

"Happy Birthday" to you at Applebee's.

During a walk around the corner of one street to another, the song picked out was "Rockin' Around the Christmas Tree." One guy objected, saying that it always gets messed up. I asked him what the deal was, and he said, "I just know from years past that it never sounds good. People forgot how to sing it, even with the words in front of them."

He was right. It wasn't one of the better numbers.

One family stood smiling at their door. And when the song was finished, one of their kids said, "I wanna go with them!" and ran out toward the group.

I met a woman who had the last name "Claus." I asked her if when she was a kid she told people she was related to Santa. "No, but I didn't like the name. If kids didn't get the presents they wanted from Santa, they'd beat me up."

When it got too cold for me, I headed back to my car, thinking what a great idea that was for a party. It put everyone in the Christmas spirit, even neighbors who wouldn't normally speak to each other. ■

*Crash your party? Call 619-235-3000 x421 and leave an invitation for Josh Board.*

*For more stories by this author, go to [sdreader.com](http://sdreader.com).*



"Your Friendly Neighborhood Bar"  
1542 N. Coast Hwy.  
Leucadia • 760.753.2094

**Happy Hour 4-7 pm daily**  
\$2.75 Wells • \$2.50 Beer-of-the-Month  
4 Regulation Pool Tables  
Shuffleboard • Darts  
Monday Pool Tournament 8:30 pm  
Wireless Internet Available

## Monday Night Madness with Señor CJ

\$3 beers, \$3 well margaritas  
\$4 Cuervo shots & drinks  
Live bands & goldfish races



**Live Music** (No cover charge)

Thursday, January 15 **A Dog Tilt & DJ CPS Diablo**

Happy Hour (mid. to close)

Friday, January 16 **Captain Kirk**

Saturday, January 17 **Semisi & Fulabula**

## Online Club Coupons at SDReader.com

Here's a sample of the great deals available!

### Free WiFi Internet access



20 beers on tap and 20 in the bottle. Featuring the "Beer Clean" system for a perfect glass of beer every time. Offer expires January 31, 2009. Expiration dates are renewed the last week of each month. Coupon not valid on holidays.

#### The Aero Club

"Last of the great dive bars." Open 2 pm-2 am 7 days a week.



3385 India Street, San Diego, 619-297-7211  
[www.aeroclubbar.com](http://www.aeroclubbar.com)

Reader Coupons  
619-235-3000

### \$5 off speed dating



Must mention coupon when registering for that particular event. Advance registration required. Offer expires January 31, 2009. Expiration dates are renewed the last week of each month.

#### Lucky 7 Match

Lucky 7 Match provides singles in San Diego the opportunity to meet and connect in a fun and comfortable environment.

619-890-7117  
[www.lucky7match.com](http://www.lucky7match.com)

Reader Coupons  
619-235-3000



The Aero Club **Free WiFi**  
Brick By Brick **2 for 1 admission**  
In Cahoots **\$3 off cover**  
Lucky 7 Match **\$5 off speed dating**  
Patrick's II **2 for 1 cover**

Riley's Music Lounge  
**\$1 off cover**  
Second Wind Bars  
**Free WiFi Internet**  
Tio Leo's Lounge  
**\$1 off admission**

SAN DIEGO WEEKLY  
**Reader STREET TEAM**

### Upcoming Events



655 4th Ave., San Diego  
Saturday, January 17 ■ 9 pm-12 am  
U4RIK drink specials  
Come & experience live dueling pianos.

**in the scene**

Have you been tagged by the Reader Street Team?  
See your photos on [sdreader.com](http://sdreader.com)



624 E St., San Diego  
Thursday, January 22 ■ 8-10 pm  
U4RIK drink specials  
Reggae Night.

Sponsored by



For more information on upcoming events visit [sdreader.com](http://sdreader.com)

# Pisco Sours and “Kung Fu” Squid

Vagabond was a sensation when it opened in the spring of '06. As the realtors say, it had a huge edge: location (times three). Restaurateurs Philippe Beltran and Jerome Gombert chose to open an eclectic bistro in the starved neighborhood of South Park. The menu combined French and international foods, many drawn from former French colonies (e.g., Martinique, Morocco), others from the owners' peripatetic travels. The room they created looked like a boxful of exotic souvenirs, with bits of folk crafts from all over. After all, a vagabond is a poor but free-spirited wanderer — a more romantic figure than, say, a street bum — and the restaurant looked like not merely one faraway port of call but, potentially, all of them.

Then Beltran left to open Bleu Bohème, taking his longtime favorite chef with him, and possibly some of his Peruvian wife's best recipes, too. (Her *seco de carne* stew was extraordinary.) Vagabond survived, but last spring, according to one hard-core “insider” foodie blog, Gombert called in the ultra-talented French chef Patrick Ponsaty (currently of BernardO's, formerly of El Biz) as a consultant to remake the menu. This was hot news — hot enough to make my revisit mandatory.

My new friend and posse member Steve lives not far from Vagabond and from time to time heads there for early-bird tapas at the bar before the big crowds show up. The restaurant is usually mobbed, and your reservation doesn't shield you against the exuberant shrieks of the Maenads who pack the scene-y bar triple-thick with their well-toned bodies. Architecturally, the room is one of those congenitally noisy spaces that makes diners and drinkers chatting loud enough to hear each other sound like a herd of hyenas rejoicing at an antelope kill. To try a dinner, we chose the dank, windy night before New Year's Eve. This was, as we hoped, a quiet night, but not quiet enough. A mid-20s blonde eating with two



PHOTOGRAPH BY JOE KLEIN

friends was, herself, a whole New Year's Eve bash a night too early, sending mirthful squeals echoing through the room.

Dinner began with warm Sadie Rose baguette slices and aioli dip. The tasty aioli is more citrusy and less fiercely garlic-ridden than it used to be. Coulda guessed that — in San Diego, fierce and garlicky never lasts long. I leaped on the opportunity to drink a delicious, rarely found Pisco Sour cocktail, the standard “tea” of Lima's British-influenced five o'clock “teatime.”

Steve and I agreed to try only the newer menu items, those we'd never tasted before. We began with Indonesian-inspired “Narai,” fried balls of squid and chicken with a pineapple dipping sauce. The balls were vaguely pleasant but so bland they could have been made of tofu. We could see the seafood, not taste it. The dip was, oh, sorta sweet,

sorta spicy, nice but not a heads-up. The combination might make a pleasant breakfast for someone inclined to gentle culinary adventures before noon.

Kung Pao Calamari offers batterless fried squid rings robbed in Hoisin sauce, finished with fried dried chilies and ground peanuts. The squid is wonderfully tender, the sauce sweet, spicy, sim-

ple, and above all, heavy — such a hard hitter, the dish would be better named Kung Fu Calamari. For one thing, authentic recipes for Kung Pao don't include Hoisin sauce — the sweet-tart edge comes from dark-brown Chungking vinegar instead. Then, too, in Chinese cooking, Hoisin rarely solos — it's usually combined with lighter condiments into more complex sauces. So Vagabond's version of the dish reminded me of one of those desperation-dinner 20-minute

## DINING REVIEW

NAOMI WISE

### Vagabond: Kitchen of the World ★★ (Good)

2310 30th Street (Fern at Juniper), South Park, 619-255-1035, [vagabondkitchen.com](http://vagabondkitchen.com).

**HOURS:** Open daily from 11:30 a.m. until the last diner has finished (about 10:30 p.m. weeknights, bar menu until midnight on weekends)  
**PRICES:** Appetizers, \$5.50–\$11.50; salads, \$7.50–\$12.50; entrées, \$15.50–\$23.50. Lunches, \$8.50–\$18.50.

**CUISINE AND BEVERAGES:** Eclectic international choices with France as home-base. Affordable international wine list, loads by the glass, starting at \$5; full bar, including genuine tropical cocktails at moderate prices.

**PICK HITS:** Charcuterie plate, *moules frites*, Caribbean-style fish in banana leaves.

**NEED TO KNOW:** Raucously noisy when crowded; quieter before 7:00 p.m. Early hours better for bar seating with tapas menu. Informal atmosphere, but some patrons spiffy up in date-dress. Difficult street parking. Seasonally changing menu with several vegan/vegetarian items.

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

Go to [SanDiegoReader.com](http://SanDiegoReader.com) to find hundreds of past reviews.

recipes in the cooking magazines: neither authentic nor alluring, merely pragmatic and trendy.

“These appetizers take me back to San Francisco, but not necessarily in a good way,” I said. “One of my best friends was a wildly adventurous cook. Everybody loved going to dinner at his house, you never knew what he'd do. But it was exciting *amateur* cooking — not professional restaurant cooking. We loved him, we loved the adventure, but if we'd had to pay for his experiments — well, he'd have run short of dinner guests pretty quickly.”

The wine list is already a joy, but a board over



Breakfast, lunch, dinner 7/24

# DOWNTOWN'S ONLY 24-HOUR RESTAURANT, BAR & GRILL

ALL-NEW MENU INCLUDES THE BEST BREAKFAST IN TOWN! PLAYOFF GAMES ON 4 TVs!

828 Sixth Avenue (between E and F) • 619-702-8410

FORMERLY BRIAN'S EATERY + DRINKERY, UNDER NEW OWNERSHIP



## Calendar RESTAURANTS

the bar lists ultra-bargain wines for \$5 and \$6 a glass. I placed my bet on an Argentine white, Torrontes, to stand up to the Asian flavors of the appetizers. Dry, full-bodied, as straightforward as a marine sergeant, it was a decent gamble — but Steve had a real winner with a slightly fruity Spanish Albariño, equally firm and gutsy, but with a touch of sweetness better suited to the pineapple chutney and Hoisin sauce. For the entrées, he ventured on a Languedoc white, while I

played it safe with a red Côte du Rhône. At Vagabond's prices, you really can have fun with wines.

If only the food gambles had the same odds! What has not changed in three years is the kitchen's consistent inconsistency. Working doggedly through the whole menu when the restaurant first opened offered an alternation between a season in hell and a season in heaven. Some French dishes were fine, others pointless and drab. The same was true for the other destinations. (See "pick hits" for a few successes.) Regardless of the rumor, I could detect no sign of Patrick Pon-

saty's influence on the current menu, so a few days after the meal, I phoned Jerome to ask whether Ponsaty had been involved. "Patrick is an old friend and a good friend," he said, "and of course when we see each other we talk about food, as you would expect of people in our business. I did see him last spring while I was working on the current menu; naturally, we talked about it a little. But it would be doing him a disservice to say he 'consulted' — he is the greatest, one of the greatest, chefs in this area, and his work is at a much higher level than ours. I would not want to give people the

wrong idea that he is associated with us."

Choosing entrées, Steve and I debated: Should we order the *lomo saltado* (Peruvian stir-fried beef with french fries in the sauce)? "I've seen some positive mentions of it on blogs," Steve said. "Which blogs?" I asked. He named Yelp. "I've never found Yelp very reliable," I said. "I doubt that many posters there have tasted enough Peruvian food to judge the dish. And this is a dish that, if it isn't great, is gonna be dreary."

The entrées we finally selected sent us both into irate foodie rants. Steve, who has

worked in restaurants on and off for years, tried the Poulet Basquaise, billed proudly on the menu as an "airline breast" (meaning, a chicken breast with a wing drumette still attached). "Why do restaurants bother listing 'airline breast' on their menus, like it's something to be excited about?" Steve grumbled. "Most laypeople don't even know what it means. And if they thought about it, it wouldn't bring to mind filet mignon in first class on Air France — it'd remind them of dried-out, nuked-dead chicken in coach on Continental!"

Well, the Basque breast actually made airline food look good. It was overcooked to shoe-leather, even the drumette. Not one bite was chewable. And the sauce may have started with whole tomatoes but devolved during cooking into a thick, under-seasoned colloid that tasted as though it had been amended with canned tomato paste. The garnishes included firm fingerling potatoes, mushy, overcooked eggplant slices, and soggy red and green pepper and onion slices. The sole redeeming feature was a plethora of tender whole garlic cloves. Otherwise, it was like *Heart of Darkness*, Joseph Conrad's tale of a European adventurer who wanders far enough to lose his soul: "The horror! The horror!"

I ventured on the Moroccan lamb shank tagine with couscous. This was the second time in a year I've reached for the salt shaker in a restaurant. And salt was not enough. "Where are all the Moroccan seasonings?" I asked rhetorically. "Back in the days of the spice trade, Morocco's ports were transshipment points for spices heading across the Mediterranean. Real Moroccan food still explodes with exotic, fragrant

spices, beautifully blended, balanced, aromatic. Have you been to Kous Kous in Hillcrest? No? Let's go there soon so you can taste their amazing lamb tagine with honey — a real taste of Morocco."

"This lamb is very lamb-y," said Steve, sampling a few bites. "Bland and a little greasy. I don't see the point of it." "Yeah, if spices were dynamite," I said, "it wouldn't have enough to blow its nose."

For dessert we shared an odd clafouti — normally a loose, creamy custard showcasing seasonal fruit. Here, ground almonds enter the mix and turn it heavy but not yet exotic. The texture resembles crème brûlée, the flavor hints at Sicily and the Middle East, but the voyage is aborted on the launching dock.

Emerson said, "Consistency is the hobgoblin of little minds." But inconsistency is the ghoul of good palates. The best way to handle Vagabond is probably to go as a foursome or more and pass around plates so nobody gets stuck with (down, boy!) the BAD dish. Currently, the dishes that have been constants on the menu from the start seem to be the best (the *moules frites* are particularly outstanding). Vagabond's other potential use is to provide a bargain grazing meal: Show up before 6:00 p.m., belly up to the bar, and feast on the day's international tapas while drinking \$5 wines or affordable exotic cocktails. (Along with the Pisco Sour, the caipirinha is made with genuine Brazilian cachaça, and the mojitos are popular, too.) For those of us who live nearby, sometimes a meal at Vagabond is inevitable: Where else can you eat something even slightly interesting south of Switzer Canyon? ■

Experience Portuguese dining!  
**50% off any entrée**  
with purchase of a beverage

Sunday-Thursday (expires 1/29/09)  
Happy Hour 4-6 pm daily.  
Late night menu 9 pm-close.  
Live music every night -  
call for performance.

**Portugalia**

4839 Newport Avenue  
Ocean Beach • 619-222-7678



**hive**  
sushi • lounge

Sushi • Cocktails  
Lounge  
1409 C Street  
San Diego, CA 92101  
Now Open 7 days 5-11 pm  
Lunch Mon.-Fri. 11 am-2:30 pm  
with 10 pieces for \$10  
Happy Hour 5-7 pm  
619-702-6010  
www.hivesushilounge.com

**Happy Hour 5-7 pm**  
**All Day Sundays!**

Philadelphia Roll \$2.99  
Spicy Tuna Roll \$2.99  
California Roll \$2.49  
Salmon Skin Hand Roll \$1.49  
California Hand Roll \$1.99  
Nigiri 1 pc. \$.99  
Mackerel • Albacore  
Snapper • Salmon  
Shrimp • Squid  
Spicy Baked Mussels 3 pc. \$2.99  
Seaweed Salad \$1.99 • Edamame \$.99  
Miso Soup \$.99  
Large Sake \$2.49 • Draft Beer \$1.99  
Add \$.99 for Sake Bomb



**CUBAN/CARIBBEAN CUISINE**

**THURSDAY**  
**SALSA DANCE LESSONS**

**FRIDAY**  
**LATIN DANCE MUSIC**

**SATURDAY**  
**LIVE CUBAN BAND**

**OPEN 7 DAYS @ 11 AM**

UTC • 4353 LA JOLLA VILLAGE DR.  
858-552-0668 • (NEXT TO MACY'S)

POWAY • 13670 POWAY ROAD  
858-486-3300

WWW.MIAMIGRILLE.COM

**JUICE IT UP!**

**Free smoothie!**

Buy one 32oz. regular smoothie and get one free 16oz. regular smoothie.  
Or get \$1 off any 24oz. or 32oz. smoothie. With this ad. Point Loma location only.

**Family Special**

Buy two 24oz. smoothies and get two 12oz. smoothies free.

**ziiing**  
**Free frozen yogurt!**

Buy one Ziiing yogurt and get one free of equal or lesser value. With this ad. Point Loma location only.

1221 Rosecrans St., Ste. C • Point Loma  
619-226-6579 • juiceitup.com • ziiingyogurt.com  
Offers expire 1/31/09. One coupon per customer per visit.



**50% off any entrée**

with purchase of any entrée of equal or greater value and two beverages.  
**VALID MONDAY - FRIDAY ONLY.**  
Limit one coupon per table. Not valid with any other offers or on holidays. Expires 1/29/09.  
Mission Beach: 3795 Mission Boulevard  
858-488-9060  
North Park: 2801 University Avenue  
619-220-8992  
East Village: 1250 J Street  
619-232-7662





# Calendar RESTAURANTS

## RESTAURANT LISTINGS

The Reader's Guide to Restaurants are recommended listings written by our reviewers (Ed Bedford, Barbara David, Ambrose Martin, Shari McCullough, Max Nash, Eleanor Widmer, Naomi Wise). Each issue contains only a fraction of almost 900 reviews. A complete searchable list is available online at [SanDiegoReader.com](http://SanDiegoReader.com). Price estimates are based on the latest information available for a midrange

entrée. **Inexpensive:** below \$10; **moderate:** \$10 to \$19; **expensive:** \$20 to \$29; **very expensive:** more than \$30. Please call restaurants in advance for reservations.

### BEACHES

**A.R. Valentien** 11480 North Torrey Pines Road, La Jolla, 858-777-6635. A superb choice for a splurge: Chef Jeff Jackson cooks up a daily changing menu of California cuisine emphasizing the natural flavors of peak, in-season produce and top-quality well-raised meats and wild seafood. Not only is the food delicious and quietly inventive, but it's relatively healthy, with less fat, salt, and "bad carbs" than at most restaurants. Note that all dishes on the "chef tasting" dinner are also available solo. The setting (a country inn on a

golf course) is beautiful, the warren of dining rooms quiet and romantic unless packed. Validated valet parking, free self-parking; full bar with steeply priced wines, moderate-priced cocktails. Reservations essential for weekend and holiday dinners. Open three meals daily. Very expensive. — *N.W.*

**The Australian Pub** 1014 Grand Avenue, Pacific Beach, 858-273-9921. A great place to take your kids after a morning at the beach. This relaxing pub, owned by a true-blue Aussie, offers heaps of good Aussie food. Try the Road Kill (grilled chicken breast with pico de gallo sauce and cheese, "run over" between two pieces of sourdough) or the Aussie Burger (half-pound patty, with a fried egg, cheese, bacon, grilled onions, beets, pineapple, and a side of steak fries). And for an "outback experience," order up Vegemite (a beefy kinda paste) and four slices of bread — it's the Aussie national food, mate. Lunch and dinner weekdays,

three meals weekends. Inexpensive. — *E.B.*

**Chateau Orleans** 926 Turquoise Street (near Cass), Pacific Beach, 858-488-6744. This old-timer is a fun place to eat and let the *bon temps rouler* to the sound of live blues (Thursday through Saturday) and Sunday champagne jazz brunch. Despite many changes of owners, Chateau Orleans has always kept the same old ersatz recipes — it's high time the kitchen had a refresher course in authentic Louisiana cooking, as most of the dishes kind of "dis" the two great cuisines of that state. But if you choose carefully, you can get some pretty good stuff to complement the tasty music and colorful art on the walls: Texas cornbread, crawfish bisque, gushy "purple fries" (fried eggplant appetizer, the best dish on the menu), Cajun popcorn (fried crawfish tail meat), and gumbo are the ones to choose. Stay far away from the jambalaya. Reasonable wine list, numerous Louisiana and Southern beers; full bar, but the Hurricanes are so weak that they barely qualify as a drizzle. — *N.W.*

**The Cookie Lady Café and Bakery** 7596 Shingle Lane, La Jolla, 858-456-1640. Pretend you're going to Tapenade, then veer off up Shingle Lane. You come to a sunny brick patio with mosaic tables, trees, plants, and a little Curiosity Shoppe-looking place. Ask for Joan, the Cookie Lady. Think Hermione Gingold ("There's no business like show..."). She's so bursting with life you'll almost forget to eat. Yes, this is soup-and-sandwich land, and good in both departments. A half-and-half turkey sandwich (and it's real turkey, roasted here each morning) and Italian wedding soup will overstuff you. Best of all: your total here is about what you'd pay for the tip next door. Open daily except Sundays. Inexpensive. — *E.B.*

**Great Khan's Mongolian Festival** 4545 La Jolla Village Drive, La Jolla, 858-678-0950. This is a chain that

stretches almost as far as the Mongolian Empire, but that's because the idea is good. One meal, plenty of it, and guaranteed fresh because it's either frozen (curled shavings of beef, chicken, turkey, pork) or raw (veggies including cabbage, celery, broccoli, cucumber, green peppers, carrots, mushrooms, pineapple, water chestnuts). Stuff as much as you can into your bowl and hand it to the chef to braise on the huge hotplate, and add noodles. Bonus: gallery view of skaters or an ice hockey match while you eat. Open lunch through dinner weekdays, earlier closing weekends. Inexpensive. — *E.B.*

**Gringo's** 4474 Mission Boulevard, Pacific Beach, 858-490-2877. With better cooking than you'd guess from its name, this ambitious spin-off of the local Moondoggies chain serves the sort of Mexican cuisine you might find at a seaside resort in Cabo or Puerto Vallarta — skillfully prepared with good, fresh ingredients, just a bit dumbed-down in the flavors. The *chile verde*, say, is beautifully seasoned, if barely *picante*. Given the surefire location at the hub of P.B. party town, the food is actually better than it needs to be. A vast list of tequilas, interesting margaritas, and a sensible wine list emphasizing affordable, food-friendly Chilean bottlings add to the draw for a lively young crowd that revs the decibels to a roar on weekends. Three meals daily, brunch available Sunday. Moderate. — *N.W.*

**Harry's Coffee Shop** 7545 Girard Avenue, La Jolla, 858-454-7381. When Harry Rudolph II opened Harry's back in 1960, his idea was simple: to create a down-home eatery and soda fountain where all La Jolla — rich, poor, Brahmans, and gardeners — could mix and meet with plenty of good eats. Everyone from Joan Kroc to Junior Seau to Brooke Shields has been spotted here, along with regular folks who've been coming in for three decades. Now Harry III reigns quietly among a dozen whirling dervish wait-

resses at lunch. The big ham steak and eggs is a favorite breakfast, as is the simple, rich Hot Creamy Oatmeal with strawberries. Pecan pancakes and thin, crisp waffles ring true to many Easterners (though Harry offers thick Belgian-style waffles, too), and for lunch, turkey burgers and the bacon-loaded British Burger are popular. At the counter, the banter between been-here-forever waitresses and customers sounds like family life. Nice sidewalk patio, too. Breakfast and lunch daily. Long lines on weekends. Inexpensive. — *E.B.*

**Piatti Ristorante** 2182 Avenida de la Playa, La Jolla, 858-454-1589. If this is a chain, then tie me up, tie me down! Piatti started in the Bay Area and retains that foodie ethos, giving chefs at the local branches freedom to produce splendid, classic Italian menus including multiregional starters, interesting pastas, and thin-crust pizzas. The quality of ingredients and cooking is beyond suspicion. You are almost guaranteed a tasty meal. This is one of a few local eateries to offer sweetbreads to those who love them. Ravioli *al limone*, prosciutto-grilled romaine, and key lime-raspberry tart are among the favorites. Californian-Italian wine list, full bar. Plenty for vegetarians, plus some vegan dishes (varying seasonally). Reservations essential — beg for patio seating in good weather to avoid the indoor din. Lunch and dinner, seven days. Moderate to expensive. — *N.W.*

**Ranchos Cocina — Ocean Beach** 1830 Sunset Cliffs Boulevard #H, Ocean Beach, 619-226-7619. At both locations of this delightful mini-chain you'll find healthy, creative Mexican and vegetarian cuisine in cheerful, tropical-style settings burgeoning with plant life and craft objects. A big plus: zero attitude. You don't have to be virtuous to enjoy full-flavored combinations that are as creative as they are wholesome. Try anything with lobster or calamari steak — in fact, all the

DINE, DRINK & DANCE LIKE THE GREEK GODS

## Live Lobster & Rack of Lamb Dinner for Two \$49<sup>95</sup> (Reg. \$59.95)

With the purchase of 2 drinks. Served with soup or salad, potatoes, fresh vegetables and pita bread. Valid every day. With ad. Expires 1/29/09.

LIVE GREEK MUSIC & DANCING WED.-SAT.

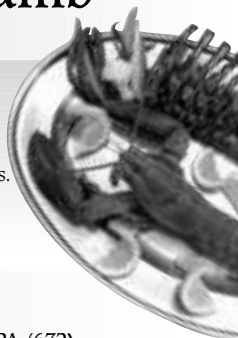


**Happy Hour 4-7:30 pm** Sun., Tues., Wed. & Thurs.  
**50% off beer, wine by the glass & wells**

Outdoor patio dining  
& separate smoking  
section available!

**GREEK  
VILLAGE**

6030 Paseo Del Norte • Carlsbad • 760-603-9-OPA (672)  
Serving dinner until 12 am Fridays & Saturdays • Family Owned and Operated  
[www.GreekVillageTaverna.com](http://www.GreekVillageTaverna.com) • View our online video at [Videonary.com](http://Videonary.com)



Tapas Bar - Restaurant  
"Sensational Spanish Cuisine!"  
NEWS 8  
Costa Brava  
Cocina Española

**Flamenco Show... Sunday 7pm**  
Flamenco singer Angelita Agujetas & Guitarist Juan "El Moro"

Paella Brunch Sat & Sun 11am-4pm / Banquet Facility / Catering  
Food, wine, music & culture direct from Spain... Open Daily 11:00am  
1653 Garnet Avenue, Pacific Beach. • (858) 273.1218 • [www.costabravasd.com](http://www.costabravasd.com)

CHAMPIONSHIP SUNDAY THE PARTY IS HERE!  
**Saska's**  
Prime Rib Dinner for Lunch  
Sunday 12th Only  
\$6.95  
While It Lasts!

Saska's slow roasted Prime Rib Cut (Box) served with Au Jus, Horseradish Sauce and Garlic Mashed Potatoes.  
Served 12 p.m. till gone. Sorry, no substitutions.  
January 18, 2009 only. No to go orders. Not Valid with any other offer.

**Saska's**  
(858)488-7311  
3768 Mission Boulevard • Mission Beach

"Best new wine bar!" — *S.D. Magazine* 2007  
\$10 off any bottle of wine Sunday-Wednesday!  
(Excludes retail.)

An unpretentious environment to try wine by the glass or bottle, plus microbrews and a limited bistro menu.

550 Park Blvd. #2104 • [www.caskroom.com](http://www.caskroom.com) • 619-822-1606

**the cask room**  
est. 2005

seafood here is pristine. And sample something with the house-made mole sauce of a zillion ingredients. Actually, try...anything. (Well, the chicken breast is as dry here as everywhere else. Try anything else.) Open daily breakfast through dinner. No reservations, but call ahead for large parties. Inexpensive. — *N.W.*

**Red Marlin** Hyatt Regency Mission Bay Spa and Marina, 1441 Quivira Road, Mission Beach, 619-224-1234. When you've got vacationing relatives or friends in tow or just wish you could take a vacation yourself, this view-endowed, indoor-outdoor seaside dining room is a great escape, offering beautifully executed food that appeals to all palates. Emphatically a "hotel-chain restaurant," Red Marlin features a cautious menu of light California fusion cuisine featuring fine unendangered seafood and sustainably raised ingredients. What makes it special is the

flawless cooking and creative tweaks by Chef de Cuisine Danny Bannister. If you like your Kurobuta pork chop medium-rare, he knows the secret of perfection. And his blue crab cake is all crab, barely any filler. The flaw: The hotel company's remodeling plans severely skimmed on signage, so the stand-alone restaurant is hard to locate (and so is its ramped wheelchair entrance). Get detailed directions when you call to reserve, as there's ample free parking at the restaurant's back door that can save you a long trek through the grounds. Good wines at all prices, full bar. — *N.W.*

**Sushi Ota** 4529 Mission Bay Drive, Pacific Beach, 858-270-5670. What becomes a legend most? This renowned sushi bar offers seafood of exceptional quality, perfect tart-sweet rice, tight wraps, and disciplined creativity. And beauty, of course, such as the ahi sashimi, a whole small Spanish mack-

Over 900 more  
restaurant listings at  
SanDiegoReader.com



erel bent into the shape of a swelling sail. These joys don't come easily. First, reserve. Then find the place, tucked into the corner of a minimal mini-mall on the east side of the street, marked with the large 7-Eleven sign (opposite Rubio's). Don't waste your time with the California roll ilk; instead, snoop on your neighbors' choices (particularly those of Japanese customers), watching for off-menu extravaganzas. A printed *omakasa* menu at the tables (the equivalent of a lavish chef's tasting dinner) of either sashimi or sushi will feed one person royally or two lightly for under \$30. Cooked dishes are dull except for seafood miso soups and *chawan mushi* (custard broth with ginkgo nuts). Alas, when Ota-san's away, his elves may play, so best bet is to go late in the week, when the master's most likely to be present and keeping an eye out. To be served at the counter by Ota-san himself, reserve one month ahead. Lunch Tuesday through Friday, dinner daily. Moderate. — *N.W.*

BAJA

From the United States use the prefix 011-52 when calling Mexico.

**Cien Años** Calle Jose Maria Velasco #1407, Baja, 664-634-3039. This lovely, comfortable, dressy-casual "destination restaurant" serves extraordinary Mexican haute cuisine, graced with a brilliant variety of sauces based on elaborations of Mexican ingredients, including tropical fruits, nuts, and above all, a vast variety of chili peppers, each with its own distinctive flavor (not all of them spicy). You could eat here a dozen times and not begin to exhaust the possibilities. Just a few of the treats are mushrooms steeped in beef marrow, crocodile meat mini-tacos, posole with crab meat, and an irresistible beef and shrimp stew. (Food critic Ruth Reichl consumed a meal of exotic Aztec delicacies, including ant roe and mescal worms, and you can try them too when they're in season.) The wine list is devoted wholly to ambitious Baja wineries; you're also welcome to BYO. Bar choices include damiana and hibiscus liqueurs. Menu and staff are bilingual. Vegetarian on request. Reservations strongly advised; ask for directions. Moderate. — *N.W.*

**La Leña** Agua Caliente Boulevard #11191, Baja, 664-686-2920. The nicest thing about La Leña ("The Fire Log") is its view. You come off noisy, fummy, traffic-wracked Agua Caliente into this quiet, dark-wood, creamy-yellow walled room and a full view of...countryside! Actually, a green golf course studded with trees. In the middle of Tijuana? Golfers thwack balls, giant mowers look like *Star Wars* creatures. So no surprise that you get country-club type eating: open-grill *charro* food for well-to-do *charros*. Old-style BBQ steaks, surf-and-turf combos, and big slabs of Mexican-cut *filete cabreria*, which are flabby but tender. Most arrive at your table sizzling on black iron hotplates. Servings are generous (meals come with soup or salad and you get a free appetizer such as shredded beef and tortillas) if not remarkable. Or even especially Mexican — their hamburger

# Travel to Spain Tonight!



**Happy Hour**  
**5-6:30 pm daily**  
**Sundays & Mondays: Happy Hour All Day Long!**  
**1/2-priced Tapas & Daily Drinks**

**Saturday, February 14**  
**Valentine's Flamenco Dinner Shows**  
**Call for info and reservations.**

**Tapas Bar • Restaurant**  
**Late Night Dining**



Established 1987  
555 Fourth Avenue • Gaslamp  
(619) 233-5979 • [cafesevilla.com](http://cafesevilla.com)

FRIDAYS & SATURDAYS  
**Flamenco Dinner Shows**  
"A feast for the palate and the eyes!"  
-Rachael Ray's Tasty Travels

SAN DIEGO • RIVERSIDE • LONG BEACH



**25% off**  
**Lunch or Dinner**

Buy one entrée and two beverages, get a second entrée of equal or lesser value at 25% off. Not valid with any other offers. Expires 1/29/09.

*Centifont's Restaurant*  
8365 La Mesa Boulevard • 619-461-4434  
In the heart of downtown La Mesa

*the Riviera*

**SUPPER CLUB** ★  
**TURQUOISE ROOM**  
**STEAKS + COCKTAILS**

*Happy Hour*  
4-7PM DAILY

**GRAND OPENING**  
**RIBBON CUTTING**  
**CEREMONY**  
**WED JANUARY 21 + 4PM**

7777 UNIVERSITY AVENUE  
LA MESA, CALIFORNIA  
PHONE 619.713.6777  
OPEN 4PM TIL LATE NIGHTLY





Snow Crab Every Night

## All-you-can-eat buffet

Seafood | Sushi Bar | Hawaiian Barbecue | Dim Sum  
(Oysters, dungeness crab, ribs & jumbo shrimp served after 4 pm)

<p><b>Lunch Buffet</b> <b>\$7.99</b></p> <p>Ages 3-6 \$3.49 Ages 7-10 \$5.49 Mon.-Sat. 11 am-4 pm Free Drink</p>	<p><b>Lobster Sunday with Buffet</b> <b>\$13.49</b></p> <p>Fri. and Sat. (Dinner) \$12.99 4-10:30 pm Sun. and holidays 11 am-9:30 pm Free Drink</p>	<p><b>Dinner Buffet</b> <b>\$11.99</b></p> <p>Ages 3-6 \$4.49 Ages 7-10 \$6.49 Mon.-Thurs. 4-9:30 pm Free Drink</p>
--	---	---

**Buffet To-Go Available: Lunch \$3.49/lb. • Dinner \$4.49/lb.**  
**Gift Certificates Available • Party Trays Available**

<p><b>10% Off Total Bill</b></p> <p><b>1 Free Buffet</b> <b>Party of 10 or more.</b></p> <p>Expires 1-29-09. With ad. Not valid with any other offer or on holidays. Dine-in only.</p>	<p><b>\$2 Off Buffet</b></p> <p>Lunch or dinner. Minimum \$15 purchase.</p>	<p><b>\$3 Off Buffet</b></p> <p>Lunch or dinner. Minimum \$30 purchase.</p>	<p><b>Free Birthday Meal</b></p> <p>With purchase of 8 adult meals and valid ID.</p>
--	---	---	--

*Sunrise Buffet*

3860 Convoy Street, Suite #121 • 858-715-1608  
4556 Camino de la Plaza, San Ysidro • 619-662-2985



## Calendar RESTAURANTS

is darned tasty. Vegetarian upon request. But the atmosphere is a great break from the raucous TJ we all know and (sometimes) love. Lunch and dinner daily from 11 a.m. until late. Moderate. — *E.B.*

**Señor Frog's** Via Oriente 60 C6, L4, Zona Rio, Baja, 664-682-4962. Normally this is a moderately priced eatery, but Tequila Tuesdays promise as much food and drink as you can handle for one cover charge (\$15, last time we checked in). Food includes a buffet with good fish tacos, *birria* (stew, usually beef), pork, *chicharron*, carne asada, ceviche, on and on. House beers and Mexican liquors, including tequila, are in the deal, too. Refill your plate and glass as often as you want, truly. Only caution: if a sombrero-totin' *charro* comes up offering tequila shots from his bandolier, you'll pay. Free food and drink 3 p.m. to 9 p.m., Tuesdays only. Other days, inexpensive to moderate. — *E.B.*

### CENTRAL

**Athens Market** 109 West F Street, Downtown, 619-234-1955. Alex Spanos and lots of local hotshots come here for honest Greek home cookin'. Yes, it's classy — white tablecloths, linen napkins — but you can fill up on just a bowl of *fakie*, owner Mary Pappas's "secret recipe" lentil soup, and an appetizer, like *spanakopita* (spinach and cheese pastry pockets). Entrées come with rice, roast potato, a vegetable, soup or salad, and French bread and butter — all at a darned good price. Oh, and don't despise the gyro. Meat flavor's

great, and it takes a football player to empty this plate. Lunch and dinner Monday through Friday, dinner only Saturday, closed Sunday. Inexpensive to moderate. — *E.B.*

**Bambu Bistro** 3882 Fourth Avenue, Hillcrest, 619-299-9727. How many American chefs do you know who actually went to Asia and learned by working in traditional restaurant kitchens of Vietnam, Indonesia, India? Chef Alexandria did. The result is her Asian-fusion cuisine. The Bistro is huddled in the corner of a strip mall, but you can still eat under exotic umbrella lampshades (inside) or tropical *palapas* (outside). The food is fresh, original, and often tasty. Dishes to try include Chinese Chopstick Salad (shredded chicken, fried rice noodles, mandarin oranges, toasted almonds), Indo-Chinese burrito with steak (beef, rice noodles covered with a sesame and lime sauce), Drunken Noodles (chicken, steak, shrimp, salmon, or tofu), and Sea Salad (glass noodles, wild salmon, greens). Lunch and dinner six days, closed Sundays. Inexpensive. — *E.B.*

**Bread and Cie** 350 University Avenue, Hillcrest, 619-683-9322. At least 20 breads emerge daily from this bakery's 10,000-pound French stone hearth oven. Most are dense, crusty, and delicious French or Italian peasant breads, including the outstanding anise-fig and black-olive loaves that are served in many top local restaurants. Scones, brownies, muffins, banana bread, and cookies are the sweet side of the house. Focaccia pizza and sandwiches (many with thick-sliced bread and rather thin fillings) are available to take out or eat on the spot — inside the café or on the sidewalk patio. Open daily except Christmas, breakfast through early dinner. Inexpensive. — *N.W.*

**Chipotle** 734 University Avenue, Hillcrest, 619-209-3688. 11 other locations

in San Diego County. Hard to believe: This chain that McDonald's acquired cleaves firmly to the original vision of the chef who founded it: naturally raised tender meats in authentic marinades made on-premises. It's quality all the way, and way better than most local "Berto's" (which often use cheap meat marinated by their meat-jobbers). The fresh-grilled *carne asada* is splendid, the *carnitas* outstanding. And it's "have it your way" with a wealth of choices as to what you get — burritos, tacos, bowls, fajitas — and what goes into it. You can eat indoors or outside (or take-out), drink margaritas, beer, or soft drinks, and park for free (if a slot's open). Open 10:45 a.m. to 10 p.m. daily. Rock-bottom prices. — *N.W.*

**Chow Noodle House** 540 University Avenue, Hillcrest, 619-269-9209. If you want to taste your way through Asia and you're looking for economy fare, this could be your one-stop destination — with no reservations needed. Renowned Thai restaurateur Alex Thao (Celadon, Rama) set his sights lower, wider, and cheaper here, serving noodle dishes and rice bowls of China, Japan, Thailand, and Vietnam in cool, airy, black-and-white surroundings. It sure ain't Chinatown, Jake, but it's kind of fun and very filling. The best dishes (e.g., pot-stickers, tom yum soup) are equivalent to those at good restaurants specializing in these specific cuisines. But mostly they seem "gringified" to appeal to less-traveled American palates. Oddly, Thai dishes suffer most, from severe reductions in hot spice and heavy doses of sugar in many sauces, with few veggies to lighten their weight. (It's not Rama either, Jake.) Good desserts, smart wine and sake list. Inexpensive. Open daily, 11 to 11. — *N.W.*

**Cilantro Live!** 3807 Fifth Avenue, Hillcrest, 619-325-1949. Founder Christina Guzman believes raw is beautiful. "The secret is in the enzymes," she says. Cook food and you kill them. "There is so much more life in [live,

uncooked] food, you need eat less of it." Maybe just as well, because these raw dishes don't come cheap. So, how to eat vegan, raw, and not gag? Start with the surprisingly strong-tasting Heavenly Taco. The tortillas (made out of dehydrated veggies) are filled with nut "meat" (almonds, walnuts) plus sun-dried tomato, chipotle, and avocado. Has a bit of molasses taste. Now try the Fortuna sunflower-pumpkin pâté wrap. You're on your way. Open daily, midday to 10 p.m. Inexpensive to moderate. — *E.B.*

**East Village Tavern and Bowl** 930 Market Street, Downtown, 619-677-2695. "Tavern" says it all. This is a big, rowdy but not brawly, street-open, multiscreen sports bar. Half drink, half food, half bowling alley. East Villagers are making it their local because the kitchen's open late, plus, on a date, rolling those balls helps break the ice. The food's surprisingly good. List topper: steak sliders. Imagine three New York strip steaklets, caramelized onions, and melting Gorgonzola tucked into a Hawaiian sweet bun. A perfect strike. Then there's the pretty good Don't Mess With Texas burger, a *Panino Cubano*, and even chicken wings brined in salt, water, and herbs that have their own taste. Open daily 11 a.m. to 2 a.m.; weekends, breakfast from 9 a.m. Inexpensive. — *E.B.*

**Edgewater Grill** 861 West Harbor Drive, Downtown, 619-232-7581. An easy walk from the Convention Center, the dining room is spacious and handsome, and the view from the crowded dining terrace is optimal (the bay, the Coronado Bridge, a park, etc.). The menu, though, is convention-centered — like a Howard Johnson's for the 21st century. The fare features middle-of-the-road faux-fusion salads, seafood, grilled steaks, pastas (most with shellfish), and individual pizzas, plus daily finfish dishes listed on a card in a plastic holder on the table. The lighter dishes are the most successful — this is

not a bad place to graze on appetizers and a mini-pizza when you're starved for a view. Difficult wheelchair access to terrace. Open daily, breakfast through dinner. Entrées high-moderate to very expensive. — *N.W.*

**Farm House Café** 2121 Adams Avenue, University Heights, 619-269-9662. At this charming, cozy spot in a near-rural corner of the central city, chef-owner Olivier Bioteau serves rustic but sophisticated farm-fresh French cuisine. His cooking is light, precise, refined, drawing the best from fine local and seasonal ingredients combined with an authentic Gallic sensibility. The dinner menu changes often, but nearly every dish is terrific, including exquisite house-made soups and charcuterie. Save room for dessert — especially the chef's own avant-garde chocolates. On a warm weekend, brunch on the shaded front patio is heavenly: The fluffy ricotta pancakes with orange butter nearly lift off the plate, the *pain perdu* is truly *French* toast, omelets and baked eggs are stellar, and the sausages (which can come on the side or with the lightest, healthiest, Conceptual Art version of biscuits and gravy) are scrumptious. Uncured Bruce Aidells' chicken-apple links. No kiddie menu, but plenty of kid-friendly dishes. Small dining room, reservations urged for any meal. Dinner moderate, brunch inexpensive to moderate. — *N.W.*

**Fat City Steakhouse** 2137 Pacific Highway, Little Italy, 619-232-9303. In the Deco "pink palace" at the edge of downtown, the USDA Choice steaks (and one velvety Prime cut) are cooked over mesquite charcoal, which lends them a deliciously smoky campfire flavor. Don't like beef? You can choose nicely grilled chicken, pork, or salmon, two vegan pastas, or scampi. The appetizer list is mainly trite pub grub, but the fry cook does a great job with calamari. And in fair weather, the lush garden dining patio is a little piece of Eden. Full bar, rather basic wine list. Casual

ambience, above-average wheelchair access from large, free parking lot. Dinner daily 5 p.m. to 10 p.m. Inexpensive to moderate. — *N.W.*

**Gen Lai Sen Hakka Seafood Restaurant** 1065 12th Avenue, Downtown, 619-239-5478. Across the street from City College, you'll encounter a split personality. The good twin provides superb Hakka dishes, a style developed by a nomadic people originally from northwest China, now residents of mainly the south China coast. The bad twin dishes out gluey cornstarch-ridden stir-fries for starving students. But it's easy to tell which twin is which: The "chef recommended sizzle plates," the hot pots that taste like home cooking (best ordered by four or more), the greaseless fried rice, the noodles (especially "house special rice noodles"), and the whole steamed fish-of-the-day are palpable hits. And if you really want to know what the fuss about Hakka is all about, try the sizzle plate stuffed tofu — these deep-fried crisp rectangles with a pork meatball inserted in each tender center resemble meat-flavored roasted marshmallows, and may just change your mind about bean curd. Open brunch through dinner Monday through Friday. Pleasant service, very casual, mainly inexpensive. — *N.W.*

**Golden Dragon Asian Bistro** 414 University Avenue, Hillcrest, 619-296-4119. The historic building has been freshly redecorated, keeping only the overhead sign that used to mark a one-time Chinese dive. Now the eclectic pan-Asian menu emphasizes Thai flavors — the owners and kitchen staff are Thai, including executive chef Miss Songsri (who put Celadon on the map), working in a more casual vein here. Don't miss Atomic Hog's Wings (small pork shanks) or the Louisiana fried buster crab dish named Jumping Jarvis. The beer and wine lists are international and affordable. Lunch and dinner, serving until 3 a.m. nightly.

**BEST CARNE ASADA IN SOUTHERN CALIFORNIA**



# Free burrito!

Buy 2 premium burritos and  
get one free bean and cheese burrito.

## 50% off any burrito\*

Buy one burrito and get the second of equal  
or lesser value at 50% off.  
\* Must present ad. Offer expires 1-29-09.

524 Stevens Ave., Ste. 1 • Solana Beach • 858-755-0788

7662 N. El Camino Real, Ste. 102 • La Costa • 760-944-8226



# All-u-can-eat Korean BBQ



All-you-can-eat Korean BBQ includes: soup, Korean pancake, side dish, ice cream  
& traditional juice. 12 different entrées – beef, chicken, seafood and vegetarian!

## Happy Hour special: \$16.85

Happy Hour: 11 am-5 pm &  
9 pm-midnight Monday-Friday

Jeong won

4690 Convooy Street #104 • San Diego • 858-292-4670

New hours: Open every day 11 am-midnight

korean BBQ

"The Only All-U-Can-Eat Korean BBQ in San Diego County"

# Free Prime Rib

BIRTHDAY DINNER  
Thursday, January 22

If you were born in January just show your ID  
and enjoy a free Prime Rib Dinner on us!  
Begins at 4:30 pm. (Reservations, purchase and  
photo ID required. Not valid with any other offers.)

## King Crab \$11<sup>95\*</sup>

1-lb. Alaskan Crab Legs  
Every Monday

## Lobster \$11<sup>95\*</sup>

Live From Maine  
Every Wednesday

## Prime Rib \$11<sup>95\*</sup>

1" Cut, Slow-Roasted  
Every Friday

Specials start at 5 pm.  
\*Purchase required.

2040 Harbor Island Dr. • 619.291.8011 • boathouserestaurant.com

FREE PARKING





# Benvenuto

## POMODORO

Ristorante Italiano

2813 Avenida de Portugal • 619-523-1301  
Point Loma (between Scott & Shaffer Sts.)

www.pomodorosd.com



Lunches inexpensive, dinners moderate. — *N.W.*

**Jack and Giulio's Italian Restaurant** 2391 San Diego Avenue, Old Town, 619-294-2074. After more than four decades in business, this father (Giulio) and son (Jack) operation manages to stay fresh. The antipasto salad, with its thin-cut prosciutto and salami, will get your juices flowing. All the traditional Italian entrées like veal parmigiana and fettuccine Alfredo are there, but go for the house specialties like Spaghetti New Orleans with shrimp, crawfish, and crab meat, or the expensive scampi dishes. Broke? Get a simple Angel Hair Mediterraneo or rigatoni with meat sauce to enjoy out on the patio. Open for lunch and dinner, seven days. Moderate. — *E.B.*

**Khyber Pass** 523 University Avenue, Hillcrest, 619-294-7579. The room's very modern, but Afghan cuisine is full of history, carrying echoes of both Persian and Indian foods, with even a hint of Greek (Alexander the Great conquered the region). Dinners feature kebabs, tandooris, curries, and some unique regional specialties. Flavors are exotic but oddly comfortable to the cosmopolitan palate. Among the don't-miss items are the outstanding *aushak* (spring onion ravioli) and *mantu* (ground-meat ravioli) — both with lively yogurt sauces — and *zamodd chalow*, a spicy lamb-and-spinach stew. Save room for the sexy desserts. Can be noisy inside; small sidewalk patio. Private dining room upstairs bookable for parties. Open daily for lunch and dinner. Moderate. — *N.W.*

**Lotus Thai — Hillcrest** 3761 Sixth Avenue, Hillcrest, 619-299-8272. This restaurant has taken a giant step up from standard Thai eateries. Most of the menu consists of the usual dishes, but each branch also offers a selection of chef's specialties. Some of these are more authentic; others are more creative than the norm. The chefs are from northern Thailand, and something in their cooking hints of their region — a certain zestiness, a love of strong citrus and fresh herbs that speaks of the Ping River and the hills of Chiang Mai. Well-chosen, affordable wine list, Asian and American beers, and cocktails based on *soju* (Asian lower-proof rice

liquor), including a yummy rambutan cosmo. Noisy when crowded. Reservations recommended for Hillcrest on weekends. Lunch weekdays, dinner nightly. Low moderate. — *N.W.*

**Marie's Café** 3016 University Avenue, North Park, 619-220-0142. One of the last old-time diners in town. Marie and son Erik took over in 2002. It had already been operating for 50 years as Johnny's. They kept the tradition but created a sparkling kitchen and a reputation for generous servings. Try the three-egger breakfast omelet with Italian sausage, avocado, and olives. If Erik's smokin' up some ribs (you'll smell them half a block away), grab them. And forget fries. Go for the "side" salad, a huge dish of romaine, with tomatoes, red onions, cheese, croutons, and bleu cheese dressing. Go ahead. Mess yourself up. Open 24 hours Wednesday through Saturday; from 8 a.m. till 3 p.m. Sunday and Monday; till 8 p.m. Tuesday. Inexpensive. — *E.B.*

**Mediterranean Café and Lounge** 1352 Fifth Avenue, Downtown, 619-515-2233. Don't come early. You'll be all alone. Turn up around midnight, and you'll see just how social the Lebanese can be. Meals are spread over a couple of hours with lots of conversation, probably finishing with a baklava, Turkish coffee, and a *sheesha* — water pipe (much cheaper by the hour here than down in the Gaslamp; best flavor: rose). They have the whole panoply of Middle Eastern and Greek food, but the best deals are probably the single lamb skewer on a roll of pita bread with hummus, tomato, lettuce, and pickles, or the meat pie on pita. Open 5:30 p.m. to 3 a.m. Sunday through Thursday, and 5:30 p.m. to 4 a.m. Friday and Saturday. Inexpensive to moderate. — *E.B.*

**Pete's Quality Meats** 1742-1/2 India Street, Little Italy, 619-234-1684. Pete's Meats was just a butcher's shop until Pete's daughter and sister-in-law got the idea to set up a grill there. Now aficionados line up for Sicilian specialties like Italian-sausage sandwiches, steak sandwiches, and especially *spitini* — veal rolled around two cheeses, onions, tomatoes, pine nuts, currants, parsley, prosciutto, and bread crumbs. Pete stuffs all of that into a hot bun with marinara sauce, sautéed peppers, and onions as packing. Nuff said? Inexpensive. — *E.B.*

**Pho Hoa Hiep — Linda Vista** 6947 Linda Vista Road, Linda Vista, 858-268-8406. This *pho* (soup) place of the brothers Hoa and Hiep is a clean, busy eatery near hi-tech offices. It's popular at lunch and dinner, partly because of frequent two-for-one deals. Try the #1, *Dac Biet Xe Lua*, an extra-large bowl of soup filled with rare steak slices and well-done brisket, flank, tendon, and tripe along with mint and bean sprouts. A popular breakfast *pho* is French bread with beef juicy cube soup. They also have rice dishes. And try the traditional fruit drinks, maybe the *Xam Bo Luong*, a combination of loganberry, black dates, seaweed, and lotus seeds in syrup. Lunch, dinner daily. Inexpensive. — *E.B.*

**Rama** 327 Fourth Avenue, Downtown, 619-501-8424. This large, handsome restaurant is the younger brother of Celadon in Hillcrest. It's named for the king of Thailand and offers Thai cuisine fit for royalty, made with top ingredients (including Chino Farms produce). The menu includes all the popular favorites but adds authentic dishes rarely found locally, such as chicken and squid with flat noodles and caramelized palm sugar, and a wicked Thai version of Chinese twice-cooked pork — a fat-fest made with unsmoked bacon. Soups and curries are based on freshly made coconut cream of swoony richness. The extensive wine list, unusual in this genre, offers affordable, food-friendly choices plus an interesting reserve list. Full bar. Lunch Monday through Saturday, dinner nightly. Moderate. — *N.W.*

YOUR LATE NIGHT DINER

**WEST COAST MEETS EAST COAST FLAVOR!**

LOBSTER ROLL...NEW ENGLAND STYLE!  
AND DON'T FORGET FRESH WHOLE-BELLY  
IPSWICH CLAMS STRAIGHT FROM BOSTON.

**Studio DINER**

OPEN 24 HOURS - 7 DAYS A WEEK  
4701 RUFFIN ROAD - KEARNY MESA  
858.715.6400 • WWW.STUDIODINER.COM



All-You-Can-Eat Vegan Sushi  
Monday-Thursday for dinner  
**\$19.95 per person\***  
**100% Vegetarian**

Enjoy healthy and fresh Thai, Vietnamese, Chinese, Italian and sushi entrées. All dishes are 100% vegetarian, most dishes and all desserts are vegan.

**S/pZ**  
VEGETARIAN fusion cafe  
www.sipz.com

9450 Scranton Road, Suite 114A  
Sorrento Valley • 858.457.1103  
5501 Clairemont Mesa Boulevard  
San Diego • 858.279.3747  
\*Sushi bar only at Clairemont location.  
Gift certificates available.

**All-You-Can-Eat Sushi Bar \$23.95 per person**

With this ad. Expires 1/29/09. Up to 5 persons. Reg. \$25.95.



**Lunch Daily 11:30 am-2 pm**  
**Dinner Daily 5-9 pm**

**Appetizers:** Gyoza, Egg Roll, Soft Shell Crab, Miso Soup, Shrimp Tempura, Chicken Teriyaki, Agedashi Tofu, Green Salad, Rice

**Nigiri Sushi:** Albacore, Amaebi Avocado, Clam, Crab, Eel, Egg, Inari, Hamachi, Ikura, Saba, Smelt Egg, Octopus, Oyster, Salmon, Scallop, Shrimp, Smoked Salmon, Squid, Tuna, Uni, Red Snapper

**Cut Rolls:** California, Caterpillar, Cucumber, Philly, Rainbow, Crab, Soft Shell Crab, Spicy Tuna, Tempura Shrimp, Vegetable, Yummy, Firecracker, Seafood Dynamite, Shrimp

**Hand Rolls:** Eel, Salmon Skin, Scallop, Crab, Spicy Tuna, Shrimp, Tempura Shrimp, California



8657 Villa La Jolla Dr. Suite 125  
La Jolla • (858) 550-0861  
(near AMC 12 Theatres)

**GINZA SUSHI**

**ATTENTION: PHARMACEUTICAL SALES REPS!**



**FIRST 10 CALLERS:**

**\$25 off gourmet breakfast or lunch!**

(Minimum order of 10 people)

**Budget cuts? No problem!**

- Hand-carved meats
- No processed deli meats
- Homemade flavored mayos
- Unique flavor combinations
- Personal service

**Sweet & Savory Gourmet**  
"Ridiculously Tasty Sandwiches and Salads"

3574 Mt. Acadia Boulevard • San Diego  
858-279-2328 • sweetandsavorysd.com



# Calendar RESTAURANTS

**Rei Do Gado Churrascuria** 939 Fourth Avenue, Downtown, 619-702-8464. The meats just keep on coming at a Brazilian *rodizio*: skewer after skewer of *churrasco* (Brazilian barbecue), a near-endless procession of rotisserie-grilled meats and poultry. At each table there's a wooden cone with one end red and the other end green. Turn the green side up to start the servers parading to your table, offering you tastes cut from long spits of salty, simply seasoned pork, poultry, ribs, sausages, and numerous cuts of beef. Turn the cone red side up to take a break from the protein parade. The gargantuan spread includes a buffet in the front of the restaurant with a changeable array of alluring side dishes, salads, fruit, and such intriguing hot entrées as seafood in coconut milk, with exotic but oddly comfortable flavors. There's always a potful of *feijoada*, the national dish—slow-cooked, meaty black beans (in a somewhat bland version, which you can liven up with a splash of hot sauce). No matter how often you eat here, you'll never have the same meal twice. Reservations advisable for weekends. Full bar (have a caipirinha). No doggie bags. Lunch and dinner daily. Moderate (considering the food amount). — *N.W.*

**Los Reyes** 2496 Broadway, Southeast San Diego, 619-231-0716. Smaller branch at 47th and Market. If you've ever craved those fabulous Mexican fish soups that can be such energy restorers, these strip-mall Mexican restaurants have a great one. It's *Caldo 7 Mares* (Seven Seas Soup) and it comes as a big bowl of savory red fish soup clunking with giant crab legs, clams, chunks of white fish, shrimp, the pink and purple suckers of octopus, and vegetables. It's also called *Vuelta a la vida*: "Return to life." On a hot day, their Cocktail Campechana (shrimp and octopus in a light, spicy tomato broth) will return you to life, too. Four brothers and one sister from Michoacan run the place. A very Michoacan dish is *carnitas*—pork shoulders. Or try their gringo lunch deal of a bacon cheeseburger with fries and a can of soda. The prices make this

a tightwad's paradise. Three meals daily. Inexpensive. — *E.B.*

**Sai Gon** 4455 El Cajon Boulevard, City Heights, 619-284-4215. You're in a big glass palace here. It's especially good on Sundays, when three- or four-generation Vietnamese families gather for lunch. Gaggles of waiters hover a glance away, but take your time. The menu has over 250 items on it. Default choice: *pho*, the famous, filling soup-meal of Vietnam where beef cooks in the soup. Another safe bet is stir-fried crispy or soft egg noodle with seafood and assorted vegetables. 33 Vietnamese beer is on hand to make Saigon lovers sentimental. Open daily. Inexpensive. — *E.B.*

**Sunrise Buffet** 3860 Convoy #121, Kearny Mesa, 858-715-1608. "Oysters are here!" It's what everyone here waits for. Apart from the usual array of meats, fish, shellfish, and novelties like stuffed mushrooms, stuffed clams, dragon rolls (cucumber, avocado, asparagus), and *mochi* (sticky rice cake), these plates of raw oysters in their big shells are one of the big draws. This buffet restaurant is smaller than many, but it still looks like a mega-McDonald's eating barn inside, except for a sky-blue-lit ceiling recess *heaven*. Like McDonald's, it attracts lots of families, maybe because it's not just all-you-can-eat, but all-you-can-drink, too — included in the price. Lunch and dinner daily. Sunday all-day lobster buffet. Inexpensive. — *E.B.*

**Sushi Itto** 441 Washington Street, Hillcrest, 619-291-6060. Don't come here looking for Japanese food. This is *Mexican* sushi, from a chain based in Mexico City that's dedicated to creating rolls for Mexican tastes. Nearly all the party rolls feature cream cheese and avocado and most include a shot of hot spice and some fake crab (surimi), too. In their own way, they're fun, so long as you're prepared to give up any puristic standards and go with the flow. But don't bother with the plain *nigiri*—the rice lacks classic sushi seasonings (and is often dry), and the seafood is too mediocre to be appealing in simple preparations. Rock-bottom prices, though. Another branch is in the Gaslamp at 409 F Street, 619-237-1037. Open daily, lunch and dinner. Inexpensive. — *N.W.*

**Terra** 3900 Vermont Street, Hillcrest, 619-293-7088. Co-owner Jeff Rossman,

## What the Chef Eats

### LINGUINE WITH SEA URCHINS

BY GORDON SMITH

Private Chef and Former Owner/Chef, Gordon's Basil St. Cafe

I've always been a chef in San Diego for San Diego. In the '90s, Basil St. Café was one of the first organic restaurants around. I was also a private chef for Betty Ford, James Garner, and Michael Eisner. Now I'm the president of Slow Food San Diego. Slow Food is a reaction against fast food. It's about fresher food, fewer pesticides. It's better for the environment and tastes better — it's about real, clean, good food.

We work to help small farmers and diverse peoples maintain their way of life. This is a new age of chefs. They're the ones who are really helping these farmers stay alive. There's also a big cry from the people who eat at these restaurants. They are willing participants in a new change.

What's interesting right now is that I'm working with the sea-urchin divers. Sea urchins are a local, sustainable food

right in our kelp beds. We have the best sea urchins in the world, and I am trying to get them to go directly to the chefs. They use them for things other than uni now. The chefs are all real excited. Sea urchin will be a big item in San Diego cuisines, I suspect. There was a time when calamari was rare in restaurants. It was called squid and no one ate it. Then they called it calamari and look what happened. You should try linguine with sea urchin —



it's amazing and really easy.

### INGREDIENTS

- 1 lb fresh sea urchin roe,
- chopped in thumbnail-size pieces
- 3 scallions thinly sliced
- 1 yellow zucchini sliced paper thin
- 2 1/2 cups roughly-chopped overripe plum tomatoes

formerly in charge of the front of the house, has moved into the kitchen to serve as chef at this comfortable neighborhood spot, serving venturesome, if uneven, tropical-influenced American cooking. You can settle in a spacious Southwest-tinged dining room or people-watch from a sheltered outdoor patio (with smoking permitted). Generously sized tapas can serve as appetizers or as a sustaining bite before venturing into Trader Joe's across the street. The dinner menu changes seasonally, featuring barbecue items during the summer, comforting fare in colder weather, and special dinners on all major holidays. Good wine list with several flights available, full bar with tropical cocktails (pisco sours, caipirinhas, etc.).

Reservations advised, especially for weekends, holidays and special events (e.g., Sunday "blues and barbecue" during the summer). Saturday and Sunday three meals, weekdays lunch and dinner. Moderate. — *N.W.*

**Trieu Chau** 4653 University Avenue, City Heights, 619-280-4204. This is as near as you'll come to eating breakfast in Phnom Penh or lunch in Vientiane. Cambodians come in the morning to talk politics and play Cambodian chess. At lunch, Laotians replace them. Maps of "Kampuchea" decorate the walls, as well as long-distance telephone ads. The menu includes Chinese, Khmer, and Lao dishes. In the morning, ask for "djak kvai coffay dok ko" — fried bread with Cambodian coffee, the standard

French-Khmer breakfast. Later in the day, you might try pan-fried noodles with broccoli and beef or shrimp and gravy ("koitiow bahat sai kho"). If in doubt, ask for Kathy, who speaks Chinese, Khmer, Lao — and English. Open daily, 8 a.m. to 8 p.m. Inexpensive. — *E.B.*

**Turf Supper Club** 1116 25th Street, Golden Hill, 619-234-6363. At this cozy saloon (a landmark since 1950, reestablished in 1998), if your meat's done wrong, it's your own fault. Every night's an indoor cookout, as patrons huddle by the communal fire-pit tending their steaks (a choice of three ritzy cuts, well-marinated in garlic and olive oil), burgers, chicken breasts, or portobello mushrooms; others choose the veggie

kabobs or teriyaki skewers of beef, chicken, or fish. And that's the menu. The only side dish is a simple salad — not even fries. But the meat's a treat, especially the huge, juicy Delmonico rib eye. If you're an utterly hopeless cook, a staffer will mind your meal for you, but you'd miss half the fun. Full bar, no reservations. Weekdays dinner only; open until 2 a.m. Wednesday through Saturday. Inexpensive to barely moderate. — *N.W.*

**Westgate Gourmet Delicatessen** Third Avenue, between Broadway and C Street, Downtown, 619-557-3698. This is where you take your respectable Aunt Martha for lunch. The place reeks of gentility. Green carpets, white linen cloths, fresh

## Pizza Shuttle & Subs Too!

Carry-out special only

**Large cheese pizza \$6<sup>73</sup>**

Plus tax.

Not valid with any other offers or specials. Expires 1/29/09.

One topping on each pizza

**Two large pizzas \$15<sup>32</sup>**

Plus tax.

959 Tamarack Avenue, Carlsbad  
(Next to Vons, just east of I-5)  
760-434-5100 • www.pizzashuttle.biz



## Voted Best Chicken In Town

### Free, Breakfast Lunch or Dinner

With purchase of equal or greater value and two drinks. Choose from 25 house specials. Maximum value \$7. Excludes ribs and salmon. La Mesa only. Not valid with any other offer. One coupon per table. Expires 1/29/09.

### Whole Roast Chicken \$1.99

Buy one whole chicken and 4 sides for only \$17.99 and get another whole chicken for only \$1.99. Take-out only. Valid 11 am to 8 pm. La Mesa only. Not valid with any other offer. One coupon per customer. Expires 1/29/09.



7200 Parkway Drive  
(2 blocks east of Lake Murray Blvd.)  
619-589-0088

**friday night jazz**

Jan. 23, Feb. 6 & 20  
Guest performers 7-10 pm  
\$15 food & bev. min./person  
Full bar & restaurant • Patio seating  
Open breakfast, lunch & dinner  
Casual, park-like setting • Available for private events

**COURTYARD**  
Jazz

11611 Bernardo Plaza Ct.  
Rancho Bernardo  
(858) 613-2000

Who says you can't enjoy  
Octoberfest all year long?

## \$5 off Beer Boot

Come in and let us  
pour you 112 oz. of cold  
beer in our Beer Boot.

### Centifonti's Bar & Grill

8365 La Mesa Boulevard  
In the heart of downtown  
La Mesa • 619-461-4434

## 50% off sushi

Dine-in only. 5-item minimum order per party. Selected items only.

**Sushi - Tempura - Teriyaki - Noodles**



**Mikko**  
Japanese Cuisine

Low cholesterol, low fat, no MSG

1025 Carlsbad Village Drive  
760-730-0088

## Ethiopian Cuisine

### HAPPY HOUR \$2 Beers

(Heineken, Becks, Corona,  
MGD, Bud Light, Budweiser)  
Try our organic Ethiopian  
beer and wine.

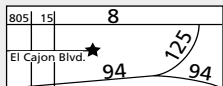
### 1/2-PRICE ENTRÉE

Buy one lunch or dinner entrée  
and receive a second entrée of equal  
or lesser value at 1/2 price.  
One coupon per table.  
With this ad. Expires 1/29/09.

**አዋሽ ሳምንብ ቤት**

4979 El Cajon Boulevard, San Diego  
619-583-9225  
www.awashrestaurant.com

### AWASH ETHIOPIAN RESTAURANT



# What the Chef Eats

1 1/2 cups extra-virgin olive oil  
Juice and zest of 2 lemons  
2 T hot crushed-pepper flakes  
1/2 T sea salt  
1 lb linguine  
1/2 cup finely-chopped Italian  
parsley (about 2 bunches)

## HOW TO DO IT

### How to prepare sea-urchin roe

With a sharp knife or shears, cut a neat circle out of the shell top. Use a towel or gloves to protect

your hands. Remove the cut-out circle (it should be about 3 inches around) from the shell, using the knife and a spoon. Discard the liquid from inside the shell, and using a spoon, remove and discard the black parts. Reserve the clusters of roe.

### How to make the pasta

In a large earthenware serving bowl, place half the urchins, scallions,

zucchini, tomatoes, olive oil, lemon zest and juice, hot pepper, and sea salt and allow to stand. Cook pasta according to package instructions until al dente and drain well. Pour pasta into bowl with urchin-roe mixture and toss like a salad to mix well. Place remaining urchins over top, sprinkle with parsley and serve.

### Note:

Fresh sea-urchin roe is

available at Catalina Seafood in the Morena District; call for hours when they are open to the general public.

Catalina Offshore Products.  
5202 Lovelock St. San Diego, CA 92110  
Phone: 619-297-9797;  
Fax: 619-297-9799

To get other recipes from local chefs, go to [sdreader.com](http://sdreader.com).

flowers, chandeliers, giant potted palms. It's part of the Westgate Hotel and looks like a grocery for the rich who just can't live without specialty olive oils and expensive wines. But prices for sandwiches, light breakfasts, and lunches are down there with the best Market Street liquor-deli. Among the menu items offered, the best deal is the soup and half-sandwich combo, especially the Friday cioppino: a tomato-based soup filled with fish such as sea bass, shrimp, and scallops. Open Monday through Friday for breakfast and lunch. Inexpensive. — *E.B.*

## NORTH INLAND

**Abbey's Real Texas Bar-B-Q** 6904 Miramar Road, Mira Mesa, 858-566-2333. Texas barbecue consists of meat, chicken, turkey, and links that are repeatedly mopped with a marinade and cooked in a big cast-iron smoker (rather than grilled over a fire). In this

family-owned restaurant, they use mesquite to barbecue the poultry quickly and the brisket ve-r-r-y slowly. In addition to the usual BBQ sides (potato salad, coleslaw, beans, etc.), they offer a Caesar salad; vegetarian and senior-citizen specials also available. Wheelchair accessible. Inexpensive to low moderate. — *N.W.*

**Centre City Café** 2680 South Escondido Boulevard, Escondido, 760-489-6011. In the quiet little "motel row" just north of Lake Hodges, this cute, friendly café serves classic American diner food, including all-day breakfast. The chicken-fried steak is exemplary,

with a crackly batter crust and a smooth, peppery cream gravy. Several cuts of USDA Choice steaks are offered at rock-bottom prices, and early-bird dinners and daily specials offer amazing bargains. You can eat inside, in a coffee-shop ambience, or chow down on the dining terrace in front. Open daily, three meals. Huge portions, low prices. — *N.W.*

**China Max** 4698 Convoy Street, Kearny Mesa, 858-650-3333. The decor is plain and bright, the sound level loud, but this is a major resource for authentic Hong Kong cooking — creative and multiregional, filtered

through the refined wizardry of the genuine Cantonese style. The seafood aswim in the live tanks includes such delicacies as black cod (bony but wonderfully sweet), Dungeness crab, and (if you've got the money) abalone — but even inexpensive, homey dishes (e.g., wonton soup, crabmeat cakes) sing with flavor. Call ahead for reservations to avoid a wait at the door. A Pan-Asian community throngs here, for good reason. Lunch and dinner daily. Inexpensive to exorbitant but mainly moderate. — *N.W.*

**El Bizcocho** 17550 Bernardo Oaks Drive, Rancho Bernardo, 858-675-

8500. The deluxe restaurant in this rural golf-and-tennis hideaway features upscale, creative French-California cuisine, incorporating old-is-new techniques and imaginative combinations of seasonal ingredients. The weighty wine tome starts out expensive and goes up from there, with relative bargains at the high end and some half-bottles; by-the-glass choices are just adequate. To find it: Take Bernardo Oaks Drive (a long block west of Pomerado) north to the end of the road to the RBI parking lot (with validated parking for restaurant goers). If disabled, specify when you reserve, and they'll set up your table in an accessible area. Otherwise there's a maze of short staircases to negotiate en route to the restaurant. Tie-and-jacket requirement now relaxed, but still very dressy. Great service, luxury-resort ambience. Dinner nightly, Sunday brunch. Very expensive. — *N.W.*

**Flavor Thai** 4768 Convoy Street, Kearny Mesa, 858-268-3750. This opulent-feeling, great-value place (especially for lunch), is housed in an ex-Taco Bell restaurant, but you'd never know it. It has a small rose garden outside and ferns and plants inside. Nearly two dozen lunch specials include curries, soups, rice, and noodle dishes. Mock (or real) duck with green curry is great, as is the *massaman*, the potato curry. They set the spice heater-meter at low but respect heat requests. Check out the chef's specials — a couple of dollars more but usually interesting, like *ho mok* (shrimp, green-shell mussel, and calamari with veggies in red curry sauce). Open for lunch and dinner seven days. Inexpensive. — *E.B.*

**Rancho Valencia** 5921 Valencia Circle, Rancho Santa Fe, 858-759-6216. Nestled in the lush garden setting of the Rancho Valencia Resort is one of San Diego's dining gems. They advertise the cuisine as California-French. Whatever. Every bite from appetizer to dessert is prepared and presented to de-

light Californians, French people — actually, any person on the planet with taste buds. Enjoy an entrée of prime mesquite-grilled steak, fresh fish, veal, or chicken. Portions are generous, as is the wine list. Casual-elegant dress. Open daily, lunch and dinner; brunch Sunday. Very expensive. — *S.M.*

**Vincent's Sirino's** 113 West Grand Avenue, Escondido, 760-745-3835. French-born chef-owner Vincent Grumel serves Gallic classics in an intimate, small-town bistro setting. This is a cuisine of rich dark sauces robing fine ingredients, such as a huge, flavorful veal chop (no factory calf, that). Mushrooms and vegetables (from local farmers or Grumel's own garden) are the season's best and sensitively treated. Desserts are worth every calorie — save room for the spectacular Bavarian. Full bar, fine wine list. Lunch Tuesday through Friday, dinner Tuesday through Sunday. Expensive. — *N.W.*

## NORTH COASTAL

**Beach Grass Café — Solana Beach** 159 South Coast Highway 101, Solana Beach, 858-509-0632. Formerly a branch of Parkhouse Eatery, Beach Grass has been bought by a mini-chain (with Swami's Cafe and Honey's), but still serves the original recipes. You could eat breakfast here daily and never get bored with the creative morning menu, which includes foamy, fresh orange juice and Beach Benedict with eggs and house-made hollandaise on a soft, lush crab cake. Oddly, though, the "maple" syrup and "butter" spread are both mass-market blends. Lunches and dinners feature multiethnic "coastal cuisine," with the best results in seafood dishes like Moroccan Crabcakes and the fish-and-yam chips (with fine house-made tartar sauce). Vegetable accompaniments are tasty and creative. Reservations essential for weekend

**Rudford's**  
Established 1949

## Famous Homestyle Cooking

Serving Breakfast All Day

**\$2.00 OFF**

Any one menu entrée of \$6 or more. Limit 4 persons per coupon. Not valid on holidays. Dine-in only through 1/29/09.

Mon.-Fri. Specials  
**Twin Double \$4.79**  
2 pancakes, 2 eggs,  
2 bacon or sausage  
**The Big 3 \$5.49**  
3 pancakes, 3 eggs,  
3 bacon or sausage

Open 24/7.  
2900 El Cajon Blvd.  
619-282-8423  
[www.Rudfords.com](http://www.Rudfords.com)

**LA JOLLA BH BREW-HOUSE**  
**NEW NIGHTLY SPECIALS**  
**NEW MENU**  
**NEW BEERS**  
**NEW HAPPY HOUR**

TUESDAY, JANUARY 20TH 2009  
**PRESIDENTIAL INAUGURATION VIEWING PARTY**  
DOORS OPEN 8AM  
SPECIAL CHAMPAGNE BREAKFAST BUFFET  
FOOD AND DRINK SPECIALS ALL DAY LONG  
WATCH THE INAUGURATION LIVE FROM WASHINGTON

**NFL PLAYOFF SUNDAY@NOON**  
**CHAMPIONSHIP ROUND**  
**\$10 PITCHERS**

**WEDNESDAYS @ 9PM**  
**THE ORIGINAL**  
**\$1 DRAFTS**  
**ALL HOUSE BEERS**

"WATCH FOR OUR 5 YEAR ANNIVERSARY PARTY"

[www.lajollabrewhouse.com](http://www.lajollabrewhouse.com)  
7536 FAY AVE LA JOLLA 858.456.6279



# Free Dinner

Buy one entrée and two beverages and receive one entrée of equal or lesser value free.

Excludes buffets and specials.  
Maximum discount \$12.  
With coupon. Expires 1-29-09.

## \$10<sup>95</sup> Indian dinner buffet

Reg. \$15.95. Hillcrest Sun.-Wed., Tues. Vegetarian • Miramar 7 nights a week

## 50% off on Mon. & Tues.

Reg. \$15.95. Choose from over 30 items: vegetarian, non-vegetarian, and Indian fusion.  
With coupon. Expires 1-29-09.

## \$7<sup>95</sup> Lunch buffet

Reg. \$9.95. Monday-Friday. With coupon. Expires 1-29-09.

**\$10<sup>95</sup> Champagne Brunch Buffet** (Reg. \$11.95) **Sat. & Sun. 11 am-3 pm**



*India Princess*

**Miramar** 9494 Black Mountain Road (just off Miramar Rd. in the Little India Plaza) • 858-566-7246

**San Marcos** On Restaurant Row • 760-744-7599

**Hillcrest** 3925 4th Ave. (between Washington & University) • 619-291-5011

Take-out • Catering • Banquet • Free parking (call for details) • For delivery call: 858-792-1000  
[www.indiaprincess.com](http://www.indiaprincess.com)





**SAN DIEGO  
READER**

*Office:*  
1703 India Street  
619.235.3000  
fax 619.231.0489

*Mail:*  
P.O. Box 85803  
San Diego, CA  
92186

*Internet:*  
SanDiegoReader.com

*Editorial & Display:*  
619.235.3000  
fax 619.231.0489

*Classified:*  
619.235.8200  
fax 619.233.7907

**FOR IMMEDIATE RELEASE**

Contact: John-Paul Franklin or Ryan Green, 619-235-3000

Re: The purchase of *Get 1 Free* magazine.

The San Diego *Reader* is proud to announce its purchase of *Get 1 Free* magazine.

Says *Reader* owner and editor Jim Holman, "We are very happy about this new partnership, as a direct-mail coupon book is the perfect complement to our weekly newspaper.

"Since the early days of the *Reader*, we have encouraged our advertisers to make special discount offers as a way of testing the paper," continues Holman.

"*Get 1 Free* is our only competitor able to rival the *Reader's* drawing power with coupon or discount ads. When the chance arose to purchase the monthly magazine, we couldn't pass it up."

Each week 150,000 free copies of the *Reader* are distributed at over 1000 locations in San Diego County. Over 600,000 copies of *Get 1 Free* are mailed every month to San Diego County homes in twelve separate zones.

"The powerful mail distribution of *Get 1 Free* combined with the *Reader's* popularity will make the duo second to none as an advertising medium in San Diego," asserts Holman.

To contact an advertising representative for *Get 1 Free* or the *Reader*, please call: 619-235-3000.



breakfasts. Free parking in back via driveway to right of restaurant. Breakfast through dinner daily. Moderate to slightly expensive. — *N.W.*

**Besta Wan Pizza House** 148 Aberdeen Drive, Cardiff, 760-753-6707. This ever-popular North County restaurant which opened back in 1965 is a family operation all the way. Their thin-crust East Coast-style pizzas are famous locally. Also check for the big-pile spaghetti or lasagna specials if you just want to fill up. Open seven days, lunch and dinner. Inexpensive. — *E.B.*

**Firefly** 251 North El Camino Real, Suite B, Encinitas, 760-635-1066. At this spacious wine bar and restaurant (sharing a small mall with well-known Savory), the wine list emphasizes California boutique wineries and lesser-known bottlings from around the world, and plentiful choices by the glass make it easy to experiment with unfamiliar wines. The menu starts with a half-dozen wine-bar snacks including a cheese plate and a charcuterie plate. The most popular lunch item is a grand Cobb salad, and at dinner there's a tasty bourbon-and-mustard-brined pork tenderloin. Desserts are a strong suit here, including a creative crème brûlée featuring white chocolate and the fragrant bergamot of Earl Grey tea. For weekend brunches, Firefly does it up big with a long, seductive array of choices, including a delicious Dungeness crab Benedict. The menu changes frequently, but this likeable spot feels like a sophisticated neighborhood restaurant where, if you're old enough to enjoy a taste of the grape, you can pretty much come as you are. Open for lunch Monday through Friday, brunch weekends, dinner nightly. Moderate to expensive. — *N.W.*

**Pacifica del Mar** 1555 Camino del Mar, Del Mar, 858-792-1803. The chic crowd is drawn here by Pacific Rim/California-fusion cuisine centering on seafood and organic, locally grown produce. It's quality all the way, but some nights the restaurant is a victim of its own success. The riotous overflow crowds can challenge the kitchen's capacities, not to mention diners' tender ears. (Best strategy for pleasure: Reserve for early or late on a weeknight, and ask for patio seating or Room #2.) Fun list of low-priced mini-appetizers, plus great baked oysters, seared scallops, mustard catfish, and house-cured rib eye. The award-winning wine list is half price Thursday nights, and the full bar specializes in creative martinis. Pacifica Dine-In offers call-in take-out for selected items. Lunch and dinner daily. Early-bird dinner discount. Pacifica Breeze Café (a level down) offers savory dishes for breakfast through late lunch daily. Expensive to very expensive. — *N.W.*

**Ruby's Diner** 1 Oceanside Pier, Oceanside, 760-433-7829. One thing about Ruby's: You can build an appetite just getting there. It's at the end of the 1/3-mile-long Oceanside pier. (There's a \$1 shuttle tram, too.) Ruby's is part of a themed '40s-diner chain stretching from LAX to Scottsdale, Arizona. But it's fun. Shiny Chevy Corvette-style red-leatherette-and-chrome booths, white walls, portholes, old Coca-Cola signs, Dewey-Warren presidential buttons, and that view to Hawaii. Good-sized servings, too — try their omelets. Also in Carlsbad and Mission Valley. Open daily. Inexpensive. — *E.B.*

**Tony's Jacal** 621 Valley Avenue, Solana Beach, 858-755-2274. Come here at night, when the mysterious low mud-brick arches with the stained-glass windows make you think Old Mexico, when the Del Mar racing bar makes you think 1930s Hollywood, and the dining patio, under the 100-year-old chinaberry tree, looks straight out of Guadalajara. Back in 1946, Tony Gonzales's wife Catalina started preparing food for fellow Mexican workers. Since then, their daughters have continued the tradition, and everybody from Liz Taylor to J. Edgar Hoover has passed through these portals. Try the "La Colonia" combination of just about anything

with rice and beans. Turkey meat is big here, and the (real) crab quesadilla in a corn tortilla is delicious too. Cheapest: probably chicken strips with french fries. And "Jacal"? It means "shack." No lunch or dinner on Tuesday; no lunch Sunday. Inexpensive. — *E.B.*

**Zinc Café & Market** 132 South Cedros, Solana Beach, 858-793-5436. The Rancho Santa Fe set like to hang out here in the garden patio with their Porsches at the curb and their shih tzus under the table (dogs are welcome). Even for non-doggie people, the California pepper trees and garden sculpture make this indoor-outdoor eatery a really pleasant kick-back place (which gets its name from the zinc-top bar inside). The menu, a mixture of Italian and vegetarian, offers dishes like frittata with cucumber salsa, and baked eggplant "pizzette" (personal-size pizza) with marinara, mozzarella, and Parmesan. The vegetarian chili and the Zinc veggie burger (served on a La Brea bun) are tasty too. Open daily, 7 a.m. to 5 p.m. Inexpensive. — *E.B.*

## SOUTH BAY

**Clayton's Coffee Shop** 979 Orange Avenue, Coronado, 619-435-5425. This diner, one of the longest-running in San Diego, has really hit the refresh button with a new owner. The decor is still straight out of the 1940s, but brighter. The place is always filled with locals in the morning. The food is all American: steak and eggs, veggie omelets, old-fashioned waffles, hot and cold sandwiches. Dinner specials include pork chops with dressing, gravy, and applesauce; homemade meat loaf with gravy; baby beef liver, and beer-battered fish-and-chips. Current owner Mary's homemade apple pies are a major hit. Open daily. Inexpensive. — *E.B.*

**Coronado Boathouse 1887** 1701 Strand Way, Coronado, 619-435-0155. For a relaxing good time with lovely views and tasty food to match, put on your aloha shirt and head over the bridge. The old Coronado Boathouse boasts a handsome, historic structure with architecture mirroring the nearby Hotel Del, plus enthusiastic servers, terrific water views, and satisfying mainstream American cooking. The herbed artichoke appetizer and fresh macadamia-crust ed halibut sauced with coconut milk are wonderful. The juicy roast beef here is USDA Prime (trans-

lates to "melt in your mouth") and even the desserts offer some old favorites cooked with classy ingredients and imaginative twists. A perfect place to entertain your in-laws or hold your birthday dinner. Full bar. Dinner seven days. — *N.W.*

**Filipino Desserts Plus** 2220-Q East Plaza Boulevard, National City, 619-479-6748. Filipinos often mix sweet and savory, so it's no surprise that this desserts place has regular dishes too, including *adobo* pork, *pancit*, and *lumpia*. *Dinuguan*, a Filipino specialty, is pork made with "chocolate milk," slang for pig's blood. But the pride of the place is the desserts, from the *ube halea* (purple yam custard) and *maja blanca* (coconut-corn combo) to the *sapin sapin* (multicolored layer cake) and fried sweet *saba* banana on a skewer. Open daily, breakfast through early dinner. — *E.B.*

**Jimmy's — Chula Vista** 1198 Third Avenue, Chula Vista, 619-427-7161. Thank goodness for this family-friendly restaurant with good, old-fashioned, American food. Their six-page plastic menu tells all — forget your diet and dig into the breakfast "Eggs and Cakes" (two eggs, three pancakes), the "Touch-down" (two eggs, two hotcakes, four strips of bacon or three link sausages), or the "Monte Cristo" sandwich (ham and turkey grilled on batter-dipped Texas toast with Swiss cheese, hot syrup, and french fries). Later in the day, the New York strip or sirloin steak with all the trimmings, and desserts like homemade cinnamon bread pudding with raisins and whipped cream. Open three meals, seven days. Inexpensive. — *E.B.*

**McP's Irish Pub and Grill** 1107 Orange Avenue, Coronado, 619-435-5280. With a crowd ranging from Navy retirees to chic singles barely of drinking age, the perpetual party on McP's patio is nurtured by above-average Irish-Mexican-American pub grub (burgers, potato skins, nachos, etc.). The Irish fare includes a pleasing Mulligan stew served in a hollowed bread-loaf and an absolutely fabulous corned beef and cabbage plate with tender, thick slices surrounding cabbage so young and sweet it ought to be carded. Good soups, too. Open daily, standard pub hours. (Breakfast Sunday during football season.) Inexpensive to low moderate. — *N.W.*

**Peehe's** 1201 First Street, Coronado, 619-437-4474. This gorgeous, view-endowed restaurant offers upscale, Hawaiian-inspired fish and gargantuan steaks in a plush tropical-style setting with indoor waterfalls and three separate pa-

tios. Given the visual splendor, much of the food is better than it needs to be, featuring top-quality seafood prepared with care, e.g., halibut in a lush, sassy Frangelico-touched macadamia *beurre blanc*. A chocolate shell filled with macadamia nut ice cream may be worth the calories, too. Full bar. Reservations advised. Lunch (with limited breakfast) Monday through Saturday; brunch Sunday. Dinner nightly. Expensive. — *N.W.*

**Uno Chicago Bar and Grill — Chula Vista** 555 Broadway, Suite 1076, Chula Vista, 619-420-8660. The 1943-born Uno chain made its mark by transforming the flat Italian pizza into something a little more upstanding. Deep-dish pizzas have become one of Chicago's better-known exports. Now Uno does serious steak too, with variously sized Angus top sirloins. They come pretty much as is, but the meat itself is plenty flavorful and tender. Uno's expanded menu includes fajitas, ribs, shrimp scampi, and steak 'n' cheese burgers. Still, most lunchtime customers we saw seemed to stick to the staple: deep-dish pizzas and salads. Open daily, continuous service, lunch and dinner. Inexpensive to moderate. 4465 Mission Boulevard, Pacific Beach, 858-483-4143; Fashion Valley Center, 619-298-1866; 5th and H, Chula Vista, 619-420-8660; 890 W. Valley Parkway, Escondido, 760-480-8667. — *E.B.*

## EAST COUNTY

**Barnes Bar-B-Que** 2625 Lemon Grove Avenue, Lemon Grove, 619-462-9206. Clayton Davis's sign says it all: "Let Us Bring Tha South to Ya Mouth." You can tell this is the real deal from the two heavy iron doors in the brick wall behind the counter and the big wood fires burning oak inside. This is Memphis-style soul food, mild and mouthwatering — and cheap. Expect dollar portions, from smothered chicken or pork, neck bones and cabbage, to country yams, corn on the cob, and corn bread. Other lip-smacking dishes include chopped beef brisket sandwich, pork ribs or shoulder, beef ribs, red snapper, and hot links or ham — all with two sides and bread. Oh yes, they also serve catfish sandwiches and sweet potato tarts. Or you could just stand outside and smell the smoke. Open Monday through Sunday, lunch and dinner. Inexpensive. — *E.B.*

**Ciao Bella Caffè Bar e Ristorante** 5263 Baltimore Drive, La Mesa, 619-

337-0238. Aging La Mesa goes to bed at eight, but that's when the Argentinean Tango Masters come out and expect to eat, "way into the small hours." Ciao Bella's one of the city's go-to places for hungry dancers, which might explain why the food is so good. To look at this place, behind the Shell gas station, you might think "ordinary Italian restaurant." Who could guess the passions within? If you don't dance or sing, at least you can eat, and eat well. Try the antipasti like the Pizzetta Rustica, a marvelous mini-pizza with black-olive pâté and Gorgonzola. Or the *zuppa del sole* (clam soup). Great house dishes include Penne Ciao Bella (salmon, shrimp, and spinach in a light creamy sauce), Cartoccio (baked spaghetti with mushrooms, shrimp, clams, salmon in garlic white sauce), and San Remo pizza (tomato sauce, cheese, steamed asparagus, and sunny-side-up eggs). 10 a.m. to 10 p.m. daily. Moderate. — *E.B.*

**Jimmy's — Mission Gorge** 9635 Mission Gorge Road, Santee, 619-448-8994. We're at the end of the line here, the trolley's Orange Line. Feels like a safari. You walk back through the grass to the streets of Santee. Thank goodness for this family-friendly restaurant with good, old-fashioned American food. Their six-page plastic menu tells all — forget your diet and dig into the breakfast "Eggs and Cakes" (two eggs, three pancakes), the "Touchdown" (two eggs, two hotcakes, four strips of bacon or three link sausages), or the "Monte Cristo" hot sandwich (ham and turkey grilled on batter-dipped Texas toast with Swiss cheese, hot syrup, and french fries). Later in the day, the New York strip or sirloin steak with all the trimmings, and desserts like homemade cinnamon bread pudding with raisins and whipped cream. Open three meals, seven days. Inexpensive. — *E.B.*

**Los Michoacanos** 8001 Mission Gorge Road, Santee, 619-449-9032. You get a lot for a little here. Order even one really cheap potato taco from Luis Gabriel, the owner, and you get the full treatment of tortilla chips and salsa beforehand. Then out comes this hot, crisp-shelled taco, bursting with shredded lettuce, two cheeses, and inside, the most scrumptious sautéed potatoes. It may be way cheap, but it's no way mean. Other good Mexican dishes here include the chorizo torta or the grand garlic shrimp combo. Added bonus: The place

is new, bright, red and yellow, and sports a terrace looking out across the valley. Open seven days, three meals. Inexpensive — *E.B.*

**The Omelette Factory** 7941 Mission Gorge Road, Santee, 619-596-9686. The Factory sits in the kind of stand-alone building you expect to see in a country town: long, angled roof with a portico dressing up the basic shed structure behind. It's a great sprawling place that's ideal to bring the kids for a big breakfast. You can't beat their omelets, all 19 of them, from the Just Say Cheese (with Swiss, Jack, Cheddar, or American) to the magnificent Factory Omelette (a build-your-own: up to four meats, veggies, or cheeses). A Greek family has turned this location outside Santee from an abandoned social hall into a regular pit stop for half the community, it seems. For lunch, try the Factory Burger. It has two hamburger patties *plus* gyro meat, two cheeses, and onions. Breakfast and lunch, seven days. Inexpensive. — *E.B.*

**Popeye's Chicken & Biscuits — El Cajon** 110 Jamacha Road, El Cajon, 619-441-3355. This is the one major national chain to cling firmly to a regional American identity: Wherever you go, if you find a Popeye's, you'll be eating Louisiana flavors. But some flavors travel better than others in fast-food translations: The spicy, crisp fried chicken and air-light drop biscuits are fine as can be. The etouffe (whether of chicken or crawfish, when available) is surprisingly decent. The gumbo, offered at some locations, is weird — flavors aren't bad, but it's more like a Creole risotto, with wet rice instead of liquid (where's the soup?). Dirty rice and jambalaya are nasty and dry. Food quality varies subtly from branch to branch, as does the attitude of the counter-persons. Open daily, three meals. Inexpensive. — *N.W.*

**Ramon's Smokehouse BBQ** 1730 Alpine Boulevard, Suite 110, Alpine, 619-445-1008. The smell of mesquite wood burning under fresh-cut beef rib is beyond resistance. The secret Texas recipe draws crowds. Go Sunday morning, especially, when chefs in maroon aprons dance around the fat-spitting fire, disappearing into the clouds of fragrant smoke to flip the racks of beef and pork ribs. In good weather you can eat out back next to an authentic chuck wagon. Inexpensive. — *E.B.*

**"WE'VE GOT HUEVOS!"**

**THE ORIGINAL**

**\$2 OFF**

**Broken Yolk Café**

**OUTDOOR PATIO DINING**

**PRIVATE ROOM AVAILABLE**

\$2.00 off with minimum \$8.00 entrée and one drink. Limit 4 per coupon. One coupon per table. No separate checks. Not valid on weekends, holidays, with private groups, other offers, coupons or specials. Expires 1/29/09.

1851 GARNET Ave. • **PACIFIC BEACH • (858) 970-YOLK**

884 EASTLAKE Parkway • **VILLAGE WALK • (619) 216-1144**

7670 EL CAMINO REAL • **LA COSTA • (760) 943-8182**

Open Daily 6:00 am-3:00 pm • [www.thebrokenyolkcafe.com](http://www.thebrokenyolkcafe.com)

**\$8 special**

One sushi roll, small sake and small Japanese beer. Some restrictions apply. One per customer. Must present coupon.

**P.B. Mika Sushi**

1154 Garnet Avenue • P.B.

858-490-0440

Tues.-Sat. 4-11 pm • Sun. 4-10 pm

Closed Mon. • Happy Hour 4-7 pm



# Unfree Wheelers

*Kate Winslet appears much too strong for Leonardo DiCaprio.*

**A**nother few stragglers from the year gone by....

*Revolutionary Road* comes confusingly too soon after *Reservation Road*, a mere year apart, although in fairness the novels on which they were

based (by Richard Yates and John Burnham Schwartz respectively) were written in reverse order, a vast thirty-seven

years apart. The new movie returns director Sam Mendes to the suburban stamping ground of his filmmaking debut, *American Beauty*, but at the very opening of that territory in the 1950s, at the inception, that is to say, of all the clichés of cookie-cutter conformity, Little Boxes, the Lonely Crowd, lives of quiet desperation, and so forth. The central couple, residing with strident irony at the titular address in Connecticut, the dead end of the American Dream, are the Wheelers, Frank and April, he a member of the Gray Flannel Suit brigade (in stock shots of the uniformed troops on the morning commute to Manhattan), who despises his position in a cramped cubicle at Knox

Business Machines, and she a foiled actress condemned to stay at home with the two kiddies (eerily out of sight and mind for most of the movie). It is she who hatches the escape plan of uprooting the family to Paris — “People are

alive there, not like here” — and of allowing her husband time to figure out what he wants to do with his life while

she for a change earns the paychecks. And it is she, too, who remains unwavering in her commitment to the plan, even after an accidental pregnancy; and it is he, with a promotion dangled in front of him and a chance to get in on the ground floor of computers, who starts to vacillate.

The casting tends to tilt the playing field further. It must have seemed a bright idea to reunite the lovebirds of *Titanic*, as if to hint at the illusion-shattering grimness of the married life ahead of them had the iceberg not got in the way. But the birds have matured at different rates in the intervening eleven years. Whether in rage or frustration, cajolement or surrender,

**MOVIE  
REVIEW**  
DUNCAN SHEPHERD

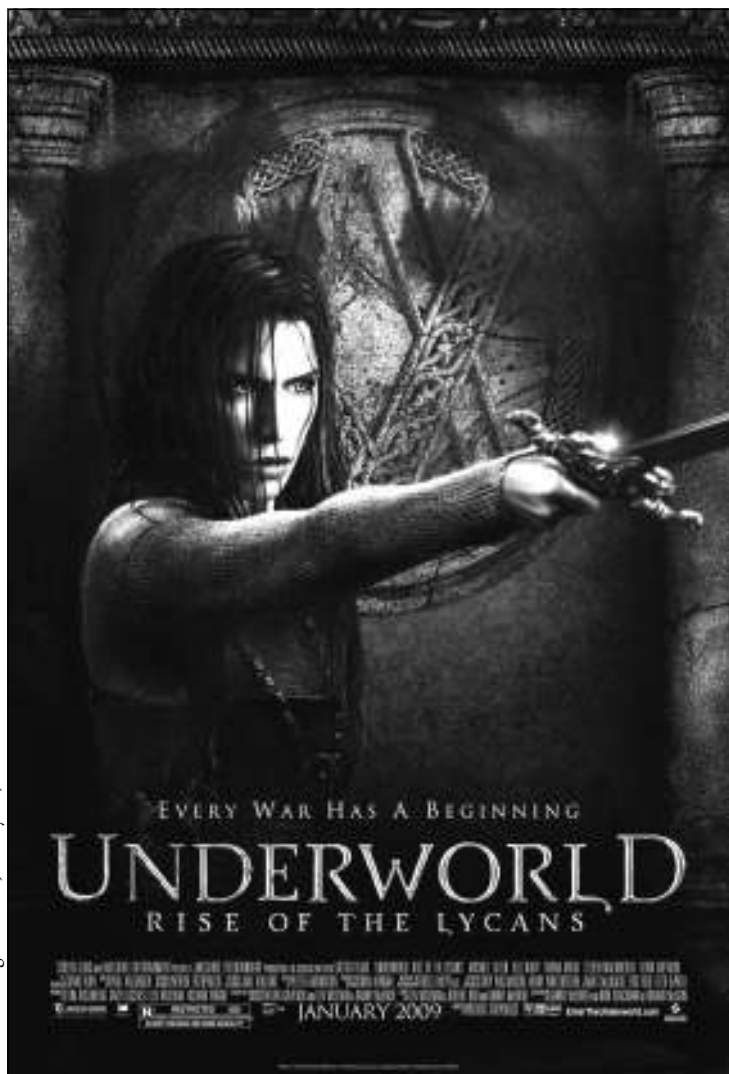


*Revolutionary Road*

Kate Winslet (Mrs. Mendes off screen) appears much too strong for Leonardo DiCaprio, whose perennial boyishness (only underscored by the dress-up suit and hat) clings to him, dogs him, drags him down, even in, or perhaps especially in, his face-caving moments of total emotional nakedness: “You’re not worth the powder it would take to blow you up!” (Now, now, sonny.) You

could wonder, to divide the faultfinding fairly, whether she’s not too strong for her own role. The movie, taking its lead from the novel and then going beyond the novel in search of a present-day perspective, is trying to do something a bit different, and a bit difficult, in suggesting that the would-be free Wheelers are not as superior to, or separate from, their neighbors and

surroundings as they would like to imagine, and in nudging the spectators, at the same time, to recognize that they themselves are not as superior as they might suppose to the central couple, the Fifties, their neighbors today. The codified view of postwar suburbia has over the years undergone too much expansion and elaboration for the movie to escape a sense of cliché and



# WIN A MOVIE PASS FOR TWO!



**SCREEN GEMS.**  
presents

## UNDERWORLD RISE OF THE LYCANS

To enter, visit the *Reader* website and click on “contests.” [SanDiegoReader.com](http://SanDiegoReader.com)

Deadline to enter is Friday, January 16 at 1:00 pm.  
Limit one entry per person. No purchase necessary.

**Opens in theaters January 23.**

sense of hyperbole. But the cliché and hyperbole are done to a turn. And the period and its archaisms (“I must scoot. Tooodle-oo”), its formalities and manners (no one but a certified madman, an institutionalized mathematician on a day pass, dares speak the truth in mixed company), combine to produce a stylization that brings out the satire in the piece. *Revolutionary Road* beats *American Beauty*, not terribly hard to do, for both seriousness and funniness.

Edward Zwick’s *Defiance* is a workmanlike account of the untold (or anyhow unfilmed) true story of a 20th-century Moses and his two brothers, who sheltered hundreds of Jews from the Nazis in the forests of Belorussia, such dark days that color itself evidently went into hiding, leaving behind only a greeny or occasionally orangey residue. Daniel Craig, a blond blue-eyed Jew like Paul Newman in *Exodus* (“He is a Jew?” wonders aloud a plain-spoken child), delivers heroic declarations on the order of “Our revenge is to live” and “We may be hunted like animals, but we will not become animals.” Natural lovelies emerge undimmed from the rustic privations to pair up with the heroes. A schoolteacher and an intellectual carry on a running sideshow of comical bickering. And Liev Schreiber, the hottest-headed of the three brothers, not content just to dodge the Nazis but itching to engage them, defects to the Red Army. The big hooray moment when he returns to the fold in the nick of time can be seen coming from so far off that we’re surprised only that it didn’t arrive sooner. Somehow, even with violin solos by Joshua Bell to put you in mind of *Schindler’s List*, the saga doesn’t quite sweep you up and away. But it at least stirs interest in the real story.

In *Last Chance Harvey*, Dustin Hoffman has a role he can really sink his teeth into, or sharpen them on: a jazz pianist *manqué* who makes do composing musical scores for TV commercials. (Funny-sad sight of him staring intently at the little screen to appraise his latest opus for OxiClean.) With his job on the line, he flies off to London for the weekend wedding of his only daughter, has his rightful role in the ceremony usurped by the bride’s debonair stepfather, misses his return flight home, gets fired long-distance, and stays on to unload his troubles at some length to a customer-relations employee at Heathrow: Emma Thompson, towering over the leading man by four inches, and showering him with her special brand of lifelike artificiality. The social mortifications of the early stages are amusingly observed (the solitary white jacket in a crowd of black, an unremovable security device still

affixed to the cuff, etc.), but the extended dialogue — a *Before Sunrise*, if you like, for the sunset years — that deepens overnight into a Serious Relationship sounds distinctly unorganic, forced forward solely by the determination of British writer-director Joel Hopkins to engineer a never-too-late romance for a couple of underemployed old pros. It’s all quite sweet, a little too-too. ■

## MOVIE LISTINGS

*All reviews are by Duncan Shepherd. Priorities are indicated by one to five stars and antipathies by the black spot. Unrated movies are for now unreviewed. Thousands of past reviews sorted alphabetically, by year of release and by rating, are available online at SDReader.com.*

**Alien** — This creature-feature has, and is, a good time, but it works very hard and spends a lot of money in order to have it. The question is, is it worth it? This question comes up not only because this movie seems much too heavily endowed for the simple, 1950s-style monster movie it essentially is, but also because it gets too little actual use out of its vast material holdings, especially its cavernous sets. The monster itself is most fun in its infancy, but it is hardly more impressive than its close cousins in such penny-pinching horror movies as *They Came from Within* and *Eraserhead*; once it reaches full growth, its appearances become annoyingly coy and fragmentary — this monster, like the one in *Jaws*, is mostly mouth. The storyline is garbled; the camerawork overwrought; the soundtrack sadistic; the computer graphics rather good, particularly the contour drawing of the planet’s surface as the spaceship

descends to a touchdown. Sigourney Weaver emerges as the unexpected star of the movie, although Yaphet Kotto, as the ship’s extroverted and headbanded mechanic, steals more than his share of scenes. Weaver, who has fleeting resemblances to Jane Fonda in her face and voice, ought to make the feminists happy; and if not, it won’t be for lack of trying. With Tom Skerritt, Harry Dean Stanton, Veronica Cartwright, John Hurt, and Ian Holm; directed by Ridley Scott. 1979. ★★ (KEN, 1/17 MIDNIGHT)

**Beauty in Trouble** — Ana Geislerova is the Czech beauty, who’s in trouble with an incarcerated car-thief husband and, after she moves in with her mother, a creepy stepfather. A possible solution is to meet one of the car thief’s victims, a distinguished older gentleman with a vineyard in Tuscany and the nicest guy in the whole world. Except for him, the people seem very real. But he’s a big exception. With Josef Abraham and Roman Luknar; directed by Jan Hřebejk. 2006. ★ (KEN, 1/16 THROUGH 22)

**Bedtime Stories** — Uncle Skeeter’s yarn-spinning collaborations with button-cute niece and nephew — tales of the Dark Ages, the Old West, Ancient Greece, Outer Space — are translated magically into reality the following day. Adam Sandler, rarely funny anyway, shoots for the more attainable goal of schmaltzy. With Keri Russell, Russell Brand, Guy Pearce, Richard Griffiths, Teresa Palmer, Lucy Lawless, Courteney Cox, and Rob Schneider; directed by Adam Shankman. 2008. ● (CARMEL MOUNTAIN; CHULA VISTA 10; FASHION VALLEY 18; GROSSMONT CENTER; MISSION MARKETPLACE 13; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; TOWN SQUARE 14)

**Bride Wars** — Through a booking mix-up, two “inseparable” girlfriends are locked into simultaneous June weddings at the

Plaza Hotel, whereupon they take leave of their senses in their efforts to sabotage one another. A deviously insulting chick flick. Anne Hathaway, although she looks like she’s in training for a concentration-camp film, doesn’t just outdance Kate Hudson at the bachelorette party, she outranges her throughout. It’s a standoff, however, in the eyeliner wars. With Candice Bergen, Kristen Johnston, Bryan Greenberg, Chris Pratt, and Steve Howey; directed by Gary Winick. 2009.

● (CARMEL MOUNTAIN; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GROSSMONT CENTER; HORTON PLAZA 14; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RIVER VILLAGE 6; TOWN SQUARE 14)

**Chandni Chowk to China** — Bollywood action comedy with Akshay Kumar and Deepika Padukone, directed by Nikhil Advani. (DEL MAR HIGHLANDS 8, FROM 1/16)

**The Curious Case of Benjamin Button** — The central conceit, and little else, has been retained from an F. Scott Fitzgerald short story of the same name: a protagonist who ages in reverse. (The story of course was written and titled before the soundalike name of Benjamin Britten came to fame, and as long as they were changing everything else....) With a script by Eric Roth, and with an historical scope and a “special” hero that often recall his script for *Forrest Gump*, the movie is at some pains to shore up the plausibility of the tale — a painful undertaking for sure — and to expunge the humor of it. On screen, nothing is more absurd about it than its length, two and three-quarters hours, plenty long enough to read the Fitzgerald story five or six times over. And its wistful theme of transience frankly gains very little from the reverse-aging phenomenon, nowhere near as much as you’d want to gain from so mindbending a device. The theme, moreover, gains nothing at all from the movie’s feeling of interminability. Director David Fincher, determined to show his softer side,

WINNER!

GOLDEN GLOBE AWARD

BEST ACTRESS Kate Winslet

D R A M A

THE NEW YORK OBSERVER REX REED

“FLAWLESS.

Deeply Profound,  
Heartfelt Intelligent  
Work That Raises  
The Bar Of  
Filmmaking To  
Exhilarating Heights  
Of Greatness.”

DICAPRIO AND WINSLET

Revolutionary Road

BBC FILMS

RESTRICTED  
UNDER 17 REQUIRES ACCOMPANIED PARENT OR ADULT GUARDIAN  
LANGUAGE AND SOME SEXUAL CONTENT/NUDITY

RevolutionaryRoadMovie.com

PARAMOUNT VANTAGE

DREAMWORKS PICTURES

EXCLUSIVE ENGAGEMENT

NOW PLAYING

CALL THEATRE FOR SHOWTIMES

LANDMARK THEATRES

Hillcrest Cinema

3965 5th Avenue • (619) 819-0236

SPECIAL ENGAGEMENT-NO PASSES OR DISCOUNT TICKETS ACCEPTED

The New York Times

A.O. SCOTT

“THE TRUE AND ASTONISHING STORY  
OF THE BIELSKI PARTISANS, WHO FOUGHT THE NAZIS AND RESCUED HUNDREDS  
OF JEWS THROUGH THE DARKEST YEARS OF WAR AND GENOCIDE.”

TIME

RICHARD CORLISS

“‘DEFIANCE’ IS WORTH CELEBRATING.”

LARRY KING

“A GRIPPING FILM. THE RESOLVE  
OF THE HUMAN SPIRIT IS SHOWN  
BRILLIANTLY.”

Los Angeles Times

KENNETH TURAN

“DANIEL CRAIG AND  
LIEV SCHREIBER ARE  
EXCELLENT.”

THE NEW YORKER

DAVID DENBY

“INSPIRATIONAL.”

NBC/NEEL TALK

JEFFREY LYONS

“EXTREMELY  
POWERFUL.”

DANIEL CRAIG

BASED ON THE INCREDIBLE TRUE STORY

DEFIANCE

FROM THE DIRECTOR OF BLOOD DIAMOND AND THE LAST SAMURAI

PARAMOUNT VANTAGE PRESENTS A GROSSEVENTOR PARK / ZECUORO FALLS PRODUCTION AN EDWARD ZWICK FILM DANIEL CRAIG “DEFIANCE” LIEV SCHREIBER  
JAMIE BELL ALEXA DAVALOS ALLAN CORRIHER MARK FELBERSTEIN ADAPTED BY VICTORIA THOMAS AND GAIL STEVENS EDITOR MIKE JAMES NEWTON HOWARD GREENBERG JENNY BEAVAN COSTUME DESIGNER STEVEN ROSEHOLM, A.C.S. PRODUCTION DESIGNER BRIAN WEL  
PRODUCTION DESIGNER EDUARDO SERRA, A.C.S. EXECUTIVE PRODUCERS HARRIS HALL HERSKOVITZ PRODUCED BY EDWARD ZWICK FILTERED BY JON BRUSSE BASED ON THE BOOK “THE BIELSKI PARTISANS” BY JACQUELINE TIES SCREENPLAY BY CLAYTON FRUHMANN & EDWARD ZWICK DIRECTED BY EDWARD ZWICK

GROSSEVENTOR PARK

RESTRICTED  
UNDER 17 REQUIRES ACCOMPANIED PARENT OR ADULT GUARDIAN  
VIOLENCE AND LANGUAGE

DefianceMovie.com

PARAMOUNT VANTAGE

STARTS FRIDAY, JANUARY 16 AT THEATRES EVERYWHERE

TEXT DEFY TO 33287 TO FIND A THEATER NEAR YOU AND TO RECEIVE MOVIE ALERTS FROM PARAMOUNT

SPECIAL ENGAGEMENT-NO PASSES OR DISCOUNT TICKETS ACCEPTED

San Diego Reader January 15, 2009 109



## Calendar MOVIES

softer than *Zodiac* and *Panic Room* and *Fight Club* and so on, manages first and foremost to show his technical side. The movie is replete with proficiencies of production (the periods are lavishly detailed, the brief tugboat battle with an enemy sub in WWII is dazzling, the duplex love nest is a splendid locale, etc.), and it serves as a virtual showcase for the art of makeup and/or art of digital touch-up, digital airbrush, digital prestidigitation, whatever went into the various aging effects on Brad Pitt and Cate Blanchett. The seamless surgery by which the leading man's head has been grafted onto bodies of different sizes is used, in this instance, responsibly. But it raises unsettling possibilities for the evolutionary next leap in screen body doubles. What's to prevent another filmmaker from putting Brad Pitt's head, in service of vanity, on Michael Phelps's body? Cate Blanchett's on Giselle Bündchen's? With Taraji P. Henson, Jason

Fleming, Jared Harris, Tilda Swinton, Julia Ormond. 2008.

★ (CARMEL MOUNTAIN; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GASLAMP 15; GROSSMONT CENTER; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RIVER VILLAGE 6; TOWN SQUARE 14)

**Defiance** — Reviewed this issue. With Daniel Craig, Liev Schreiber, Jamie Bell, Alexa Davalos, and Allan Corduner; directed by Edward Zwick.

★ (CARMEL MOUNTAIN; FASHION VALLEY 18; FLOWER HILL 4; GROSSMONT CENTER; HORTON PLAZA 14; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; TOWN SQUARE 14; FROM 1/16)

**Doubt** — From the prize-winning stage play by John Patrick Shanley, an ambiguous drama of possible priestly pedophilia at a Catholic school in the Bronx. The playwright, perhaps best known to moviegoers

as the writer of *Moonstruck* and writer-director of *Joe versus the Volcano*, handles the direction of his own work on screen, and the freedoms of the medium enable him to detail operations of the parish to almost anthropological ends: the nuns' rising and dressing in the A.M., the altar boys' preparations for Mass, the crosscutting contrast between the bloody-roast-beef and red-wine dinner table of the jovial priests as against the silent and austere table of the milk-fed nuns, the students' coed dance lesson to "Blame It on the Bossa Nova," and so on. (The time, as the aforesaid musical selection would suggest, is early Sixties, the time of the playwright's own Catholic boyhood in the Bronx, although the sermon on communal despair after the JFK assassination — one of three pithy sermons in the script — could easily have been recycled post-9/11.) The three principal characters are types: the progressive priest who believes in a "friendlier" church that moves with the times, a friendliness that may or may not have gone too far in embracing the school's first black student, a vulnerable target; the hidebound and humorless old nun ("Penmanship is dying, all across this country") whose hawklike vigilance zeroes in on the priest; and the innocent and idealistic novice, young and pretty, who wants to believe the best of everyone. The clash of personalities, strictly limited by the play's title and tactical guideline, illuminates nothing

so much as the players. Meryl Streep, over-acting awesomely, is not only a holy terror as a nun but as a thespian, boobying-trapping every scene with unforeseeable little diversions, inventions, stratagems, embellishments. Philip Seymour Hoffman and Amy Adams, no slouches themselves, appear to enjoy their one scene alone together in the courtyard, no one to steal it from them, no one to show them up or slap them down. With Viola Davis and Joseph Foster. 2008.

★★ (CARMEL MOUNTAIN; FLOWER HILL 4; HILL-CREST CINEMAS; LA JOLLA 12; POWAY 10; TOWN SQUARE 14)

**Frost/Nixon** — Playwright Peter Morgan restages the 1977 "no holds barred" TV interview of Richard Nixon by British talk-show host David Frost, and the drum-beating buildup to it. A prizefight metaphor runs throughout, permitting director Ron Howard to slip comfortably into the underdog mode of his *Cinderella Man*, with Frost, as it were, failing to lay a glove on Nixon going into the final round, then at last pinning him in a corner and pummeling some semblance of a confession out of him. This spectacle may satisfy the undying urge to spit on the corpse of the 37th President, as well as supply a general-purpose stand-in for the still elusive and impenitent 43rd President. (The undying urge to spit, it must be pointed out, tends to contradict the film's premise that the interview in some

way provided "closure.") As a job of stagecraft, however, or screencraft, it's a bit stunted, endlessly and explicitly talking out its points, and employing the unpardonable shortcut of pseudodocumentary interviews of various secondary characters, ostensibly at a later date, to further analyze, comment on, and embroider the points made elsewhere. With Michael Sheen, Frank Langella, Kevin Bacon, Sam Rockwell, Oliver Platt, Matthew Macfadyen, and Rebecca Hall. 2008.

★ (HORTON PLAZA 14; MISSION VALLEY 7, FROM 1/16)

**Gran Torino** — Clint Eastwood, director, serves Clint Eastwood, actor, a nice fat one, a softball lobbed right down the middle of the plate and effortlessly belted over the fence: a sort of Grumpy Old Man version of Dirty Harry, a scowler and a growler (looking and sounding uncannily like a dog in defense of a T-bone), a new widower who has seen his Detroit neighborhood taken over by Hmong immigrants ("HUM-mong," in his two-syllable pronunciation), a hard-ass retiree defined by a pair of prized possessions, the M-1 rifle that commemorates his service in the Korean War and the '72 Gran Torino that commemorates his life's work on the Ford assembly line. The character's blatant bigotry toward his Asian neighbors, whereby he runs through every applicable epithet in a thesaurus of slang

# "RICHLI FUNNY AND TOUCHING, IT'S TOO GOOD TO RESIST."

PETER TRAVERS, *RollingStone*

## "ENORMOUSLY ENTERTAINING."

JEFFREY LYONS,  
NBC/LYONS & BAILES REEL TALK

## "PITCH-PERFECT PERFORMANCES... A SURPRISINGLY TENDER AND APPEALING LOVE STORY."

CLAUDIA PUIG, *USA TODAY*

## "UTTERLY CHARMING. HOFFMAN AND THOMPSON HAVE GREAT CHEMISTRY."

LOU LUMENICK, *NEW YORK POST*

# last chance HARVEY

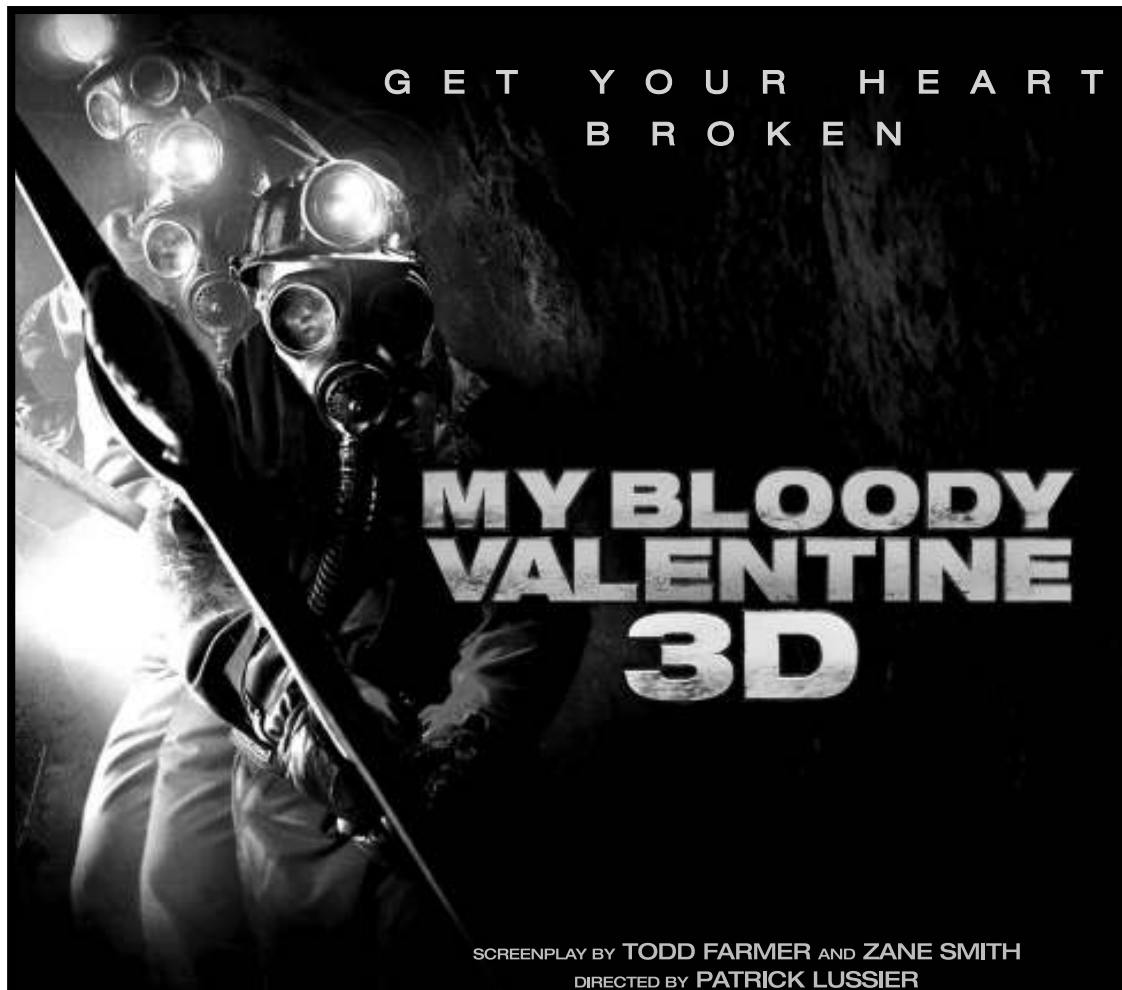
IT'S ABOUT FIRST LOVES, LAST CHANCES,  
AND EVERYTHING IN BETWEEN.

OVERTURE FILMS PRESENTS A PROGRESS PRODUCTION A JOEL HOPKINS FILM DUSTIN HOFFMAN EMMA THOMPSON  
"LAST CHANCE HARVEY" EILEEN ATKINS KATHY BAKER JAMES BROUIN RICHARD SCHIFF CASTING BY ALI FARRELL ELAINE GRAINGER  
MUSIC BY DICKSON HINCHLIFFE COSTUME DESIGNER NATALIE WARD EDITOR ROBIN SALES PRODUCTION DESIGNER JON HENSON EXECUTIVE PRODUCER GUY TANWAHILL PRODUCED BY JOHN DE BORMAN OSC  
EXECUTIVE PRODUCER JANVAL NGA PRODUCED BY TIM PERELL WRITTEN AND DIRECTED BY JOEL HOPKINS  
PG-13 PARENTS STRONGLY CAUTIONED  
SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13  
BRIEF STRONG LANGUAGE  
LIONSGATE  
© 2008 OVERTURE FILMS, LLC. ALL RIGHTS RESERVED.  
DISTRIBUTED BY OVERTURE FILMS

www.lastchanceharvey.com

## STARTS FRIDAY JANUARY 16 AT SELECT THEATRES

NO PASSES ACCEPTED



**R** RESTRICTED  
UNDER 17 REQUIRES ACCOMPANYING  
PARENT OR ADULT GUARDIAN  
GRAPHIC BRUTAL HORROR VIOLENCE AND GOREY IMAGES THROUGHOUT,  
SOME STRONG SEXUALITY, GRAPHIC NUDITY AND LANGUAGE

SOUNDTRACK AVAILABLE  
ON LIONSGATE

DOLBY  
DIGITAL

[NYSE: LGF]

LIONSGATE

www.mybloodyvalentinein3d.com

STARTS FRIDAY, JANUARY 16 IN 3D AT

AMC  
MISSION VALLEY 20  
San Diego (858) 558-2AMC

EDWARDS  
MIRA MESA STADIUM 18  
San Diego (800) FANDANGO #160

ULTRASTAR  
CHULA VISTA 10  
Chula Vista (619) 338-4214

ULTRASTAR  
MISSION MARKETPLACE 13  
Oceanside (760) 806-1790

ULTRASTAR  
POWAY 10  
Poway (858) 646-9423

AMC  
PALM PROMENADE 24  
San Diego (858) 558-2AMC

UNITED ARTISTS  
HORTON PLAZA 14  
San Diego (800) FANDANGO #519

ULTRASTAR  
DEL MAR HIGHLANDS  
San Diego (858) 646-9420

ULTRASTAR  
MISSION VALLEY AT HAZARD CENTER  
San Diego (619) 685-2841

ULTRASTAR  
RIVER VILLAGE CINEMAS  
Bonsall (760) 945-8784

ALSO PLAYING IN 2D AT THEATERS EVERYWHERE! CHECK LISTINGS FOR LOCATIONS • NO PASSES ACCEPTED FOR THIS ENGAGEMENT

SEE IT FIRST! SPECIAL ADVANCE 3D SCREENINGS THURSDAY 1/15 IN SELECT THEATERS!

(past “fishhead” and “gook” all the way to “zipperhead”) is somewhat problematic. Eastwood’s endearing presence in the role automatically takes the edge off the racism in a way that just wouldn’t happen if the role were occupied by, say, Gene Hackman, Rip Torn. And taking the edge off the racism is not altogether a good idea, regardless how many laughs you get out of it. What ultimately redeems him and his film is not the conventional, formulaic, soft-hearted and simple-minded warming of relations with the two weakly acted Hmong teenagers next door, and not the tighter focus of wrath on the Asian street gang that’s terrorizing the neighborhood, and not even the expediently plotted climactic act of karmic restitution (which in honesty had slim chance to work out as planned). No, none of that. What redeems him and his film, lending it, for all its entertainment value, a sense of gravity and personal conviction, is simply its place in line in his ongoing penance for the offhand violence, the incalculable casualties, of his earlier career: its place behind *Unforgiven*, *A Perfect World*, *Mystic River*, etc. Once was not enough. It was not just lip service, like an obligatory number of Hail Mary’s after a long-postponed trip to confession. It was, so it would appear, a genuine conversion, a revelation. This stands as the further proof of it, and further refinement of it. With Bee Vang, Ahney Her, Christopher Carley. 2008. ★★ (CARMEL MOUNTAIN; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18;

GASLAMP 15; GROSSMONT CENTER; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RIVER VILLAGE 6; SANTEE DRIVE IN; TOWN SQUARE 14)

**Happy-Go-Lucky** — Character portrait of a singular person, a primary-school teacher called Poppy, almost dementedly upbeat, seeing it as her mission in life to spread sunshine and joy wherever she goes. A tipsy giggler, a babbling fount of inanities (“Here we go, gigolo”), a constant commenter (“Never been here before,” she announces to no one in particular on her tour of a bookshop; “Don’t want to go there,” she reacts upon pulling *The Road to Reality* off the shelf), an avocational clown, a tireless self-amuser, she’s the nearest thing to Pee-wee Herman you could ever hope to find in a realistic context. (Is it significant that her bicycle gets stolen right off the bat? Unlike Pee-wee, she sighingly lets it go — “I didn’t even get a chance to say goodbye” — and signs up for driving lessons.) The context, however, demands that she once in a while drop the good cheer in order to handle crises with her ranting, racist, rigid driving instructor (“It’s not easy being you, ay?”), a violent bully at school, and an addled tramp in the street. She’s not a one-note character. She can rise to the occasion, and there is always, even at the best of times, an underpinning of thin ice. Sally Hawkins,

who had worked with writer-director Mike Leigh previously in *Vera Drake* and *All or Nothing*, takes total possession of the role, or vice versa, indelibly visualized in a neo- or retro-Flower Child wardrobe, too youthful by a decade, too loud by a hundred decibels, of clashing colors and multiple layers (a last layer, revealed on the chiropractor’s table, of pink bra and orange panties beneath black fishnet hose), and a full range of mirth from lopsided grin, pulling to the right, to open-wide glee. Leigh himself, you might have noticed, especially if you saw either of the samples mentioned above, is not the jolliest sort of fellow, and it would be easy to imagine him making a movie in which the central character were the volcanic driving instructor — the stalwart Eddie Marsan, who also appeared in *Vera Drake* — and in which the bubbly driving student were only one of several supporting characters, a movie, that is to say, more like his *Naked*, a portrait of a negativist. Any viewer less effervescent than Poppy, in any event, will be inclined to look at her as a kind of scientific specimen, to be observed with curiosity and wonder — along with unscientific amusement and a silent prayer of thanks she’s not living next door or coming over for dinner — in a somewhat amorphous and arbitrary succession of scenes, situations, circumstances. At all times the movie boasts beautiful bright color, rather as if Leigh’s regular cameraman, Dick Pope, had emptied a bottle of Windex on our window on

the world. (Ah, we can see!) And please don’t propose that this is meant to be expressive of Poppy’s *Weltanschauung*. Clear bright colors ought not to be the exclusive privilege of the Pollyanna. 2008. ★★★★★ (LA PALOMA)

**Hotel for Dogs** — Fanciful, tasteful children’s film, from the Lois Duncan book, about two foster kids who secretly transform a derelict hotel into a shelter for stray dogs (the homeless housing the homeless), and more than a shelter, a veritable amusement park. Nicely individualized dogs; tolerable kids; touches of real imagination in script and direction (Thor Freudentahl in his feature debut); general geniality. With Emma Roberts, Jake T. Austin, Don Cheadle, Lisa Kudrow, Kevin Dillon. 2009. ★★ (CARMEL MOUNTAIN; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GASLAMP 15; GROSSMONT CENTER; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RIVER VILLAGE 6; SANTEE DRIVE IN; TOWN SQUARE 14; FROM 1/16)

**Last Chance Harvey** — Reviewed this issue. With Dustin Hoffman, Emma Thompson, Eileen Atkins, Kathy Baker, Liane Balaban, and James Brolin; written and directed by Joel Hopkins. ★ (CARMEL MOUNTAIN; FASHION VALLEY 18; FLOWER HILL 4; GASLAMP 15; GROSSMONT CENTER; LA COSTA 6; LA JOLLA 12; MISSION

VALLEY 20; PALM PROMENADE 24; PLAZA BONITA 14; TOWN SQUARE 14; FROM 1/16)

**Marley and Me** — Let’s not forget Jenny. Marley is the rambunctious Labrador — “the world’s worst dog” — meant to tide Jenny over till she and Me (real-life newspaper columnist John Grogan) can make some babies. As it turns out, we follow the dog through the arrival of three children and a move from Florida to Pennsylvania. Most of the journey — despite some tensions of career and marriage — is pretty innocuous until the extended tearjerking as Marley winds down. (Parents, be warned.) Owen Wilson and Jennifer Aniston are the humans, well matched for suntans, though the former fades badly whenever things get serious. With Eric Dane, Alan Arkin, and, in an unflattering cameo as a dog trainer, Kathleen Turner; directed by David Frankel. 2008. ★ (CARMEL MOUNTAIN; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GASLAMP 15; GROSSMONT CENTER; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RIVER VILLAGE 6; SANTEE DRIVE IN; TOWN SQUARE 14)

**Milk** — Gus Van Sant’s celebratory biopic on Harvey Milk, the gay-rights activist and San Francisco City Supervisor martyred by assassination in 1978. However useful as

Bargain showtimes are in parentheses.

CENTRAL  
CLAIREMONT

**Town Square 14**  
4665 Clairemont Drive (858-274-1234)  
**Bedtime Stories** (PG); **Bride Wars** (PG); **The Curious Case of Benjamin Button** (PG-13); **Defiance** (R); **Doubt** (PG-13); **Gran Torino** (R); **Hotel for Dogs** (PG); **Last Chance Harvey** (PG-13); **Marley and Me** (PG); **My Bloody Valentine** (R); **Not Easily Broken** (PG-13); **Notorious** (R); **Paul Blart: Mall Cop** (PG); **Slumdog Millionaire** (R); **The Tale of Despereaux** (G); **The Unborn** (PG-13); **Valkyrie** (PG-13)

**DOWNTOWN**  
**Gaslamp 15**  
701 Fifth Avenue (619-232-0400)  
**Australia** (PG); **The Curious Case of Benjamin Button** (PG-13); **Gran Torino** (R); **Hotel for Dogs** (PG); **Last Chance Harvey** (PG-13); **Marley and Me** (PG); **Notorious** (R); **Rachel Getting Married** (R); **Seven Pounds** (PG-13); **The Unborn** (PG-13); **Valkyrie** (PG-13); **Vicky Cristina Barcelona** (PG-13)  
**Horton Plaza 14**  
Horton Plaza (619-444-FILM)  
**Bolt** (PG) Fri. (1:20, 4:20) Sat.-Sun. (1:20) 4:20; **Bride Wars** (PG) Fri. (12:35, 1:15, 2:50, 5:05) 7:40, 10:00 Sat.-Sun. (12:35, 1:15, 2:50) 5:05, 7:40, 10:00; **The Day the Earth Stood Still** (PG-13) Fri. (4:10) 7:35, 10:25 Sat.-Sun. 4:10, 7:35, 10:25; **Defiance** (R) Fri. (12:45, 1:15, 3:45, 4:15) 7:00, 7:30, 10:00, 10:30 Sat.-Sun. (12:45, 1:15, 3:45) 4:15, 7:00, 7:30, 10:00, 10:30; **Frost/Nixon** (R) Fri.-Sun. (12:40, 3:25)

7:05, 9:50; **Madagascar: Escape 2 Africa** (PG) Fri. (1:20, 3:30, 5:40) Sat.-Sun. (1:20, 3:30) 5:40; **My Bloody Valentine** (R) Fri. (12:30, 2:55, 5:20) 7:45, 10:10 Sat.-Sun. (12:30, 2:55) 5:20, 7:45, 10:10; **Not Easily Broken** (PG-13) Fri.-Sun. (1:05, 3:50) 7:15, 9:35; **Paul Blart: Mall Cop** (PG) Fri. (1:00, 1:30, 3:15, 4:10, 5:30) 7:20, 7:55, 9:30, 10:15 Sat.-Sun. (1:00, 1:30, 3:15) 4:10, 5:30, 7:20, 7:55, 9:30, 10:15; **Quantum of Solace** (PG-13) Fri. (1:10, 4:05) 7:25, 10:20 Sat.-Sun. (1:10) 4:05, 7:25, 10:20; **The Spirit** (PG-13) Fri.-Sun. 7:20, 9:45; **Twilight** (PG-13) Fri.-Sun. (12:50, 3:35) 7:10, 9:55; **Yes Man** (PG-13) Fri.-Sun. (1:25, 3:55) 7:35, 10:05; **Zack and Miri Make a Porno** (R) Fri.-Sun. 7:50, 10:20

**LA JOLLA**  
**La Jolla 12**  
8657 Villa La Jolla Drive (858-558-2262)  
**Bride Wars** (PG) Fri.-Sun. 12:05, 2:30, 5:00, 7:25, 9:55; **The Curious Case of Benjamin Button** (PG-13) Fri.-Sun. (11:00) 2:45, 6:30,

9:45; **Defiance** (R) Fri.-Sat. (10:40) 1:20, 4:25, 7:35, 10:25 Sun. (10:45) 1:20, 4:25, 7:35, 10:25; **Doubt** (PG-13) Fri.-Sun. (11:30) 2:15, 4:55, 7:35, 10:10; **Gran Torino** (R) Fri.-Sun. (10:50) 1:35, 4:25, 7:15, 10:00; **Hotel for Dogs** (PG) Fri.-Sun. (11:10) 1:45, 4:20, 7:00, 9:40; **Last Chance Harvey** (PG-13) Fri.-Sun. (11:40) 2:10, 4:50, 7:30, 10:35; **Marley and Me** (PG) Fri.-Sun. (10:45) 1:40, 4:40, 7:30, 10:20; **My Bloody Valentine** (R) Fri.-Sat. (10:55) 1:30, 4:05, 6:40, 9:15 Sun. 1:30, 4:05, 6:40, 9:15; **Paul Blart: Mall Cop** (PG) Fri.-Sun. (11:25) 1:55, 4:15, 6:45, 10:15; **The Unborn** (PG-13) Fri.-Sat. 12:45, 3:15, 5:40, 8:05, 10:30 Sun. 3:15, 5:40, 8:05, 10:30; **The Wrestler** (R) Fri.-Sat. (11:05) 1:50, 4:35, 7:20, 10:05 Sun. 1:50, 4:35, 7:20, 10:05

**La Jolla Village**  
8879 Villa La Jolla Drive (619-819-0236)  
**Milk** (R) Fri.-Sun. 1:20, 4:10, 7:00, 9:50; **The Reader** (R) Fri.-Sun. 1:30, 4:20, 7:10, 10:00; **Slumdog Millionaire** (R) Fri.-Sun. 1:40, 4:30,

7:20, 10:05; **Waltz with Bashir** (R) Fri.-Sun. 1:50, 4:40, 7:30, 9:55  
**MIRA MESA**  
**Mira Mesa 18**  
10733 Westview Parkway (800-326-3264)  
Call theater for program information.

**MISSION VALLEY**  
**Fashion Valley 18**  
7037 Friars Road (858-558-2262)  
**Bedtime Stories** (PG); **Bride Wars** (PG); **The Curious Case of Benjamin Button** (PG-13); **The Day the Earth Stood Still** (PG-13); **Defiance** (R); **Gran Torino** (R); **Hotel for Dogs** (PG); **Last Chance Harvey** (PG-13); **Marley and Me** (PG); **My Bloody Valentine** (R); **Notorious** (R); **Paul Blart: Mall Cop** (PG); **Seven Pounds** (PG-13); **Twilight** (PG-13); **The Unborn** (PG-13); **Valkyrie** (PG-13); **Yes Man** (PG-13)

Opening January 16

MY BLOODY VALENTINE 3D

NOT EASILY BROKEN

HOTEL FOR DOGS

NOTORIOUS

\$5.50 daily Early Bird Specials!  
\$5.50 UltraDiscount Tuesdays!  
Most films \$5.50 day and night!

Tickets purchased online receive priority seating!

- Chula Vista**  
555 Broadway #2050 • Chula Vista

**Mission Marketplace**  
431 College Blvd. • Oceanside
- Mission Valley Hazard Center**  
7510 Hazard Ctr. Dr. • San Diego

**Del Mar Highlands**  
12905 El Camino Real • San Diego

**Poway Creekside Plaza**  
13475 Poway Rd. • Poway
- River Village**  
5256 S. Mission Rd. • Bonsall

**La Costa**  
6941 El Camino Real • Carlsbad

**Flower Hill**  
2630 Via de la Valle • Del Mar

**FREE Popcorn**

Free promo-sized popcorn with this coupon and ticket purchase for

**My Bloody Valentine 3D**

Expires 1/22/09.  
Code: M9-1-24

UltraStar Cinemas invites you to enjoy a \$50 gift certificate for the Black&Blue Steakhouse at Valley View Casino, winner of Channel 10 San Diego’s 2008 A-List Award for “Best Steakhouse!” Just purchase a movie ticket at any UltraStar location to receive your certificate. Certain restrictions apply.

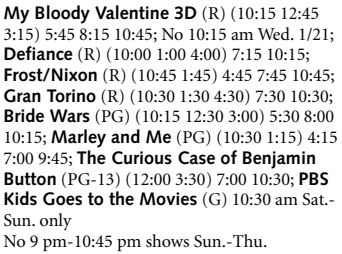
**ULTRAStar**  
C.I.N.E.M.A.S  
EXCLUSIVE HOME OF  
**PURE**  
DIGITAL CINEMA  
Powered by DLP Cinema® Technology

Buy tickets online or at the box office NOW!

www.UltraStarMovies.com



7510 Hazard Center Drive (619-685-2841)



1640 *Camino Del Rio North* (858-558-2262)  
**Bedtime Stories** (PG); **Bride Wars** (PG); **The Curious Case of Benjamin Button** (PG-13); **Defiance** (R); **Gran Torino** (R); **Hotel for Dogs** (PG); **Last Chance Harvey** (PG-13); **Marley and Me** (PG); **My Bloody Valentine** (R); **Not Easily Broken** (PG-13); **Notorious** (R); **Paul Blart: Mall Cop** (PG); **The Spirit** (PG-13); **The Tale of Despereaux** (G); **Twilight** (PG-13); **The Unborn** (PG-13); **Valkyrie** (PG-13); **The Wrestler** (R); **Yes Man** (PG-13)

**Ken**  
4061 Adams Avenue (619-819-0236)  
**Beauty in Trouble**

3965 Fifth Avenue (619-819-0236)  
**Milk** (R) Fri.-Sun. 1:00, 3:55, 7:00, 9:55; **The Reader** (R) Fri.-Sun. 1:10, 4:05, 7:10, 10:00; **Revolutionary Road** (R) Fri.-Sun. 1:30, 4:25, 7:30, 10:15; **Slumdog Millionaire** (R) Fri.-Sun. 1:20, 4:15, 7:20, 10:10

1649 El Prado, Balboa Park (619-238-7559)  
Call theater for program information.

1875 El Prado, Balboa Park (619-238-1233)  
**Alaska: Spirit of the Wild** (G) Fri. 7:00p.m.;  
**Animalopolis** (Not Rated) Fri. 1:00, 3:00 Sat.-  
 Sun. 10:00, 1:00, 3:00; **Mysteries of Egypt**  
 (Not Rated) Fri. 6:00p.m.; **Van Gogh** (Not  
 Rated) Fri. 5:00, 9:00 Sat. 11:00, 5:00, 7:00 Sun.  
 11:00, 5:00; **Wild Ocean** (Not Rated) Fri.  
 12:00, 2:00, 4:00, 8:00 Sat. 12:00, 2:00, 4:00,  
 6:00, 8:00 Sun. 12:00, 2:00, 4:00, 6:00

1788 El Praao, Balboa Park (619-232-3821)  
**Human Body** (Not Rated) Fri.-Sun. 2:00p.m.;  
**Ocean Oasis** (Not Rated) Fri.-Sun. 12:00,  
 4:00; **Planet Earth: Pole to Pole** (Not Rated)  
 Fri.-Sun. 11:00, 1:00, 3:00

405 Parkway Plaza (619-401-3456)  
**Bedtime Stories** (PG) Fri. (12:45, 3:15, 5:45)  
 8:15, 10:40 Sat.-Sun. (12:45, 3:15) 5:45, 8:15,  
 10:40; **Bride Wars** (PG) Fri. (12:55, 3:20, 5:40)  
 8:00, 10:20 Sat.-Sun. (12:55, 3:20) 5:40, 8:00,  
 10:20; **The Curious Case of Benjamin But-**  
**ton** (PG-13) Fri.-Sun. (12:00, 3:30) 7:00, 10:30;  
**Defiance** (R) Fri.-Sun. (12:45, 3:55) 7:10,  
 10:15; **Gran Torino** (R) Fri. (12:05, 2:45, 5:25)  
 8:05, 10:45 Sat.-Sun. (12:05, 2:45) 5:25, 8:05,  
 10:45; **Hotel for Dogs** (PG) Fri. (12:20, 2:30,  
 5:00) 7:30, 10:00 Sat.-Sun. (12:20, 2:30) 5:00,  
 7:30, 10:00; **Last Chance Harvey** (PG-13) Fri.  
 (12:10, 2:35, 5:10) 7:50, 10:20 Sat.-Sun. (12:10,  
 2:35) 5:10, 7:50, 10:20; **Marley and Me** (PG)  
 Fri. (12:10, 2:50, 5:30) 8:10, 10:50 Sat.-Sun.  
 (12:10, 2:50) 5:30, 8:10, 10:50; **My Bloody**  
**Valentine** (R) Fri. (12:15, 2:55, 5:30) 8:10,  
 10:50 Sat.-Sun. (12:15, 2:55) 5:30, 8:10, 10:50;  
**Not Easily Broken** (PG-13) Fri. (12:20, 2:45,  
 5:20) 7:50, 10:15 Sat.-Sun. (12:20, 2:45) 5:20,  
 7:50, 10:15; **Notorious** (R) Fri.-Sun. (12:55,  
 3:50) 7:00, 9:55; **Paul Blart: Mall Cop** (PG)  
 Fri. (12:20, 2:40, 5:15) 7:40, 10:05 Sat.-Sun.  
 (12:20, 2:40) 5:15, 7:40, 10:05; **Seven Pounds**

(PG-13) Fri.-Sun. (1:00, 3:50) 7:05, 9:55;  
**Slumdog Millionaire** (R) Fri. (12:40, 4:05)  
 7:15, 10:10 Sat.-Sun. (12:40) 4:05, 7:15, 10:10;  
**Twilight** (PG-13) Fri. (1:15, 4:15) 7:15, 10:05  
 Sat.-Sun. (1:15) 4:15, 7:15, 10:05; **The Unborn**  
 (PG-13) Fri. (12:25, 2:50, 5:05) 7:25, 9:45 Sat.-  
 Sun. (12:25, 2:50) 5:05, 7:25, 9:45; **Valkyrie**  
 (PG-13) Fri. (1:20, 4:20) 7:30, 10:35 Sat.-Sun.  
 (1:20) 4:20, 7:30, 10:35; **Yes Man** (PG-13) Fri.  
 (12:25, 2:55, 5:25) 7:55, 10:25 Sat.-Sun. (12:25,  
 2:55) 5:25, 7:55, 10:25

**5500 Grossmont Center Drive (619-465-7100)**  
**Bedtime Stories (PG); Bride Wars (PG); The**  
**Curious Case of Benjamin Button (PG-13);**

**Defiance (R); Gran Torino (R); Hotel for Dogs (PG); Last Chance Harvey (PG-13); Marley and Me (PG); My Bloody Valentine (R); Paul Blart: Mall Cop (PG); The Unborn (PG-13)**

2951 Jamacha Road (800-326-3264)  
**Bedtime Stories** (PG) Sat.-Sun. (12:10, 2:35)  
 5:05, 7:35, 10:05; **Bride Wars** (PG) Sat.-Sun.  
 (12:05, 2:30) 5:00, 7:40, 10:15; **The Curious**  
**Case of Benjamin Button** (PG-13) Sat.-Sun.  
 (12:40) 4:20, 7:55; **Defiance** (R) Sat.-Sun.  
 (11:50, 3:00) 6:45, 10:05; **Doubt** (PG-13) Sat.-  
 Sun. (1:00) 7:20; **Gran Torino** (R) Sat.-Sun.  
 (12:35) 4:35, 7:25, 10:20; **Hotel for Dogs** (PG)

Fri. (11:45, 2:15, 4:45) 7:15, 9:45 Sat.-Sun.  
(11:45, 2:15) 4:45, 7:15, 9:45; **Last Chance**  
**Harvey** (PG-13) Sat.-Sun. (12:55, 3:35) 7:05,  
9:35; **Marley and Me** (PG) Sat.-Sun. (12:00,  
2:55) 6:50, 10:00; **My Bloody Valentine** (R)  
Sat.-Sun. (12:30) 4:15, 8:00, 10:30; **Notorious**  
(R) Sat.-Sun. (12:15, 3:15) 7:00, 9:55; **Paul**  
**Blart: Mall Cop** (PG) Sat.-Sun. (12:20, 2:50)  
5:15, 7:45, 10:25; **Twilight** (PG-13) Sat.-Sun.  
4:10, 9:50; **The Unborn** (PG-13) Sat.-Sun.  
(11:55, 2:10) 5:10, 7:50, 10:35; **Valkyrie**  
(PG-13) Sat.-Sun. (12:25, 3:25) 7:10, 10:10; **Yes**  
**Man** (PG-13) Sat.-Sun. (12:45, 3:20) 6:55, 9:25

10990 Woodside Avenue (619-448-7447)

**Gran Torino (R); Hotel for Dogs (PG); Marley and Me (PG); Yes Man (PG-13)**

Broadway between H and I (619-558-4214)



*Eastlake Parkway at Olympic* (858-558-2262)  
**Bedtime Stories** (PG); **Bride Wars** (PG); **The Curious Case of Benjamin Button** (PG-13); **Defiance** (R); **Gran Torino** (R); **Hotel for Dogs** (PG); **Marley and Me** (PG); **My Bloody Valentine** (R); **Paul Blart: Mall Cop** (PG); **The Unborn** (PG-13); **Valkyrie** (PG-13); **Yes Man** (PG-13)

770 Denmery Road (858-558-2262)  
**Bedtime Stories** (PG); **Bolt** (PG); **Bride Wars** (PG); **The Curious Case of Benjamin Button** (PG-13); **Defiance** (R); **Gran Torino** (R); **Hotel for Dogs** (PG); **Last Chance Harvey** (PG-13); **Marley and Me** (PG); **My Bloody Valentine** (R); **Not Easily Broken** (PG-13); **Notorious** (R); **Paul Blart: Mall Cop** (PG); **Seven Pounds** (PG-13); **Slumdog Millionaire** (R); **The Tale of Despereaux** (G); **Twilight** (PG-13); **The Unborn** (PG-13); **Valkyrie** (PG-13); **Yes Man** (PG-13)

East H Street (619-216-4707)  
Call theater for program information.

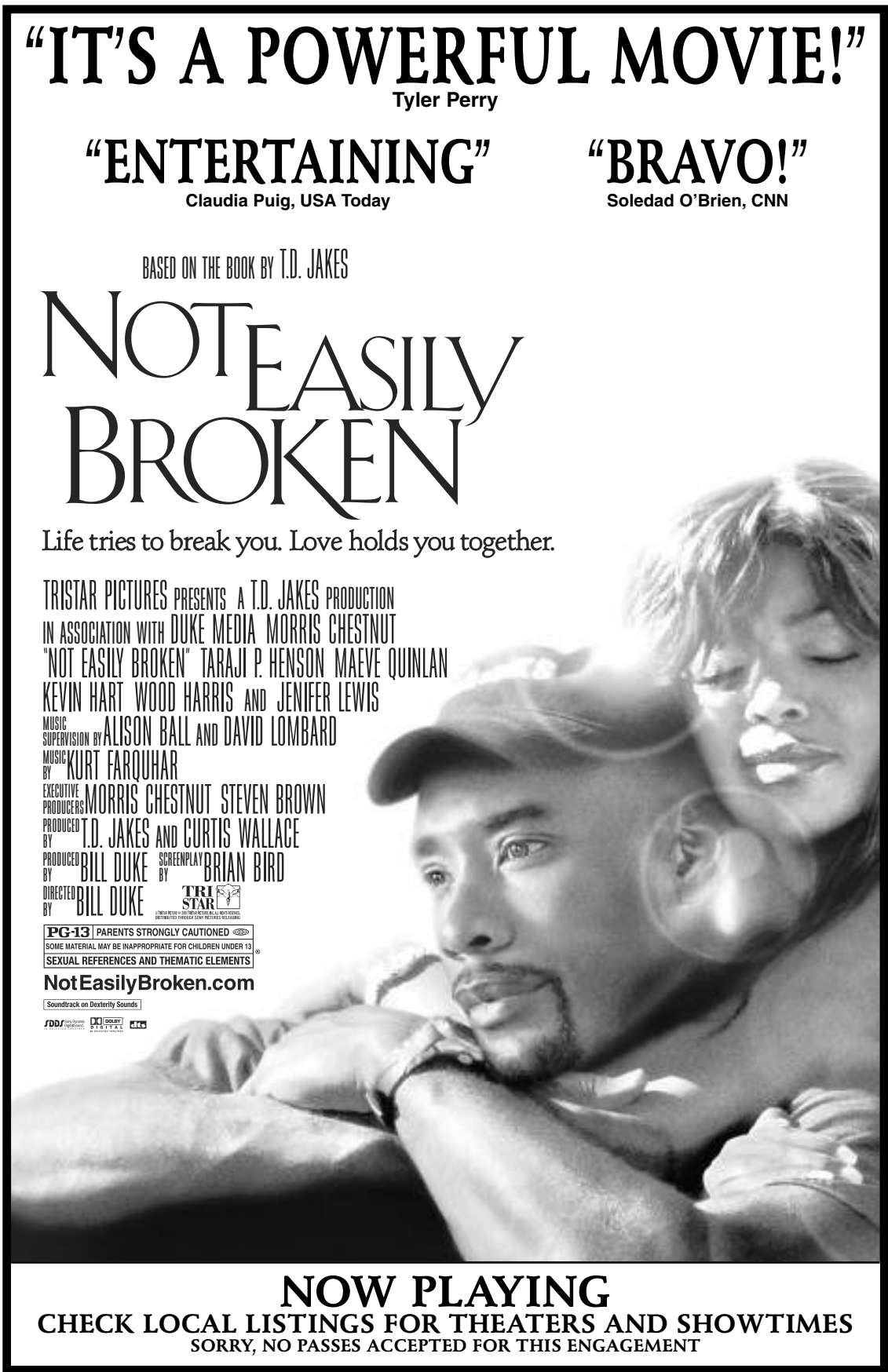
**South Bay Drive In**  
2170 Coronado Avenue (619-423-2727)  
Call theater for program information.

3030 Plaza Bonita Road (858-558-2262)  
**Bedtime Stories** (PG); **Bride Wars** (PG); **The Curious Case of Benjamin Button** (PG-13); **Defiance** (R); **Gran Torino** (R); **Hotel for Dogs** (PG); **Last Chance Harvey** (PG-13); **Marley and Me** (PG); **My Bloody Valentine** (R); **Not Easily Broken** (PG-13); **Notorious** (R); **Paul Blart: Mall Cop** (PG); **The Unborn** (PG-13); **Yes Man** (PG-13)

11620 Carmel Mountain Road (858-674-9770)  
**Bedtime Stories** (PG); **Bolt** (PG); **Bride Wars** (PG); **The Curious Case of Benjamin Button** (PG-13); **Defiance** (R); **Doubt** (PG-13); **Gran Torino** (R); **Hotel for Dogs** (PG); **Last Chance Harvey** (PG-13); **Marley and Me** (PG); **My Bloody Valentine** (R); **Notorious** (R); **Paul Blart: Mall Cop** (PG); **The Reader** (R)

350 W. Valley Parkway (760-291-0119)  
**Bedtime Stories** (PG) Fri.-Sun. (12:55, 3:30)  
 6:55, 9:40; **Bride Wars** (PG) Fri. (1:05, 4:10)  
 7:35, 10:05 Sat.-Sun. (1:05) 4:10, 7:35, 10:05;  
**The Curious Case of Benjamin Button**  
 (PG-13) Fri.-Sun. (1:30) 6:20, 9:50; **Defiance**

**1112** San Diego Reader January 15, 2009



(R) Fri. (12:40, 4:00) 7:10, 10:20 Sat.-Sun. (12:40) 4:00, 7:10, 10:20; **Frost/Nixon** (R) Fri.-Sun. (12:05, 3:20) 6:50, 10:30; **Gran Torino** (R) Fri.-Sun. (12:50, 3:40) 7:00, 10:25; **Hotel for Dogs** (PG) Fri. (12:00, 2:40, 5:10) 7:40, 10:15 Sat.-Sun. (12:00, 2:40) 5:10, 7:40, 10:15; **Last Chance Harvey** (PG-13) Fri. (1:10, 4:40) 7:20, 10:00 Sat.-Sun. (1:10) 4:40, 7:20, 10:00; **Marley and Me** (PG) Fri.-Sun. (1:00, 3:50) 6:40, 9:30; **My Bloody Valentine** (R) Fri. (12:15, 2:50, 5:20) 7:50, 10:35 Sat.-Sun. (12:15, 2:50) 5:20, 7:50, 10:35; **Not Easily Broken** (PG-13) Fri.-Sun. (3:35) 9:35; **Paul Blart: Mall Cop** (PG) Fri. (12:10, 2:30, 5:00) 7:30, 9:55 Sat.-Sun. (12:10, 2:30) 5:00, 7:30, 9:55; **Seven Pounds** (PG-13) Fri. (1:20, 4:20) 7:15, 10:10 Sat.-Sun. (1:20) 4:20, 7:15, 10:10; **Twilight** (PG-13) Fri.-Sun. (12:30) 6:35; **The Unborn** (PG-13) Fri. (1:35, 4:30) 7:05, 10:40 Sat.-Sun. (1:35) 4:30, 7:05, 10:40; **Valkyrie** (PG-13) Fri.-Sun. (12:45, 3:45) 6:45, 9:45; **Yes Man** (PG-13) Fri. (1:25, 4:50) 7:25, 10:00 Sat.-Sun. (1:25) 4:50, 7:25, 10:00

FALLBROOK

**River Village 6**  
5256 S. Mission Road (760-945-8784)



**My Bloody Valentine 3D** (R) (12:45 3:15) 5:45 8:15 10:45; **Hotel for Dogs** (PG) (12:15 2:45) 5:15 7:30 9:45; **Gran Torino** (R) (11:15 2:15) 5:00 7:45 10:30; **Bride Wars** (PG) (12:00 2:30) 4:45 7:00 9:30; **Marley and Me** (PG) (11:00 1:45) 4:30 7:15 10:00; **The Curious Case of Benjamin Button** (PG-13) (12:30 4:15) 8:00; **PBS Kids Goes to the Movies** (G) 10:30 am Sat.-Sun. only  
No 9 pm-10:45 pm shows Sun.-Thu.  
No 11 am-3:45 pm shows Tues.-Thu.

POWAY

**Poway 10**  
13475 Poway Road (858-646-9423)



**My Bloody Valentine 3D** (R) (10:30 1:00 3:45) 6:00 8:30 10:45; **Hotel for Dogs** (PG) (10:00 12:30 3:00) 5:30 8:00 10:30; **Doubt** (PG-13) (10:15 12:45 3:15) 5:45 8:15 10:45; **Gran Torino** (R) (10:45 1:30) 4:30 7:30 10:15; **Bride Wars** (PG) (10:00 12:15 2:30) 5:00 7:15 9:45; **The Unborn** (PG-13) (11:30 1:45 4:00) 6:15 8:30 10:45; **Bedtime Stories** (PG) (10:15 12:30) 5:15 7:45; **Marley and Me** (PG) (10:30 1:15) 4:15 7:15 9:45; **The Curious Case of Benjamin Button** (PG-13) (12:00 3:30) 7:00 10:30; **Valkyrie** (PG-13) (11:00 2:00) 4:45 7:30 10:15; **Yes Man** (PG-13) (2:45) 10:45; **PBS Kids Goes to the Movies** (G) 10:30 am Sat.-Sun. only  
No 9 pm-10:45 pm shows Sun.-Thu.

SAN MARCOS

**San Marcos 18**  
1180 West San Marcos Boulevard at Old California Walk (760-471-3711)  
Call theater for program information.

VISTA

**Vista Village**  
Highway 78 at Vista Village Drive (760-945-7469)  
**Bedtime Stories** (PG) Fri.-Sun. (11:30, 2:00, 4:30) 7:00, 9:30; **Bride Wars** (PG) Fri.-Sun. (12:15, 2:40, 5:05) 7:20, 9:45; **The Curious Case of Benjamin Button** (PG-13) Fri.-Sun. (12:25, 4:00) 7:40; **Defiance** (R) Fri.-Sun. (12:30, 4:00) 7:15, 10:20; **Gran Torino** (R) Fri.-Sun. (11:00, 11:35, 1:45, 2:20, 4:25, 5:00) 7:10, 7:45, 9:50, 10:25; **Hotel for Dogs** (PG) Fri.-Sun. (11:50, 2:20, 4:50) 7:25, 9:50; **Last Chance Harvey** (PG-13) Fri.-Sun. (11:35, 2:05, 4:35) 7:05, 9:35; **Marley and Me** (PG) Fri.-Sun. (11:00, 1:50, 4:40) 7:30, 10:20; **My Bloody Valentine** (R) Fri.-Sun. (12:00, 2:35, 5:10) 7:40, 10:15; **Not Easily Broken** (PG-13) Fri.-Sun. 10:05p.m.; **Notorious** (R) Fri.-Sun.

(11:20, 2:10, 4:55) 7:50, 10:35; **Paul Blart: Mall Cop** (PG) Fri.-Sun. (12:30, 2:45, 5:00) 7:15, 9:35; **The Unborn** (PG-13) Fri.-Sun. (11:10, 1:20, 3:30, 5:45) 8:00, 10:15; **Valkyrie** (PG-13) Fri.-Sun. (11:10, 2:00, 4:45) 7:35, 10:25; **Yes Man** (PG-13) Fri.-Sun. (11:40, 2:15, 4:50) 7:30

NORTH COASTAL

CARLSBAD

**Plaza Camino Real**  
2385 Marron Road (760-729-7469)  
Call theater for program information.

DEL MAR

**Del Mar Highlands 8**  
El Camino Real at Del Mar Heights Road (858-646-9420)



**My Bloody Valentine 3D** (R) (10:30 1:00 3:45) 6:00 8:30 10:45; No 6 pm Sun. 1/18; **Hotel for Dogs** (PG) (10:00 12:30 3:00) 5:30 8:00

10:15; **Chandni Chowk to China** (PG-13) (11:15 2:45) 6:15 9:30; **Gran Torino** (R) (10:30 1:30) 4:30 7:30 10:30; **Bride Wars** (PG) (10:15 12:45 3:15) 5:45 8:15 10:30; **Marley and Me** (PG) (10:15 1:15) 4:15 7:15 10:00; **The Curious Case of Benjamin Button** (PG-13) (12:00 3:30) 7:00 10:30; **Valkyrie** (PG-13) (11:00 2:00) 4:45 7:45 10:45; No 4:45 Sun. 1/18; **PBS Kids Goes to the Movies** (G) 10:30 am Sat.-Sun. only  
No 9 pm-10:45 pm shows Sun.-Thu.

**Flower Hill 4**  
2630 Via de la Valle (858-646-9425)



**Last Chance Harvey** (PG-13) (10:1512:45 3:15) 5:45 8:15 10:45; **Defiance** (R) (10:00 1:00 4:00) 7:00 10:00; **Doubt** (PG-13) (1:30) 7:30 10:15; **Milk** (R) (10:30 4:30); **Slumdog Millionaire** (R) (11:00 2:00) 5:00 8:00 10:45  
No 9 pm-10:45 pm shows Sun.-Thu.

ENCINITAS

**La Paloma**  
471 South Coast Highway 101 (760-436-SHOW)  
**Happy-Go-Lucky** (R); **Rachel Getting Married** (R)

LA COSTA

**La Costa 6**  
6941 El Camino Real (at Aviara/Alga) (760-599-8221)



**Last Chance Harvey** (PG-13) ((10:00 12:30 3:00) 5:30 8:00 10:30; **Gran Torino** (R) (10:30 1:30) 4:30 7:30 10:15; **Bride Wars** (PG) (10:15 12:45 3:15) 5:45 8:15 10:30; **Marley and Me** (PG) (10:15 1:15 4:15) 7:15 10:00; **The Curious Case of Benjamin Button** (PG-13) (12:00 3:30) 7:00 10:30; **Valkyrie** (PG-13) (10:45 1:45) 4:45 7:45 10:45; **PBS Kids Goes to the Movies** (G) 10:30 am Sat.-Sun. only  
No 9 pm-10:45 pm shows Sun.-Thu.

OCEANSIDE

**Mission Marketplace 13**  
College Boulevard and Mission Avenue (760-806-1790)



**My Bloody Valentine 3D** (R) (12:45 3:15) 5:45 8:15 10:45; **Hotel for Dogs** (PG) (12:30 3:00) 5:30 8:00 10:30; **Notorious** (R) (11:30 2:15) 5:00 7:45 10:30; **Defiance** (R) (12:45 4:00) 7:00 10:00; **Gran Torino** (R) (11:00 1:45) 4:30 7:30 10:15; **Bride Wars** (PG) (11:00 1:15 3:45) 6:00 8:15 10:45; **The Unborn** (PG-13) (12:15 2:45) 5:15 7:45 10:00; **Bedtime Stories** (PG) (11:45 2:15) 4:45 7:15 9:45; **Marley and Me** (PG) (11:15 2:00) 4:45 7:30 10:15; **The Curious Case of Benjamin Button** (PG-13) (12:00 3:30) 7:00 10:30; **Valkyrie** (PG-13) (11:30 2:30) 5:15 8:00 10:45; **The Tale of Des-pereaux** (G) (11:00 1:30); **Yes Man** (PG-13) (11:30 2:15) 5:00 7:45 10:30; **Seven Pounds** (PG-13) 4:15 7:15 10:00; **PBS Kids Goes to the Movies** (G) 10:30 am Sat.-Sun. only  
No 9 pm-10:45 pm shows Sun.-Thu.

**Oceanside 16**  
401 Mission Avenue (760-439-1733)  
Call theater for program information.

K E V I N J A M E S

PAUL BLART MALL COP

DON'T MESS WITH HIS MALL

COLUMBIA PICTURES PRESENTS IN ASSOCIATION WITH RELATIVITY MEDIA A HAPPY MADISON PRODUCTION "PAUL BLART: MALL COP"

JAYMA MAYS KEIR O'DONNELL BOBBY CANNAVALE STEPHEN RANNAZZISI AND SHIRLEY KNIGHT MUSIC BY MICHAEL DILBECK MUSIC BY WADDY WACHTEL

EXECUTIVE PRODUCER JEFF SUSSMAN WRITTEN BY KEVIN JAMES & NICK BAKAY PRODUCED BY ADAM SANDLER JACK GIARRAPUTO TODD GARNER KEVIN JAMES BARRY BERNARDI

PAULBLARTMallCop.com DIRECTED BY STEVE CARR

PG PARENTAL GUIDANCE SUGGESTED

SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN

SOME VIOLENCE, MILD CRUDE AND SUGGESTIVE HUMOR AND LANGUAGE

FDD

DO NOT

MPAA

COLUMBIA PICTURES

STARTS FRIDAY, JANUARY 16

CHECK LOCAL LISTINGS FOR THEATERS AND SHOWTIMES

SORRY, NO PASSES ACCEPTED FOR THIS ENGAGEMENT

San Diego Reader January 15, 2009 113



## Calendar

### MOVIES

pep rally or memorial service, the film comes up short as drama, relying altogether too much on Position Statements, Slogans, Bromides, primarily through the protagonist's stump speeches and a serialized in-the-event-of-my-death tape recording that ties the narrative together. (Screenplay by Dustin Lance Black.) What nonetheless humanizes all this plain talk is the transformational performance of Sean Penn, a totally new and different Sean Penn, almost bird-like in his lightness and tightness, very vulnerable in his worries and very touching in his joys, unshy about the kissy-face with James Franco and Diego Luna, bravely not avoiding homosexual stereotype yet nicely avoiding caricature. It immediately takes its place alongside the performances of *Mystic River*, *Dead Man Walking*, *Casualties of War*, maybe one or two others, in the actor's best-of portfolio. With Josh Brolin, Emile Hirsch, Alison Pill, Victor Garber. 2008.

**My Bloody Valentine** — 3-D re-do of the 1981 slasher thriller, with Jensen Ackles and Jaime King, directed by Patrick Lussier.

(CARMEL MOUNTAIN; CHULA VISTA 10; DEL MAR  
HIGHLANDS 8; FASHION VALLEY 18; GROSS-  
MONT CENTER; HORTON PLAZA 14; LA JOLLA 12;  
MIRA MESA 18; MISSION MARKETPLACE 13; MIS-  
SION VALLEY 7; MISSION VALLEY 20; OTAY  
RANCH 12; PALM PROMENADE 24; PLAZA  
BONITA 14; POWAY 10; RIVER VILLAGE 6; TOWN  
SQUARE 14; FROM 1/16)

**Not Easily Broken** — Faith-based marital counseling for a tritely imagined fictional couple. Even if the ecclesiasticism doesn't much intrude, the film presents its case so poorly you might find yourself rooting for the black husband (the charismatic Morris Chestnut) to run off with the white divorcee (Maevie Quinlan). Based on the novel by T.D. Jakes; with Taraji P. Henson, Jennifer Lewis, Eddie Cibrian, and Kevin Hart; directed by Bill Duke. 2009.

● (HORTON PLAZA 14; MISSION VALLEY 20;  
PALM PROMENADE 24; PLAZA BONITA 14; TOWN  
SQUARE 14)

**Notorious** — Not the Hitchcock classic nor a remake. Far, far from it. Rather, an exploitive session of gangsta-gazing, namely at rap artist Notorious B.I.G., alias Biggie Smalls, né Christopher Wallace, and at the lethal rivalry between the East Coast camp and the West Coast. (Laughable shot of Biggie on the couch in front of the TV, the only man in the universe surprised at the murder of his bitter enemy, Tupac Shakur.)

Lurid, sordid, visually voguish, and very often unintelligible. Subtitles might have helped. Slightly. With newcomer Jamal Woolard in the lead role, Derek Luke as Puffy Combs, Naturi Naughton as Lil Kim, Antonique Smith as Faith Evans, Anthony Mackie as Tupac, and Angela Bassett as Moms; directed by George Tillman, Jr. 2009.

● (CARMEL MOUNTAIN; CHULA VISTA 10; FASH-  
ION VALLEY 18; GASLAMP 15; MISSION MARKET-  
PLACE 13; MISSION VALLEY 20; PALM PROME-  
NADE 24; PLAZA BONITA 14; TOWN SQUARE 14;  
FROM 1/16)

**Paul Blart: Mall Cop** — Crimefighting comedy starring Kevin James, directed by Steve Carr.  
(CARMEL MOUNTAIN; FASHION VALLEY 18; GROSSMONT CENTER; HORTON PLAZA 14; LA JOLLA 12; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; TOWN SQUARE 14; FROM 1/16)

**Rachel Getting Married** — A sort of Rainbow Coalition wedding weekend: the father of the Jewish bride had remarried a black, the bride too is marrying a black (it might be noted that Sidney Lumet, the father of first-time scriptwriter Jenny Lumet, had remarried a black himself), and the theme of the wedding is inexplicably Indian. Director Jonathan Demme, striving for an improvisational feel, stages the goings-on with an almost Danish dishevelment: a hand-held camera in the grasp of an arm-weary cameraman. Anne Hathaway, as the bride's just-out-of-rehab sister, a constant and tiresome threat of disruption ("She needs a lot of acknowledgment"), proves to be too actressy for the style; but Rosemarie DeWitt makes a fine impression as her well-behaved sister, and the conviviality of the gathering, with heavy represen-

tation from the cool cats of the music industry, is by and large believable and admirable. With Mather Zickel, Bill Irwin, Anna Deavere Smith, Tunde Adebimpe, and Debra Winger. 2008.

★ (GASLAMP 15; LA PALOMA, FROM 1/16)

**The Reader** — Stephen Daldry's tight and trim adaptation of the Bernhard Schlink best-seller on German war guilt and the filial estrangement of the postwar generation. It begins in 1995 in the frigid colorless anti-septic Berlin apartment of Ralph Fiennes, lit by way of Vermeer, but soon it retreats to his adolescence in 1958, his incarnation in a very dissimilar young actor named David Kross, his scarlet fever, his torrid summer affair with an older streetcar attendant played by Kate Winslet, and his habit of reading to her in bed and bath: *The Odyssey*, *Huckleberry Finn*, *The Lady with the Little Dog*, *Lady Chatterley's Lover* ("This is disgusting," huffs the naked lady beside him). In school, his Lit. teacher broaches the universal theme of secrecy — a nudge to us viewers — and it's clear that the boy's secret is his older lover. But what's hers? Again it's clear, from the shaded and shifting emotions of the unfailingly fascinating Winslet, that there's a lot going on inside which we don't know about. And not because Winslet, as the torrid affair abundantly lays bare, is to any degree inhibited. It would not be giving away too much to reveal that several years later, when our protagonist has enrolled in law school, his advanced seminar attends for educational purposes a war-crimes trial in which his former lover is unmasked as an S.S. officer at Auschwitz. It's still clear even then, from all the shading and shifting, that she harbors secrets. The provocation of the protagonist to divulge his own secret and to interpose himself in the proceedings becomes

quite urgent and suspenseful, although in both courtroom and classroom the film has now entered a polemical mode that can only be termed uncinematic. All the same, David Hare, the screenwriter, is a fastidious wordsmith; and even if the film drags on a bit once the time line catches up to Ralph Fiennes, drags on seemingly to justify his place on the payroll, it eventually comes to a satisfying end in a highly charged sit-down between him and Lena Olin, a concentration-camp survivor. The clean clear color and the pinpoint focus (Chris Menges and Roger Deakins, co-credited as cinematographers) belie the moral muddiness. 2008.

★★ (CARMEL MOUNTAIN; HILLCREST CINEMAS;  
LA JOLLA VILLAGE)

**Revolutionary Road** — Reviewed this issue. With Leonardo DiCaprio, Kate Winslet, Kathy Bates, Michael Shannon, and David Harbour; directed by Sam Mendes.  
★★ (HILLCREST CINEMAS)

**Slumdog Millionaire** — Feverish daydream, partly amorous, partly avaricious, around an unschooled Bombay teenager who, hoping to reconnect with his childhood sweetheart, climbs toward the top prize on the Indian *Who Wants to Be a Millionaire?* It breaks down into three time zones, shuffled together in a jumble: the game show itself, the torture and third degree of the contestant by police who presume he's cheating, and the flashbacks to the life experiences that explain how he could answer the questions. Much squalor and brutality, but filmed by Danny Boyle with a heedless, almost uncaring, exuberance and exhibitionism. Dev Patel, Freida Pinto, Irfan Khan. 2008.

★ (HILLCREST CINEMAS; LA JOLLA VILLAGE;  
PALM PROMENADE 24; TOWN SQUARE 14)



## User Reviews — MOVIES

### Best user comments from Reader website

# Frost/Nixon 2008

Well, your reviewer just rambles on about stuff that the average moviegoer has no clue or cares to know about, like what the director was doing or other meaningless comments. Listen, the movie sucked, plain and simple. The trailer promised drama and broke its promise. I waited and waited for the suspense and there was none to receive. Your reviewer reminds one of the boring writers who try to entertain but can't, and worse yet he sounds like an editor. I like to involve myself in the story, thats how I write, not the old way journalists are taught.

By **mrseandaugherty** 9:01 a.m., Jan. 6, 2008

# The Reader 2008

*The Reader* is a movie now playing at the Hillcrest, and my take is: "amazing." There are touches of coming-of-age for the boy part in this movie played by David Kross. Then you have Kate Winslet, who I would say is in one of her best parts yet. She did an excellent job of it. You might call her part as being a child predator of sorts. In pops the nude and sexual scenes, which director, Stephen Daldry of *Billy Elliot* fame, did not spare in the slightest. Rated R for that reason. The sensual scenes with Michael Berg (David Kross), the fifteen-year-old, and Hanna Schmitz (Kate) are done superbly with a sensitivity that draws you into the movie even deeper. As the movie rolls along, you begin to see the real Hanna and what her past entails and how Michael reacts to all of it. This movie takes place in post World War II Germany. I highly recommend it for the more mature individual; I am quite sure you will thoroughly enjoy it. Well worth the price of admission. Four stars out of four.

By **richinsd** 10:26 p.m., Jan. 7, 2008

# Bride Wars 2008

Just your typical beginning-of-the-year, mind-numbing chick flick. Not much of a storyline, cheesy acting, and lame jokes. That sums it up. I would like to add, however, that Anne Hathway's strip-club scene was hot. She has some moves. I don't know why seeing her dance naughty is a turn-on. Maybe it is because I always seem to picture her as the sweet, shy girl from the *Princess Diaries* and will always see her as Princess Mia. It's like that girl next door fantasy that never plays out in real life even though you desperately wish it would.

By **spooks69** 10:46 p.m., Jan. 10, 2008

Two free UltraStar movie passes awarded to best three user reviews each week.

To write a User Review, visit [SDReader.com](http://SDReader.com), go to Movies pull-down, and click on Over 7000 Movie Reviews. Find the movie you want to review and post a comment.

Deadline for user reviews is 12 noon Monday.

**The Unborn** — Cheap thrills of the seeing-things variety: hallucinations, dreams, nothing with staying power. The initial edge thus turns dull in a hurry. But the upside-down heads — of dog and man — are creepy effects, and the climactic exorcism of a dybbuk (respectful observance of tradition), from the wispy body of Odette Yustman, resharpsens the edge. With Gary Oldman, Meagan Good, Cam Gigandet, Jane Alexander, and Idris Elba; written and directed by David S. Goyer. 2009.

★ (CHULA VISTA 10; FASHION VALLEY 18; GASLAMP 15; GROSSMONT CENTER; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; TOWN SQUARE 14)

**Valkyrie** — Bryan Singer recounts the last and most nearly successful of the fifteen known plots to assassinate Hitler, not counting the fictitious one in Fritz Lang's *Man Hunt*, from the Geoffrey Household novel, *Rogue Male*. We know beforehand that the plot must fail, despite having Tom Cruise on board as Col. Claus von Stauffenberg. (Were you hoping he'd be playing Hitler?) What went wrong, when, why, and how, can nonetheless drum up sufficient curiosity and suspense. Rooting interest is another matter, held in check not simply by hopelessness but by dimming Star Power. Cruise, who no longer can get by on his smile, starts out speaking English-subtitled German in voice-over, just to establish his Teutonic credentials, and then switches for the duration to his normal American-accented English, standing out from the British-accented English of his co-conspirators, Kenneth Branagh, Terence Stamp, Bill Nighy (wonderfully transformed through slicked-back hair and grandfatherish eyeglasses), Eddie Izzard, and, an unreliable fence-sitter in the conspiracy, Tom Wilkinson, to say nothing of the German-accented English of the really, really bad Nazis, Hitler and Goebbels. But that's not the only way Cruise seems not to belong. Even with eyepatch and digitalized arm stump, he comes across as something of a lightweight, no matter how hard he glares with his one operative eye: roughly as hard as a puerile comic-book addict who believes he can develop X-ray vision if only he practices. It's a distraction, as the plan falls apart, to be thinking to ourselves that the bomb ought to have been entrusted to an Englishman. 2008.

★ (CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GASLAMP 15; LA COSTA 6; MISSION MARKETPLACE 13; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; POWAY 10; TOWN SQUARE 14)

**Vicky Cristina Barcelona** — You can't claim that Woody Allen's rapid rate of production doesn't show. Even the title of this one sounds more like brainstorming for a title than like a final decision: three names off the chalkboard of keywords. Vicky and Cristina, two separate people, are dissimilar American friends, the first pragmatic and steady, the second capricious and restless, together visiting Barcelona for the summer. (Allen's British sojourn seems to be over, though he's not ready to come home.) The young women are picked up in tandem by a brooding Catalan artist with a legendarily tempestuous love life, flown off to Oviedo, seduced in sequence, separated by choice. Then the artist's ex-wife re-enters the scene after her attempted suicide, setting up a ménage. The film is almost more a sketch than a fully filled-in picture, a skeleton thin on flesh. (If Allen tends to hurry his ideas, it may be because he always has new ones waiting to join the queue. More than he can get to in a lifetime.) The dialogue, much of it in the writer's laziest declarative vein — *I'm this, you're that, he or she's the other* — has not been polished anywhere near his brightest sparkle. And the dryasdust omniscient narrator spares him a heap of exposi-

tory labor: "One evening Mark and Judy took them to the opening of a friend's art gallery." The half-baked aspect has its upside. In consequence of the cut corners and rushed development, a lot happens in only ninety minutes, and Allen can lay out on a broad canvas his vision of human discontentment and self-ignorance. He can lay it out as a pattern, not as an isolated instance. The complicating appearance of Penelope Cruz as the ex-wife, shrewdly put off till just past the halfway point, is a potent pick-me-up in a flagging narrative, a powerfully physical, sensual, passionate presence that deliciously shows up the callow blankness of Scarlett Johansson and Rebecca Hall. With Javier Bardem, Patricia Clarkson, Kevin Dunn, Chris Messina. 2008.

★★★ (GASLAMP 15)

**Waltz with Bashir** — Anomalous animated film, autobiographical in nature. The premise has Israeli documentarist Ari Folman delving into his repressed memories of the Lebanon War twenty years earlier, in particular his role as a foot soldier in a massacre at a Palestinian refugee camp. Drawn in a "realistic" comic-strip style, Judge Parker as opposed to Dick Tracy, and set in motion in what we could call a viscid as opposed to a fluid style, the animation makes a useful investigative tool for a probe of memory, dream, imagination, well suited to conveying a sense of unreality, a sense of remoteness, well suited, in other words, to fictionalizing the facts, cerebrally processing the data. It also helps smooth over the familiar talking-heads pitfall, generating illustration where none exists. And it offers an easy solution to depicting the twenty-year age differences between past and present. The last-minute switch to live-action archive footage is hair-raising. 2008.

★★★ (LA JOLLA VILLAGE)

**The Wrestler** — It was a stroke of fortune if not of genius for filmmaker Darren Aronofsky to cast Mickey Rourke in the title role of Randy "The Ram" Robinson (né Robin Ramzinski), a Dodge Ram-driving, self-described "old broken-down piece of meat," two decades past his prime, yet persisting in plying his trade at sparsely populated venues outside the glare of TV lights, dreaming of one last big payday at a twentieth-anniversary rematch with a Southern California car salesman formerly known as The Ayatollah. Rourke, monstrously bulked up since his stint of moonlighting as a professional prizefighter, has one of the most ravaged faces in the entire gallery of once beautiful leading men, somewhere between Jan-Michael Vincent and Francisco Rabal, and his noisy, labored breathing is excruciating. There is, however, an inherent sentimentality in the basic situation, and it's not at all toughened through the by-the-numbers plotting around an attempted détente with his neglected lesbian daughter (Evan Rachel Wood), a clumsy courtship with an over-the-hill stripper (Marisa Tomei, carrying on in the before-it's-too-late exhibitionistic mode of *Before the Devil Knows You're Dead*, plus nipple rings and tattoos), a post-match heart attack, a bypass operation, an obvious and inevitable self-martyrdom. Aronofsky's handheld camera follows Rourke around — often literally behind his back and over his shoulder, as in a Dardenne brothers art film — in ghoulsh anticipation of a train wreck; follows him into the locker room to map out the matches with his fellow combatants (an amusing glimpse behind the scenes); follows him to the hair salon (for upkeep of his Eighties heavy-metal mop), to the tanning salon, to his drug dealer, to his degrading day job in the stock room of a grocery store. Best scene: reluctantly working behind the deli counter in direct contact with the customers, but really warming up to it. (Bad scene: flipping out behind the deli counter, specifically at the meat slicer.) The wrestling matches, natural dramatic climaxes, are

SEEN ON

DVD

Young and Innocent

**MICHEL ROTH**  
Composer, San Diego Rep's production of *Doubt*

*Young and Innocent* — early Hitchcock from England — is great. The use of the song "No One Can Like the Drummer Man" to reveal the killer (with the famous tracking shot) is still one of the very best uses of music and song.

*Reds* is a great film that still holds up, and the DVD transfer is good. All the interviews are interesting too. Although there are a few historically dubious things here and there, it still is a great American epic about our heritage and our failings.

**YOUNG AND INNOCENT** (England) 1937, MGM  
List price: \$19.98

**REDS** (USA) 1981, Paramount  
List price: \$19.99 (two discs)

L.A. Confidential

**ROSINA REYNOLDS**  
Sister Aloysius, San Diego Rep's production of *Doubt*

*L.A. Confidential* is in my all-time top ten — an exceptional cast, gorgeous and evocative to look at. Its cleverly crafted script is full of secrets, deceptions, and clever twists. Certainly the secrets and things not being what they appear have echoes in *Doubt*.

Curiosity about choosing a life as a nun reminded me of *The Nun's Story*, with Audrey Hepburn at her most appealing. The conditioning this free spirit goes through to become a nun, the rules she has to live by, and the fascinating reversal she experiences when she finally leaves the order provided wonderful research for *Doubt*.

**L.A. CONFIDENTIAL** (USA) 1997, Warner Home Video  
List price: \$20.97 (two discs)

**THE NUN'S STORY** (USA) 1959, Warner Home Video  
List price: \$19.98

Redbelt

**KIMBERLY LOSTETTER**  
Board of Trustee Member, San Diego Rep, [sdrep.org](http://sdrep.org)

David Mamet's *Redbelt* uses the world of mixed martial arts to have the viewer experience a man whose faith is truly tested and is driven to the point of choosing to "be" his faith or settle for less. Mamet creates this world through language and his choice of actor (Chiwetel Ejiofor), which completely takes you away.

*Wall-E* takes me back to the lost art of telling a story through pictures. Little or no dialogue made the Pixar animation that much more amazing. The heartwarming story was simple and yet foretold a more ominous fate if we humans aren't careful.

**REDBELT** (USA) 2008, Sony Pictures  
List price: \$27.96

**WALL-E** (USA) 2008, Walt Disney  
List price: \$29.99

To get an online version of this column, go to [sdreader.com](http://sdreader.com).

crucibles for the actor and the character alike. Not to forget the spectator. 2008.

★★ (LA JOLLA 12; MISSION VALLEY 20)

**Yes Man** — Measurement of the loss of elasticity in rubber man Jim Carrey, now showing the effects of age and experience on his creased, rumpled, baggy face. (*The Number 23* can't be easy to bounce back from. Ever.) He nevertheless strives to recover his antic former self in the role of a gray-souled, nay-saying loan officer who attends a self-empowerment seminar that compels him to answer every question in the affirmative. Hollywood tastemakers take it from there. A business loan for a baker of unrecognizable celebrity-lookalike cakes? Yes! A blow job from the white-haired toothless old lady next door? Yes! For the moviegoer, the response should be obvious. Just say no. With Zooey Deschanel, Bradley Cooper, John Michael Higgins, and Terence Stamp; directed by Peyton Reed. 2008.

● (FASHION VALLEY 18; HORTON PLAZA 14; MISSION MARKETPLACE 13; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; SANTEE DRIVE IN)

WINNER

GOLDEN GLOBE® AWARD

BEST FOREIGN LANGUAGE FILM

BEST PICTURE OF THE YEAR

NATIONAL SOCIETY OF FILM CRITICS

"AN AMAZING FILM!  
A WORK OF ASTONISHING  
AESTHETIC INTEGRITY AND  
SEARING MORAL POWER."  
—A.O. Scott, THE NEW YORK TIMES

WALTZ WITH  
BASHIR

AN ARI FOLMAN FILM

OFFICIAL ISRAEL ENTRY  
ACADEMY AWARDS

WWW.SONYCLASSICS.COM

SONY PICTURES CLASSICS™

LANDMARK'S

LA JOLLA VILLAGE

8879 Villa La Jolla Dr • (619) 819-0236

CHECK THEATER  
DIRECTORIES  
OR CALL FOR  
SHOWTIMES

NOW  
PLAYING!

VIEW THE TRAILER AT [WWW.WALTZWITHBASHIRMOVIE.COM](http://WWW.WALTZWITHBASHIRMOVIE.COM)



# To the Marrow

*“On the thing,” says Teach, “tell me everything.”*

When *American Buffalo* premiered on Broadway in 1977, critics had to devise new terms to praise David Mamet’s craft. It wasn’t simply realistic, they said; it was “micro-real” or “hyper-real” or even “really real.” Mamet’s terse dialogue cuts to the bone, then to the marrow. His three characters don’t speak their minds so much as externalize their nerves — with frayed words and fragmented sentences.

The play’s “realistic,” but only on the surface. *Buffalo* becomes progressively surreal, almost hallucinatory. Don, Teach, and young Bob strategize. They bluff and pretend to be in the know. It’s soon clear that although their plotting gives them a sense of order — “this is planning,” Teach shouts, as if having an epiphany, “this is preparation” — they can’t get a handle on a scheme. And *Buffalo* transforms into a groggy, inertia-dream where everyone’s knee-deep in murk and one step forward yanks them two back.

It’s tempting to urge the stuck trio on: “Guys, get a grip. DO something!” But here Mamet springs his trap. If you want them to flee their funk and take action, you’re abetting them, since they’re planning to commit a crime.

A while back, a guy paid Donny \$90 for a buffalo-head nickel. Donny, who isn’t the brightest gem in the tiara, had no idea the coin was so valuable. And since the guy looked as if he’d just made a sweetheart deal, the coin’s probably worth five times more, maybe even “real classical money.”

So Donny and Teach strategize in language that’s also mud-stuck. Where you expect precision, they wax vague about their goal (“on the thing,” says Teach, “tell me everything”) and about fuzzy business ethics where one does the right thing — only for oneself. They speak so rapid-fire that by the end of act two, if they weren’t talking about robbery and violence, you’d swear they were

Abbott and Costello questioning “Who’s on first?”

Mamet’s conception of character was radical for the time. He won’t let his people tell things “gratuitously” about themselves. Most playwrights fill in background details as they go along (in the TV show *CSI*, someone’s always explaining a chemical reaction to someone who should know it). Mamet omits all backstory. His characters exist, literally and only, in the present. Who knows where they came from? Who knows what they’re capable of? You glean occasional snippets. (Teach is staying at a hotel, so he’s got some means of support; Bobby’s twitches suggest a junkie; why do police cars always circle the block?) “No matter how revelatory of character [a detail] seems to be,” Mamet says, “leave it out: there isn’t any character except action.”

Donny and Teach value “action” above all. But — and here Mamet trips you up again — they don’t “act.” Act one’s more like a prologue; two, an epilogue. During the intermission they should have acted, but didn’t. Put them in bowler hats near a leafless tree and Don and Teach become Samuel Beckett’s Vladimir and Estragon, biding their time with talk while awaiting a big event. *Buffalo* is *Godot*-obsessed. And like *Godot*, Donny and Teach’s linchpin, the apparently heinous Fletcher Post, never shows.

Because Mamet cuts away his characters’ pasts, *Buffalo*’s always been open for varied interpretations, from comedy (Pacino played Teach as a buffoon) to Mean Street mayhem (Duval played Teach lean and mean). For Compass Theatre, director Ruff Yeager sticks to the present moment and lets the backstory, and even the humor, fall where it may. I caught a preview and, even though it had some rough spots, the performances had a stark, improvisational feel: Donny, Teach, and Bobby make up their plot line by line as they go along.

Chad Jaeger packs his set, Don’s basement-level



junk shop, with rows of secondhand items, from wooden chairs hanging on the walls to glass-cased jewelry. The set’s realistic in great detail but feels far too orderly — compulsively tidy, even — for such a chaotic scene. Josh Hyatt’s mid-’70s period costumes feature a disco outfit for Teach: thick white belt, brown polyester slacks, and a dull-bronze silk shirt with diagonal stripes that look a lot like snakeskins.

Teach would subscribe to that old saying, “Even if you aren’t paranoid, it doesn’t mean they still aren’t out to get you.” Matt Scott’s Teach regards

everyone as a two-sided coin: friend *and* foe. Scott has the paranoia and the need for human contact down but goes over the top vocally — a high, acted whine — for Teach’s hysteria. As Bob, Don’s gofer/ protégé (and the only one who makes any money in the play), Nathan Dean Snyder’s eyes, like a young dog’s, search for security in others’. Walter Murray’s fatherly Don provides a semblance of stability, though underneath he’s trapped in a world, much like our own, where business is war by other means and value has become unstable. ■

**American Buffalo**, by David Mamet  
**Compass Theatre**, 3704 Sixth Avenue, Hillcrest  
**Directed by Ruff Yeager**; cast: Walter Murray, Matt Scott, Nathan Dean Snyder; scenic design, Chad Jaeger; costumes, Josh Hyatt; lighting, Mitchell Simkovsky  
**Playing through February 11**; Thursday through Saturday at 8:00 p.m. Matinee Sunday at 2:00 p.m. 619-688-9210.

# BOOMERS

the musical revue of a generation

**The Final Run: January 9 - 31**

**See It Before It's Gone!**

LAMB'S PLAYERS THEATRE

**Horton Grand Theatre**  
 444 Fourth Ave. in San Diego's Gaslamp Quarter

**“A Certified Hit!”**  
 North County Times

**“A must see!”**  
 BACK STAGE WEST

**“A thrilling trip down memory lane!”**  
 KPBS

LAMBSPLAYERS.ORG 619-437-0600

Picture: the cast of BOOMERS

Photo by Ken Jacques

Photo by Nathan Peterson

## THEATER LISTINGS

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

### American Buffalo

Compass Theatre stages David Mamet's tough drama about three men in a Chicago junk shop who plot to steal a man's coin collection. Ruff Yeager directed.

COMPASS THEATER, 3704 SIXTH AVENUE, HILLCREST. 619-688-9210. THURSDAYS, 8 P.M. FRIDAYS, 8 P.M. SATURDAYS, 4 AND 8 P.M. SUNDAYS, 2 P.M. THROUGH FEBRUARY 11.

### As Much As You Can

In Paul Oakley Stovall's "dramedy," Jesse, a gay black man, brings his Swedish lover Kristian to his childhood home in Chicago for a wedding. Sparks would have flown if the family simply reunited without the unexpected guest, since they're such a diverse group. Evie, the eldest, is a teacher and devout Christian; her

siblings' beliefs vary. Jesse, who's been away for five years, is and is not ready to "out" his lover to Evie, knowing she wants that closet locked forever. Along with having a sharp wit, the playwright has a knack for shaping scenes and issues (especially gay marriage). Stovall crafts the questions so well, in fact, that his abrupt, would-it-were-so conclusion feels tacked on. Ably directed by Antonio T.J. Johnson, the Diversionary Theatre cast communicates above all else a joy in doing

this show. Ida L. Rhem's Evie is such a convincing, adamant force that it makes her change hard to believe. Kevane La'Marr Coleman's Jesse, Patrick Kelly's Tony, and Leticia Martinez's Ronnie show how disparate, yet ultimately loving, a family can be. Though his Swedish accent wanders in and out, Brian Mackey adds Kristian to his growing list of impressive credits. And Melissa Coleman Reed's feisty Nina alone makes the show worth seeing. I saw her in minor roles for Ion

**6-Hour Weekend Special**  
**Starting at \$399**  
(gratuity included!)

Ask about our  
**FREE Birthday**  
Package



**Weekday Special**  
**Starting at \$189**  
(gratuity not included)

**UTC**  
*Transportation*

**800-882-6554**

[www.utclimo.com](http://www.utclimo.com) • TCP-017514



**THE OLD GLOBE**  
BROADWAY'S BEST AND SAN DIEGO'S FINEST

JOHN GUARE'S BROADWAY HIT

# SIX DEGREES OF SEPARATION

ASK  
ABOUT  
OUR \$29  
TICKETS!

**NOW PLAYING!**



Thomas Jay Ryan, Karen Ziemba and Samuel Sticklen, photo by Craig Schwartz

**SIX DEGREES OF SEPARATION NOW - FEB 15**  
**By John Guare | Directed by Trip Cullman | Old Globe Theatre**

The Kittredges' lives revolve around the high stakes world of the New York art scene, where the appearance of success is everything. One evening, as they are entertaining at their Upper East Side home, a young man claiming to be a college friend of their children shows up at their front door injured and asking for help. He charms and enchants the couple with a home-cooked gourmet meal and regales them with stories of his famous father. As their involvement with him takes unexpected twists and turns, they begin to question not only his identity but their own. This intriguing play probes the allure of celebrity and the games we play to elevate our own significance. *For Mature Audiences.*

## Supersize your mind

Sign up TODAY to be the first to buy tickets, receive exclusive offers and receive invitations to behind-the-scenes events by going to [www.TheOldGlobe.org/20under30](http://www.TheOldGlobe.org/20under30)

**\$20 UNDER 30 TICKETS**

are available for most shows and can be purchased anytime during the run of the show. Limit two tickets per person with valid I.D. showing proof of age.



**(619) 23-GLOBE (234-5623)**  
[www.TheOldGlobe.org](http://www.TheOldGlobe.org) | GROUP SALES: (619) 231-1941 x2408

**CYGNET THEATRE COMPANY**  
ON THE ROLANDO STAGE

*An offbeat comedy that is a sweet rhapsody to the power of love in all its forms.*

**Love Song**  
by John Kolvenbach

jan. 15 - feb. 22

619-337-1525 • [cygnettheatre.com](http://cygnettheatre.com)

**MYSTERY CAFE**

**THE GOOD THE BAD THE UDDERLY RIDICULOUS**

written by James Pascarella & Victoria Velasco  
directed by Victoria Velasco

Enjoy a Four Course Meal, Solve a Mystery, Be Part of the Show & Laugh Yourself Silly!

**The Imperial House Restaurant**  
**FRIDAYS & SATURDAYS - 8pm**  
**\$59.50 PER PERSON**  
includes 4 course meal & tax (does not include gratuity)

**Best Dinner Theatre**  
San Diego Magazine

[www.MysteryCafe.net](http://www.MysteryCafe.net)

**619-460-2200 A ROOTIN' TOOTIN' COMEDY!**



# Calendar THEATER

Theatre's *U.S. Drag* and hoped Reed could land a showcase role soon. She has and struts with panache.

**Worth a try:**

DIVERSIONARY THEATRE, 4545 PARK BOULEVARD, UNIVERSITY HEIGHTS. 619-220-0097. THURSDAYS, 7:30 P.M. FRIDAYS, 8 P.M. SATURDAYS, 8 P.M. SUNDAYS, 2 AND 7 P.M. THROUGH JANUARY 25.

**Doubt**

The San Diego Repertory Theatre presents the Pulitzer Prize-winning drama by John Patrick Shanley about the real or imagined actions of a Catholic priest. Todd Salovey directed.

SAN DIEGO REPERTORY THEATRE, 79

HORTON PLAZA, DOWNTOWN. 619-544-1000. FRIDAYS, 8 P.M. SATURDAYS, 8 P.M. SUNDAYS, 2 AND 7 P.M. WEDNESDAYS, 7 P.M. THROUGH FEBRUARY 8.

**The Dresser**

North Coast Repertory Theatre presents Ron Harwood's "double portrait" of an actor-manager, touring the provinces during WWII, and his faithful dresser. David Ellenstein directed.

NORTH COAST REPERTORY THEATRE, 987-D LOMAS SANTA FE DRIVE, SOLANA BEACH. 858-481-1055. THURSDAYS, 8 P.M. FRIDAYS, 8 P.M. SATURDAYS, 8 P.M. SUNDAYS, 2 AND 7 P.M. THROUGH FEBRUARY 8.

**Music and Memories**

Welk Resorts Theatre presents a return engagement for Wayland Pickard's musical portrayal of Liberace, candelabra on the piano, bejew-

eled costumes, and legendary show-manship.

WELK RESORT THEATRE, 8860 LAWRENCE WELK DRIVE, ESCONDIDO. 888-802-7469. THURSDAYS, 1:45 AND 8 P.M. SATURDAYS, 1:45 AND 8 P.M. SUNDAYS, 1:45 P.M. TUESDAYS, 1:45 AND 8 P.M. WEDNESDAYS, 1:45 P.M. THROUGH FEBRUARY 8.

**National Comedy Theatre**

Improvitational comedy, making up funny stuff on the spot, is difficult enough. Years ago, however, Keith Johnstone thought it'd be more exciting if done 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 TheatreSports (artistic director Gary Kramer says the two compare like "rugby and American football"), resembles an athletic event more than

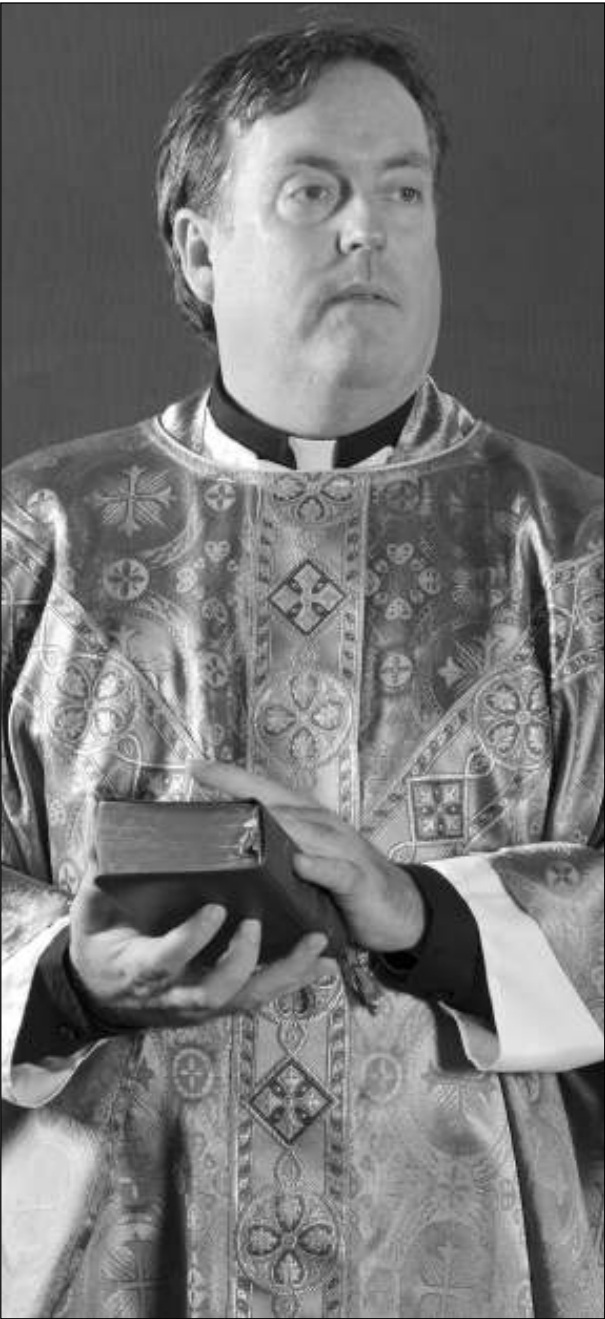
an improv. Teams wear uniforms and compete on ActroTurf. Using suggestions from the audience, they play "Emotional Sympathy," "Blind Line," and "Freeze Tag," with judges awarding points to the best scenes. Klunkers and groaners get booed; quick wit rewarded (one of the most refreshing parts of the contest: people acknowledge failure, abundantly, then forget it). It makes for a lively, often funny evening. And Gary Kramer is one talented comedian.

**Worth a try:**

MARQUIS THEATER, 3717 INDIA STREET, MISSION HILLS. 619-295-4999. FRIDAYS, 7:30 AND 9:45 P.M. SATURDAYS, 7:30 AND 9:45 P.M. OPEN-ENDED RUN.

**Playwrights Project:  
Plays by Young Writers**

Works by Jacob Axelrad, Collette La Pointe, Emily Reit, and Laignee Barron receive full professional productions in the 24th annual Playwrights



*Doubt*

Project. The Festival begins with readings of scripts by writers aged 14 or younger. For individual plays and performance times, call 619-239-8222.

CYGNET THEATRE — OLD TOWN, 4040 TWIGGS STREET, OLD TOWN. SATURDAYS, 2 AND 7:30 P.M. SUNDAYS, 2 P.M. THROUGH JANUARY 25.

**Relatively Speaking**

PowPAC stages Alan Ayckbourn's first commercial success. Though they've only known each other a month, Greg and Ginny want to marry, but first she must visit her former married lover and secure some compromising letters. Gil Savage directed.

POWPAC, POWAY'S COMMUNITY THEATER, 13250 POWAY ROAD, POWAY. 858-679-8085. FRIDAYS, 8 P.M. SATURDAYS, 8 P.M. SUNDAYS, 2 P.M. THROUGH FEBRUARY 8.

**The Shadow Box**

Scripps Ranch Theatre stages Michael Cristofer's Pulitzer Prize- and Tony Award-winning drama about three families facing the impending loss of a loved one. Jim Caputo directed.

SCRIPPS RANCH THEATRE, 10455 POMERADO ROAD, SCRIPPS RANCH. 858-578-7728. FRIDAYS, 8 P.M. SATURDAYS,

8 P.M. SUNDAYS, 2 P.M. THROUGH FEBRUARY 8.

**What We Talk About When  
We Talk About Love**

Laterthanever Productions presents the world premiere of three one-acts, based on the short stories of Raymond Carver ("What's in Alaska?" "What We Talk About When We Talk About Love," and "Put Yourself In My Shoes"). Federico Moramarco directed.

TENTH AVENUE THEATRE, 930 TENTH AVENUE, DOWNTOWN. THURSDAYS, 7:30 P.M. FRIDAYS, 8 P.M. SATURDAYS, 4 AND 8 P.M. SUNDAYS, 7 P.M. THROUGH FEBRUARY 1.

# THEATER DIRECTORY

**Actors Alliance Of San Diego**  
2650 Truxtun Road, Suite 203  
Liberty Station  
(619) 224-3600 [www.actorsalliance.com](http://www.actorsalliance.com)

**American Rose Theatre**  
858-243-4349  
[www.americanrosetheatre.com](http://www.americanrosetheatre.com)

**Arts Tix**  
28 Horton Plaza, Downtown  
(619) 497-5000  
[www.sandiegoperforms.com](http://www.sandiegoperforms.com)

**Asian American Repertory Theatre**  
(888) 568-2278  
[www.asianamericanrep.org](http://www.asianamericanrep.org)

**Beacon Theatre**  
(760) 724-8218  
[www.beaontheatresd.com](http://www.beaontheatresd.com)

**Borrego Springs Performing Arts Center**  
590 Palm Canyon Dr., Borrego Springs  
(760) 767-4275 [www.bspac.us](http://www.bspac.us)

**The Broadway Theatre**  
340 East Broadway, Vista  
(760) 806-7905 [www.premiereforkids.com](http://www.premiereforkids.com)

**California Center For The Arts**  
340 N. Escondido Blvd., Escondido  
(760) 839-4100 [www.artcenter.org](http://www.artcenter.org)

**Carlsbad Village Theatre**  
2822 State St., Carlsbad  
(760) 729-0089  
[www.carlsbadvillagetheatre.com](http://www.carlsbadvillagetheatre.com)

**Center Stage Players**  
(619) 269-6206  
[www.cspsd.org](http://www.cspsd.org)

**Centro Cultural De La Raza**  
2004 Park Blvd., Balboa Park  
(619) 235-6135 [www.centrorazaca.com](http://www.centrorazaca.com)

**CCT Musical Theater**  
1545 Pioneer Way, El Cajon  
(619) 588-0206  
[www.cctmusicaltheater.com](http://www.cctmusicaltheater.com)

**Civic Theatre**  
3rd & B, Downtown  
(858) 570-1100 [www.sdcivic.org](http://www.sdcivic.org)

**Clairemont Community Players**  
Holmes Elementary  
4902 Mt. Ararat, Clairemont  
(858) 560-5114

**Community Actors Theatre**  
2957 54th St., State College  
(619) 264-3391  
[www.communityactorstheatre.com](http://www.communityactorstheatre.com)

**Compass Theatre**  
3704 6th Ave., Hillcrest  
(619) 688-9210 [www.sixthatpenn.com](http://www.sixthatpenn.com)

**Copley Symphony Hall**  
750 B St., Downtown  
(619) 235-0804  
[www.sandiegosymphony.com](http://www.sandiegosymphony.com)

**Coronado Playhouse**  
1835 Strand Way, Coronado  
(619) 435-4856  
[www.coronadoplayhouse.com](http://www.coronadoplayhouse.com)

**CYT Theater For Kids**  
1545 Pioneer Way, El Cajon  
(619) 588-0206 [www.cyt.com](http://www.cyt.com)

**Cygnnet Theatre Company**  
6663 El Cajon Blvd., Ste. N, College Area  
(619) 337-1525 [www.cygnnettheatre.com](http://www.cygnnettheatre.com)

**Diversionary Theatre**  
4545 Park Blvd., Normal Heights  
(619) 220-0097 [www.diversionary.org](http://www.diversionary.org)

**East County Performing Arts Center**  
210 E. Main St., El Cajon  
(619) 440-2277 [www.ecpac.com](http://www.ecpac.com)

**Educational Cultural Complex Theater**  
4343 Ocean View Blvd., Southeast  
(619) 527-5256

**Eveoke Dance Theatre**  
644 7th Ave., Downtown  
(619) 238-1153 [www.eveoke.org](http://www.eveoke.org)

**The Fault Line Theatre**  
3152 Fifth Ave., Hillcrest  
(619) 692-3382 [www.faultlineprod.com](http://www.faultlineprod.com)

**Fern Street Circus**  
(619) 235-9756 [www.fernstreetcircus.org](http://www.fernstreetcircus.org)

**The Fritz Theatre**  
(619) 233-7505 [www.fritztheatre.com](http://www.fritztheatre.com)

**Grossmont College**  
Stagehouse Theatre, El Cajon  
(619) 644-7234  
<http://grossmont.gcccd.cc.ca.us/>

**The Hispanic Arts Theatre Of San Diego**  
(619) 475-7496

**H.I.T. Productions Dinner Theater**  
Shirley's Kitchen, 7868 El Cajon Blvd.  
La Mesa (619) 561-8673  
(619) 561-8673 [www.dinnertheater.net](http://www.dinnertheater.net)

**Horton Grand Theatre**  
444 Fourth Ave., Downtown  
(619) 234-9583

**Inner Mission Productions**  
(619) 245-4958  
[www.innermissionproductions.org](http://www.innermissionproductions.org)

**Ion Theatre**  
(619) 374-6894 [www.iontheatre.com](http://www.iontheatre.com)

**Iris Theater**  
4580-B Alvarado Canyon Rd.  
(619) 271-4144 [www.iris-theater.org](http://www.iris-theater.org)

**Laguna Playhouse**  
606 Laguna Canyon Rd., Laguna Beach  
(949) 497-2787

**La Jolla Playhouse**  
Mandell Weiss Center, UCSD  
(858) 550-1010  
[www.lajollaplayhouse.org](http://www.lajollaplayhouse.org)

**La Jolla Stage Company**  
7887 Herschel Ave.  
(858) 459-7773 [www.thelajollastageco.org](http://www.thelajollastageco.org)

**Lamb's Players Theatre**  
Paul and Ione Harter Stage  
1142 Orange Ave., Coronado  
(619) 437-0600 [www.lambplayers.org](http://www.lambplayers.org)

**Lamplighters Community Theatre**  
8053 University Ave., La Mesa  
(619) 464-4598  
[www.lamplighterstheatre.org](http://www.lamplighterstheatre.org)

**Lyric Opera San Diego**  
**Stephen & Mary Birch**  
**North Park Theatre**  
2891 University Ave.  
(619) 239-8836  
[www.lyricoperasandiego.org](http://www.lyricoperasandiego.org)

**Marie Hitchcock Puppet Theater**  
Balboa Park  
(619) 685-5990

**Mesa College Theatre Company**  
7250 Mesa College Dr., Clairemont  
(858) 627-2621

**MiraCosta College Theatre**  
One Barnard Dr., Oceanside  
(760) 795-6815 [www.miracosta.edu](http://www.miracosta.edu)

**Mira Mesa Theatre Guild**  
(858) 693-7328

**Moonlight Stage Productions**  
651 E. Vista Way, Vista  
(760) 724-2110 [www.moonlightstage.com](http://www.moonlightstage.com)

**The Muse Theatre**  
(619) 239-2894  
[www.themusetheatre.com](http://www.themusetheatre.com)

**Mystery Cafe**  
The Imperial House Restaurant  
505 Kalmia St., Hillcrest  
(619) 544-1664 [www.mysterycafe.net](http://www.mysterycafe.net)

**National Comedy Theatre**  
3717 India St., Mission Hills  
(619) 295-4999  
[www.nationalcomedy.com](http://www.nationalcomedy.com)

**New Village Arts Theatre**  
2787 B State St., Carlsbad  
(760) 433-3245 [www.NewVillageArts.org](http://www.NewVillageArts.org)

**North Coast Repertory Theatre**  
987-D Lomas Santa Fe Dr., Solana Beach  
(858) 481-1055 [www.northcoastrep.org](http://www.northcoastrep.org)

**North Park Vaudeville**  
2031 El Cajon Blvd., North Park  
(619) 647-4958

**The Old Globe Theatre**  
Cassius Carter Centre Stage  
Lowell Davies Festival Theatre, Balboa Park  
(619) 23-GLOBE (234-5623)  
[www.oldglobe.org](http://www.oldglobe.org)

**Old Town Theatre**  
4040 Twiggis St., Old Town  
(619) 688-2494  
[www.theatreinoldtown.com](http://www.theatreinoldtown.com)

**Onstage Playhouse**  
291 Third Ave., Chula Vista  
(619) 422-7787 [www.onstage.itgo.com](http://www.onstage.itgo.com)

**Palomar College Theatre**  
1140 W. Mission Rd., San Marcos  
(760) 744-1150 x2453 [www.palomar.edu](http://www.palomar.edu)

**Patio Playhouse**  
201 E. Grand Ave., Escondido  
(760) 746-6669 [www.patioplayhouse.com](http://www.patioplayhouse.com)

**Pine Hills Lodge**  
2960 La Posada Way, Julian  
(760) 765-1100 [www.pinehillslodge.com](http://www.pinehillslodge.com)

**Point Loma Nazarene University**  
Salomon Theatre  
3900 Lomaland Dr., Point Loma  
(619) 849-2433 [www.ptloma.edu](http://www.ptloma.edu)

**Poway Center For The Performing Arts**  
15498 Espola Rd., Poway  
(858) 748-0505 [www.powayarts.org](http://www.powayarts.org)

**PowPAC, Poway's Community Theater**  
13250 Poway Rd., Poway  
(858) 679-8085 [www.powpac.org](http://www.powpac.org)

**Ramona MainStage Theatre**  
626 Main St., Ramona  
(760) 789-7008

**The Rehearsal Room**  
1159 6th Ave., Downtown  
(619) 589-9963

**San Diego Actors Theatre**  
P O Box 880285 92168  
(858) 268-4494 [www.sdactorstheatre.net](http://www.sdactorstheatre.net)

**San Diego City College Theater Saville Theatre**  
14th and C streets, Downtown  
(619) 230-2676 [www.sdcity.edu](http://www.sdcity.edu)

**San Diego Junior Theatre**  
Casa Del Prado Theatre, Balboa Park  
(619) 239-8355 [www.juniortheatre.com](http://www.juniortheatre.com)

**San Diego Musical Theatre**  
(858) 560-5740  
[www.SDMT.org](http://www.SDMT.org)

**San Diego Opera**  
1200 Third Ave., Downtown  
(619) 232-7636 [www.sdopera.com](http://www.sdopera.com)

**San Diego Repertory Theatre**  
79 Horton Plaza, Downtown  
(619) 544-1000 [www.sandiegorep.com](http://www.sandiegorep.com)

**S.D. School Of Creative & Performing Arts**  
2425 Dusk Dr., Paradise Hills  
(619) 470-0555 [www.scpa.sandi.net](http://www.scpa.sandi.net)

**San Diego State University**  
Don Powell Theatre  
and Experimental Theater  
(619) 594-6884 <http://theatre.sdsu.edu/>

**San Diego Theatresports**  
1531 Tyler Ave., Hillcrest  
(619) 465-7469 [www.improvise.net](http://www.improvise.net)

**Scripps Ranch Theatre**  
10455 Pomerado Rd., Scripps Ranch  
(858) 578-7728  
[www.scrippsranchtheatre.org](http://www.scrippsranchtheatre.org)

**San Diego Black Ensemble Theatre**  
(619) 280-5650

**Sledgehammer Theatre**  
(619) 544-1484 [www.sledgehammer.org](http://www.sledgehammer.org)

**Southwestern College**  
900 Otay Lakes Rd., Chula Vista  
(619) 482-6367 [www.swc.cc.ca.us](http://www.swc.cc.ca.us)

**The Spreckels Theatre**  
121 Broadway, Downtown  
(619) 235-9500

**Star Theatre**  
402 North Coast Highway, Oceanside  
(760) 721-9983 [www.startheater.org](http://www.startheater.org)

**Starlight Musical Theatre**  
Starlight Bowl, Balboa Park  
(619) 544-7827  
[www.starlighttheatre.org](http://www.starlighttheatre.org)

**Sullivan Players**  
1531 Tyler Ave., Hillcrest  
(858) 274-1731

**Sushi Performance & Visual Art**  
320 Eleventh Ave., Downtown  
(619) 235-8466 [www.sushiar.org](http://www.sushiar.org)

**Teatro Máscara Mágica**  
(619) 231-3586  
[www.sandiegoreps.com](http://www.sandiegoreps.com)

**Tonic Productions**  
(619) 246-4853 [www.tonicproductions.org](http://www.tonicproductions.org)

**Truax Performing Arts Center**  
400 Rancho Del Oro, Oceanside  
(760) 967-7918

**University Of California San Diego**  
UCSD Theater, Studio Theater  
Mandell Weiss Center  
(858) 534-4574  
[www-theatre.ucsd.edu](http://www-theatre.ucsd.edu)

**University Of San Diego**  
5998 Alcalá Park, San Diego  
(619) 260-7934 [www.sandiego.edu](http://www.sandiego.edu)

**Vantage Theatre**  
(619) 262-6162  
<http://home.san.rr.com/vantagetheatre>

**Welk Resort Theatre**  
8860 Lawrence Welk Dr., Escondido  
(888) 802-7469  
[www.welkresort.com/sandiego](http://www.welkresort.com/sandiego)

**The Wild Parrot Players Community Theatre**  
Point Loma United Methodist Church  
1984 Sunset Cliffs, Ocean Beach  
(619) 269-6946

**Women's Repertory Theatre**  
(619) 282-3277  
[www.womensrep.org](http://www.womensrep.org)

# Become a neighborhood news stringer.

The *Reader* has over 92 neighborhood and campus pages on its website—North Park, Pacific Beach, downtown San Diego, Encinitas, La Mesa, Chula Vista, Escondido, Scripps Ranch, UCSD, Oceanside...

But our staff can't cover all these neighborhoods every week.

**We'll pay \$50 for your news story or  
\$60 for your news story plus photo or  
\$75 for your news story plus YouTube video.**

Write 100-250 words, go to [SDReader.com](http://SDReader.com), find the neighborhood or campus you have a news story for, and click on "Submit a News Story."

## **Make money, build your portfolio.**

For now, there is no limit on the number of stories you can submit. You can submit stories on any neighborhood, regardless of where you live. If you live, say, in Kensington but have a good story about Hillcrest or El Cajon or Mission Valley, be our guest!

Report a crime, a fire, a local school board or city council meeting.

Submit your story anytime — day or night. Our editors will read and approve for publishing/payment within 24 hours.

We will pay every Friday — deadline for submitting to get paid that Friday is Tuesday at noon.

Know who, what, when, where and why? Report it!

**[sdreader.com/neighborhoods](http://sdreader.com/neighborhoods)**



HELP WANTED  
ACCOUNTING  
FINANCE

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**ACCOUNTING.** Made in Mexico, Inc. seeks Finance and Accounting Director. Send resume and/or portfolio to: Made in Mexico, Inc., Attn: Jack Sauerman, 702 Ash Street, Suite 100, San Diego, 92101. EOE.

**ACCOUNTING/FINANCE:** Volt Services Group has immediate Temporary, Temporary-to-Direct Hire and Direct Placement opportunities. Competitive wages, paid weekly, paid holidays and vacation. Medical and dental insurance plans, state of the art training, career management and more. [www.jobs.volt.com](http://www.jobs.volt.com). Call Volt Services Group for more information. EOE. San Diego: 858-576-3140; e-mail: [clairemont@volt.com](mailto:clairemont@volt.com). Carlsbad: 760-729-8916; email [carlsbad@volt.com](mailto:carlsbad@volt.com). El Cajon: 619-401-1524; email [elcajon@volt.com](mailto:elcajon@volt.com). San Marcos: 760-471-0800; email [sanmarcos@volt.com](mailto:sanmarcos@volt.com). Scripps Ranch: 858-578-0920; email [scripps@volt.com](mailto:scripps@volt.com).

**BOOKKEEPER.** Plumbing company looking for mature and organized bookkeeper (AP, AR, Payroll, Reports). Quickbooks experience a must. Fax resume to (619) 702-6067.

**CONTROLLER.** We are seeking a proven leader to head our accounting department. Responsibilities include: financial forecasting, cash flow management, budget development and monitoring for 14 programs encompassing 30+ contacts, financial reports, investment and banking relationships, supervision of accounting staff, coordination of annual independent audit and ongoing audits with regulatory/funding agencies. Position requires 8+ years of related experience including acting in a leadership role, working with contacts, cash flow management, and supervisory experience. B.A. degree in related field. Experience with Great Plains. CPA preferred. Please send resume via e-mail: [hr@voa-swcal.org](mailto:hr@voa-swcal.org); fax: 619-282-8210; or mail: Volunteers of

# Classified ads: \$8 a week Special: 4 weeks for \$19!

All ads include free online classified listing at [SDReader.com](http://SDReader.com)!

Place your garage sale, music equipment/instruments, for sale, stage notes, automotive, sports, pet ads and more!

**DEADLINE:** 5 pm **TUESDAY**  
**PHONE:** 619 235 8200 **WALK-IN:** 1703 India Street (at Date), Little Italy  
Rate applies to private parties. Other rates for roommates, rentals, employment and paid services.

**FREE PRIVATE PARTY CLASSIFIED ADS:** Available only to private parties and non-profit organizations. No businesses, home businesses, paid services or functions, rentals, or profit-making enterprises. Ads must be printed clearly on 3x5 cards or postcards and are limited to 25 words. Additional words cost 60¢ each. Ads must arrive at our P.O. Box by 7 am Monday. Mail all ads to *Reader Free Classifieds*, P.O. Box 85803, San Diego, CA 92186. Free ads are not accepted over the phone or in person at our office.

America Southwest California, 3530 Camino Del Rio North, #300, San Diego, CA 92108. AAP/EEO Employer.

**PROJECT ACCOUNTANT.** Skilled Project Accountant needed for large social service nonprofit. Responsibilities include budget preparation, monitoring financial activities and variances, processing claims for reimbursement from government agencies, assisting with audits, and preparation of financial reports. Requires 3+ years of related experience, Great Plains experience, intermediate Excel

skills, B.A. in related field, solid problem solving skills. Competitive compensation (low to mid 50s) and benefits. E-mail resume: [hr@voa-swcal.org](mailto:hr@voa-swcal.org); fax: 619-282-8210; or mail: Volunteers of America Southwest California, 3530 Camino Del Rio North, #300, San Diego, CA 92108. EEO/AAP Employer.

HELP WANTED  
CALL CENTERS

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**CUSTOMER SERVICE/CALL CENTER.** 75 inbound/outbound positions! Miramar, Mission Valley, UTC, Kearny Mesa. \$9-\$13/hour. All shifts available. Apply in person: Sedona Staffing, 7380 Clairemont Mesa Boulevard #209, San Diego, CA 92111 (just east of 805, next to Coco's).

**TELEPHONE INTERVIEWERS.** Friendly, outgoing. No sales! Bilingual Spanish a plus. Hourly plus bonuses. Paid training, parking, medical benefits. [www.luthresearch.com](http://www.luthresearch.com). Apply: Luth Research, 1365 Fourth Avenue, downtown. Job Hotline: 619-243-8045.

HELP WANTED  
CUSTOMER  
SERVICE

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**CUSTOMER SERVICE ASSOCIATE.** Do you heart gifts like we heart gifts? Provide Commerce is hiring Seasonal Customer Service Associates to provide our Proflowers customers friendly phone service. Located in Sorrento Valley and Mission Valley, flexible hours, \$10/hour. Good communication and Internet skills are a must! Submit resume to [work@providecommerce.com](mailto:work@providecommerce.com). Step into our call centers at [www.workatprovidecommerce.com](http://www.workatprovidecommerce.com).

**CUSTOMER SERVICE.** Reservation Agents. No sales! Experience a plus. Hourly plus bonuses! Top Agents earn \$1000+/weekly. Fun atmosphere. Near Grantville Trolley Station. Call today for more information: 619-516-4276. [correa@pmonarch.com](mailto:correa@pmonarch.com). [www.monarchjobs.com](http://www.monarchjobs.com).

**CUSTOMER SERVICE/DISPATCHER.** National plumbing and drain company in search of self-motivated Customer Service/Dispatch Representative able to work without supervision. Basic computer skills a must. Minimum 3 years' experience. Various shifts. Must be able to work nights, weekends and holidays. Fax resume: 619-702-6067.

HELP WANTED  
DOMESTIC  
SERVICE

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**HOUSEKEEPERS II.** Full-time position. Benefits. \$10.63-\$12.50/hour. Must have 3 years' hotel experience and speak English. Flexible work schedule including weekends and holidays. OHI is a mission of the Free Sacred Trinity Church, a non-denominational church that has been operating spiritual retreats since 1976. Nonsmoking, drug-free environment. Apply online at [www.optimumhealth.org](http://www.optimumhealth.org) or in person at 9665 Granite Ridge Drive, Suite 310, San Diego 92123. Call 858-634-5516.

HELP WANTED  
DRIVERS /  
DELIVERY

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**DRIVER/COURIER.** Part-time shifts available. Must have pickup with shell, minivan or cargo van. Excellent pay, mileage and benefits! Call 858-444-2350.

**DRIVERS.** \$1700-\$2400 monthly. Fuel paid. Auto parts delivery with late model pickup truck, car, van. Clean DMV. Local and North County. Bonus paid. Independent contractors. 619-461-2048.

**DRIVERS.** Dominion Distribution needs part-time Drivers to deliver free publications Mondays and Fridays. Requires a truck, van or SUV, currently insured. EOE. Drug screening, DMV, criminal background check required. Call Monday-Friday, 8am-12pm, 858-279-3137, x243.

**DRIVERS.** Teams earn top dollar plus great benefits. Solo drivers also needed for Western regional. Werner Enterprises, 800-346-2818 x123.

**DRIVERS/CDL CAREER TRAINING** with Central Refrigerated. We train, employ with \$0 down financing. Average \$40K first year! 800-526-9277.

HELP WANTED  
EDUCATION

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**GROUP FITNESS INSTRUCTORS:** Corporate and Luxury Residential locations all over San Diego. All classes, all days and times. SPIN, Water and Pilates Instructors encouraged strongly to apply. Certification and experience required. Fax: 858-715-8681. Call 858-715-8611. [www.fitxsandiego.com](http://www.fitxsandiego.com).

**TEACHER.** Fully qualified preschool teacher needed, Pacific Beach area, 858-270-5995.

HELP WANTED

## Security Officers

Must be customer service oriented, computer literate and have excellent communication skills. All shifts available.

- ✓ Will assist with Guard Card
- ✓ Med/dental/vision
- ✓ No experience required
- ✓ Free life insurance
- ✓ FREE uniforms
- ✓ Paid vacation
- ✓ 401(k)

EEO/M/F/D/V • Drug-Free • PPO #14827  
For fastest response, apply online now! [www.securitasjobs.com](http://www.securitasjobs.com)

Or apply 8 am-5 pm Mon.-Fri.  
SAN DIEGO (92120) • 619-641-0049 • 6160 Mission Gorge Rd., Ste. 100  
SAN MARCOS (92078) • 760-591-3733 • 365 S. Rancho Santa Fe Rd., Ste. 202  
TEMECULA (92590) • 951-676-3954 • 28991 Old Town Front St., Ste. 206



## Dialing for Dollars! Phone Personalities

No experience. Will train. Immediate openings. Call today, start tomorrow.

- Great hours: 7 am-2:30 pm Monday-Friday.
- Paid training, 401(k), medical, dental benefits.

**Kearny Mesa: Allen, 858-292-8577 x101**  
**Mira Mesa: Kevin, 800-854-2830**  
**Oceanside: Mike, 619-701-3631**



You're the best...Why not work for the best?

## Home Care Career Fair

8 am-8 pm Wed., January 21, 2009  
Kaplan College  
2022 University Drive • San Marcos, CA 92083

Now Hiring:  
In-Home Non-Medical Caregivers, CNAs & HHAs  
Live-in, 12-hour days/nights and 4-hour minimum shifts available. On-the-spot interviews and skills test.

Requires: valid driver's license, vehicle/insurance, registration, one year of paid elder caregiving experience, eligibility to work in the United States.

**\$150 Hiring Bonus**  
for employees accepting North County assignments\*  
For more information call:  
**760-598-3400**



**Comfort Keepers** Comforting Solutions for In-Home Care™

\*After 90 days of employment.

## Fundraising

A national Telemarketing firm with over 20 years in business, specializing in fundraising for the Democratic Party and charities, is currently hiring Telemarketers for its San Diego center.

- \$9/hour
- Paid training
- Performance bonuses
- Medical/dental
- 401(k)
- Full- and part-time
- Convenient location

**GORDON and SCHWENKMEYER INC.**  
TELEMARKETING

9620 Chesapeake Drive, Suite 108  
San Diego, CA 92123-1369

**Call for an interview:  
858-496-2100**



## HELP WANTED HEALTH CARE

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**ALCOHOL AND DRUG TREATMENT** Counselors. Immediate openings available for certified Alcohol and Drug Treatment Counselors to work in our detoxification and long-term alcohol and drug treatment and recovery programs. If you have a passion to help individuals with the recovery process, have a State of California recognized A&D certification (CAADAC, CAS II, CAS, CATC) then we want to talk to you. We prefer a minimum of 3 years' related experience. If in recovery you must be clean and sober and free from parole or formal supervision for 5 years. PM and graveyard shifts available. We offer \$11/hour. In addition, we have entry level positions available for those new to the field. Please e-mail your resume and cover letter: hr@voa-swcal.org; fax: 619-282-9210; or call 619-282-9211. Volunteers of America, Attention: HR, 3530 Camino Del Rio North, #300, San Diego, CA 92108. AAP/EEO employer.

**CAREGIVER** positions available. Must enjoy working with the elderly. Benefits available. Will train. Apply in person at Sunrise Assisted Living At La Costa (license #374601134), 7020 Manzanita Street, Carlsbad, CA 92011. 760-930-0060.

**CAREGIVER, LIVE-IN**, for 6-bed residential care facility for the elderly. Apply in person: 8702 Tommy Drive, San Diego, 92119. 619-795-2843.

**CAREGIVERS** needed immediately. 1 year' experience. All shifts available. Hourly and live in. Call Assertive Home-care Services, 3774 Grove Street, Suite L-1, Lemon Grove. 619-466-6890.

**CAREGIVERS.** Home Instead Senior Care needs cheerful, dependable people to help seniors stay at home with our non-medical home care services. Competitive pay/training. Flexible hours. Great benefits. Central/East Jobline: 619-433-6200. South Bay/Coastal: 858-277-3722.



## Reservation Agents – No Sales!!

- Experience a plus • Hourly + bonuses! • Top agents earn \$1000+ weekly
- Fun atmosphere! • Next to Grantville trolley station



Call today for more info:

**619-516-4276**

rcorrea@pmonarch.com  
www.monarchjobs.com

# Loan / Realtor Officers / Pros

**(Real bailout program)**

- **\$100K in 100 days, simply returning phone calls.**
- **No selling. No explaining. No convincing...**
- **Private gifting, allowed by IRS tax codes.**

"I received \$34,000 cash to my front door in my first 3 weeks!"

– Joe, Banker, CA

"My first 72 hours brought me \$11,000, and I just started!"

– LeAnn, Housewife, CA

**1-888-593-8287**

## MYSTERY SHOPPERS

Get paid to shop!

Earn up to  
\$200 per day.

Experience  
NOT required.

Call NOW:  
(800) 775-9924



Business Opportunity

Self-Development Products

## LEARN TO EARN \$250K-\$550K PER YEAR!

**This business IS...**

**LUCRATIVE!** Earn \$1,000 to \$24,000+ per month!

**SUCCESSFUL!** If you give a solid 2-4 hours a day.

**PROVEN!** If you are coachable, you will be successful.

**This business is NOT...**

**AN MLM!** The money you make is yours.

**FOR THE TIMID.** We need big thinkers!

**WORKING FOR A BOSS.**

Run this business from anywhere in the world using a phone and a computer. This is a recession-proof business model.

*Your future is in your hands.  
Why let this opportunity pass you by?*

Call 24 hours a day:  
**1-800-631-9439**  
www.swanlifestylecoop.com



## Careers in Probation

### Correctional Deputy Probation Officer I

#### Minimum Qualifications

- 21 years old • Good physical condition • No illicit drug usage
- U.S. citizen or in process of becoming a citizen
- No felony convictions • High school diploma or GED

#### Salary:

New: \$36,275-\$46,300 annually

Safety Retirement-Sworn Officers 3% at age 50.

Bilingual men/women encouraged to apply.

#### Test date:

February 7, 2009 • 8 am

Montgomery Middle School

2470 Ulric Street • San Diego, CA 92111

#### Note Application Process:

Prior to taking the written examination, applicants must complete the following: Complete and submit the online application form and provide correct and complete responses to the Supplemental Questions. Applicants will be invited to the written exam by written notice that will be sent either by e-mail or U.S. mail per applicant's request. You must be sure to complete the online application before you appear for the written examination.

For additional information, contact the department's

**Jobline: 858-514-8558**

www.sdcountry.ca.gov/probation

## (75) Inbound/ Outbound Jobs!

Immediate positions in call centers  
throughout San Diego



- **Miramar** • **Mission Valley**
- **UTC** • **Kearny Mesa**

**\$9-\$13/hour.**  
**All shifts available!**

Apply in person:

**Sedona Staffing**

7380 Clairemont Mesa Blvd. #209

San Diego, CA 92111

(Just east of I-805, next to Coco's)

## A Sales Career at Welk Resorts San Diego



**Welk Resorts San Diego is a 640 acre paradise featuring:**

Brand new state-of-the-art Preview Center • Five Recreation Centers  
Water slides • Water features • Waterfalls • Two golf courses  
Tennis Courts • Fishing pond • Too many pools to count • Fitness center  
Fitness trails • Basketball • Volleyball • Horseshoes • Bicycle rentals  
Special kids clubs and kids activities • Restaurants • Shopping  
Live theater • Barbecue and picnic areas

**23 Sales Agents made between  
\$100,000 and \$200,000 in 2008!**  
**Several others who were not  
with us the entire year  
were on pace to join that club.**

You supply the ENERGY, ENTHUSIASM, A GREAT SMILE AND A GREAT ATTITUDE

Welk Resorts will supply everything else you need  
to be successful, including **PAID TRAINING**

**Tom Trobaugh: 760-749-5083**

**Fax: 760-749-5084**

**www.welkresorts.jobs**

**EOE**





**CAREGIVERS/COMPANIONS.** Home care agency has immediate openings for compassionate and experienced Caregivers in the El Cajon, Lakeside, Granite Hills, Bostonia and Rancho San Diego areas. Must have 1 year' experience, valid CA driver's license and reliable transportation. Background check required. Visiting Angels, 619-401-2040.

**CAREGIVERS/COMPANIONS.** Minimum 1 year experience non-medical home care for seniors. Valid California Driver's License. Serving Santee/La Mesa/Del Cerro/San Carlos. Maureen, Visiting Angels, 619-749-7525.

**CAREGIVERS/HOMEMAKERS.** HHAs, CNAs, and Personal Assistants. Competitive/weekly pay, flexible hours, training opportunities. Call today! Right at Home, 858-451-5762, 858-277-5900; Apply: www.rahencinitas.com, www.ralajolla.com.

**CAREGIVERS/CNAs/HHAs.** Immediate openings. Hourly, Live-in, Nights. Cheerful Caregivers needed to assist seniors in-home. Minimum 1- year experience. Premium pay/bonuses/benefits, 24-hour office support. Age Advantage, 619-660-8881, 760-720-7272.

**CAREGIVERS/COMPANIONS.** Home-care agency is looking for compassionate and experienced Caregivers to start immediately in the Coronado, Point Loma and Downtown San Diego areas. Must have valid CA driver's license and reliable transportation. Background check required. Please call 760-294-8070.

**CAREGIVERS/COMPANIONS.** Visiting Angels, America's Choice in Homecare. Now hiring compassionate, caring Caregivers/Companions. Requires minimum 1 year' experience in non-medical home care for seniors and valid CA driver's license. Serving Poway, Rancho Penasquitos, Scripps Ranch and Mira Mesa areas. Call for an immediate interview: 858-775-1176.

**CAREGIVERS/RESIDENTIAL.** Facilitators. Provide quality care for children with developmental disabilities at our Encinitas home care facility. Minimum 12 months' experience in a similar environment and high school diploma/GED required. Must have valid CA driver's license and clean DMV. Background checked. All shifts available, full time and part time \$13 per hour. Benefits for full time. Interviews held 8:30am-3:30pm at Home of Guiding Hands, 1125 Gillespie Way, Suite 200, El Cajon, CA 92020. Fax resume: 619-938-3056.

**CNA/CHHA.** Beginners, experienced. Family Caregivers, Childcare, Home Care Aides, Drivers. Great pay! New-hire bonus! Nonmedical in-home help for seniors, children, disabled, 12- and 24-hour shifts! Training. Flexible schedules, benefits, retirement, childcare. At Your Home Familycare. E-mail: homecarejobs@atyourhomefamilycare.com. Toll free: 1-877-903-JOBS.

**CONTRACT MONITOR/Quality Assurance Specialist.** Develops & maintains systems to ensure overall compliance and quality assurance for large children's mental health program in San Diego. Bachelor's or Master's degree in social service/social science or related field and experience in quality assurance, contract monitoring, research design, and computer management systems. Knowledge of Medi-Cal documentation a plus. This is an hourly nonexempt position. Mental Health Systems, Inc. is an equal opportunity employer and offers excellent benefits and competitive salaries. Please send resume and cover letter to mwilson@mhsinc.org or fax to 858-569-1873.

**COUNSELOR.** Exciting full-time opportunity to provide wraparound services to SED, high- risk youth and their families. Positions open in San Diego, East County, and North County. BA in Psychology or related field; minimum 1 year experience working with the SED population in a mental health setting or in the community required. Bilingual a plus. Please e-mail resume and cover letter to mwilson@mhsinc.org or fax to 858-569-1873.

**HEALTHCARE: RNs, LVNs, AIDES.** Join La Jolla Nurses! Looking for Home Health Aides, ongoing assignments. Also per diem work—you pick the days, hours and shifts! Competitive pay rates, excellent work assignments. Employee-owned agency—you receive shares of company stock free! State-licensed home health agency. Medical, dental and vision benefits; 401(k) plan, referral bonus. La Jolla Nurses HomeCare, 858-454-9339.

**HOME CARE AIDES.** Beginners, experienced. CNA/CHHAs. Family Caregivers, Childcare and Drivers. New-hire bonus! Great pay! Nonmedical, in-home help for seniors, children, disabled, 12- and 24-hour shifts! Training. Flexible schedules, benefits, retirement, childcare. At Your Home Familycare. E-mail: homecarejobs@atyourhomefamilycare.com. Toll free: 1-877-903-JOBS.

**HOME CARE CAREER FAIR:** 8am-8pm Wednesday, 1/21/09, at Kaplan College, 2022 University Drive, San Marcos, CA 92083. Now hiring. In-home non-medical Caregivers, CNAs and HHAs. Live-in, 12-hour days/nights and 4-hour minimum shifts available. On-the-spot interviews and skills test. Requires valid driver's license, vehicle/insurance, registration, one year of paid elder caregiving experience, eligibility to work in the United States. \$150 hiring bonus for employees accepting North County assignments (after 90 days of employment). For more information, call 760-598-3400.

**IN-HOME CARE.** Caregivers and Companions. Minimum 1 year experience non-medical home care for seniors. Valid California Driver's License. Serving Santee/La Mesa/Del Cerro/San Carlos. Maureen, Visiting Angels, 619-749-7525.

**JOB COACHES.** Community-oriented Center for Independent Achievement is seeking dependable individuals in East County, 1:4 group ratio maximum. \$8.50-\$9.50/hour. Annual raises. Bonuses for exceptional performance. Benefits with full-time. pficareer@yahoo.com. Fax 619-440-6864. 619-440-6802.

**NURSING: CHARGE RELIEF NURSE,** RN or LVN, part time nights, relief position. 7760 Parkway Drive, La Mesa. Call 619-469-0124 x11.

**OCCUPATIONAL THERAPIST** for skilled nursing facility. \$5,000 sign- on bonus! Benefits. Call for more information. 7760 Parkway Drive, La Mesa. Call 619-469-0124 x12.

**RESPITE CARE** for children and teens with developmental disabilities. Critical need, Countywide! Great pay! New-hire bonus! Nonmedical, in-home help. Caring heart more important than experience. Training. 12- and 24-hour shifts. Flexible schedules, benefits, retirement, childcare. Visit homecarejobs@atyourhomefamilycare.com. At Your Home Familycare. Call toll free: 1-877-903-JOBS.

**SOCIAL SERVICES.** Instructors needed for day training program in Lakeside and Oceanside for adults with developmental disabilities. Excellent benefits, no nights/weekends, start \$10.25-\$10.75/hour. Entry-level also available in Lakeside, \$9.00/hour. Unyeway, Inc.: 619-562-6330.

**SOCIAL SERVICES.** Promising Futures, Inc., is hiring reliable, caring individuals to work with the developmentally disabled in East County and Ramona. Part- and full- time positions. \$8-\$10/hour plus benefits. Overtime opportunities available. pficareer@yahoo.com. Fax resume: 619-440-6864. Call 619-440-6802.

## HELP WANTED JOBS WANTED

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**CAREGIVER.** Experienced working with seniors. Part-/full- time, days. Private duty only. No live-in. 6 to 8 hour shifts. Certified CNA/HHA. References. 619-266-0628.

**JOB WANTED.** Young, healthy 22 year old male. I am hard working, ambitious, and a good citizen. I have much experience in various fields. 619-940-9071.

**JOBS WANTED.** I am seeking position for Caregiving/companion. Full/part time. Many years' experience. References upon request. Caring provider. John, 619-339-7707.

**UNEMPLOYED HOMELESS VETERANS.** You may be eligible: job search/resume preparation, placement assistance, support services, job-related clothing/tools, housing referrals. VA benefits referrals. Appointment: 619-449-5513.

## HELP WANTED MISCELLANEOUS

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**ANIMAL CARETAKER.** Part-time Pet Sitter. Permanent. 7 days plus holidays. Split shift. Infrequent traveler, bonded, positive minded, ethical, prompt. Reliable car. 619-685-7979.

**CASHIERS, PART TIME.** SDSU special events. Must have excellent customer service skills and be able to work various hours/days. \$8.50/hour. Apply online at: www.sunsetparking.com

**CENSUS EMPLOYEES.** The San Diego County Local Census Office is hiring temporary full- and part-time Census employees across the County. Our employees will enjoy good pay, working up to 40 hours per week. No special experience required; authorized mileage is reimbursed. Flexible hours in own community. Must be 18 years or older with valid Social Security Number. Must take basic skills test and pass background check. To apply, call for more information, 1-866-861-2010 or visit www.census.gov.

**GENERAL.** Gain skills to succeed. Are you 14 to 21, low income, need high school diploma or GED and work experience? Turning the Hearts Center, 619-691-9643.

**GET PAID TO SHOP!** Mystery Shoppers. Earn up to \$200/day. Experience not required. Call now: 800-486-7204.

**SWIMMING INSTRUCTORS** needed for San Diego and North County. \$11-\$19/hour, North County: 760-744-7946 or San Diego: 858-273-7946.

**TRAVEL USA Sales.** Publication sales company hiring 18 sharp, enthusiastic individuals to travel the U.S. Travel, training, lodging, and transportation provided. Visit: www.lsimags.com. 1-800-781-1344.

## HELP WANTED OFFICE / ADMINISTRATIVE

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**ADMINISTRATIVE /CLERICAL.** Volt Services Group. Temporary, Temporary- to-Direct Hire, Direct Placement. Competitive wages, paid weekly. Paid holidays, vacation. Medical, dental, training, career management. www.jobs.volt.com. EOE. San Diego: 858-576-3140; e-mail: clairemont@volt.com. Carlsbad: 760-729-8916; email carlsbad@volt.com. El Cajon: 619-401-1524; email elcajon@volt.com. San Marcos: 760-471-0800; email sanmarcos@volt.com. Scripps Ranch: 858-578-0920; email scrippsrancho@volt.com.

**CONFIDENTIAL SECRETARY.** (\$20.44-\$25.55/hour) Perform sensitive and confidential secretarial and administrative duties in support of the Human Resources Department. Duties include assisting with: a wide variety of routine correspondence, reports, letters, and memorandums, maintaining calendar of activities, meetings, appointments and various events, and screening calls and visitors. Visit our web site at www.otaywater.gov or call the job line at 619-670-2740 for requirements.

## HELP WANTED

# Homeowners Are GOING GREEN!

## \$1500-\$2000 Weekly

Face-to-Face Marketing

Busy green remodeling company is seeking self-driven individuals to promote unique energy-efficient products (approved by the U.S. Department of Energy) for homeowners in Southern California. With these products, homeowners gain rebates, tax breaks, savings on their utility bills and discounted homeowner's insurance.

**Get paid what you are worth!**

Two weekly startup bonuses plus unbelievable commissions and great fixed weekly bonuses on every appointment and sale. No experience necessary; strong, continuous training provided.

**Potential Income \$1500-\$2000 Weekly**

We are looking for: • High energy • Excitement • Willingness to learn • Persistent & aggressive attitude

Visit our website at: [www.pacificomeremodeling.com](http://www.pacificomeremodeling.com)

Please call to schedule an interview: (858) 866-0183

6875 Nancy Ridge Drive, Suite B, San Diego, CA 92121



## Careers in Probation

# Deputy Probation Officer

Minimum Qualifications

- 21 years old • Good physical condition • No illicit drug usage
  - U.S. citizen or in process of becoming a citizen
- No felony convictions • Bachelor's degree with experience

**Salary – New:** \$52,520-\$63,835 annually  
Safety Retirement-Sworn Officers 3% at age 50.  
Bilingual men/women encouraged to apply.

Test date: January 31, 2009

Qualified applicants will be notified by mail of the date, time and location of the test.

All applications must be submitted no later than 15 days prior to the exam date. Applications received after the 15th day will be scheduled for the following exam. Applications can be accessed on-line from the Job/Current Recruitments section of the County website at:

<http://www.sdcounty.ca.gov>

Jobline: 858-514-8558

The OHI is a mission of the Free Sacred Trinity Church, a non-denominational church that has been operating spiritual retreats since 1976.

## Housekeepers II

\$10.63-\$12.50/hr. Must have 3 years of hotel experience and speak English.

Flexible work schedule including weekends and holidays.

## Food Prep Worker

\$8.84-\$10.40/hr. One year or equivalent raw food prep experience.

High school graduate or GED.

**Apply online: [www.optimumhealth.org](http://www.optimumhealth.org)**  
**or in person: 9665 Granite Ridge Dr., Suite 310**  
**San Diego, CA 92123 or call: 858-634-5516**

Rewarding, non-smoking, drug-free environment. Benefits.



## Explore Your New Career...



Volt Services Group has immediate Temporary, Temp-to-Direct Hire, and Direct Placement opportunities in these disciplines:

**Now Hiring**  
• Accounting & Finance  
• Administrative & Clerical  
• Light Industrial & More

We offer the following advantages:

- competitive wages l paid weekly
- paid holidays and vacation • medical and dental insurance plans
- state-of-the-art training • career management
- referral bonus opportunities & more

Contact us today to explore your opportunities.

San Diego	858.576.3140	e-mail: <a href="mailto:clairemont@volt.com">clairemont@volt.com</a>
Scripps Ranch	858.578.0920	e-mail: <a href="mailto:scrippsrancho@volt.com">scrippsrancho@volt.com</a>
El Cajon	619.401.1524	e-mail: <a href="mailto:elcajon@volt.com">elcajon@volt.com</a>
Carlsbad	760.729.8916	e-mail: <a href="mailto:carlsbad@volt.com">carlsbad@volt.com</a>
San Marcos	760.471.0800	e-mail: <a href="mailto:sanmarcos@volt.com">sanmarcos@volt.com</a>



EOE / Volt Welcomes Diversity / A Six Sigma Company / ©2004Volt Information Sciences, Inc. All rights reserved.

Ask about our Professional Development Classes.

# 3D ANIMATION GRAPHIC DESIGN VIDEO PRODUCTION WEB DESIGN

**CALL NOW**  
**866.752.8826**  
[www.MediaArtSchool.com](http://www.MediaArtSchool.com)

- Bachelor & Associate Degrees
- Financial Aid (for those who qualify)
- Day & evening classes
- Fixed tuition costs
- Job placement assistance

 **PLATT COLLEGE**  
SAN DIEGO

Platt College San Diego is Accredited College. ACCSCT. 6250 El Cajon Blvd., San Diego, CA 92115

## Ready to Change Your Life?

Become a

# Court Reporter




- Excellent Career Opportunities
- Financial Aid Available for Those Who Qualify
- Also Approved for WIA and VA Benefits
- Online Classes Available
- Associate Degree Offered
- Fully Accredited

**Call NOW for YOUR Admissions Appointment!**

**San Diego Location**  
(619) 683-2727  
2820 Camino del Rio South, Suite 100

**Moreno Valley Location**  
(951) 781-2727  
12125 Day Street, Building L

[www.sagecollege.edu](http://www.sagecollege.edu)



**Build your future with Sage College!**  
SINCE 1973

## Learning isn't always planned.

Azusa Pacific prepares educators to grasp the teachable moment, in *and* outside the lesson plan.

### APU offers:

- 36 credential/master's degree opportunities.
- NCATE-accredited programs recognized by all 50 states and internationally.
- A degree-completion program in human development (HDEV) designed for future teachers.

Become a better teacher, counselor, coach, or administrator.

### San Diego Regional Center

- Call** (877) 210-8839  
**Click** [www.apu.edu/sandiego](http://www.apu.edu/sandiego)  
**Email** [sandiego@apu.edu](mailto:sandiego@apu.edu)

### Murrieta Regional Center

- Call** (877) 210-8841  
**Click** [www.apu.edu/murrieta](http://www.apu.edu/murrieta)  
**Email** [murrieta@apu.edu](mailto:murrieta@apu.edu)



*Higher Education for Greater Works*



AZUSA | HIGH DESERT | INLAND EMPIRE | LOS ANGELES | MURRIETA  
ORANGE COUNTY | SAN DIEGO | VENTURA | ONLINE



HELP WANTED  
RESEARCH  
STUDIES

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**MARKET RESEARCH.** Telephone Interviewers. No selling. Friendly, outgoing. San Diego's fastest growing market research company. Bilingual Spanish a plus. Hourly, bonuses, medical. Advancement opportunities. [www.luthresearch.com](http://www.luthresearch.com). Apply: Luth Research, 1365 Fourth Avenue, Downtown. Job Hotline: 619-243-8045.

**RESEARCH STUDY VOLUNTEERS.** Weight Loss Research Study for Type 2 Diabetics. Dr. Sunder Mudaliar and his associates at UCSD are looking for overweight/obese men and women with Type 2 Diabetes as Volunteers to take part in a research study to assess the safety and efficacy of Lorcaserin Hydrochloride. 62 weeks total: 6 weeks for screening followed by 52 weeks on study medication plus a 30-day post-study telephone contact and periodic follow-up visits. Criteria to be eligible to participate: males or females aged 18 to 65 years. Must agree not to participate in a conception process (i.e., active attempt to become pregnant or to impregnate, sperm donation, in vitro fertilization. Body Mass Index (BMI) is 27.0 to 45.0 kg/m<sup>2</sup>. Type 2 Diabetes Mellitus. Taking oral medication for at least 3 months. No using insulin for at least 3 months. Home glucose self-monitoring for at least 3 out of 12 months. Qualified participants will be compensated for participation up to \$900. To see if you qualify or to learn more, please contact Erick Castro, 858-552-8585, extension 6449 or Catherine DeLue at extension 6740.

**RESEARCH STUDY ON WOMEN** with endometriosis. Researchers are currently seeking female participants for a study about daily symptoms of endometriosis. Are you 18 to 49 years old? Clinically diagnosed with endometriosis? Experiencing normal menstrual periods? If so, you may be eligible to participate in this study. Study participants may receive up to \$250 for their time. For more information about this study, please call Kim at Medical Center for Clinical Research, 619-521-2841.

HELP WANTED  
RESTAURANT/  
HOTEL/CLUB

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**BARISTA.** All the coffee you can drink! Morning/afternoon shifts. Great tips, plus wages. Permanent part time. No experience necessary. Outdoor/La Jolla area. 760-943-0467.

**COOKS AND DISHWASHERS.** Experienced, for new South Park restaurant. Must have reliable transportation, flexible schedule. All shifts. EOE. Apply Monday - Friday before 5pm: 1503 30th Street, San Diego 92102.

New North Park Bar

Seeks qualified Bartenders, Cocktails and Security Staff! Interview and Hiring Fair: January 19th and 20th, 1PM to 3PM only, 5145 Morena Place 92110. Necessary qualifications: Current resume with contact information, recent and stable Bar/Restaurant experience (references required), strong communications skills.

**RESTAURANT.** Waitstaff and Host Staff. Full or part time. Benefits. Apply in person Monday through Saturday, after 2pm. 4901 El Camino Real, Carlsbad (92008).

HELP WANTED  
SALES/  
MARKETING

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**AGENTS WANTED!** Real Estate Agents! Now's the time to get your Real Estate License. 2.5- week fast-track program with 1- on- 1 coaching/free video cram. \$100K+ potential. Prudential Dunn, Susan: 858-245-7880/800-319-1031.

**APPOINTMENT SETTERS/Canvassers.** #1 home improvement company seeks 10 people with good customer service skills. No selling! Call now: 858-974-0054.

**CANVASSING!** \$2K-\$4K/month part time. Setting appointments for home makeovers! We train. Base plus commission. Start immediately. Call Jake to schedule interview. 858-278-5605.

**EARN INCOME** part time/full time, around your schedule. Home-based nutrition business. [www.earnextraincomesite.com](http://www.earnextraincomesite.com). Call 951-491-1607.

**FINANCIAL.** Recession-proof business, BBB A-rated debt company. Cash sign-on bonuses! No cold calling, warm leads. El Cajon. E-mail: [cover/resume: pmbiz@live.com](mailto:cover/resume: pmbiz@live.com). 866-491-3095.

**FUNDRAISING** for national charities and the Democratic Party. Over 20 years in business. \$9/hour. Paid training. Performance bonuses. Medical, dental, 401(k). Full and part time. Convenient location. Apply at Gordon & Schwenkmeyer: 9620 Chesapeake Drive, San Diego 92123-1369. Call for interview. 858-496-2100.

**HEALTH BENEFIT SALES.** Health Benefit Specialist needed to work from home. Daily and residual pay and Benefits. E-mail: [tjurchenko@ameriplan.net](mailto:tjurchenko@ameriplan.net). 760-560-8601.

**PHONE SALES** Will train; no experience needed. Phone personalities dialing for dollars! Great hours, 7am-2:30pm, Monday-Friday. 401(k), medical, dental benefits. Experienced Re-loaders welcomed. Highest paid commissions and bonuses in the industry! Kearny Mesa: Allen, 858-292-8577, x101. Mira Mesa: Kevin, 800-854-2830, Oceanside: Mike, 619-701-3631.

**RESERVATION AGENTS.** No sales! Experience a plus. Hourly plus bonuses! Top Agents earn \$1000+/weekly. Fun atmosphere. Near Grantville Trolley Station. Call today for more information: 619-516-4276. [rcorrea@pmonarch.com](mailto:rcorrea@pmonarch.com). [www.monarchjobs.com](http://www.monarchjobs.com).

**SALES EXECUTIVES.** Dreading Mondays? Potential to earn like a CEO from home. Lucrative comps plan. Total freedom. Call 800-844-9639, ext. 1280.

**SALES: A SALES CAREER** at Welk Resort San Diego. 23 Sales Agents made between \$100,000 and \$200,000 in 2008! Several others who were not with us the entire year were on pace to join that club. You provide the energy, enthusiasm, a great smile and a great attitude. Welk Resorts will supply everything else you need to be successful, including paid training. Tom Traubach: 760-749-5083. Fax: 760-749-5084. [www.welkresorts.jobs](http://www.welkresorts.jobs). EOE.

**SALES: OUTSIDE SALES.** An exciting career is waiting for you at the leading reproductive company in the nation. We are seeking a highly motivated individual to work in a fast-paced, growing environment. Must be MS office proficient with excellent oral and written skills. Will be responsible for existing clients and developing new business. Outside sales experience preferred. Excellent benefits including auto allowance. Salary plus commission. Submit salary history. Contact Bob Thomas, e-mail: [careers.sandiego@ocbnc.com](mailto:careers.sandiego@ocbnc.com); call 619-232-8440, fax 619-232-8043.

**SALES.** Homeowners are going green! \$1500-\$2000 weekly. Busy green remodeling company is seeking self-driven individuals to promote unique energy-efficient products (approved by the U.S. Department of Energy) for homeowners in Southern California. With these products, homeowners gain rebates, tax breaks, savings on their utility bills and discounted homeowner's insurance. Get paid what you are worth! 2 weekly startup bonuses plus unbelievable commissions and great fixed bonuses on every appointment and sale. No experience necessary. Continuous training provided. [www.pacifichome remodeling.com](http://www.pacifichome remodeling.com). Call to schedule an interview: 858-866-0183, 6875 Nancy Ridge Drive, Suite B, San Diego, CA 92121.

**SALES.** "Road Rules" atmosphere, extensive group travel, cash every day and a place to stay. 800-605-8646.

**SALES.** Phone personalities dialing for dollars! Highest paid commissions and bonuses in the industry! Will train; no experience. Great hours, 7am-2:30pm, Monday-Friday. 401(k), medical, dental benefits. Experienced Re-loaders welcomed. Kearny Mesa: Allen, 858-292-8577, x101. Mira Mesa: Kevin, 800-854-2830. Oceanside: Mike, 619-701-3631.

**SALES.** Supplement your income! Excellent income potential in today's changing economy! \$10 starts you in a new career. Full- or part-time. Build your business working with top-selling Avon representatives. Perfect for self-starters. Kathleen: 619-429-1253; 888-429-1253.

**SALES/INSIDE SALES** Representative to offer Internet marketing to real estate professionals. Comprehensive paid training and full benefits after 60 days. Make \$40,000-\$55,000 first year. Top sales consultants average \$60,000-\$80,000/year. 619-717-2941.

**TELE-FUNDRAISING.** Raising money for local nonprofit organizations for less fortunate children. Monday-Friday, 5pm-9pm and Saturday mornings, 9am-1pm. Hourly plus commission plus bonuses. Call today. Start tonight! Mission Valley. 619-291-2113.

**TELEMARKETERS.** Experienced only. Cable/telecom products preferred. Many shifts. Reliable transportation, great attitude, customer service oriented. Complete application: [www.expresspros.com](http://www.expresspros.com) (Telemarketer). E-mail: [noemi.vidana@ExpressPros.com](mailto:noemi.vidana@ExpressPros.com), Interview: 858-784-3676.

**TELEMARKETING.** Ad specs. Monday-Friday. Get paid while you train to earn \$500-\$1000/weekly. No experience necessary. Sign-on bonus for experienced Reloaders, 19% commission. 619-220-7025.

**TELEMARKETING.** Any good Salespeople out there? Pacific Graphics Advertising Specialties in La Mesa for 20 years. Hours: Monday-Friday, 8am-2:30pm. Call Joe: 619-461-0365.

**TELEMARKETING.** Fundraising for Democratic Party and national charities. Over 20 years in business. \$9/hour. Paid training. Performance bonuses. Medical, dental, 401(k). Full time or part time. Convenient location. Apply at Gordon & Schwenkmeyer: 9620 Chesapeake Drive, San Diego 92123-1369. For appointment, call 858-496-2100.

HELP WANTED  
SALONS

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**BARBER.** Experienced Barber needed full/part time for Capt. Mike's Hair Dock. Waterfront decor in park-like setting in fast-growing Santee. Call Mike 9am-6pm, 619-258-1231, 619-708-7281.

**HAIRSTYLIST/BARBER.** Booth rentals. Downtown La Mesa Village. Excellent location, easy off at 94/8. \$135/weekly. Manicurist \$65/weekly. Roccoforte HairDesign, 619-460-5261. 619-992-8089.

**HAIRSTYLISTS AND MANICURISTS.** Lowest price booth rental in UTC/La Jolla. Excellent opportunity to save money! \$175/week Hairstylist; \$100/week Manicurist. Please call, leave message at 858-382-8795.

**HAIRSTYLISTS, MANICURISTS:** Up your income! New year, great new booth rental incentives. Affordable rent, lots of storage, free advertising. Clairemont. Must have own clientele. 858-278-1128.

**HAIRSTYLISTS:** Tired of high rent? Start the new year with a lower rent at a new location. 2 booths available. Welcoming, energetic atmosphere with laundered towels, beverages for clients, plenty of parking. Great location in Mission Valley. Move-in incentives. 619-889-6755.

**HAIRSTYLISTS/MANICURIST.** Recession-proof your business. Lower your expenses today with inexpensive booth rental rates. Full or part time. Please call, leave message: 858-382-8795.

CAREER TRAINING

# Work with Doctors

Train now to become a

## Dental Assistant

We also offer:

- Medical Assistant
- Medical Insurance Technician
- Patient Care Assistant/Technician
- Vocational Nursing
- Approved for VA & WIA Benefits
- Career placement assistance

- Medical Administrative and Insurance Specialist
- Pharmacy Technician
- ...and more!

Financial aid available for those who qualify  
Not All Programs Offered At All Locations.



**KAPLAN COLLEGE**

Maric College is now Kaplan College

CALL NOW FOR A BROCHURE!

**888-356-4000** Dept. 304

**www.ChooseKaplanCollege.com**

San Diego Campus • Vista Campus



**fashioncareerscollege**

## New Year, New Career, New You!

We're FCC - "The Fashion Only College"

Text "FASHION" to 85800

Affordable options in

**Fashion Design & Technology**

**Fashion Business & Technology**

Degrees & Certificates • Day & Evening Programs

## 619.275.4700 • ENROLL NOW!

Ask about our performance scholarships.

1923 Morena Blvd., San Diego, CA 92110

[www.fashioncareerscollege.com](http://www.fashioncareerscollege.com) • Toll-free: 888-322-2999



Life's good working as a

# Dental Assistant

**We offer specialized training for:**

- Medical Assistant
- Surgical Technology
- Respiratory Therapy
- Insurance Coding & Billing Specialist
- Dental Assistant
- Vocational Nursing
- Massage Therapy
- Specialist

**CONCORDE™**

CAREER COLLEGE

Specializing in Healthcare Training

Call daytime, evenings or Saturdays!

## 1-888-715-9886

[www.concorde4me.com](http://www.concorde4me.com)

4393 Imperial Ave., Ste. 100 • San Diego, CA 92113

VA Approved for Eligible Veterans • Financial Aid available to those who qualify. Accredited Member, ACCSC.

SASSOON ACADEMY



SCHOOL CONNECTION

member 2008

learn the world-renowned training system  
abc | cutting hair the sassoon way exclusively  
through the school connection at:

## BELLUS ACADEMY

The ACADEMY of BEAUTY & SPA

**Enhance your earning potential!**

Ask about our programs in Makeup Artistry and Master Esthetics. Financial Aid to those who qualify.


**firstchāir**

**abc**

CUTTING HAIR THE SASSOON WAY

858.748.1490 ext. 2

[www.sandiegobeautyacademy.com](http://www.sandiegobeautyacademy.com)





## Learn more – Earn more!

Dear Advanced Training,

I would recommend Advanced Training Associates to anyone who wants to succeed and thinks they can't. They helped me realize that, no matter what's stacked against you, you can do whatever you want in life. I never really accepted responsibility for where I was in life. I just figured someone somewhere was responsible for what I was going through. But I quickly realized that it was my actions and the way I acted that put me where I was in life. That's when I decided to go to school and take back my life, and that's what Advanced Training did for me — helped me get back to where I should have been in my life.

They gave me skills I could use to get into a career so I could start living a positive life instead of staying in the dead-end job phase I was in. They also taught me that no matter what you look like or what you have done in life, they'll always be there for you to show you the potential is inside of you, and you just need to release it in a positive way.

The faculty at the school should be called "family," because that's how they make you feel — from Bing in the front, who always greets you with a smile, to Jo, who feels like a second mother in every aspect of the word. I owe a lot to the man who taught me, too: Steve, who accepts that your best is always good enough and he'll stick his neck out for you as long as you're willing to do the work. And you can't forget Malissia, who will break her back to help you with whatever you need. That's why I call it "family," because that's how they make me feel, like a part of a family. I always enjoyed coming to school, and I never once felt like it was a burden or a task. And that's why I would recommend this school, because they made me WANT to learn, not like I HAD to.

Sincerely,

Sean, *Medical Assistant Graduate*



**Tired of being treated like a number?**

**Call Advanced Training,  
where we treat you like FAMILY:**

**800-720-2125**

**[www.AdvancedTraining.edu](http://www.AdvancedTraining.edu)**



## This is Your Year for a New Start



Call Today!

**877.355.9044**

**NO  
High School  
Diploma  
or GED  
Required**

**UEI can prepare you for the  
life you've always wanted.**

### **+ Train in 9 months or less.**

- Medical Assistant
- Dental Assistant
- Massage Therapy
- Pharmacy Technician\*
- Medical Billing and Insurance Coding
- Business Office Administration
- Computer Systems Technician

**UEI**  
College

Chula Vista / San Diego, CA

Not All Programs Available at All Campuses

Approved for Veterans, Relabel, WIA

Financial Aid Available if Qualified

Lifetime Job Placement Assistance

\* HS Diploma/GED Required

**→ [WWW.MYUEI.COM](http://WWW.MYUEI.COM)**



**MANICURIST** needed for busy Coronado salon. Minimum 2 years' experience. Full time, commission. Growth potential. Call Domani Salon of Beauty and Wellness, 619-813-5337.

**MANICURISTS AND HAIRSTYLISTS. Excellent opportunity to save money! Lowest price booth rental in UTC/La Jolla. \$100/week Manicurist; \$175/ week Hairstylist. Please call, leave message at 858-382-8795.**

**MASSAGE TECHNICIAN** for Kensington wellness center. Must be licensed, have exceptional skills, enjoy team environment, have clientele/be available for new referrals. E-mail resume: info@zensanctuary.com.

**SALON BOOTH RENTALS.** Looking for busy professionals. \$170/week. 5 locations: Encinitas, Carmel Mountain, Mission Valley, Eastlake. Nail room: Mission Valley. Ultra Hair & Beauty, 760-809-7904.

**SALON/HAIRSTYLISTS.** Large booths. \$1000 move-in allowance. Requires your own clientele. Free reception/phone/towels. 100% retail is yours. Golden Touch, near Fashion Valley. 619-972-7744.

## HELP WANTED SECURITY

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**CORRECTIONAL DEPUTY Probation Officer I. County of San Diego** Probation Department now hiring. Test Date: February 7, 2009, 8am. Montgomery Middle School, 2470 Ulric Street, San Diego, 92111. Must be at least 21 years old, good physical condition, no illicit drug usage. U.S. citizen or becoming a citizen. Pass criminal/personal background investigation. No felony convictions. High school diploma/GED. \$36,275-\$46,300/

year. Note Application Process: Prior to taking the written examination, applicants must complete and submit the online application form and provide correct and complete responses to the Supplemental Questions. Applicants will be invited to the written exam by written notice that will either be sent by e-mail or U.S. Mail per applicant's request. You must be sure to complete the online application before you appear for the written examination! Jobline: 858-514-8558. www.sdcounty.ca.gov/probation.

**DEPUTY PROBATION OFFICER.** Now hiring! County of San Diego Probation Department. Test Dates: January 31, 2009 and February 21, 2009. Qualified applicants will be notified by mail of the time and location of the test. Applications must be submitted no later than 15 days prior to exam date. Qualifications: Bachelor's degree with experience. Must be at least 21 years old, good physical condition, no illicit drug usage. U.S. citizen or in process of becoming a citizen. Pass criminal/personal background investigation. No felony convictions. \$52,520-\$63,835/year. Safety Retirement— Sworn Officers 3% at age 50. Bilingual men/women encouraged to apply. Applications can be accessed online from the Job/Current Recruitment section of the County website at: www.sdcounty.ca.gov. Jobline: 858-514-8558.



**HARBOR POLICE OFFICER** (Trainee). Recruitment #01/09 for San Diego Unified Port District. Approximate starting salary, \$55,710.72. Minimum requirements: Graduation from U.S. high school or GED certificate that meets scores established by the California POST Commission or a 2- year or 4- year degree from an accredited college or university. Must be at least 20-1/2 years of age on the day of the written examination and 21 years of age at the time of the Police Academy graduation, no maximum age limit. Must be a US Citizen or a permanent resident alien who is eligible for and has applied for citizenship. Applications may be downloaded at: www.portofsandiego.org or picked up at the Port District's Administration Building, 3165 Pacific Highway or the Harbor Police Department, 3380 North Harbor Drive before 1/24/09. Applications will be accepted ONLY at the written test on Saturday, 1/24/09, at 8am, Balboa Park Club, 2125 Park Boulevard, San Diego, CA, 92101. EOE. Jobline: 619-686-6599.

**POLICE OFFICERS.** San Diego Police Department is hiring! Are you ready for a career change? See our upcoming test dates on our website. Police Recruit base pay starts at \$52,000 per year. Police Officer II base pay starts at \$83,657 per year. For more information, call 619-531-COPS or visit our website at: www.joinspdnow.com.

**PROBATION CAREERS.** Correctional Deputy Probation Officer I. County of San Diego Probation Department now hiring. Test Date: February 7, 2009, 8am. Montgomery Middle School, 2470 Ulric Street, San Diego 92111. Must be at least 21 years old, good physical condition, no illicit drug usage. U.S. citizen or becoming a citizen. Pass criminal/personal background investigation. No felony convictions. High school diploma/GED. \$36,275-\$46,300/year. Note Application Process: Prior to taking the written examination, applicants must complete and submit the online application form and provide correct and complete responses to the Supplemental Questions. Applicants will be invited to the written exam by written notice that will either be sent by e-mail or U.S. Mail per applicant's request. You must be sure to complete the online application before you appear for the written examination! Jobline: 858-514-8558. www.sdcounty.ca.gov/probation.

**SECURITY GUARDS** needed for prestigious Downtown San Diego sites. Securitas offers: Must be customer-service oriented, computer literate, and have excellent communication skills. All Shifts available! Free Guard Card training, medical/dental/vision and 401(k). Excellent working environment, free uniforms. For fastest response, apply online now! www.securitasjobs.com, or call San Diego: 619-641-0049; San Marcos: 760-591-

3733; Temecula: 951-676-3954. EOE/M/F/V/D, drug free. PPO 14827.

**SECURITY GUARDS.** Full-time positions available in North and South County. Armed and unarmed. Call Cornerstone Security at 619-300-5726 or 619-271-0494.



**SECURITY OFFICERS.** Allied Barton Security Services. Full/part time, variety of shifts available. Up to \$12/hour, medical/dental/vision, 401(k) with company match, holiday pay, paid vacation, free uniforms, Guard Card class offered, uniform cleaning allowance, free life insurance/full term. Must be at least 18 years of age and have a high school diploma/GED. Apply online: www.AlliedBarton.com or www.GreatSecurityJobs.com. Or apply in person 8am-4pm, Monday-Friday: 9370 Sky Park Court, Suite 150, San Diego, 92123. Call: 858-874-8200.

**SECURITY OFFICERS.** Special Response offers needed. Full/part time. High starting pay. Excellent benefits. Requires CA guard card. Training available. Drug/background. EOE. M/F/D/V. Apply: Weekdays, 9am-4pm, ABM Security Services, 1620 Fifth Avenue, Suite 875, San Diego. Email: eric.wallis@abm.com. 619-338-9360.



**SECURITY PROFESSIONALS.** Secure a new career in the growing field of Security and Asset Protection. GMI provides all training, Guard Card testing, Live Scan for GMI potential hires. Full/part time countywide. Excellent compensation and benefits: 401(k), Health/Wellness. Professional certification. Eligibility conditional. Apply: 8001 Vickers Street, San Diego (92111); call: 858-244-1870; e-mail: RVentura@GMIweb.com.

**SECURITY.** Bald Eagle Security hiring licensed Security Officers. Full/part time. Downtown San Diego locations only. No car or cell phone required. Guard Card required. Must be able to work flexible hours, mostly swing and graveyard plus every weekend. Background check. EEO/Drug free. Health benefits available. Call 619-230-0022. e-mail jacinm@bald eaglesecurity.com, or apply in person at 2015 Main Street, San Diego, CA 92113.

## HELP WANTED TRADES / LABOR

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**CABINET MAKER.** needed with 5+ years experience for an Escondido shop. Please call 858-775-4259.

**CNC MACHINIST.** Full time. Do you have 3-5 years on-the-job experience working with CNC Mill and/or related machines? Are you looking for a great job opportunity or a change in your career? If so, we currently have 2nd and 3rd shift openings in North San Diego County (Carlsbad and surrounding communities). Ideal candidate would need one-year certificate from a college or technical school plus 1-4 years related experience and/or training (or equivalent combination of education and experience). Perform consistent and accurate results, demonstrate competency for setting up and running various machine tools (FADAL milling center, Mori Seiki milling center, Mori Seiki turning center, CMS turning center, Mitsubishi wire EDM, HAAS turning center, HAAS milling center) and have working knowledge of mechanical inspection equipment including, but not limited to: calipers, micrometers, height gage, thread gages and inspection pins. EOE. carlsbad@volt.com. 1850 Marron Road, #114, Carlsbad 92008. Fax: 760-720-7341.

**FOOD PREP WORKER.** Full-time position. \$8.84-\$10.40/hour. 1 year or equivalent raw food prep experience. High school graduate or GED. Flexible work schedule including weekends and holidays. OHI is a mission of the Free Sacred Trinity Church, a non-denominational church that has been operating spiritual retreats since 1976. Non-smoking, drug-free environment. Apply online at www.optimumhealth.org or in person, 8:30am-2:00pm, 9665 Granite Ridge Drive, Suite 310, San Diego 92123. 858-634-5516.

**LEASING AGENT** for Scripps Ranch property management company. Sales/leasing and marketing by phone. Must enjoy phone work. Full time. Compensation pay and commissions. Background/drug test required. Fax resume 858-369-9229 or e-mail wmaplicants@aol.com.

**LIGHT INDUSTRIAL.** Volt Services Group has immediate Temporary, Temporary-to-Direct Hire and Direct Placement opportunities. Competitive wages, paid weekly, paid holidays and vacation. Medical and dental insurance plans, state-of-the-art training, career management and more. www.jobs.volt.com. Call Volt Services Group for more information. EOE. San Diego: 858-576-3140; e-mail: clairemont@volt.com. Carlsbad: 760-729-8916; email carlsbad@volt.com. El Cajon: 619-401-1524; email elcajon@volt.com. San Marcos: 760-471-0800; email sanmarcos@volt.com. Scripps Ranch: 858-578-0920; email scrippsranchn@volt.com.

**MANUFACTURING POSITIONS!** Experience needed. Electronic Assembler: Component ID, color codes, polarity, soldering. Tech Technicians: Analog/digital theory, formulas, troubleshoot to component level. Contact HireFactor at 619-325-1305.

**TEST TECHNICIANS.** Experience needed. Analog/digital theory, formulas, troubleshoot to component level. Contact HireFactor at 619-325-1305.

## EMPLOYMENT SERVICES

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

## CAREER TRAINING



**Make 2009 your year...**  
to earn more money!

**BECOME A CERTIFIED BOOKKEEPER**

**Master:**

- Accounting • Receivables
- Payables • Payroll • QuickBooks
- Peachtree • Excel

**Work at home!**

**THE ACCOUNTING ACADEMY**  
Telephone: 760-510-1990  
www.theaccountingacademy.com

**Our Grads Get Careers**

## PHARMACY TECHNICIAN



**Train for a career in:**

- Pharmacy Technician
- Medical Assistant
- Dental Assistant
- Medical Insurance Billing
- Computerized Office/Accounting
- Computer Technician/Networking



**Valley Career College**

878 Jackman St., El Cajon (1 block west of Parkway Plaza)

(619) **593-5111**

**www.valleycareercollege.com**

**8-Month Programs • Day & Evening Classes • Financial Aid (If Qualified)**  
**Job Placement Assistance • Approved for WIA, VA benefits**

**Improve lives,  
starting with  
your own as a  
Respiratory Therapist**

**We offer training for:**

- Respiratory Therapy
- Dental Assistant
- Massage Therapy
- Medical Assistant
- Surgical Technology
- Vocational Nursing
- Insurance Coding & Billing Specialist

**Call daytime, evenings or Saturdays!**

**1-888-730-2142**

**www.concorde4me.com**



**4393 Imperial Ave., Ste. 100  
San Diego, CA 92113**

VA Approved for Eligible Veterans. Financial Aid available to those who qualify.  
Accredited Member, ACCSC.

*Training San Diego Healthcare Professionals for 41 years!*

We **teach medicine** that's good for the **practitioner**  
and the **patient**

**acupuncture  
& massage**

If you're looking for a new career, follow an old path – Traditional Chinese Medicine. Pacific College is one of the nation's leaders.

Pacific College offers:

- Accredited Masters degree programs in Acupuncture and Oriental Medicine
- Massage certification programs
- Financial aid is available for those who qualify
- Flexible schedules



**Pacific College of  
Oriental Medicine**

1.800.729.0941, www.PacificCollege.edu  
7445 Mission Valley Rd., Ste. 105  
San Diego, CA 92108

Maric College is now Kaplan College

A New Name for Us!  
A New Future for You!

# TRAIN AT KAPLAN COLLEGE TO BE A MEDICAL ASSISTANT

Also train in:

- Medical Insurance Technician
- Dental Assistant
- Patient Care Assistant/Technician
- Nursing
- Pharmacy Technician
- Massage Therapy ...and more!

- Career Placement Assistance
- Approved For VA & WIA Benefits
- Financial Aid Available For Those Who Qualify
- Not all programs offered at all locations

CALL NOW FOR A BROCHURE! **888-299-6913**

[www.ChooseKaplanCollege.com](http://www.ChooseKaplanCollege.com)



**KAPLAN  
COLLEGE**

San Diego Campus  
Vista Campus  
Maric College is now Kaplan College

## Invest in something real... Invest in yourself.

You can start  
Jan. 20 or  
Feb. 11



Call today:  
**888-594-3184**  
or visit:  
**www.IPSB.edu**

**International  
Professional School  
of Bodywork**  
College of Massage  
and Holistic Health

*"Touching Humanity  
One Body At A Time."*

Accredited by the  
Commission on Massage  
Therapy Accreditation  
(COMTA).



9025 Balboa Avenue  
Suite 130,  
San Diego, CA 92123

CAREER TRAINING

## You Can Make More Money\* and Get a Better Job

*We make it easy to get started*



**Next Class  
Feb. 2<sup>ND</sup>**

### MEDICAL

*Topics in:*

- Medical Assisting
- Respiratory Therapy
- X-Ray Technology (Ltd.Scope)
- Laboratory Technology
- Pharmacy Technology
- Healthcare Administration
- Medical Coding/Billing
- Nursing Administration†
- Medical Specialties
- Medical Office Administration
- Preparation for Certifications/Licenses\*\*

### COMPUTERS BUSINESS & ACCOUNTING

- Financial Aid Available for Qualified Students
- Associate's (Occ.), Bachelor's & Master's† Degrees
- Employment Assistance for Graduates
- Preparation for Certifications and Licenses\*\*
- Accredited Member ACCSCT
- Programs Approved for Veterans

*Day, Evening & Online Classes Start Every Month*



### LAPTOP COMPUTER!

Use it in college and keep it when you graduate.  
Certain restrictions apply. Call for details.



**California College San Diego**  
2820 Camino Del Rio South, San Diego, CA 92108

**1-800-774-7670**  
**www.californiacollege.info**

\*www.census.gov/population/www/socdemo/education/cps2006.html (See Table 8) \*\*Certifications/licenses may require additional study and cost.  
† Offered fully online by Stevens-Henager College® Salt Lake City/Murray, an affiliated college.



**ATTENTION ALL CAREERS!** Office staff, educators, sales, mechanics, restaurant, construction. Easily learn to earn executive income. Motivated, serious. No travel. Don't believe, don't call. 1-888-779-4173. (AAN CAN)

**POST OFFICE NOW HIRING!** Average pay \$20/hour or \$57K/year, includes federal benefits and over time. Placed by ad Source, not affiliated with USPS who hires. 1-866-616-7019. (AAN CAN)

## CAREER TRAINING

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**3-WEEKS F.O.A. CERTIFIED.** Fast growing industry: Telecommunications, 3-week intensive hands-on course in Fiber Optics, Telecommunications, Data Cabling, Day/evening classes. WIA/Workers' Comp/EDD, State approved. 100% private financing for those who qualify. Call 760-471-9561. Visit NCTC in North County, 1324 East Mission Road, San Marcos, CA 92069. Email: nctc2@hotmail.com; www.nctc.nu

**A ACADEMY OF BARTENDING.** Make money! Fun! New friends! Learn behind real bar. 1-2 week course. Weekend classes available. Part- and full-time. Job placement assistance. Please call 619-296-0600.

**ACCOUNTING SKILLS IN 4 MONTHS!** Job- ready! Widespread demand! Full-charge Accounting, Accounts Receivable, Accounts Payable, Payroll, QuickBooks, Peachtree, Excel, Sales Tax and more... Hurry, enroll now! Next session begins February 2, 2009. Free information packet. The Accounting Academy, 760-510-1990. www.theaccountingacademy.com.

**ACCOUNTING, COMPUTERS,** Medical: Day, evening, and online classes start soon! Also offered: Medical Assisting, Respiratory Therapy, X-ray Technology (limited scope), Lab Technology, Pharmacy Technology, Healthcare Administration, Medical Coding/Billing, Nursing Administration, Medical Specialties, Medical Office Administration. Associate's/ Bachelor's degrees, Certifications and Licenses. Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid (if qualified). Classes begin each month! Enroll today! California College San Diego, 2820 Camino Del Rio South, San Diego (92108). 1-800-635-2761. www.californiacollege.info

**ADULT FOSTER CARE.** Join a fast-growing company dedicated to creating a positive change in the lives of people with disabilities. We're seeking committed, positive people to care for our adult clients in your home. Tax-free stipend: \$1000-\$3400 monthly and 24-hour support. Visit: www.thementornetwork.com. Program Recruiter: 858-541-7828.

**ANIMATION-3D,** Video Production, Web Design, Graphic Design. Platt College offers Bachelor and Associate degrees, fixed tuition costs, day and evening classes, placement assistance, financial aid if qualified. Call today for a free info pack: 1-866-752-8826. Visit: www.MediaArtSchool.com.

### BARTENDING

and Casino Dealing careers. Job leads guaranteed! Earn good money and have fun doing it! 1-4 week course. Try before you buy! Professional instructors. Group and individual classes. Competitive pricing. 0% financing available. Structured curriculum and/or self-paced programs. Building careers for over 25 years. Check out our website sale! www.cardsandcocktails.com. Academy of International Bartending and Casino Dealing. 858-560-MIXX (6499). 858-278-DEAL (3325).

**BARTENDING SCHOOL.** Hands-on training. Learn to bartend from San Diego's #1 bartending school. Affordable two-week course, job placement assistance, financing available. Make great money. San Diego Bartending School, 6690 Mission

Gorge Road, Suite K, San Diego, CA 92120. Call today for a free tour! 619-281-2345. www.SanDiegoBartending.com

**BARTENDING.** Learn behind a real bar. 1-2 week course. Fun! Money! Make new friends! Weekend classes available. Part- and full-time. Job placement assistance. Call 619-296-0600.

**BELLUS ACADEMY.** Become a Hairstylist, Nail Tech, Esthetician, learn the art of Massage. Acquire the latest in advanced Clinical Esthetics Skills. Bellus Academy is the only school in California offering this course. The Bellus Academy, 13266 Poway Road, Poway, CA 92064.

Call 858-248-4424 x2. www.sandiegobeautyacademy.com.



**BUSINESS OFFICE ADMINISTRATION.** Business Admin. UEI also offers programs for Pharmacy Technician, Dental Assistant, Medical Billing/Insurance Coding, Massage Therapist, Computer Systems Technician, Approved Veterans, Rehab, WIA, Job Placement Assistance, Financial Aid (if qualified). United Education Institute, 3666 Kearny Villa Road, #100, 92123; 310 3rd Avenue, #C6, Chula Vista 91910. Call today! 1-877-206-1915. Visit our website: www.infofromuei.com.

**BUSINESS, COMPUTERS & Accounting:** Day, evening, and online classes start soon! Also offered: Medical Assisting, Respiratory Therapy, X-ray Technology (limited scope), Lab Technology, Pharmacy Technology, Healthcare Administration, Medical Coding/Billing, Nursing Administration, Medical Specialties, Medical Office Administration. Associate's/ Bachelor's degrees, Certifications and Licenses. Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid (if qualified). Classes begin each month! Enroll today! California College San Diego, 2820 Camino Del Rio South, San Diego (92108). 1-800-635-2761. Visit: www.californiacollege.info.

**CASINO DEALER and Bartending careers.** Earn good money and have fun doing it! 1-4 week course. Professional instructors. Group and individual classes. Competitive pricing. 0% financing available. Job Leads guaranteed! Structured curriculum and/or self-paced programs. Try before you buy! Building careers for over 25 years. Check our website sale! www.cardsandcocktails.com. Academy of International Bartending and Casino Dealing. 858-560-MIXX (6499). 858-278-DEAL (3325).

**COLEMAN UNIVERSITY.** Technology Sciences. New name, same excellence in education. Classes begin January 3. Be career ready in one year! Over 90% placement rate. VA approved, career services available, financial aid available for those who qualify. Kearny Mesa. Visit: www.coleman.edu, and call today! 800-430-2030.

**COMPUTER COURSES.** Coleman University. New name, same excellence in education. Classes begin January 3. Be career ready in one year! Over 90% placement rate. VA approved, career services available, financial aid available for those who qualify. Kearny Mesa. Visit: www.coleman.edu, and call today! 800-430-2030.

**COMPUTER SERVICE/REPAIR.** A new career in 12 weeks! Course provides basic skills and knowledge for entry-level position as a Computer Service and Repair Technician. Successful completion of this course will meet competency requirements of the Electronic Technicians Association, International, for certification as a Computer Service Technician. Includes Computer Assembly and Disassembly, Motherboards/Mainboards and Buses/ System Resources, Processor Characteristics, Peripheral Devices, I/O Ports, Digital Concepts, Troubleshooting/Preventive Maintenance, Operating Systems (Vista, Windows XP Pro and Home, 2000, Linux), File Management and more! Votec Training, 8304 Clairemont Mesa Boulevard, Suite 110, San Diego, 92111. 858-565-0663. www.votectraining.com.



**COMPUTER SUPPORT TECH.** Gamers, Computer Gurus, and Geeks: prepare for a CompTIA A+ exams Kaplan College offers on-the-job training, career placement, financial aid available for those who qualify. Kaplan College (formerly Maric College) San Diego and North County campuses. Call today! 888-966-5000, Dept. 291, or visit www.ChooseKaplanCollege.com.



**COMPUTER SYSTEMS TECHNICIAN.** UEI also offers programs for Pharmacy Technician, Dental Assistant, Business Office Administration, Massage Therapist, Medical Billing & Insurance Billing, Approved Veterans, Rehab, WIA, Job Placement Assistance, Financial Aid (if qualified). United Education Institute, 3666 Kearny Villa Road, #100, 92123; 310 3rd Avenue, #C6, Chula Vista 91910. Call today! 1-877-206-1915. Visit our website: www.infofromuei.com

**COMPUTER TECHNICIAN** training. Be job- ready in just 8 months! Valley Career College, 878 Jackman Street, El Cajon, CA 92020. We are located 1 block west of Parkway Plaza. Accredited by ACCT. Day and evening classes. Small class size. Externships available. Job placement assistance. Financial aid if qualified. Available to non-high school graduates. 619-593-5111.

**COMPUTERIZED OFFICE:** and Accounting. Be job-ready in just 8 months. Get the skills employers look for, from instructors with real-world experience. Day or evening classes available. Evening classes in just 9 months. Small classes, free tutoring, in-the-field training scholarships available. WIA, VA benefit approved, job placement assistance, financial aid available (if qualified), accept non-high school graduates. Valley Career College, 878 Jackman Street, El Cajon, 1 block west of Parkway Plaza. 619-593-5111. ValleyCareerCollege.com.

**COMPUTERS, BUSINESS,** Accounting: Day, evening, and online classes start soon! Also offered: Medical Assisting, Respiratory Therapy, X-ray Technology (limited scope), Lab Technology, Pharmacy Technology, Healthcare Administration, Medical Coding/Billing, Nursing Administration, Medical Specialties, Medical Office Administration. Associate's/ Bachelor's degrees, Certifications and Licenses. Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid (if qualified). Classes begin each month! Enroll today! California College San Diego, 2820 Camino Del Rio South, San Diego (92108). 1-800-635-2761. Visit: www.californiacollege.info

**COSMETOLOGY PROGRAM:** Love your career! Make money and have fun! Many top Hairstylists own their own businesses. One-year full or part-time training. Night classes available. Paul Mitchell The School, 410 A Street, San Diego 92101. 619-398-1590.

**COSMETOLOGY.** Become a Hairstylist, Nail Tech, Esthetician, learn the art of Massage. Acquire the latest in advanced Clinical Esthetics Skills. Poway Academy is the only school in California offering this course. The Bellus Academy, 13266 Poway Road, Poway, CA 92064. Call today! 858-248-4424 x2. www.sandiegobeautyacademy.com.

**COURT REPORTING.** Excellent career opportunities, financial aid available to those who qualify, approved for WIA and VA benefits, online classes available, AA degree offered. Fully accredited. Mission Valley, San Diego: 619-683-2727; Moreno Valley: 951-781-2727. www.sagecollege.edu

## CAREER TRAINING



### Paralegal Certificate Program

Approved by the American Bar Association

Employment Assistance

Day & Evening Classes

Internships

Financial Aid Available

www.sandiego.edu/paralegal



(619)260-4579

(within 1 year of paid course completion)

www.sandiego.edu/testprep

## Get your career started!

### Test Preparation LSAT, GMAT, GRE, SAT

Sharpen Your Skills!

Experienced Faculty

Practice Exams

Convenient Schedules

Free Refresher Classes

## Become a certified Private Security Guard in just 2 weeks!

52-hour training and certification course includes:

- Guard Card
- Power to arrest
- Firearm training
- Baton training
- CPR/first aid
- Public relations
- Liability and legal aspects
- Observation & documentation
- Communication and significance

**No cost to qualified veterans!**

Other services: Guard Card renewal, firearm requalification and baton permit

**Coast Career Institute**

311 Third Ave., Chula Vista • 619-420-0437



## First Step Towards Your New Career

## DENTAL ASSISTANT



Train for a career in:

- Dental Assistant
- Medical Assistant
- Medical Insurance Billing
- Pharmacy Technician
- Computerized Office/Accounting
- Computer Technician/Networking



### Valley Career College

878 Jackman Street, El Cajon • Located 1 block west of Parkway Plaza

Call (619) **593-5111**

www.valleycareercollege.com

8-Month Programs • Day & Evening Classes • Financial Aid (If Qualified) Job Placement Assistance • Approved for WIA, VA benefits



## Start a new career in 2 months or less!

### Medical • Business • Investigative

Certified Phlebotomy Technician • Medical Administrative Secretary  
Medical Office Administrator • Medical Biller • Sports Medicine Technologist  
Clinical Medical Assistant • Administrative & Clinical Medical Assistant  
Advanced Medical Coder • Computerized Office Specialist  
Computerized Office & Accounting Specialist • Private Investigator

**Morning, afternoon & evening class schedules**  
WIA & Low-Cost Funding • Workers' Comp • Rehabilitation  
Free training if qualified • Small classes

Universal Schools & Colleges of Health and Human Services



San Diego • 619-858-3480  
San Marcos • 760-918-8198  
www.uscmed.com



# Train for a career in holistic health.



- Accredited by COMTA with 32 years of experience
- Federal financial aid programs available
- Flexible scheduling—day, night & weekend classes
- Become your own boss in as little as 9 months
- 3 in-depth programs to choose from:  
Holistic Health Practitioner  
Massage Therapist—Asian Therapies  
Massage Therapist—Western Therapies

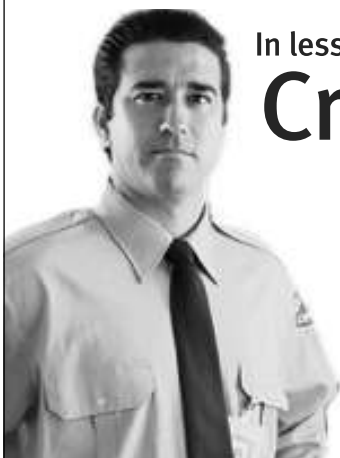


4607 Park Boulevard, San Diego  
www.mueller.edu • 888-223-9418

Classes starting soon!

Call now to reserve your space.

# Make a Difference!



In less time than you think, train for a career in **Criminal Justice\***

Train for diversified career outcomes in:  
Casino Surveillance  
Security Management  
Undercover Security • And More!

- Career Placement Assistance
- Approved for VA & WIA Benefits
- Financial Aid Available For Those Who Qualify

\*Additional academy training may be required for law enforcement positions

CALL NOW FOR A BROCHURE!  
**888-356-1300** DEPT. 236  
www.ChooseKaplanCollege.com



**KAPLAN COLLEGE**

San Diego Campus  
Vista Campus

Maric College is now Kaplan College



**CRIMINAL JUSTICE.** Crime Scene Investigation, Casino Surveillance, Corrections, and more. Kaplan College offers on-the-job training, career placement, financial aid available for those who qualify. Kaplan College, San Diego and North County campuses. 888-356-4000, Dept. 234. www.ChooseKaplanCollege.com.

**DENTAL ASSISTANT TRAINING:** Work chair-side assisting dentists as they examine and treat patients. Graduate in 9 months! Morning, afternoon, evening classes; lifetime job placement assistance and financial aid if qualified. Pima Medical Institute, 888-239-9445, 780 Bay Boulevard, Chula Vista (I-5 at J Street). www.pmi.edu.

**DENTAL ASSISTANT:** Be job-ready in just 8 months. Get the skills employers look for, from instructors with real-world experience. Day or evening classes available. Evening classes in just 9 months. Small classes, free tutoring, in-the-field training scholarships available, WIA, VA benefit approved, job placement assistance, financial aid available (if qualified), accept non-high school graduates. Valley Career College, 878 Jackman Street, El Cajon, 1 block west of Parkway Plaza. 619-593-5111. ValleyCareerCollege.com.



**DENTAL ASSISTANT.** Classes for Massage Therapist, Business Office Administration, Medical Billing/Insurance Coding, Pharmacy Technician, Computer Systems Technician! Approved Veterans, Rehab, WIA. Job Placement Assistance, Financial Aid (if qualified). Call and visit our campuses! United Education Institute, 3666 Kearny Villa Road, #100, 92123; 310 3rd Avenue, #C6, Chula Vista 91910. Call today! 1-877-206-1915. www.infofromuei.com

**DENTAL ASSISTANT.** Get started without a high school diploma. Now enrolling, call today! Concorde Career Institute, 4393 Imperial Avenue, Suite 100, San Diego 92113. 888-283-6911. www.Concorde4me.com



**DENTAL ASSISTANT.** Kaplan College offers on-the-job training, career placement, financial aid available for those who qualify. Kaplan College (formerly Maric College) San Diego and North County campuses. Call today! 888-356-4000, Dept. 234, or visit www.ChooseKaplanCollege.com.

**DRIVE YOUR WAY** into a new career! Great pay and benefits. Class A/Class B training. Placement assistance. Campuses in San Diego, Temecula, Riverside and Santa Ana. United Truck Driving School, 800-764-2020. www.drivetrucks.com.

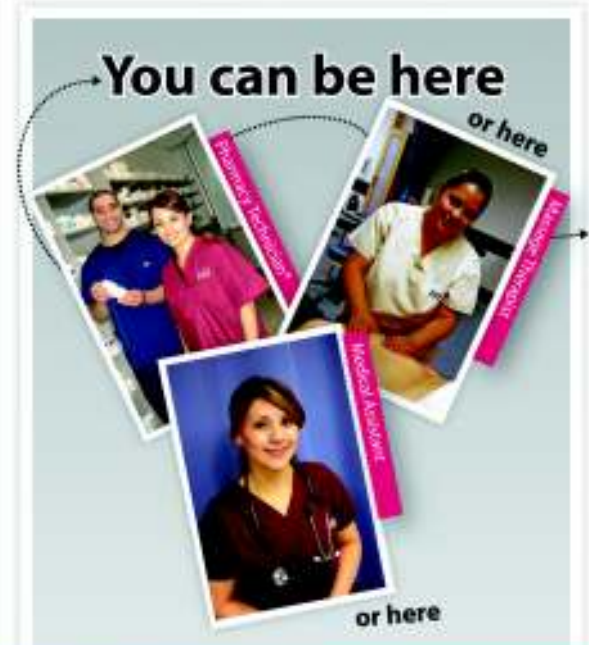
**ELECTRONICS EQUIPMENT** Assembly Technician. Call today to start your new career in 8 weeks! Day and evening classes. Extensive, hands-on course to provide basic skills and knowledge for entry-level position. Course covers Safety, Circuit Boards and Components, PCB Soldering and Construction, Fundamentals of Soldering and Desoldering, Wiring Techniques, Surface Mount and Through-Hole Soldering, NASA Workmanship Standards, Externship, and more. Votec Training, 8304 Clairemont Mesa Boulevard, Suite 110, San Diego 92111. 858-565-0663. www.votectraining.com.

**FASHION CAREERS.** Fashion Careers College, the "Fashion Only" college. Text "FASHION" to 85800. Affordable options in Fashion Design and Technology, Fashion Business and Technology. Degrees and certificates. Day and evening programs. Ask about our performance scholarships. 619-275-4700. Fashion Careers College, 1923 Morena Boulevard, San Diego, CA 92110. www.fashioncareerscollege.com.

**GET F.O.A. CERTIFIED** 3-week intensive hands-on course in Fiber Optics, Telecommunications, Data Cabling. Day/evening classes. WIA/Workers' Comp/EDD. State approved. 100% private financing for those who qualify. Call today! 760-471-9561. Visit NCTC in North County, 1324 East Mission Road, San Marcos, CA 92069. Email: nctc2@hotmail.com; or visit www.nctc.nu

**GMAT PREPARATION.** USD Test Preparation Courses. Sharpen your skills! Experienced faculty. Practice exams. Convenient schedules. Free refresher classes within 1 year of paid course completion. www.sandiego.edu/testprep. 619-260-4579.

**GRAPHIC DESIGN.** 3D Animation, Video Production, Web Design. Platt College offers Bachelor and Associate degrees, fixed tuition costs, day and evening classes, placement assistance, financial aid if qualified. Call today for a free info pack: 1-866-752-8826. Visit: www.MediaArtSchool.com.



Faster than you think.

Train for a career in **9 months or less**

We also train for:

- » Business Office Administration
- » Medical Billing & Insurance Coding
- » Dental Assistant
- » Computer Systems Technician

**WWW.NOWUEI.COM**

Call Today!  
**1.877.206.1915**



San Diego / Chula Vista, CA

Not All Programs Available at All Campuses  
Approved for Veterans, Rehab, WIA  
Financial Aid Available if Qualified  
Lifetime Job Placement Assistance  
\*HS diploma/GED required



**GRAPHIC DESIGN.** Coleman University. New name, same excellence in education. Classes begin January 3. Be career ready in one year! Over 90% placement rate. VA approved, career services available, financial aid available for those who qualify. Kearny Mesa. Visit: [www.coleman.edu](http://www.coleman.edu). Call today! 800-430-2030.

**GRE PREPARATION.** USD Test Preparation Courses. Sharpen your skills! Experienced faculty. Practice exams. Convenient schedules. Free refresher classes within 1 year of paid course completion. [www.sandiego.edu/testprep](http://www.sandiego.edu/testprep). 619-260-4579.

**HAIR DESIGN TRAINING.** Make money and have fun! Many top Hairstylists own their own businesses. One-year full or part-time training. Night classes available. Paul Mitchell The School, 410 A Street, San Diego 92101. 619-398-1590.

**HEALTHCARE CAREER** In 6 Weeks! Become a Phlebotomy Technician. Classroom instruction and clinical externship at affiliated hospitals and clinics. No experience necessary. Requires high school diploma/equivalent. BPPVE Register #3708721. Family Health Services, 619-955-1007. [www.familyhealth-services.com](http://www.familyhealth-services.com).



**HEALTHCARE CAREERS.** Train to become a Medical Assistant, Pharmacy Technician, Medical Insurance Technician, Medical Administrative and Insurance Specialist, Nursing, Nursing Assistant, Back Office, Massage Therapy, Dental Assistant. Not all programs offered at both locations. Kaplan College offers on-the-job training, career placement, financial aid available for those who qualify. Kaplan College San Diego and North County campuses. Call today! 888-356-4000, Dept. 234, or visit [www.ChooseKaplanCollege.com](http://www.ChooseKaplanCollege.com).

**HIGH SCHOOL DIPLOMA!** Fast, affordable & accredited. Free brochure. Call now! 1-800-532-6546 x97. [www.continentalacademy.com](http://www.continentalacademy.com). (AAN CAN)

**INSURANCE CODING/BILLING.** Get started without a High School Diploma! Concorde also offers: A.S. in Respiratory Therapy, Massage Therapy, Surgical Technology, Medical Assistant, Dental Assistant, Vocational Nursing courses. Now enrolling, call today! Concorde Career Institute, 4393 Imperial Avenue, Suite

100, San Diego 92113. 888-254-6904; [www.ContactConcorde.com](http://www.ContactConcorde.com).

**LEARN BARTENDING.** 1-2 week course. Learn behind a real bar. Make new friends! Fun! Money! Weekend classes available. Part- and full-time. Job placement assistance. Call 619-296-0600.

**LEARNING ACADEMY.** Home Care Aides, Childcare, Family Caregivers. Entry-level and advanced training for home care providers. At Your Home Familycare, Inc. Please call toll free: 877-91LEARN. E-mail: [homecarejobs@atyourhomefamilycare.com](mailto:homecarejobs@atyourhomefamilycare.com).

**LEGAL CAREER.** University of San Diego Paralegal Certificate. Approved by the American Bar Association. Employment Assistance. Internships. Financial Aid available. [www.sandiego.edu/paralegal](http://www.sandiego.edu/paralegal). 619-260-4579.



**LOW-COST JOB TRAINING.** Anesthesia Technologist, Personal Trainer, Medical Office, Orthopedic Tech, Telemetry Tech, Insurance, Adobe InDesign, Culinary Arts, Emergency Dispatch, Security Academy. Grossmont College. Visit: [www.grossmont.edu/rop](http://www.grossmont.edu/rop). 619-644-7550.

**LSAT PREPARATION.** USD Test Preparation Courses. Sharpen your skills! Experienced faculty. Practice exams. Convenient schedules. Free refresher classes within 1 year of paid course completion. [www.sandiego.edu/testprep](http://www.sandiego.edu/testprep). 619-260-4579.



**MASSAGE THERAPIST.** Massage Course at UEI. We also offer programs for Pharmacy Technician, Business Office Administration, Medical Billing/Insurance Coding, Dental Assistant, Computer Systems Technician, Approved Veterans, Rehab, WIA. Job Placement Assistance, Financial Aid (if qualified). United Education Institute, 3666 Kearny Villa Road, #100, 92123; 310 3rd Avenue, #C6, Chula Vista 91910. Call today! 1-877-206-1915. Visit our website: [www.infofromuei.com](http://www.infofromuei.com).



**MASSAGE THERAPY** and other professional medical courses offered at Kaplan College. Not all programs offered at both locations. Kaplan College offers on-the-job training, career placement, financial aid available for those who qualify. Kaplan College (formerly Maric College) San Diego and North County campuses. Call today! 888-356-4000, Dept. 234, or visit [www.ChooseKaplanCollege.com](http://www.ChooseKaplanCollege.com).

**MASTER OF FINE ARTS** in TV Production/ Master of Science in Media Studies in New York City. Visit [www.bctvr.org](http://www.bctvr.org). (AAN CAN)

**MEDIA ARTS.** Platt College offers, 3D Animation, Web Design, Graphic Design, Video Production. Platt College offers Bachelor and Associate degrees, fixed tuition costs, day and evening classes, placement assistance, financial aid if qualified. Call today for a free info pack: 1-866-752-8826. Visit: [www.MediaArtSchool.com](http://www.MediaArtSchool.com).

**MEDICAL ADMIN COURSE** Contact U.S. Colleges for more information. WIA and low cost funding, workers comp, small classes. Universal Schools and Colleges of Health and Human Services, San Diego. 619-858-3480, San Marcos: 760-918-8198. [www.uscmcd.com](http://www.uscmcd.com).



**MEDICAL ADMIN.** Medical Insurance Technician, Medical Administrative and Insurance Specialist courses offered for Medical Administrative careers at Kaplan College. We offer on-the-job training, career placement, financial aid available for those who qualify. Kaplan College (formerly Maric College) San Diego and North County campuses. Call today! 888-356-4000, Dept. 234, or visit [www.ChooseKaplanCollege.com](http://www.ChooseKaplanCollege.com).

**MEDICAL ASSISTANT** Classes begin each month. Day, evening, and online classes. Medical Assisting, Respiratory Therapy, X-ray Technology (limited scope), Lab Technology, Pharmacy Technology, Healthcare Administration, Medical Coding/Billing, Nursing Administration, Medical Specialties, Medical Office Administration. Associate's/ Bachelor's degrees, Certifications and Licenses. Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid (if qualified). Enroll today! California College San Diego, 2820 Camino Del Rio South, San Diego (92108). 1-800-635-2761. [www.californiacollege.info](http://www.californiacollege.info)

**MEDICAL ASSISTANT** Get started without a high school diploma. Now enrolling, call today! Concorde Career Institute, 4393 Imperial Avenue, Suite 100, San Diego 92113. 888-283-6911. [www.Concorde4me.com](http://www.Concorde4me.com).



**MEDICAL ASSISTANT** Medical Assistant. UEI also offers programs for Pharmacy Technician, Dental Assistant, Business Office Administration, Massage Therapist. Approved Veterans, Rehab, WIA. Job Placement Assistance, Financial Aid (if qualified). United Education Institute, 3666 Kearny Villa Road, #100, 92123; 310 3rd Avenue, #C6, Chula Vista 91910. Call today. 1-877-206-1915. Visit our website: [www.infofromuei.com](http://www.infofromuei.com).

**MEDICAL ADMINISTRATION** and Billing. Be job-ready in just 8 months. Get the skills employers look for, from instructors with real-world experience. Day or evening classes available. Evening classes in just 9 months. Small classes, free tutoring, in-the-field training scholarships available, WIA, VA benefit approved, job placement assistance, financial aid available (if qualified), accept non-high school graduates. Valley Career College, 878 Jackman Street, El Cajon, 1 block west of Parkway Plaza. 619-593-5111. [ValleyCareerCollege.com](http://ValleyCareerCollege.com).

**MEDICAL ASSISTANT TRAINING:** Assist physicians in the examination and treatment of patients ranging from newborns to senior citizens, as well as perform routine office tasks. Graduate in 9 months! Morning, afternoon, evening classes, lifetime job placement assistance and financial aid if qualified. Pima Medical Institute, 888-239-9445. 780 Bay Boulevard, Chula Vista (I-5 at J Street). [www.pmi.edu](http://www.pmi.edu).



**MEDICAL ASSISTANT.** Medical Assistant. UEI also offers programs for Pharmacy Technician, Dental Assistant, Business Office Administration, Massage Therapist. Approved Veterans, Rehab, WIA. Job Placement Assistance, Financial Aid (if qualified). United Education Institute, 3666 Kearny Villa Road, #100, 92123; 310 3rd Avenue, #C6, Chula Vista 91910. Call today. 1-877-206-1915. Visit our website: [www.infofromuei.com](http://www.infofromuei.com).

**MEDICAL CODING/BILLING** Classes start soon! California College San Diego offers day, evening, and online classes. Medical Assisting, Respiratory Therapy, Lab Technology, Pharmacy Technology, X-ray Technology (limited scope), Healthcare Administration, Nursing Administration, Medical Specialties, Medical Office Administration. Associate's/Bachelor's degrees, Certifications and Licenses. Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid (if qualified). Enroll today! CCSD, 2820 Camino Del Rio South, San Diego (92108). 800-635-2761. [www.californiacollege.info](http://www.californiacollege.info)



**MEDICAL INSURANCE.** Billing Medical Insurance. UEI also offers programs for Pharmacy Technician, Dental Assistant, Business Office Administration, Massage Therapist. Approved Veterans, Rehab, WIA. Job Placement Assistance, Financial Aid (if qualified). United Education Institute, 3666 Kearny Villa Road, #100, 92123; 310 3rd Avenue, #C6, Chula Vista 91910. Call today! 1-877-206-1915. Visit our website: [www.infofromuei.com](http://www.infofromuei.com).

**MEDICAL SPECIALTIES:** Medical Assisting, Respiratory Therapy, X-ray echology (limited scope), Lab Technology, Pharmacy Technology, Healthcare Administration, Medical Coding/Billing, Nursing Administration, Medical Specialties, Medical Office Administration. Associate's/Bachelor's degrees, Certifications and Licenses. Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid (if qualified). Classes begin each month! Enroll today! California College San Diego, 2820 Camino Del Rio South, San Diego (92108). 1-800-635-2761. [www.californiacollege.info](http://www.californiacollege.info)

**MS-INFORMATION SCIENCES.** Coleman University. New name, same excellence in education. Classes begin January 3. Be career ready in one year! Over 90% placement rate. VA approved, career services available, financial aid available for those who qualify. Kearny Mesa. Visit: [www.coleman.edu](http://www.coleman.edu), and call today! 800-430-2030.

**NURSING ADMINISTRATION:** Day, evening, and online classes start soon! Also offered: Medical Assisting, Respiratory Therapy, Lab Technology, Pharmacy Technology, X-RAY Technology (limited scope), Healthcare Administration, Medical Coding/Billing, Medical Specialties, Medical Office Administration. Associate's/Bachelor's degrees, Certifications and Licenses. Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid (if qualified). Classes begin each month! Enroll today! California College San Diego, 2820 Camino Del Rio South, San Diego (92108). 1-800-635-2761. [www.californiacollege.info](http://www.californiacollege.info)



**NURSING CAREERS.** Nursing and Medical Career Training offered at Kaplan College. Kaplan College offers on-the-job training, career placement, financial aid available for those who qualify. San Diego and North County campuses. Call Kaplan College today! 888-356-4000, Dept. 234, or visit [www.ChooseKaplanCollege.com](http://www.ChooseKaplanCollege.com).

**PHARMACY TECHNICIAN TRAINING:** Assist licensed Pharmacists in providing medication and healthcare products to patients. Graduate in 8 months! Morning, afternoon, evening classes; lifetime job placement assistance and financial aid if qualified. Pima Medical Institute, 888-239-9445. 780 Bay Boulevard in Chula Vista (I-5 at J Street). [www.pmi.edu](http://www.pmi.edu).

**PHARMACY LAB TECH.** Day, evening, and online classes start soon! Medical Assisting, X-ray Technology (limited scope), Respiratory Therapy, Healthcare Administration, Medical Coding/Billing, Nursing Administration, Medical Specialties, Medical Office Administration. Associate's/Bachelor's degrees, Certifications and Licenses. Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid (if qualified). Classes begin each month! Enroll today! California College San Diego, 2820 Camino Del Rio South, San Diego (92108). 1-800-635-2761. [www.californiacollege.info](http://www.californiacollege.info)



**PHARMACY TECH** UEI also offers programs for Medical Coding/Billing, Dental Assistant, Business Office Administration, Massage Therapist. Approved Veterans, Rehab, WIA. Job Placement Assistance, Financial Aid (if qualified). United Education Institute, 3666 Kearny Villa Road, #100, 92123; 310 3rd Avenue, #C6, Chula Vista 91910. 1-877-206-1915. [www.infofromuei.com](http://www.infofromuei.com)

**PHARMACY TECHNICIAN.** Be job-ready in just 8 months. Get the skills employers look for, from instructors with real-world experience. Day or evening classes available. Evening classes in just 9 months. Small classes, free tutoring, in-the-field training scholarships available, WIA, VA benefit approved, job placement assistance, financial aid available (if qualified), accept non-high school graduates. Valley Career College, 878 Jackman Street, El Cajon, 1 block west of Parkway Plaza. 619-593-5111. [ValleyCareerCollege.com](http://ValleyCareerCollege.com).



**PHARMACY TECHNICIAN.** Train to become a Pharmacy Technician or other Medical Professional at Kaplan College (formerly Maric College). Kaplan College offers on-the-job training, career placement, financial aid available for those who qualify. San Diego and North County campuses. Call today! 888-356-4000, Dept. 234, or visit [www.ChooseKaplanCollege.com](http://www.ChooseKaplanCollege.com)

**PLATT (MEDIA ARTS) COLLEGE** offers classes in Web Design, Graphic Design, Video Production, 3D Animation. Bachelor and Associate degrees, fixed tuition costs, day and evening classes, placement assistance, financial aid if qualified. Call today for a free info pack: 1-866-752-8826. Visit: [www.MediaArtSchool.com](http://www.MediaArtSchool.com).

**PRIVATE INVESTIGATOR.** Start a new career in 2 months or less at U.S. College! Morning, afternoon and evening classes. WIA and low cost funding, workers comp, small classes. Universal Schools and Colleges of Health and Human Services, San Diego: 619-858-3480; San Marcos: 760-918-8198. [www.uscmcd.com](http://www.uscmcd.com).

**PROJECT FASHION:** Compete in San Diego's own Fashion Competition, Project Fashion, on January 24, 2009. Winner is awarded a one-year full scholarship. Register today at [www.fashioncareerscollege.com](http://www.fashioncareerscollege.com).

**RESPIRATORY THERAPY COURSE.** Day, evening, and online classes start soon! Also offered: Medical Assisting, Lab Technology, Pharmacy Technology, X-ray Technology (limited scope), Healthcare Administration, Medical Coding/Billing, Medical Specialties, Medical Office Administration. Associate's/Bachelor's degrees, Certifications and Licenses. Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid (if qualified). Enroll today! CCSD, 2820 Camino Del Rio South, San Diego (92108). 1-800-635-2761. [www.californiacollege.info](http://www.californiacollege.info)

**RESPIRATORY THERAPY:** (Associate of Occupational Science). Train in less than two years for this specialty that focuses on prevention, diagnoses, treatment, management and rehabilitation of patients with breathing or other cardiopulmonary disorders. Pima Medical Institute, 888-239-9445. 780 Bay Boulevard, Chula Vista (I-5 at J Street). [www.pmi.edu](http://www.pmi.edu).

**RESPIRATORY THERAPY.** Get started without a High School Diploma! Concorde offers: A.S. in Respiratory Therapy, Massage Therapy, Surgical Technology, Medical Assistant, Dental Assistant, Vocational Nursing, Insurance Coding & Billing courses. Now enrolling, call today! Concorde Career Institute, 4393 Imperial Av-

## CAREER TRAINING

# Make Money & Have Fun!

Learn the facts about the life of a top hairstylist – they love their careers and many own their own business.

Find out more about your one-year full- or part-time training.

We also offer night classes.

**Call now!**

Financial Aid available to those who qualify.

**Great scalp treatment, shampoo, haircut & style start at \$8.**

We also do great color, brilliant hi-lights, full head bleaches, perms and waves, prom and bridal up-do's, relaxers and more!

Day & evening appointments.



**PAUL MITCHELL**  
**the school**  
**SAN DIEGO**

410 A Street  
San Diego, CA 92101

**619.398.1590**

All services performed by students under the direct supervision of an instructor.

**[www.PaulMitchellTheSchool.com](http://www.PaulMitchellTheSchool.com)**

**A New Healthcare Career In Just 6 Weeks!**

**Become a Phlebotomy Technician**



The training program consists of a combination of classroom instruction and a clinical externship at our affiliated hospitals and clinics.

- No Experience Necessary
- Must Have High School Diploma/Equivalent



Call for details:  
**Family Health Services**  
**619.955.1007**

[www.familyhealth-services.com](http://www.familyhealth-services.com)

BPPVE Register #3708721

**LOW-COST JOB TRAINING**

**Grossmont College**

- ♦ Anesthesia Tech
- ♦ Orthopedic Tech
- ♦ Personal Trainer
- ♦ Medical Office
- ♦ Security Academy
- ♦ Insurance
- ♦ Telemetry Tech
- ♦ Adobe InDesign
- ♦ Emergency Dispatch
- ♦ Culinary Arts

**Jobs! Jobs!**

**Call now!**  
**(619) 644-7550**  
[www.grossmont.edu/rop](http://www.grossmont.edu/rop)



## San Diego's #1 Bartending School

**EARN GREAT \$ - MEET NEW PEOPLE - WORK PART OR FULL TIME**

*We Specialize in Bartending Only*  
Not a Casino Dealing or Cooking School

**Ask about our tuition special**

Call today for a free tour  
**(619) 281-2345**

- ✓ Two Week Course
- ✓ Job Placement Assistance
- ✓ Financing Available
- ✓ Excellent Student Testimonials

**San Diego Bartending School**  
6690 Mission Gorge Rd. K  
San Diego , California 92120

**[www.SanDiegoBartending.Com](http://www.SanDiegoBartending.Com)**





Maribel Padilla  
Vice Principal  
La Mesa

I haven't really made many in the past. The one I did make and have kept is exercising. I'm still doing it, although I have a little injury that happened when I was running. I made the resolution four years ago. You only have this one life, so...



Olivia Reynolds  
Graphic Designer  
University Heights

My resolutions aren't ever to lose weight, really. I'm 5'9", so the one I kept was just to try and be healthy. Maybe that's the typical woman's resolution. I'm going to become a vegan and live an alcohol-free lifestyle this year. And being a vegan isn't as much for health reasons as just not agreeing with how animals are treated.



Sally Soranidis  
QA Engineer  
Chula Vista

Well, I had a resolution that I kept for an entire year. It was to not have sex. The resolution for this year is to quit smoking. In the past I tried and maybe lasted a few months. But this year I'm going to quit for good because I have a really good reason: the guy I started dating doesn't smoke.



Brent Avery  
Massage Therapist  
Mira Mesa

I never wanted to make resolutions that I wasn't going to keep. So, a few years ago I tried a few. But the one I did keep was after my marriage. We got married in December, so my resolution was to stay married. Each year I'd joke that I'd make it a resolution again. I'd sometimes say that it would be for another 5 years. But we've been married now for 16 years, so I think I've kept it.



Misty Blakesley  
Farmer  
Santa Fe, New Mexico

I don't do resolutions. But at the end of the year, I like to write down the great things that happened that year and what things I'm going to plan to do in the upcoming year; for example, the first time I left the country and traveled. They are more like goals for the new year. I'll write down that I want to do a week of backpacking each month. The year I did that, well...I think I only missed October, when I got too busy and it was too cold.



Tony Caniti  
Bartender  
Mission Beach

I don't make resolutions, so I don't have to worry about breaking them or wondering how long I'll keep them. It's weird that there's some arbitrary time that someone is going to stop doing something they think is bad. Why not just stop immediately, no matter what the date is? I think women make more resolutions than men. I've known women that say things like they're going to start going to the gym more. And that will last about a week.

enue, Suite 100, San Diego 92113. 888-254-6904; [www.Concorde4me.com](http://www.Concorde4me.com)

**RESTAURANT/BAR MANAGEMENT:** Learn the ins and outs of restaurant and bar management at National Schools. Free career placement assistance, with many jobs available. Call: 619-461-2800 for a tour and sit in a class. Learn why we are different. Visit us on the web, and see our Photo Gallery and curriculum of all our training. Financial Aid available. [www.nationalschools.com](http://www.nationalschools.com).

**SECURITY GUARD TRAINING.** Become a fully trained and certified Private Security Guard in just 52 hours/2 weeks! Certificate: Power to Arrest, Liabilities and Legal Aspects, Observation and Documentation, Communication and Significance. BSIS Car/Permits: Guard Card/Baton Permit, Firearm Permit/Tear Gas, First Aid/CPR. Now accepting: WIA/TAA, Vocational Rehab, Dislocated Workers, Private Pay and others. Coast Career Institute, 311 Third Avenue, Chula Vista, CA 91910, 619-420-0437.

**SECURITY: BECOME A PROFESSIONAL** Security Guard. Guard Card testing. Firearms testing. Pepper spray training. Baton training. CPR/First Aid training—same day certification. Concealed weapons classes offered. Live Scan unit on premises. 619-518-4279.

**SPORTS MEDICINE TECH.** Call U.S. Colleges for more information. WIA and low cost funding, workers comp, small classes. Universal Schools and Colleges of Health and Human Services, San Diego: 619-858-3480; San Marcos: 760-918-8198. [www.uscmed.com](http://www.uscmed.com).

**SURGICAL TECHNOLOGY.** Start this year with a new career. We also offer courses in Massage Therapy, Medical Assisting, Respiratory Therapy, Insurance Coding and Billing, Dental Assisting, and Vocational Nursing. Call today for more information! Concorde Career College, 4393 Imperial Avenue, Suite 100, San Diego. 888-254-6904; [www.Concorde4me.com](http://www.Concorde4me.com).

**TEACHER EDUCATION.** Azusa Pacific University prepares educators to grasp the teachable moment, in and outside the lesson plan. APU offers 36 credential/master's degree opportunities. NCATE-accredited programs recognized by all 50 states and internationally, a degree completion program in Human Development (HDEV) designed for future teachers. Become a better teacher, counselor, coach, or administrator. San Diego Regional Center, call 877-210-8839; visit [www.apu.edu/sandiego](http://www.apu.edu/sandiego); e-mail [sandiego@apu.edu](mailto:sandiego@apu.edu). Murrieta Regional Center, call 877-210-8841; visit [www.apu.edu/murrieta](http://www.apu.edu/murrieta); e-mail [murrieta@apu.edu](mailto:murrieta@apu.edu).

**TEACHERS/ENRICHMENT.** Earn up to \$30/hour teaching kids in after-school programs. Get certified now for Winter and Spring jobs. [www.netanational.org](http://www.netanational.org). 310-827-8827.

**TELECOMMUNICATIONS** Installation Technology. Get into an expanding field! A new career in 12 weeks! Telecommunications Technicians install networks of low-voltage and fiber optic cabling that are used for the transmission of video, voice and data or other types of signaling. Course provides basic skills and knowledge for entry-level position in Telecommunications field including Methods of Interconnection, Networks, Systems Documentation, System Diagnostics and Testing and much more! Financing for those who qualify. Votec Training, 8304 Clairemont Mesa Boulevard, Suite 110, San Diego, 92111. 858-565-0663. [www.votectraining.com](http://www.votectraining.com).

**TELECOMMUNICATIONS.** Become FOA certified. 3-week intensive hands-on course in Fiber Optics, Telecommunications, Data Cabling, Day/evening classes. WIA/Workers' Comp/EDD. State approved. 100% private financing for those qualified. Call today! 760-471-9561. Visit NCTC in North County, 1324 East Mission Road, San Marcos, CA 92069. Email: [nctc2@hotmail.com](mailto:nctc2@hotmail.com); [www.nctc.nu](http://www.nctc.nu)

**TRUCK DRIVING SCHOOL.** Western Truck School San Diego offers classroom and over-the-road instruction. Class A/4 weeks; Class B/1 week! We have a job waiting for you, if qualified. Veteran/WIA approved. Tuition reimbursement. Day, night, weekend classes. 1-800-TRUCK-ING. [www.westerntruckschool.com](http://www.westerntruckschool.com).

**TRUCK DRIVING.** Drive your way into a new career! Great pay and benefits. Class A/Class B training. Placement assistance. Campuses in San Diego, Temecula, Riverside and Santa Ana. United Truck Driving School, 800-764-2020. [www.drivetrucks.com](http://www.drivetrucks.com).

**UCSD EXTENSION CERTIFICATE!** Reach your career goals with a UCSD Extension Certificate. Business, Science, Technology, Engineering, Sustainability. Classes begin in January. [extension.ucsd.edu](http://extension.ucsd.edu).

**VETERINARY ASSISTANT PROGRAM:** Just 30 weeks to a career filled with fur and fun! Love your patients and your job as you nurture the health and well-being of animals. Pima Medical Institute offers financial aid if qualified and lifetime job placement assistance. 888-239-9445. 780 Bay Boulevard, Chula Vista. [www.pmi.edu](http://www.pmi.edu).

**VIDEO PRODUCTION.** Web Design, Graphic Design, Video Production. Platt College offers Bachelor and Associate degrees, fixed tuition costs, day and evening classes, placement assistance, financial aid if qualified. Call today for a free info pack: 1-866-752-8826. Visit: [www.MediaArtSchool.com](http://www.MediaArtSchool.com).

**VOCATIONAL NURSING.** Get started without a High School Diploma! Concorde also offers: A.S. in Respiratory Therapy, Massage Therapy, Surgical Technology, Medical Assistant, Dental Assistant, Insurance Coding/Billing courses. Now enrolling, call today! Concorde Career Institute, 4393 Imperial Avenue, Suite 100, San Diego 92113. 888-254-6904; [www.ContactConcorde.com](http://www.ContactConcorde.com).

**WEB DESIGN, GRAPHIC DESIGN.** 3D Animation, Video Production. Platt College offers Bachelor and Associate degrees, fixed tuition costs, day and evening classes, placement assistance, financial aid if qualified. Call today for a free info pack: 1-866-752-8826. Visit: [www.MediaArtSchool.com](http://www.MediaArtSchool.com).

## BUSINESS OPPORTUNITIES

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**100% RECESSION-PROOF VENDING** Routes. 80% profit potential with 30 local vending machines and candy for \$9,995. Other packages available. Call 800-920-7869. Multivend, LLC.

**\$600 WEEKLY POTENTIAL** helping the government part time. No experience, no selling. Call 1-888-213-5225. Ad Code L-5. Void in Maryland and South Dakota. (AAN CAN)

**ATTITUDE IS EVERYTHING!** Being at the right place at the right time can earn you serious money. For information call Dr. Karl at 619-550-7636.

**AVON.** Excellent income potential in today's changing economy! Perfect for self-starters with a commitment to helping others succeed. \$10 gets you started. Call Kathleen, independent sales representative: 619-429-1253; 888-429-1253.

**BE A MILLIONAIRE FROM HOME!** Super healthy products! Mangosteen (high in antioxidants, anti-inflammatory properties), Whole Food Nutritional Supplements, Safe & Natural Skincare. [www.diane.myjetstream.net](http://www.diane.myjetstream.net). 877-674-4280.

**BE YOUR OWN BOSS.** Join the fastest growing new commercial cleaning franchise business in the U.S.! Full time/part time. Guaranteed customers. We provide training, equipment and financing. Let our 50 years of experience work for you. \$1400 down. 760-930-2051. [www.system4usa.com](http://www.system4usa.com).

**DATA ENTRY PROCESSORS** needed! Earn \$3500-\$5000 weekly working from home! Guaranteed paychecks! No experience necessary! Positions available today! Register online now! [www.DataPositions.com](http://www.DataPositions.com). (AAN CAN)

**EARN \$1000-\$3200 A MONTH!** to drive new cars with ads. [www.YouDriveCars.com](http://www.YouDriveCars.com).

### Health Coaches Wanted

One of Fortune Magazine's "Fastest Growing Companies," Medifast, expanding in Southern California. Complete training provided. Proven track record, over 100 coaches earning 6 figures. Commission only. 858-509-1778.

**HELP WANTED.** Earn extra income assembling CD cases from home. Call our live operators now! 1-800-405-7619 x150. [www.easywork-greatpay.com](http://www.easywork-greatpay.com). (AAN CAN)

**LOAN OFFICERS/REALTORS** wanted. \$28,000 in days, not weeks. No selling, simply returning phone calls. Private gifting, IRS tax code approved. "I received \$34,000 cash to my front door in my first 3 weeks!" Joe, Banker, California. 888-593-8287.

**MOTIVATED ENTREPRENEURS:** Hottest new marketing business—get results. Be mentored by self-made millionaires. Serious inquiries only. 800-631-9439. [www.swanlifestylecoop.com](http://www.swanlifestylecoop.com).

**REALISTICALLY EARN MORE MONEY** in the next year than the past 5 years combined. Call 1-800-687-2735 or go to [www.solution2FamilyFinancialFreedom.com](http://www.solution2FamilyFinancialFreedom.com).

**SAN DIEGO SECURITY GUARD** company seeks investment of 100K. We're a niche provider with outstanding growth potential. Recently awarded "Service Firm of the Year." E-mail [sandiegosecuritycorp@gmail.com](mailto:sandiegosecuritycorp@gmail.com) for more information.

**YOU CAN DO THIS!** If you're motivated/coachable, our revolutionary product and proven system will take you to a 6-figure income. Call for interview: 858-472-2258.

## CLASSES/ LESSONS

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**ABANDON YOUR ACTING FEARS!** Actors' Workshop Studios. San Diego's #1 film/TV studio! Professional 3-camera set. Weekly in-house auditions with Hollywood/local casting directors, producers, agents. [www.actorsworkshopstudios.com](http://www.actorsworkshopstudios.com); 858-587-6666.

**ACADEMY OF THE STARS!** Private lessons: Voice, Dance, Piano, Guitar, Bass, Saxophone, Flute, Songwriting, Music Theory. All ages/levels. Learn from professionals! \$30+. [www.celestecenter.com](http://www.celestecenter.com). 877-262-3540.

**ACTING CLASSES.** Monty Silverstone, father of star Alicia, holding classes, Del Mar and Rancho Santa Fe, Monday, Wednesday, Friday, Saturday. Check our website: [montysilverstone.com](http://montysilverstone.com). 858-759-7881.

**BALLROOM DANCING.** Mary Murphy's Champion Ballroom (drop-in class). Have a night out dancing. Every Friday night, beginning class starts at 7pm, party 8-10pm. \$12 for 3 hours of fun. 3580 Fifth Avenue, 92103. Phone: 619-291-7722.

**BHAGAVAD-GITA** classes by a Vedist Scholar. Monday-Wednesday, 7:30pm-8:30pm. Hare Krishna Temple, 1030 Grand, Pacific Beach, 92109. 858-483-2500.

### Bonita Valley Arts Academy

Music and creative arts at affordable prices for youth and adults: Voice, Piano, Guitar, Percussion, Harp, Band, String Orchestra, Painting/Drawing. Qualified instructors specializing in performing and teaching. [www.bonitavalley.com/artsacademy.mv](http://www.bonitavalley.com/artsacademy.mv). 619-475-8000.

**DANCE LESSONS/POLYNESIAN** dancing. Hip Hop, Salsa, belly dancing, Tahitian drumming. We teach Hawaiian, Samoan, New Zealand. All ages welcome. Beginning 1/2009. email: [www.PacificArtsDS.com](mailto:www.PacificArtsDS.com); 858-566-3800.

**DJ LESSONS.** San Diego Mix Masters, San Diego's premier DJ school. Established 2000. Learn the basics of beat matching, mixing, programming, etc. 619-867-7822 or [www.globalbpm.com](http://www.globalbpm.com).

**DRUM INSTRUCTION.** I teach what you want and need to know. Get more playing enjoyment. Be musical! All levels accepted. Hoffman Drum Studio, Kirk, 619-287-6518.

**ENGLISH TUTORING. Master's degree instructor. English as a second language, TOEFL, grammar, writing, pronunciation. Native speaker grammar, refinement. Reasonable rates. [jaygo@cox.net](mailto:jaygo@cox.net), 619-528-8663 or 619-410-2002.**

**FRENCH LESSONS.** The best, most popular French lessons in San Diego, from \$9.99/hour. Learn with a teacher from Paris! Materials included. [www.fromenglishtofrench.com](http://www.fromenglishtofrench.com). Sophie, 619-339-7993.

**GUITAR INSTRUCTION:** Degreed professional, 30 years' experience. All styles. Especially good with young people and children. Your first lesson is free! Call Gary at 619-715-1352.

**GUITAR INSTRUCTION.** Concert professional from Spain, with 23 years' touring experience, now offering private classes in authentic flamenco and classical guitar. 619-282-0369.

**GUITAR LESSONS.** Freeway close. Guitar Trader of San Diego, 7120 Clairemont Mesa Boulevard. Toll-free: 877-687-4276.

**GUITAR LESSONS/RECORDING.** Learn to play, sing your favorite songs. Experienced instruction tailored to your goals. Record a demo; session work. Craig Blaine, 619-417-4080. [www.jcbmusic.com](http://www.jcbmusic.com).

**GUITAR/PIANO LESSONS.** Individualized instruction. Patient, supportive teacher. Rock, pop, jazz, blues, theory. All ages. In-home lessons available. Ask for current specials! David, 619-379-4556.

**LEARN TAI CHI.** Free class, relaxed environment. South Clairemont Recreation Center, Saturday morning, 8:30 am. All are welcome. More info: [www.snipurl.com/TaiChi](http://www.snipurl.com/TaiChi).

**PIANO ACHIEVEMENT** proven with free lesson. Ages 5 to 95. Classical, popular, jazz. Very patient teacher/performer offers top quality, individualized instruction, beginning through advanced. 30 years' experience. Lee Galloway, 619-281-8118. [www.leegalloway.com](http://www.leegalloway.com).

**PIANO LESSONS FOR CHILDREN.** Special New Year's rates! Beginning to advanced students. Excellent teaching strategies and instructional materials. Experienced educator for 25 years. Call 619-283-0307.

**PIANO LESSONS.** Master's degree Music Education. Member of Music Teachers Association of California. Any age, any style. Flexible hours. Individual programs for each student. 858-625-0053.

**SAT TEST PREPARATION.** USD Test Preparation Courses. Sharpen your skills! Experienced faculty. Practice Exams. Convenient schedules. Free Refresher Classes (within 1 year of paid course completion). [www.sandiego.edu/testprep](http://www.sandiego.edu/testprep). 619-260-4579.

**SPANISH LESSONS. Private tutoring. Master's degree and credentialed instructor. Conversation, writing, and grammar. Bilingual. Competitive rates. References. E-mail: [jaygo@cox.net](mailto:jaygo@cox.net). Jay, 619-528-8663 or 619-410-2002.**

## MASSAGE

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**START THE NEW YEAR** with a fabulous massage from a warm, friendly therapist in my cozy Ocean Beach cottage. \$80-\$120/hour. 9am-6pm, Monday-Friday; 12-4pm, Saturday. HHP#24374. 619-794-5774.

## INSTRUCTION

**Go on, admit it...you've always had a little Zorro in you!**

Beginners' Classes • Sales of Replica Swords & Daggers  
Instruction in Theatrical Swordplay • Advanced Training



San Diego's Premier Fencing Club



**Cabrillo Academy of the Sword**  
3339 Adams Avenue  
(619) 584-2478  
(Antique Row in Normal Heights)  
Open 6 days a week.



# Astound your friends & become famous!

## THE READER PUZZLE:

### RULES OF THE GAME

1) Each week we're printing a list of EVERYONE who submits the correct answers to the previous week's puzzle. See this week's contenders below.  
2) When you successfully complete a puzzle, we'll also print a brief (10 words or less) message that you've written. This is optional, but it's a great way to express yourself. You may submit a new message weekly.  
3) We're keeping track of how many puzzles you successfully complete. But your information will only be printed when you successfully complete a puzzle AND get it to us by 7:00 a.m., Monday.  
4) Entries must be faxed to **619-231-0489** or **619-233-7907** or mailed to Reader Puzzle, P.O. Box 85803, San Diego, CA 92186-5803, or delivered through our mail slot at 1703 India Street in Little Italy, or scanned and e-mailed to: [puzzles@sdreader.com](mailto:puzzles@sdreader.com)  
5) 10 Reader T-shirts are awarded weekly to contenders chosen randomly!  
And now for the really small print:  
1) All answers must be legible and entered in the spaces provided.  
2) Late entries will not be considered.  
3) One entry per person per week or you will be disqualified.  
4) Employees of the Reader and their immediate families are not eligible.

### Across

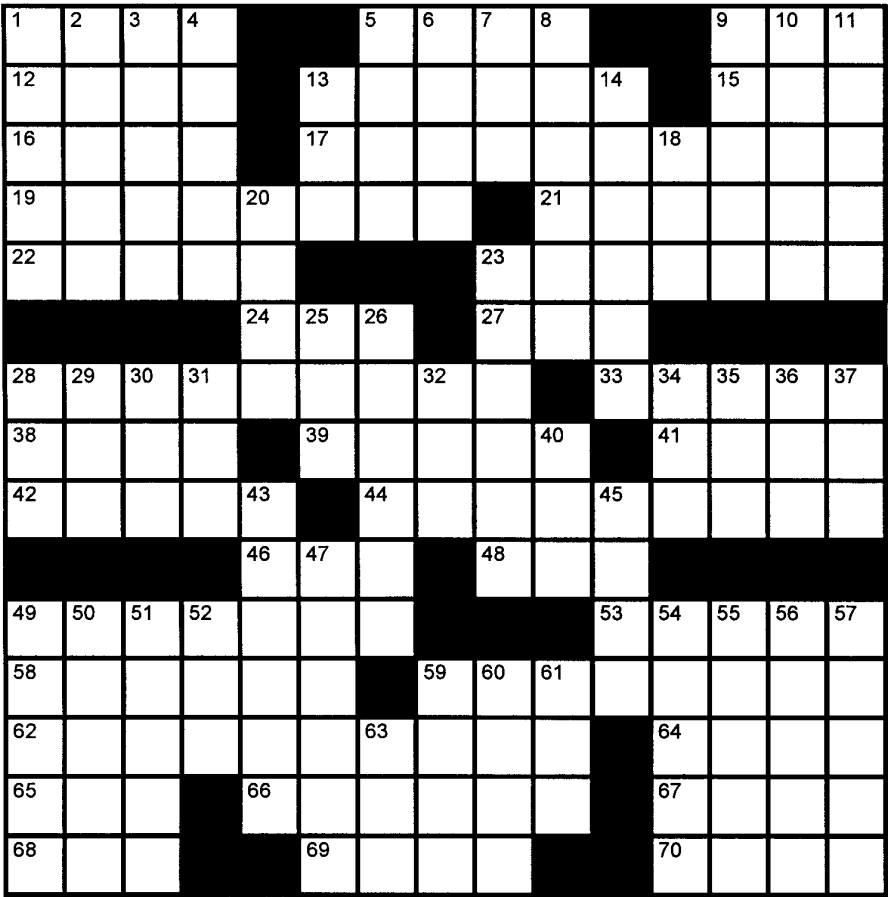
- Home of Iowa State University
- ThinkPads, e.g.
- Actress Basinger
- "Have a \_\_\_\_!"
- Stops along 2-Down
- "\_\_\_\_ Beso" (1962 hit)
- "Sock \_\_\_\_ me!"
- Breakfast grain belonging to a 20th-century movie icon?
- Mime who is less than enthusiastic?
- Study intently
- Potentially offensive
- Marrying and divorcing guys named Frank and Woody?

- Concealed
- Approx. takeoff hour
- Novel by Simone de Beauvoir or Marguerite Duras?
- Luxurious bedding material
- Neighborhood
- Irritated moods
- Wilder in films
- Mouths off
- What vermouth might do on a shelf behind the bar?
- Victory
- Opposite of post-
- Say "Judging by the shells, it looks to me like it's Humpty Dumpty"?
- It's mostly a peninsula
- Heavy drapery fabric
- What Jesus might say Christmas commemorates?
- Stenographer's skill (or what is happening in 17-, 19-, 23-, 28-, 44-, 49- and 59-Across)
- Fred and Wilma's pet
- "Do it, \_\_\_\_ will!"
- Rob Roy need
- Lined up
- Mao \_\_\_\_-tung
- Let (up)
- Slangy assents

### Down

- \_\_\_\_ of things to come
- Paris underground
- Have a meal at home
- Crush grapes, e.g.
- "Dies \_\_\_\_"
- "I'm freeeezing!"

- Director Brooks
- "No more!"
- Olympic gymnast Strug
- Hayes with the 1969 album "Hot Buttered Soul"
- Three-card \_\_\_\_
- Roadie's load
- Golf's Sam and J.C.
- Drink: Abbr.
- Yearn (for)
- Rendezvous
- "\_\_\_\_ a long story"
- Port of Vietnam
- Distant
- Time piece?
- Guys
- "Welcome" site
- Women's \_\_\_\_
- Way back when
- Kennedy or Koppel
- Press coverage
- PBS supporter
- Narrow waterway: Abbr.
- Candy
- Blood line
- Pianist Paderewski
- "\_\_\_\_ kidding!"
- Some are sliding
- Bandleader Shaw
- Born: Fr.
- USA \_\_\_\_
- Blazing
- Queue before Q
- Cartoon shrieks
- Dahs' counterparts, in Morse
- Suffix with clear
- 1920s White House monogram
- Big name in campgrounds



We cannot accept your entry without the following:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Neighborhood/City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Circle T-shirt size: M L XL

Personal Message: \_\_\_\_\_

### SOLUTION TO LAST WEEK'S PUZZLE:



## THIS WEEK'S CONTENDERS:

☛ indicates T-shirt winner. Number indicates successful entries.

**Ken A., Ocean Beach, 1.** "Let's trade our lazy street kids for migrant labor."  
**Flo Abena, Rancho Penasquitos, 1.** "Alphabetical order is the way to go."  
**Sheila Agahan-Price, Ocean-side, 1.** "Hope I can do all 52!"  
**Cecile Alcaraz, San Diego, 1.** "Get well soon, Kiko!"  
**Lucy Alderson, Chula Vista, 1.** "How about a B?"  
**Steve and Dawn, North Park, 1.** "Santee puzzlers astound! Details?"  
**Jerry S. Anders, Scripps Ranch, 1.** "New era starting soon. We now have hope."  
**Stephany Andrews, San Diego, 1.**

**Clemencia Angus, Linda Vista, 1.** "Hi Shirly, Melody. Miss you, but love retirement. Peace!"  
**Mary Arana, Encinitas, 1.** "Happy Birthday, Sadie!"  
**Anastacio C. Armintia, Mira Mesa, 1.** "About time. A Reader T-shirt on my b-day. Wow weel!"  
**Stuart Aunger, Chula Vista, 1.** "This 51st summer I climb Mt. Rainier!"  
**Jenn Avila, Clairemont, 1.**  
**Martha Awdziejewicz, Clairemont, 1.**  
**Leo Baggerly, Encinitas, 1.** "Fun mistakes should be made more than once."  
**Jean Marie Barnes, Grantville, 1.** "Here we go again, Jayne!"  
**Bruce Bell, South Park, 1.**

**Jen Barnes, University Heights, 1.** "2009 = 20 years in San Diego (mostly)."  
**Shannon Barry, Pine Valley, 1.** "S is for shockingly spoiled!"  
**Jeff Battles, Serra Mesa, 1.** "You're always on my mind, Gunner! Love you much!"  
**Carl Bennett, Escondido, 1.**  
**Nancy Bent, San Diego, 1.** "Hi Carly and Grayson."  
**Jay Berkowitz, La Jolla, 1.** "Yep, I won the car at the auto show."  
**Olga Betteridge, Ocean Beach, 1.** "New year, old Reader, new clues, I still love u."  
**Tim Betteridge, Hillcrest, 1.** "My O is first in my heart and in the Reader."  
**Philip Blase, San Diego, 1.** "First stop Kilimanjaro."  
**Shirley E. Bolden, College Area, 1.** "Have a safe trip Erica and Jovani."

**Charlotte Brown, Clairemont, 1.**  
**Marvin A. Brown, Clairemont, 1.**  
**Glory Cadenhead, Clairemont, 1.** "I love my mommy."  
**E. T. Cage, Carmel Mtn., 1.**  
**Phillip Castle, Carlsbad, 1.** "Let's go!"  
**A. T. Certik, Bonita, 1.**  
**Carlos Chamberlain, Bonita, 1.** "Arriba las chivas!"  
**Leslie Chase, Campo, 1.** "I down, 51 to go."  
**Tim Clayton, Los Penasquitos, 1.** "Kale chronia."  
**Marie Coda, Oceanside, 1.** "Hi All!"  
**Marilyn Cooper, Chula Vista, 1.** "Go Chargers!"  
**Ben Cooper, Gaslamp, 1.** "Easy puzzle despite error in 63 Down clue."  
**Victor Correa, San Ysidro, 1.**

**Betsy Cory, Chula Vista, 1.** "Robert Burns Supper, Jan. 24, St. Marks, [www.stmarks-cityheights.org/](http://www.stmarks-cityheights.org/)"  
**Robin Coulthard, Lakeside, 1.**  
**Craig Curtis, Escondido, 1.** "Thank you Martha."  
**Vince Cuseo, Vista, 1.** "Show me the money!"  
**William Cushing, Rancho Bernardo, 1.** "Happy Birthday to Patti B from the Cranky One."  
**Carolyn Dalton, Escondido, 1.**  
**Dan Denike, La Mesa, 1.** "Great puzzle! Go Chargers!"  
**Pat DePew, San Diego, 1.** "#63 Down - Numbers is before Deut."  
**Jane Depka, Mission Hills, 1.** "I love fresh starts."  
**Gerard Dermody, Encinitas, 1.** "The rank supported me but not the file."  
**Thomas Diehl, Escondido, 1.** "Champagne, wine for me; right brisk, sparkling, let it be!"

**Gary Dismukes, Scripps Ranch, 1.** "Here's to tougher puzzles in 2009!"  
**Jeff Doerner, Clairemont, 1.** "Happy Anniversary Marilyn and Frank."  
**Howard Donnelly, Mission Valley, 1.** "You didn't print mine, so...!"  
**Kurt Dornbusch, Mission Valley, 1.** "Pittsburgh, smittsburg!"  
**Robin Drubin, Vista, 1.** "Harlan-sky."  
**Dale Duffala, La Jolla, 1.** "Woo hoo - I'm almost famous!"  
**Bette Eberhardt, Pine Valley, 1.** "One is the loneliest number."  
**William Edwards, Kensington, 1.**  
**Alfred Egaran, San Diego, 1.** "Proud to be a San Diegan and a Charger fan."  
**George Elam, Vista, 1.** "I need my Blackberry to stay in touch."

## THIS WEEK'S CONTENDERS CONTINUED:

☛ indicates T-shirt winner

**Harry Engel, La Jolla, 1.**  
**Ben Espe, Mission Valley, 1.** "Super Bowl, next year."  
**Manny Faria, Point Loma, 1.** "Happy New Year to all! That's two, Pooh!"  
**D. Faulkner, University Heights, 1.** "Julie deserves a special T-shirt! Everybody else, pedal!"  
**Ralph Fear, San Diego, 1.**  
**Rand Feura, Santee, 1.**  
**Justin Finke, Sorrento Valley, 1.**  
**Barney Firks, Ocean Beach, 1.**  
**Bud Fisher, Mira Mesa, 1.** "Yeah, a little at first."  
**Jon Ford, Santee, 1.** "I finally got one!"  
**I. C. Garcia, Golden Hill, 1.** "Maybe this year the asteroid will finally come."  
**Gian Ghio, Chula Vista, 1.**  
**Todd Gleed, Del Mar, 1.** "I've said it before, and I'll say it again, there!"  
**Terry Golden, Clairemont, 1.** "Great way to start 2009!"  
**Marie Grace, College Area, 1.** "Here we go!"  
**Antwane Green, La Mesa, 1.** "Numbers (Num) is before Deuteronomy, not after, FYI."  
**Joe Griffin, Crest, 1.** "Tied for first, yipee!"  
**Bill Griffin, Crest, 1.** "I'm back in the running, baby!"  
**Erin Grimmer, Solana Beach, 1.** "Can there be a fill in template online?"  
**Iggie Guerrero, Bay Ho, 1.** "Nicole, eat your vegetables."  
**Joaquin Guerrero, San Marcos, 1.** "Decent run, Chargers."  
**Mike Gurvich, La Jolla, 1.**  
**Ken Hanson, Clairemont, 1.**  
**Bryan Hartman, Golden Hill, 1.** "Hope I see this in a week. Jaleel White must be proud."  
**Jack Hawkins, Encinitas, 1.** "Happy New Year."  
**Ralph Hayward, El Cajon, 1.**  
**Paula Henderson, La Jolla, 1.**  
**Lizzy Henry, Encinitas, 1.** "And kisses!"  
**Letty Hernandez, Chula Vista, 1.** "Hey Pinky, now everyone knows your age. Brain."  
**Carlos Hernandez, Oceanside, 1.** "Couldn't have done it without my Nestification!"  
**Anne Hinton, Point Loma, 1.** "Isn't Num before Deut?"  
**Julie Hocking, Normal Heights, 1.** "Go crazy!"  
**W. Hodgson, Escondido, 1.** "If Elvis were alive he'd be clawing inside his coffin."

**Ellie Hoey, Spring Valley, 1.** "I love New York."  
**Edward C. Horbett, Jr., Crown Point, 1.** "Billy rocks Hiromi."  
**Billy Horton, Santee, 1.** "I/you have to finish the whole letter."  
**Gerard Hoskins, Bonsall, 1.** "Learn to be persuasive [www.vlque.com](http://www.vlque.com)."  
**Ernie Hsu, San Diego, 1.** "Life is full of surprises; for example, attacking germs!"  
**Jenny Hughes, Escondido, 1.**  
**Douglas Alberto Hulsuardt, Chula Vista, 1.** "Heel Yee Music Tradefest!"  
**Jon Hutchens, Encinitas, 1.**  
**Mary Hutchings, City Heights, 1.**  
**Benvicky Javier, San Diego, 1.** "I love Toyang forever and ever!"  
**Melodye Johnson, San Carlos, 1.** "We miss you, Clemie!"  
**Mark E Jones, Clairemont, 1.** "Thanks for allowing email submissions!"  
**Matthew Junker, San Diego, 1.** "I believe in socialism because I believe in humanity."  
**Nicolette Jurevics-Richards, La Jolla, 1.** "This one's for you El!"  
**Janet Kaye, Linda Vista, 1.** "Everything will work out. Linda Vista Fair is April 25th."  
**Norman Kenney, Carlsbad, 1.** "Riverrun, past Eve and Adams...(Hi Kiera! Hi Bodo!)"  
**Lynette Kiplinger, El Cajon, 1.** "Go Bolts!"  
**Martha Klages, Encanto, 1.**  
**Jim Koziol, UTC, 1.** "Wanna race Rainbow Road?"  
**Thisby Krakatda, Santee, 1.** "Bye Mac."  
**Peter Kronfeld, Normal Heights, 1.** "New Year's resolution: meet deadlines."  
**Tammy Leatherman, Chula Vista, 1.** "Look! I finally sent one in. Hurray!"  
**Ryan Leighty, Scripps Ranch, 1.** "Happy 1st Birthday Carter Hall."  
**Susie Lektorich, Coronado, 1.** "Go green in 2009!"  
**Ray Leo, Paradise Hills, 1.**  
**Cornelia Lewis, Alpine, 1.** "Life in balance."  
**Neil E. Lien, Escondido, 1.**  
**Paul Lindgren, Clairemont, 1.** "The first of many this year!"  
**Lane Litke, Chula Vista, 1.**  
**Michael Lodahl, Mission Valley, 1.** "Errant clue, 63 Down: Num comes before Deut, not after."  
**Joe Maginn, Mission Beach, 1.** "Watch out Julie Osburn, we're tied for 1st place!"

**John Lukatchik, San Diego, 1.**  
**Elyse Marino, Ocean Beach, 1.** "Can two wrongs make a right? No...just a u-turn."  
**Craig Martin, Serra Mesa, 1.**  
**Elaine Marume, Oceanside, 1.**  
**Wayne Mathieu, Clairemont, 1.**  
**Liam Matthews, Bankers Hill, 1.** "Your mom is loud."  
**Kyle Matzke, Vista, 1.** "Birth certificate? I don't need no stinking birth certificate."  
**Bob Maxwell, Coronado, 1.** "By the C, by the C, by the beautiful C."  
**Anna McCutcheon, Downton, 1.** "New year, new paint. [paintwithdan@yahoo.com](mailto:paintwithdan@yahoo.com) for free estimates."  
**Willie McGee, San Diego, 1.** "Go Bolts!"  
**Michael McGriffin, Bay Park, 1.** "Thanks for enabling email submittals."  
**Glen McKee, San Diego, 1.**  
**Jenny McReynolds, Linda Vista, 1.**  
**Thomas McVeagh, Lakeside, 1.** "And so it begins...good luck everyone!"  
**Sarah Anna Melchisedech, San Diego, 1.** "Victor Terry runs PB!"  
**Chuck Merritt, Spring Valley, 1.**  
**Renee Merry, Escondido, 1.** "Happy 21st Bday Haleyl! Love, Mom. Jan '09."  
**Irving Metzger, San Diego, 1.**  
**Ron Meyer, Santee, 1.** "Go Chargers."  
**Tom Miller, National City, 1.** "Show me a shirt."  
**Jenny Miner, North Park, 1.** "Did we double check it right?"  
**☛ Josh Minnto, Mission Hills, 1.** "Hunc tu caveto!"  
**Tiffany Miravalles, National City, 1.** "Kill them with kindness - Gary."  
**Gary Mocko, Ocean Beach, 1.** "Play with trains,,, [www.sdmm.org](http://www.sdmm.org)"  
**G.R. Morse, San Diego, 1.** "What happened last time?"  
**C. J. Muellner, Spring Valley, 1.** "It's on! All about the the teal!"  
**Ed Murphy, Ocean Beach, 1.** "The last C's are shining?"  
**Noah Najbert, Mira Mesa, 1.** "Wii to the world."  
**Marge Nelson, El Cajon, 1.** "Heartland Lions We Serve."  
**James C. Nelson, El Cajon, 1.** "Go Chargers."  
**Jay Newington, Balboa Park, 1.** "Janis, every day is a joy with you in it."  
**Barry Newman, Escondido, 1.**  
**Phil Nichols, Escondido, 1.** "Eat at Vine!"  
**Elizabeth Noll, Alpine, 1.** "Congrats Julie! Watch out in 2009!"

**Jim Odell, Vista, 1.** "Oops - it's Gen, Exo, Lev, Num. Deu in my book."  
**Julie Osburn, North Park, 1.** "How about a T-shirt for Ric, Pam, David, and me?"  
**Robert Ott, Mira Mesa, 1.** "Back to square one."  
**Cindy Pancer, Pacific Beach, 1.** "Show me the T-shirt."  
**Glen Patricio, Mira Mesa, 1.** "Who da mop?"  
**Laura Patterson, Azalea Park, 1.** "We did it baby - our first house!"  
**Cindy Pellett, University Heights, 1.** "Got the T-shirt in '08. Now for fame and fortune!"  
**John Pertle, Santee, 1.** "2 Corinthians 5:20-21; 1 Peter 2:24; Acts 16:31."  
**Cannatha Peutz Sr, San Diego, 1.** "Cummon '09. #62 is actually otee?"  
**Robert Phillips, Downtown, 1.** "Love many, trust a few. Always paddle your own canoe."  
**Jim Piburn, Point Loma, 1.**  
**Bill Pischke, Ramona, 1.** "Thou and the wine sparked fine."  
**Don Prince, Serra Mesa, 1.** "Seven 1st time solvers win T-shirts? What's going on here?"  
**John Prince, Serra Mesa, 1.** "In this here concrete jungle - where living is the hardest."  
**☛ Bill Purves, La Jolla, 1.** "That was quick."  
**Joyce Quinn, Point Loma, 1.** "tis fun!"  
**Elizabeth Rainbolt, Mission Valley, 1.**  
**Matt Read, La Mesa, 1.** "De lo bueno, se da pocp."  
**Don Reckles, Carmel Valley, 1.** "Chargers: Thanks for the late season thrills. Next year."  
**Janie Redmond, Cardiff, 1.** "Love and luck."  
**Denis Rees, Alpine, 1.** "Happy New Year to all!"  
**Jerry Riccio, Rancho Bernardo, 1.** "Num before Deut except after C. (Shining C?)"  
**Connie Rittichier, Poway, 1.**  
**Adam Roberts, San Diego, 1.** "You can't have a pie without Cool Whip."  
**Sheila Rodbell, Encinitas, 1.** "I finished this puzzle at Wahoo. Yahoo!"  
**☛ Doug Rodgers, Rancho Penasquitos, 1.**  
**Henry Romero, San Diego, 1.** "Susan, my love, is still here!"  
**Dennis Roth, Santee, 1.**  
**Marc Rutter, University Heights, 1.** "We're on a roll now, Jackie!"  
**Joanne Sanchez, Mira Mesa, 1.** "Woo hoo #2 for Drewbear's mama!"

**Eric Sandquist, Allied Gardens, 1.** "And away we go..."  
**Jay Sato, Carmel Valley, 1.** "Cuvvies to Berry Face."  
**Ted Scafidi, Hillcrest, 1.** "Num comes before Deut."  
**D. Schick, Oceanside, 1.** "Whew! I did this puzzle in 20 minutes!"  
**Chris Schmidli, San Diego, 1.** "Chargers rock!"  
**Eddie and Andrea Schroder, Carlsbad, 1.** "Speak your mind even if your voice shakes."  
**☛ Xian Scott, Ocean Beach, 1.** "Legalize it!"  
**Tom Seaman, Alpine, 1.**  
**Rich Sewell, Ocean Beach, 1.** "Thank you, Chargers. It was a nice run."  
**Pablo Shaw, San Diego, 1.** "Nothing left to do but smile, smile, smile."  
**Chief Shiflett, San Diego, 1.** "Tanoshikatta!"  
**N'Namdi Sikumbuzo, Serra Mesa, 1.**  
**☛ Ken Sirois, El Cajon, 1.**  
**Capn Skarz, Encinitas, 1.** "Move bowel in the morning like roar of a lion."  
**Dave Small, San Carlos, 1.** "Go Chargers."  
**Clinton Smith, La Mesa, 1.** "And they're off!"  
**Jeff Smith, University City, 1.** "Rock the cash bar."  
**Tom Somich, Clairemont, 1.** "Congrats to last week's top puzzlers!"  
**Paul Stanton, Canyon Hills, 1.** "Adopt a homeless cat or dog and spay/neuter."  
**Roy Stapleton, Chula Vista, 1.** "We seniors think (sometimes)."  
**Kay Stefferud, Carlsbad, 1.** "Maybe next year."  
**☛ Arlene Sterling, San Diego, 1.** "First of the year. Hope to continue."  
**Marjorie Stewart, Point Loma, 1.** "Peace! Harder puzzles, please!"  
**Thelma Strickland-Hicks, Del Mar, 1.** "Free the tree on the solstice - for Kasun."  
**Gayle Studer, Mission Valley, 1.**  
**Robin Suter, La Mesa, 1.**  
**Pamela Swain, College Area, 1.** "Happy Brand New Year!"  
**Edward J. Swain, Downtown, 1.** "Nonamo, inquit, nimium di ligentes."  
**D. Tarantino, Hillcrest, 1.** "Looking forward to a year of shattered hopes."  
**Michell Thitathan, Downtown, 1.** "Opera is on again. Go SDO!"  
**Don Ticknor, Carlsbad, 1.** "Malusita, I did it Honey."

**Neal Tomblin, Vista, 1.** "Things are more like they are now than they've ever been."  
**☛ Tony Torres, Golden Hill, 1.** "I think I finally did it (Liam helped)."  
**Lisa Torrescano, Spring Valley, 1.** "Happy Birthday Mikey! I luv u!"  
**Linda Tripp, Rancho Bernardo, 1.** "Hi Max and Josh! Love, Mom."  
**Rich Tschiegg, Scripps Ranch, 1.** "Go read a Bible!"  
**Jennifer Underwood, University Heights, 1.** "2009 will be awesome. Sproles is a rock star. Chargers!"  
**Nathaniel Uy, East Village, 1.** "Where's the Tubbers?"  
**Jim Vaughan, Carlsbad, 1.** "I love New York!"  
**Nedda Viscovich, Cardiff, 1.** "Book before Deut. Ric, try Kinkos for fax."  
**Sal Vitale, Pacific Beach, 1.** "Is it spring yet?"  
**Bob Vollmar, La Jolla, 1.** "What happened to the T-shirts?"  
**Lil Wagner, Clairemont, 1.** "Easy."  
**Zona Wahrenbrock, San Diego, 1.** "Try, try again!"  
**Glenn Walker, Pacific Beach, 1.** "Success on the first try is an oddity of nature."  
**Terry Wasley, Solana Beach, 1.** "I think I got it right this time!"  
**Christine Watanabe, Encinitas, 1.**  
**Bob Werner, Bay Park, 1.** "Loving Sydnie."  
**Adele West, Rancho Bernardo, 1.**  
**Tom White, University City, 1.**  
**Mark Wilde, Spring Valley, 1.**  
**Stephen Wilder, Rancho Bernardo, 1.** "Leader of the pack (wel, with 80 others, too)."  
**Danny Wilson, Mira Mesa, 1.** "Puzzlers all! Ck-out nokleens-late@gmail.com"  
**Steve Wilson, Spring Valley, 1.**  
**Ann Winder, Hillcrest, 1.** "Thanks TIm for your help."  
**Ric Witt, Clairemont, 1.** "Happy 200th Birthday to Edgar Allan Poe (January 19)."  
**Joel Wolfberg, Point Loma, 1.** "Hey Mom, look at me!"  
**Peter Woodbury, Chula Vista, 1.**  
**☛ Mike Zabarovskas, Del Cerro, 1.** "Namaste"

# DENTAL IMPLANTS

Free Consultation/Exam  
Lifetime Warranty

Call Dr. D. George Oates:  
858-273-9435



## Get in shape without the effort!

- Firm & tighten • Passive exercise
- Lose cellulite • Endermatic therapy

**\$45**

trial/package plans. Reg. \$55  
**Rejuvenate your skin!**

- IPL/Photofacial • Eye rejuvenation
- Diamond microdermabrasion
- Neck and shoulder massage
- Glycolic acid peel

**\$159**

trial/package plans. Reg. \$210

**Dermal Rejuvenation & Day Spa • 858-513-0092**

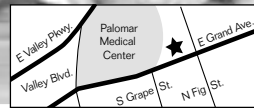
14034 Poway Road, Suite P • Open Saturdays  
Dr. Nader Harerchan, BA.D.C., L.E. • [dermalandwellnessspa.com](http://dermalandwellnessspa.com)

**Best massage in Escondido!**

**\$10 off 1-hour massage**



**Touch of Health**  
**651 E. Grand Ave.**  
**(corner of Fig & E. Grand)**  
**760-432-0083**



Open 7 days 9 am-9 pm

Visa & Mastercard accepted. Lic. #162807



**SUMIKO SPA!** Get the Asian touch! Skilled in the ultimate Oriental massage. HHP-23991. Call now to schedule. 9:30am-11pm. 2629 El Cajon Boulevard. 619-574-0522.

**HILLCREST/NORTH PARK** location. 16 years' experience. Swedish, Myofascial Release, deep tissue, Reflexology and Lomi-Lomi. ATM, credit cards accepted. 96009525. Frank, 619-294-8559. frank@frankrance.com.

**TOUCH, COMFORT, STYLE,** privacy. A few expectations of your massage? 14 years' experience. A true passion! Call for rates and availability. Lic- 13375. Donna, 619-886-3333.

**MASSAGE SO WONDERFUL,** it's guaranteed to be the best part of your day. Come explore the magic of my touch. Licensed Acupuncturist, #8648. Heidi, 619-280-7784.

**SPECIAL PRICE!** \$10 off with free body scrub or body shampoo with 1- hour of massage. Lic-2006003419. Call today and ask for Izabela. 619-281-8851.

**MALE ATHLETE:** Trained. Experienced, skilled, caring. Customized sessions. Safe, private. All of San Diego County. Appointments 7am-9pm. ASA, HHP. 0442. 760-390-4772. 619-749-9967.

**LUXURIOUS MASSAGE! \$75/HOUR** plus body shampoo. \$95, 1-1/2 hour. Escape. Perfect European massage. Caring, skilled female therapist. Swedish, Shiatsu, Sport, Reflexology. Park Boulevard. In/outcalls. Lic-930070051. Brigitte, 619-297-8600; Celeste, 619-581-1101.

**ENTER INTO THE DIVINE! \$25 off!** Divine healing touch- relaxing. Therapeutic. Swedish. Light. Acupressure, deep tissue. Office/out/hotel. Credit cards, Paypal. Lic-15363. Milana, 858-245-7188.

**LOVELY HANDS BY DESTINY!** Best light touch and deep massage with warm oil. In- call available. MTP-0969. Call 760-415-8155.

**RELAX IN MY HANDS.** Satisfying stress-release massage by professional, experienced HHP. You'll like it! Lic-22746. Call Ken, 619-417-1350.

**FLAWLESS EXOTIC.** Feather light, completely blissful touch to deep tissue tension release. Incall/outcall. 7 days. Last minute/hotel appointments available. License #367609 Eva, 760-828-2618.

**AFFORDABLE MASSAGE!** Treat yourself or significant other to a wonderful, relaxing massage. Women, men, couples. Gift certificates available. Incall/outcall. MTP-3382. Ken, 619-449-6689.

**YVONNE'S MAGIC HANDS** Enjoy a nurturing light touch for deep relaxation. These are hands you will never forget. Lic-93004782. For appointment, call 619-260-1950.

**PUERTO RICAN MASSEUR.** Swedish and deep- tissue bodywork by certified fitness- trainer athlete. Military discounts. Lic-960009528. Daytime and evening appointments available. Revitalizing effect! puertoricancmt@sbcglobal.net. 619-688-0668.

**MASSAGE \$40** (first time clients only). Swedish, Pregnancy, Deep Tissue, Sports, NMT, Hot Stone, Thai Massage, Reiki, Couples. Mobile Massage — we'll come to you! Customized to you. Affordable rates. Memberships starting at \$20/month. Gift certificates available. Satisfaction guaranteed! BTC #07008572. Healing Hands Massage Center, 444 Camino Del Rio S. #100, San Diego, CA 92108. 619-574-0053. www.healinghands-sd.com.

**BRAZILIAN HEALING HANDS.** 8 years experience. Grand Reopening Specials! \$45, 30 minute massage. Or try 90 minute Hot Stone Massage for only \$120— Its just like heaven! Ladies and gentlemen welcome. Also Russian Sport Massage, therapeutic stretching, quiet spa setting, including shower. Holistic Therapeutic by Candy. 7am to 8pm. 619-339-8191. MT#653.

**MASSAGE THERAPY HILLCREST.** Exceptional massage therapy: \$40 per 45-minute massage session special! Also couples massages great rates! Acupuncture/hypnotherapy also available. Lic-G028769. Jonathan/Amy, 619-300-7229.

**AFFORDABLE DEEP TISSUE MASSAGE.** Specializing in migraine headaches, neck, shoulder, back, tightness/injury. Flexible hours. Centrally located. \$60. BTC#06002949. Health and Vision Acupuncture & Massage Center. www.DeepTissueMassage.biz. 619-519-5335.

**A HAUTE FLOURISHING ECLECTIC** buzz. Experience balance, nourishment in earth's element. Sensuous indulgence. Sublime gratification... unending bliss! Seven days. In/out calls. HHP-0088. www.aphroditesmassage.com. 858-454-6664.

**HEALING TOUCH BY MIREILLE.** European therapist with 20 years' experience. Come to enjoy a wonderful and affordable massage. Outcalls. Lic-006369. First time special!! 619-994-9147. www.healingtouchbymireille.com.

**AMAZING VELVET TOUCH.** Beautiful skilled hands for your benefit, total relaxation. Just fabulous! In office/outside calls. Last-minute scheduling, hotels OK. Fiona Lic#367609 760-489-6050.

**MASSAGE BY BODYBUILDER,** for your health and pleasure. Consistently told, "The best massage I've ever had!" Friendly. Professional. IPSB graduate. gr8massagepro@aol.com or call Robert, 619-232-2142.

**PROFESSIONAL MASSAGE.** 1-1/2 hours, \$75. Absolutely first-rate, healing, deep-muscle Swedish massage. Excellent shoulder work. Legitimate, experienced, references. Lic-97005459. Jim, 619-459-6872.

**MASSAGE/SLIMMING/Toning** in Little Italy. Treat yourself to royal treatment at Relaxation Plus. 20% off all services. Gift certificates. Open daily. HHP-92009389. 619-295-5595.

**FEEL THE DIFFERENCE!** Quality massage, comfortable setting, convenient location. Escape and discover "your spa alternative." Lic-2003001485. Call 619-226-0378.

**EXPERIENCED, 14 YEARS.** Masseuse providing outstanding massage. Best styles, combinations. Private, clean massage studio. \$80/hour. License #13375. Call days/evenings. Donna, 619-886-3333.

**PARIS PRECIOUS.** Perfect pampering hand. Extraordinary unique touch with a gifted treatment that is sensitive and soothing. Hotels. Credit card, last-minute welcome. Lic#367609. 760-489-6050

**\$49/HOUR, \$75/1-1/2 HOUR.** Massage and reflexology. Private rooms, table shower, easy parking. Visa/Mastercard. 620 South Melrose #100, Lic-25583. Vista. 760-732-1091.

**ALINA'S SPECIAL MASSAGE.** Incall/outcalls/hotel service. 7 days. Unique experience. Balance body and mind. International techniques. Gift certificates. Lic-93007588. 619-708-1261.

**CHRIS BLISS TOUCH MASSAGE** Experience soothing, reassuring, exquisite care. Surround yourself in a beautiful, relaxing environment. Lic-HHP1991008706. 7 days, 10am-6pm. Credit cards welcome. 619-206-0992.

**SOOTHING/HEALING ASIAN massage. Acupressure, deep tissue, relaxing Swedish, Thai stretching, foot reflexology, scalp massage. \$45-\$65, 1/2-1 hour. Lic-2008014105. www.tranquilitysd.com. 3333 Midway. Point Loma. 619-226-2056.**

**COME ON, JUST MAKE THE CALL** and take a one- hour break to experience the royal treatment! I give a seriously great massage. I'm located off I-5 and Manchester exit. Relaxing, private atmosphere. HHP- Lic-96001467. Kim, 619-417-9226.

**COUPLES MASSAGE.** Beautifully decorated room with tables side by side. Relaxation Plus, Little Italy, 20% off all services. Gift certificates. 7 days/week. HHP-92009389. 619-295-5595.

**ABSOLUTE WORLD CLASS** massage! Exquisite and memorable! Enter your private oasis with soft hands, soothing scents and a sweet touch. Reward yourself! Lic-95001894 Call 858-259-6677.

## NATURAL HEALTH & FITNESS

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**10 YEARS YOUNGER** in 10 minutes.... Expand your home spa experience. Rejuvenate your complexion, revitalize your scalp and refine your body with professional spa treatments— no appointment necessary. Galvanic currents have been used in high-end spas and salons for over 70 years. We have revolutionized this application in a smaller, faster and safer application you can use anywhere with better results and a money- back guarantee. Call for a free demonstration: 858-472-2258.

### 20% Off Services!

Relaxation Plus San Diego's premier European Day Spa located in Little Italy, downtown San Diego. Holiday gift certificates available. Open daily, we offer Endermologie, Sudatonic Body Wraps, Ionic Foot Bath Detox, Body Treatments, Pain Management, Infrared Body Wraps, Massage, and Couples Massage. 619-295-5595. www.relaxationplus.com

### 25% Off Body Contour Wraps!

Non-fluid inch loss! For men and women. Tones. Improves skin texture. \$52/one wrap (Reg. \$70). \$130/three wraps (Reg. \$210). First-time clients only. Facials. Fanie botanical products. No synthetics. No animal fats, waxes, glycolic acids, perfumes. 858-581-3321. Karie Hayden & Associates. KarieHayden.net

**30 PEOPLE WANTED TO LOSE** weight, up to 30 pounds/30 days. Cash back rewards. One- on- one private coaching. Call 951-491-1607. www.easydropweight.com.

**BE 8-20 INCHES SLIMMER IN JUST ONE HOUR!** NOT A TEMPORARY WATER LOSS!

- Melt inches from thighs, hips & waistline
- Detoxify
- Get rid of cellulite

**\$10 OFF FAT BURNER WRAP, DOUBLE MINERAL WRAP or AIRBRUSH TAN**  
As seen on the Tyra Banks & Ellen shows!  
New clients only.

Burn up to 4,000 calories & 5% Body Fat in 1 treatment w/French Sudatonic.

**SUDDENLY SLIMMER**  
THE Body Wrap  
www.suddenlyslimmer.net  
858-551-5196

**\$50 OFF BODY WRAP** and Cellulite Treatment! Experience the most advanced technology, reshaping and contouring the body! Detoxify, accelerate inch loss. Epimology Celluolite Reduction Services. Reduce and diminish the appearance of cellulite pockets, dimples. Experience our Specialized Body Treatment services, reshape your silhouette! Lose 4"-15" First Visit, Guaranteed! Inch By Inch Body Wraps, 4015 Park Boulevard #22, San Diego, CA, 92103. Call for appointment, 619-942-INCH(4624).

**\$50 OFF BODY WRAP AND Cellulite Treatment! Experience the most advanced technology, reshaping and contouring the body! Detoxify, accelerate inch loss. Epimology Celluolite Reduction Services. Reduce and diminish the appearance of cellulite pockets, dimples. Experience our Specialized Body Treatment services, reshape your silhouette! Lose 4"-15" First Visit, Guaranteed! Inch By Inch Body Wraps, 4015 Park Boulevard, #22, San Diego, CA, 92103. Call for appointment, 619-942-INCH(4624).**

**ACUPUNCTURE \$25 OFF.** First visit for first-time clients only with mention of ad. Expires 1/30/09. Acupuncture treats physical, psychological, as well as emotional problems. All types of pain, athletic injuries, stress and digestive issues. 15+ years in practice. Cheryl Warnke, Silver Sage Acupuncture, 7510 Clairemont Mesa Boulevard, #104, San Diego. 858-576-7243.

**ALLERGIES? ELIMINATE THEM** Naturally! Drug free! Jill Nahama, L.Ac. O.M.D., utilizes an all- natural approach (N.A.E.T.) in treatment of allergies, related disorders such as hay fever, fatigue, asthma, eczema, sinusitis, hives, headaches, digestive complaints, chronic infections, food and environmental sensitivities. 22 years' experience. Trained in China. Great results for children and adults. No needles necessary. Covered by some insurance programs. 619-275-4501, www.eliminateallergies.com.

**AQUASPERSE/HYDRASPERSE.** Hydrazing and 2in1 Lotion. 10% off with mention of this ad! Innovative Body Science, manufacturer. Massage oils, lotions, scrubs, wraps, and more! All natural. Eco-friendly products. Organic. Sulfate and Paraben-free. Professional sizes. Serving the massage and spa community since 1986. Monday-Friday, 8am-4:30pm: 6350 Yarrow Drive, Suite D, Carlsbad 92011 and 2825 State Street, Carlsbad 92009. 760-603-0772. 888-700-7727. innovativebodyscience.com.

**DETOX HERE** Ionic Foot Bath and Massage Detox Session for energy and joint pain relief. It's like taking a shower on the inside. Removes heavy metals, pesticides, food additives. FDA Sanctioned. Special: \$40. www.wholefoodenergy.com. Call today! 800-984-0064.

**DETOX SPA OF LA JOLLA.** \$30 Off Any 3-Hour Signature Detox! Let us be your personal fountain of youth! Colon Hydrotherapy. Liver Detox. Lymphatic Decongestive Therapy. Cellulite. Weight Loss. Candida and heavy metals. Cove Wellness, 7946 Ivanhoe Avenue, #202, La Jolla. 858-551-9228. www.detoxspaoflajolla.com.

**EMERGENCY DENTISTRY.** Walk-ins and emergencies welcomed. Accepting new patients. Discounted menu for cash patients. Now accepting PPO insurance. Porcelain crowns, \$390. Veneers, \$740. Extractions, \$95. Fillings starting at \$75. Open Fridays, 3-6pm, and Saturdays, 8am-2pm. Comprehensive experience in Endodontics, Fixed Prosthodontics, Oral Surgery and Implant Placement. Root canals, extractions including wisdom teeth, removable and fixed prosthodontics. Joseph Tucker, D.D.S., 5210 Balboa Avenue, San Diego 92117 (west of Rite-Aid at Balboa and Genessee). www.BalboaDentist.com. 858-279-3455.

**FENG SHUI.** Optimize your surroundings for Health, Prosperity, Relationships and More with Feng Shui. "The Best Feng Shui Expert in San Diego" - San Diego Magazine. Full-service Feng Shui Consultations, Workshops & Certification Programs. www.sandiegofengshui.com. 858-454-7933.

**FOUNTAIN OF YOUTH! \$30 off any 3-Hour signature detox! Natural and effective. Let Detox Spa of La Jolla be your personal fountain of youth! Weight Loss. Cellulite. Colon Hydrotherapy. Liver Detox. Lymphatic Decongestive Therapy. Candida and heavy metals. Cove Wellness, 7946 Ivanhoe Avenue, #202, La Jolla. 858-551-9228. www.detoxspaoflajolla.com.**

**HIPPYVILLE.COM:** Bohemian Essentials. Natural incense, imported oils, eco-friendly hemp. Fast service. Inventory updated daily! 800-428-0473.

**HOLISTIC SKIN CLINIC.** Original non-surgical facelift! Tightens, hydrates, rejuvenates the skin. Micro-dermabrasion with tightening facial masque, regularly \$100, now \$75. First-time clients only: expires 1/30/09. Fanie botanical products. No synthetics, animal fats, waxes, glycolic acids, perfumes. Also facials and Body Contour Wraps non-fluid inch loss for men and women. Karie Hayden & Associates, 858-581-3321. KarieHayden.net.

**HOW DOES SHE DO IT?** Author and big screen star Elaine Hollingsworth at age 76 is vivacious and energetic, living proof that her program works. Amazing, life altering information about arthritis pain, cancer, diabetes, heart disease, and more. Order today! www.vitalitybookstore.com 800-984-0064.

**MASSAGE SPECIALS.** Labbe Chiropractic and Health Center. Introductory one hour: \$55, regularly \$75. Deep Tissue, Swedish, Therapeutic and more. New clients only: expires 1/30/09. Insurance may reimburse you! Gift certificates make a great gift! Professional Massage Therapists on staff to serve you 6 days/week. J. Labbe, D.C., C.C.N. 4747 Morena Boulevard, Suite 3130, San Diego 92117. 858-483-4770. www.labbehealthcenter.com.

**NEW TAI CHI, QI GONG CLASSES.** First class is free. Visitors welcome. Taoist Sanctuary, 4229 Park Boulevard, San Diego, 92103. 619-692-1155 or www.taoistsanctuary.org.

**PAIN RELIEF BEYOND BELIEF.** Float peacefully in a body of water similar to the Dead Sea. Recommended by doctors, sports trainers and therapists, Mineral Spa Floatation Therapy is gaining popularity as a luxurious escape and powerful tool for strengthening the immune system and improving health. Proven benefits include: stress relief; athletic performance enhancement; relief of chronic pain, gastrointestinal and cardiovascular ailments; reduction or elimination of harmful habits; improved focus and creativity. Call Float Spa San Diego, 858-279-3301. E-mail mark@floatspasandiego.com. www.FLOATSpaSanDiego.com.

**PAIN-FREE INJECTIONS.** No pain. Patent pending. Innovation auction. Bids begin at \$500,000. Pete prdurruhy@gmail.com.

**PILATES IN SOUTH PARK,** training "The Method" created by Joseph Pilates. Grand opening! \$25 introductory special: 45-minute private session, consultation and apparatus lesson (first visit only). 619-269-7978.

**PORCELAIN CROWNS,** \$390. Veneers, \$740. Extractions, \$95. Fillings starting at \$75. Joseph Tucker, D.D.S., is now accepting new patients. Emergencies and walk-ins welcome. Discounted menu for cash patients. Now accepting PPO insurance. Open Fridays, 3-6pm, and Saturdays, 8am-2pm. Comprehensive experience in Endodontics, Fixed Prosthodontics, Oral Surgery and Implant Placement. Root canals, extractions including wisdom teeth, removable and fixed prosthodontics. 5210 Balboa Avenue, San Diego 92117 (west of Rite-Aid at Balboa and Genessee). 858-279-3455. www.BalboaDentist.com.

**TRIM DOWN AFTER THE HOLIDAYS!** Eat real food, lose weight naturally. No starving the body. No meal replacements or special foods to buy. No drugs or surgery. Ultra Lite, the professional weight loss system, developed by a Naturopath in Australia, is now available in the U.S. Learn how to eat and properly combine foods to keep the body burning fat! 858-279-7600. www.DrAmes.net, click on Ultra Lite.

Grand Opening Escondido  
Best Oriental spa in town!  
**VIP Spa**  
Massage 1-hour \$70  
1/2-hour \$45  
Swedish | Shiatsu | Acupressure  
Also facials, microdermabrasion and waxing. Relocated from Greenbrier Dr. in Oceanside  
1151 E. Washington #A1  
Escondido (Corner of Ash)  
Walk-ins welcome. Open 9 am to 9 pm  
**760-796-7935**  
License #164179

**50% OFF HAIRCUT**  
OR **FREE**  
**DESIGNER HAIRCUT**  
with purchase of any color or highlight service. Ask for Shari. (New clients only. Expires 1/29/09.)  
**20% OFF LUXURIOUS FACIALS**  
Reg. \$90. Includes paraffin hand dip.  
**SALON D2 & DAY SPA**  
1295 W. Morena Blvd. • San Diego  
**619-275-1306**

No payments • No interest • 6 months (OAC)

## Kitchen remodels at wholesale prices!

Free in-home estimates • View your future kitchen with our free advanced 3D visualization program!

Free in-home estimates 888-293-9394



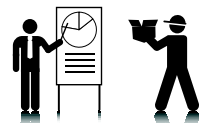
www.dodca.com • 9550 Distribution Ave. • San Diego 92121 • Lic. #915821

## Granite kitchen countertops only \$1,499

Includes 30 sq. ft. of granite, bullnose edging, plywood subtop, demo and disposal of old counters and undermount sink cutout. Certain restrictions apply. Expires 1/30/09.



# SERVICES DIRECTORY 619-235-8200



## HOME

### BATHROOMS

#### Tubs Refinished

Refinish your old, worn-out bathtubs/ sinks to look like new! Fiberglass and porcelain. All work guaranteed. Lic-560438. Bathtubs & Sinks Refinishing Company. 619-464-5141.

### CARPENTERS

#### No Job Too Tall

No job too small—Tall-T-Carpentry and General Contractor does it all! Dry-rot, additions, decks, patios, remodels, repairs. Tall-T-Carpentry, Lic-649090. Call 619-672-1164.



#### Contractor Specializing in Termite, Fungus and Dry Rot Repairs

All forms of construction and repair in home remodels, decks and patio covers.  
15 years' experience.  
Lic. #614165

**Michael Hardy**  
619-787-7082

### CARPETS

#### Carpet Cleaning.

Whole House, \$85. Dry and Steam cleaning. Since 1995. 3 Rooms, \$49. Open 7 days. Satisfaction Guaranteed. 858-382-1719. Visit us: AdmiralCarpetCare.com. Call today!

#### Special! 3 Areas \$49

\$59 Sofas! Superior carpet/upholstery cleaning. Spot treatment, steam clean and spin-dry. 25 years experience. 100% satisfaction guarantee. JPC Cleaning, 619-322-3673.

### CHILD CARE

#### Preschool \$95/ Week.

Clairemont child development center enrolling now! Ages 2-5. Excellent academic preschool curriculum. We do potty training. Hot meals provided. Open 6:30am-6:30pm. 619-665-7878.

### CLEANING

#### Martha's Cleaning Service

- Regular Cleaning
- Spring Cleaning
- Move-ins/outs

Free estimates by owner.  
619-265-0303

#### Dust Bunnies?

Personalized service by experienced professionals. Move-outs, spring cleans, vacation homes, remodeling cleanup, small offices, residential. Phone quotes! Art of Clean Agency, 858-270-5558; 619-276-5558.

#### \$14/ Hour Cleaning!

Home/Office. 4-hour minimum. Eco-friendly cleaning. Licensed. Bonded. Insured. Honest. \*1 hour Free Cleaning! 619-944-2369.

#### Scott's Pool Service

Professional weekly maintenance, servicing, repairs, supplies. Pools, spas, fountains. Free estimates, great rates! Licensed and insured. 619-871-6022.

### CONCRETE

#### 17 Years!

Driveways, stamped. Flagstone. Custom barbecues. Retaining block, brick walls. Planters. Stucco. Sod irrigation. Patios. Window replacement. Additions. Free estimates. References. Unlicensed. 619-417-5286. abraham.raggio@gmail.com.

### ING Concrete

Affordable quality. Driveways, foundations, block retaining walls, stamped concrete, patios, etc. Free estimates! 18 years experience. Lic# 891739. Bonded/ Insured. 619-846-4499.

### CONSTRUCTION

#### Handyman/Remodeling General Construction 619-316-1290

Kitchens, bathrooms, windows, doors, floors, tile, drywall, painting & more.

Master Carpenter specializing in experience, trust, integrity & customer service.

**D.H. Brown Construction Co. #763670**



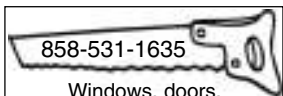
### CONSTRUCTION

**Full-service Design-Build Team  
Since 1977:**

**Design • Planning • Additions  
New Construction • Remodeling**

State License #341671  
**(619) 850-7668**

saridakisconstruction.com



858-531-1635

Windows, doors,  
kitchens, baths, more.  
All of San Diego.  
Lic. 801137

**Robert White Construction**

#### Garcia's

Construction. Specializing in: New homes, remodels, additions, painting, drywall, stucco, tile, plumbing repair. Roofing. Concrete. Lowest rates! Lic#898089. Bonded/ Insured. Cell, 619-788-1646.

### DOORS

#### Got Doors?

We specialize in doors! Interior, exterior, new construction or replacement. Allied Contracting, local contractor with 20 plus years' experience. Call 619-795-2930. No job too small.

#### Door Installs

Interior, exterior, new construction and replacement. 30 years of experience. Free estimates. 858-750-0113.

### ELECTRICAL

#### Free Estimates!

All your electrical needs. Fast, friendly service. Commercial/residential. Service upgrades, remodels, troubleshooting, ceiling fans, can lights. Satisfaction guaranteed. Lic#917066. Rotunda Electric, 619-818-9726.

### FLOOD DAMAGE

#### Flood 911

24/7 emergency services. Water extraction, air mover/ dehumidifier rental, complete restoration, mold remediation. Ask about 6 year warranty. Free estimates. We'll beat any price! Lic-690220. Nathan, 619-527-2132, www.flood911.com.

### GARDENING

#### John's Gardening 619-778-4625

Clean ups, professional maintenance, sprinkler repair, hauling. Pruning, weed control. Low rates guaranteed. Free estimate. Flexible schedule. Weekly or bi-weekly service available. Call to schedule appointment. Office 619-461-9771.

#### Lawn and Garden

Lawn care, gardening. Retired gentleman. Why pay more? As low as \$15 a visit. 20 years' experience. 619-687-5109.

### HANDYMAN

#### Jack of All Trades

10 years' experience. Remodels, repairs, fences, windows, tile, plumbing, water heaters, paint, drywall. All areas. Save money! Free phone estimates. 619-528-1877.

#### Free Estimates

Handyman. Kitchens, baths, fences, decks, woodwork, plumbing, basic construction/ electrical. No job too large or too small. 619-665-7116.

#### ABSOLUTE QUALITY



#### Senior discount.

Hourly or by the job.  
Repairs, rehabs, floors,  
baths, windows,  
kitchens, tile, drywall,  
painting, carpentry.  
Ex-contractor, over 30  
years' experience.  
Service guaranteed.

**Alex: 619-829-0315**

#### M.A.R. Handyman

Electric/ plumbing. Carpentry. Tile, flooring. Home repair. Free estimates. Quality work done the first time! Lic#921601. BBB Member. Mark, business: 619-269-0585; cell, 619-674-3253.

#### Bowie's

Basic plumbing, drywall, tile, flooring, carpentry, electrical. Doors, painting, roof repairs, etc. Quality workmanship. Specializing in repairs/ installation. Affordable. Free estimates. Very clean. 619-401-0560.

#### Handyman Services 619-210-3981

14 years—free estimates, interior/exterior painting—all moulding, plumbing—electrical—drywall—interior remodeling. Unlicensed. References. Luis.

#### “One Call” Does It All!

12 years' professional painter/ handyman. Unlicensed. Commercial/ residential (inside/ out). Paint, install, maintain, repair. Free estimates! Low rates. Inquire about discounts! References. Satisfaction guaranteed! Name it... We can do it! 619-260-3791.

#### Ask for Luis!

17 years! Painting. Handyman. Landscaping. Remodeling. Electrical. Plumbing. Drywall, stucco. Carpeting/ flooring. Tile. Fences. Roofing. Popcorn removal. Free estimates. References. Unlicensed. 619-417-5286.

### MOLD REMEDIATION

#### Got Mold?

We can help! Free visual inspection/ estimate. Services include: air sampling, containment, mold remediation, clearance. Beat any price! All work Guaranteed. Lic#690220. Nathan, 619-527-2132.

### MOVING

#### Birditt Moving

We are a full- service moving company. Specializing in senior citizen relocation. Serving San Diego 18 years. We help you downsize, ship, pack, move, unpack, re-settle, organize. Free estimates, wardrobes. Professional. Courteous. Reliable. Licensed, insured. (CAL-T-176377.) Call 619-258-8155.

#### All About Moving

First class, full service moves at reasonable rates. Exactly what you expect and deserve. Locally owned. Licensed/ insured, CAL-T-189508. Tom Floodberg, 619-247-8018.

#### Stern Moving

We will be proud to move you. Individually owned. Terrific references. Experienced. The most reasonable rates. Insured/ licensed. Cal-T-145775. Please call 619-697-1694.

### ORGANIZING

#### Procrastinating?

Spend more time looking for things than living? Clear it out and clean it up. Experienced. "At Ease" Home and Office Organization, 619-733-8139.

### PAINTING

#### FAST PAINTING



Detailed, quality work by licensed painter with 15 years experience and local references. Interior, exterior, trim work, crown moulding, baseboard. Competitive pricing!

**619-920-9400**

Lic. #909913

#### Shields Painting

Residential/ commercial, interior/ exterior. Cabinets, textures, acoustic, drywall repair, cracks, holes, stucco, powerwashing. Free estimates. State lic#894820. 15 years' experience. Robert, 619-339-0815. shieldspainting@cox.net.



Professional service –  
honest prices.  
15% Senior Discount.  
Interior/exterior.

Stucco repairs,  
drywall/texture, sanding,  
priming, sealing, staining.  
Bonded/insured. BBB.  
References. Lic. #710231  
**John: 619-665-0754**

### PETS



#### Professional Pet & House Sitting

- Veterinary Tech
- 24 years' experience
- References

**Mark S. Pipes**  
858-220-1022

#### Maggie's Dog Designs

Adorable, affordable outfits for your best friend.  
Many designs, all sizes.  
Custom orders, too.



Toll-free:  
**866-961-1722**  
www.maggiesdogdesigns.com

### PHOTO RESTORATION

#### Renew Old Photos

Restore, repair and renew precious photos and portraits. Reasonable rates, prompt service and dramatic results. Visit victormarchese.com or call 619-417-4385.

### PLASTERING

#### AC Plastering

Interior plastering, repairs. Exterior, restucco. Custom quality work, clean, reliable. 20 plus years experience. Reasonable. Work guaranteed! Lic-694956. Arlex, 619-846-2734; 619-265-9294; pager, 619-418-5693.

### PLUMBING

#### Bill Harper's

Plumbing & Heating. Cash discounts! Fast response. Friendly and courteous. BBB member, repairs, repipes, fixture installation, drain cleaning, all plumbing. Lic-#504044. Bill, 619-224-0586.

#### In Distress? Call S.O.S.

Always available 24/7 including holidays for all your plumbing and drain needs. Mention ad for \$20 discount. Serving entire San Diego County for over 35 years. License #696549. 619-231-6670. 858-566-2662. 760-480-1700.

### REMODELING

#### Design and Build

Custom kitchens and baths, home remodels, 2nd story additions, new construction. Free estimate, low prices, references. Call Abacus Construction, Lic-755047. Howard, 619-850-4794.

### ROOFING

#### M.R. Roofing

Professional roofing services at competitive prices. No job too small. From minor repairs to complete roofs. Many references. Lic#763004. Call Martin at 619-823-8561.

### SHUTTERS

#### Factory direct plantation shutters

Premium Basswood shutters. \$14 per square foot. Delivery in 7-10 days.  
**Free** in-home consultation.

**800-476-6671**

www.shuttermanufacture.com

### TELEPHONE SERVICES

#### Telephone Expert

Business/ residential. Replaces AT&T. 24 years. Phone jacks, roommates, fax, computer networking, cable TV, wall-mount TVs. Professional, honest, dependable. Lic-807261. 858-452-7413; 619-992-7413.

### TILE

#### D. K. Tile

Repairs, regrouts and installation of all ceramic, tile and stone. All work done by owner. License #428658. Free estimates, cell 858-382-2472 or 858-566-7454.

## BUSINESS

### RESUMES

#### Resume Help

If you imagine knowing a company that would interview you, you can develop a better resume! I can help... reasonable rates. Jeffery, jefferyb1122@hotmail.com, 858-342-4802.

#### Résumé help

ACT NOW! DURING THE HOLIDAYS, EMPLOYERS ARE STILL HIRING AND THERE'S LESS COMPETITION FOR OPEN POSITIONS.

Effective résumé help.  
jefferyb1122@hotmail.com  
Jeffery • 858-342-4802

*Reasonable rates*

### BANKRUPTCY

#### Bankruptcy Attorney

Free consultation. Stop creditor calls and foreclosure. Erase debt forever. Erase second mortgage. \$100 starts attorney protection. Daniel Shay Law. www.SanDiegoBankruptcyNow.com. 619-222-SHAY(7429).

## FINANCIAL

### JUDGEMENT RECOVERY

#### We'll Pay You Cash

Have an uncollected money judgment? We might be willing to buy it. Have judgment information available! Oceanfront Judgment Recovery. 619-952-5934. oceanfrontjrs@gmail.com.

### TAX PREPARATION

#### Tax Preparation

CPA. 7 years' experience. Individual, business, corporation, partnership tax returns. Specialize in construction companies, individuals with properties and investments. Free consultation. Lic#85656. 760-216-0863.

## PERSONAL

### BEAUTY SERVICES

#### New Look for 2009?

Cut and Color: \$75, includes deep conditioning treatment using PureOlogy. Colors Salon on 101 in Leucadia. For appointment, call Denise today! 760-212-2224, 726 North Coast Highway 101.

### COACHING

#### Love Your Life!

I'll show you how! Are you living life God intended for you? Let me help! Don't waste another year stuck in mediocrity. 619-281-6366. loveyourlife@cox.net.

### HOME CARE



Loving, experienced care for your loved one from a private, mature Caregiver. Errands, housework, and personal care. Bonded. English-speaking.  
**619-334-2712**

#### Caregiver Available

Loving, experienced care for your loved one. Private mature Caregiver. Errands, housework, personal care. Bonded, English-speaking. 619-334-2712.

#### Caring For You

Live in or out.  
Will drive you to  
your appointments and  
care for you like family.

Elderly Caregiver  
Deborah Williams  
**858-568-1986**

### PHOTOGRAPHY

#### \$99 Valentines Special

Explore Glamor, Boudoir & Intimate Photography. All women, reveal yourself as sweet, chic, glamorous, sexy, sultry... Create unforgettable portraits. Call 619-977-8481.

### PRIVATE INVESTIGATOR

Linda R. Pollard, J.D.  
**PRIVATE INVESTIGATOR**  
Serving all SD County! 24/7  
Cell Phone Trace, Background Checks, Asset Search, Missing Person, Surveillance, Civil, Criminal, Marital. Affordable.  
**619-481-1366**  
License #PI24726



# Typo Patrol Results

Issue of January 8, 2009

## Classical Listings

p.73 Jisan Yang *should be* Jisun Yang

## Surf Diego

p.139 “ I *should be* “I

## Sheep and Goats

p.148 “there *should be* “There

## Event Listings

p.68 Jorge Lopes-Yanez *should be* Jorge Lopez-Yanez

p.66 Johnathan Grauban *should be* Jonathan Graubart

**Mtume Salaam (San Diego) \$50**

## Event Listings

p.70 National Scholastic Surfer's Association *should be* National Scholastic Surfing Association

**Karen Guarnotta (San Diego) \$10**

## Bouncers

p.27 America's Tough Bouncer *should be* America's Toughest Bouncer

p.35 rhe *should be* the

p.38 Shack Bar and Grille *should be* Shack Bar and Grill

**Graciela Polick (Chula Vista) \$30**

## Theater Review

p.116 crowd *should be* crowd

**Karli Hochner (Carlsbad) \$10**

## Music Scene:

p.84 Osetra: *Wednesday listing should precede Thursday listing*

**Barbara Akers (Escondido) \$10**

## Bouncers

p.27 their life *should be* their lives

**Darinda G. Smith (San Diego) \$10**

## Event Listings

p.66 Nicolas Revels *should be* Nicolas Reveles

**Marilyn Ralph (San Diego) T-shirt**

## Bouncers

p.37 mace *should be* Mace

## What Poor Writers Like

p.52 Dickenson *should be* Dickinson

## Movie Review

p.109 Hail Mary's *should be* Hail Marys

**Linda Cox (San Diego) \$30**

## Club Crawler

p.80 Los Lobo *should be* Los Lobos

**Brian Slipper (Del Mar) \$10**

## Crossword Puzzle

p.130 book after Deut. *should be* book before Deut.

**Gary Mocko (San Diego) T-shirt**

## Event Listings

p.68 closed-toed shoes *should be* closed-toe shoes

p.70 (Temecula) *missing from end of listing*

## Club Crawler

p.80 Blood Flowers *should be* Bloodflowlers

## Restaurant Listings

p.104 étouffé *should be* étouffée

**Karelyn Kimokeo (El Cajon) \$40**

**ABSOLUTELY GREAT BAND!** Fabulous New Orleans/Mardi Gras party band and more. Beads, party favors much more. Holiday party packages include dance instruction. 619-222-7772. [www.theswampcritters.com](http://www.theswampcritters.com).

**AFFORDABLE PHOTOGRAPHY** and Ministerial. Married couple with over 30 years' experience in wedding business teams up to cover your event. [www.brianhowarthphotography.com](http://www.brianhowarthphotography.com). Call Brian or Valerie: 619-583-0411.

**AWARD WINNING PHOTOTGRAPHER** See your wedding day unfold on DVD. On a budget? Digital photography. Hourly rates, special events. Kidnapper of Images, Beverly, 858-736-4472; 858-274-4472.

**BRIDAL BAZAAR. Sunday, January 17. San Diego Convention Center, 11am-6pm. More than 350 exhibitors with everything for your wedding. Info, coupons, [www.bridalbazaar.com](http://www.bridalbazaar.com).**

**CLASSICAL/SPANISH GUITAR** Professional guitarist will play at your wedding/special event. Classical, Spanish, flamenco guitar. Audio samples and more at [www.williamwilson.com](http://www.williamwilson.com). Contact William, 619-300-6284.

**CLASSICAL/SPANISH GUITAR.** Professional guitarist will play at your wedding/special event. Classical, Spanish, flamenco guitar. Audio samples and more at [www.williamwilson.com](http://www.williamwilson.com). Contact William, 619-300-6284.

**CUPCAKES SQUARED. Gourmet custom cupcakes. 25- plus flavors and gluten-free available. Freshest ingredients. Affordable alternative to wedding cakes. Made fresh daily. [www.cupcakessquared.com](http://www.cupcakessquared.com). 619-226-3485.**

**DISC JOCKEYS/LIVE BANDS**/novelty acts. Weddings, corporate, parties. 400 bands, 10 DJs to choose from. All types of music. Affordable! Since 1973. 619-223-5732. [www.musicasyoulikeit.com](http://www.musicasyoulikeit.com).

**FRENCH GOURMET. Don't let the "French" in French Gourmet scare you! We offer delicious values! From simple hors d'oeuvres and cakes to elaborate buffets or sit-down receptions, our experienced staff will plan a menu that will please your guests and someone's wallet. Visit [www.frenchgourmet.com](http://www.frenchgourmet.com) or consult us at 800-929-1984 x125. Free cake testing. 960 Turquoise, Pacific Beach. Serving San Diego since 1979.**

**MICHAEL'S FLOWER GIRL. MichaelsFlowergirl.com. The look of elegance on a working bride's budget! Flowers, cakes, DJ, invitations, photography, linens and more! Call for specials! 619-516-5544.**

**OVER 200 WEDDING DRESSES! \$100 off retail prices! Current style, quality consigned gowns. Veils, headpieces, petticoats and more! Garment Gourmet Resale, 760-630-6630, [garmentgourmet.com](http://garmentgourmet.com).**

**WINE!** Hold a wine tasting! Join the club or give a gift membership for monthly deliveries! Order wine, personalized labels, gift baskets! Become a wine consultant! Maribel, 619-871-4832; [maribibi87@hotmail.com](mailto:maribibi87@hotmail.com); [www.wineshopathome.com/maribel](http://www.wineshopathome.com/maribel).

## STAGE NOTES

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**ABILITY THROUGH TRAINING.** The Robert Wald Actor's Studio focuses on moment- to- moment reality training. These classes unlock the actor's ability to work spontaneously and with the realism and intensity advocated by the industry's creative legends. Beginners welcome. Thursday evening class available, 6:30pm-10:30pm. Saturday morning. Call for information. 619-542-1216.

**ALIVE ON STAGE!** Point Loma Actors Workshop. Taste the performance high! More fun than a tummy tuck! Beginners welcome. Next workshop starts January 19. Join now! [www.pointlomaactors.com](http://www.pointlomaactors.com). 619-225-0044.

**AUDITION OPEN CALL.** SeaWorld Entertainment Opportunities: Saturday, January 17, 2009. If you have talent, SeaWorld has opportunities. Casting SeaWorld Costume Characters, Sesame Street Costume Characters, Show Host, Hosts who sing and play guitar, Electric Guitarists and Comedic Actors. If you have backstage experience, also holding on- site interviews for Lighting, Stage, Video and Audio positions. For times, locations and position requirements visit [SeaWorldSanDiegoAuditions.com](http://SeaWorldSanDiegoAuditions.com). SeaWorld San Diego is an Equal Opportunity Employer supporting a drug-free workplace.

**BEST NEW ACTING WORKSHOP.** Monologues, cold readings, audition techniques taught by award-winning director: Patricia Elmore Costa. Cost \$150. Mondays, 2/02-3/09/09, 6:30-9pm. Register: [peimore@san.rr.com](mailto:peimore@san.rr.com). Info: [www.sdactorstheatre.net](http://www.sdactorstheatre.net).

**EXCITING** and legitimate career in entertainment. Earn \$1500-\$7500 a night as a respected entertainer, visit [www.StageHypnosisUniversity.com](http://www.StageHypnosisUniversity.com) or call 888-429-7971. Save \$100 with coupon "class." (AAN CAN)

**MODELS.** Amateur models needed for photo, video, web work. Ages 18-60. All types. No experience necessary. Cash paid. Professional setting. Call Jenn, 619-379-4964.

**SINGERS WANTED.** Masterwork Chorale Bach St. John Passion Concert on 4/5/09. Rehearsals Tuesdays, 7:30pm, at First Methodist Church. No auditions. 619-297-4366, x135. [swicks@fumcsd.org](mailto:swicks@fumcsd.org).

**TALENT SHOW TRY-OUTS** held Saturday, January 24, at San Diego City College, room C-114, noon-5pm. Open to anyone. For information, contact Tandy, 619-388-3674; 619-341-0051, [tward@sdccu.edu](mailto:tward@sdccu.edu).

## COUNSELING & SUPPORT GROUPS

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**ADDITIONS/STRESS PROBLEMS:** Couples, individual therapy. Depression, anxiety, post traumatic stress disorder, support groups, outpatient detox, interventions. Samuel Newman MFT and Associates. Sliding scale. 619-944-1346.

**ANGER MANAGEMENT** classes. Court approved, 5 weeks. Mondays from 5:30 to 7:30pm. At Alpha Behavioral Health Services. Call 619-285-9999 for more information.

**ANGER MANAGEMENT** for kids and teens. 10 week educational individual/group classes to help express anger appropriately. Alpha Behavioral Health Services. Call for information, 619-285-9999.

**ANXIOUS? DEPRESSED?** Relationship issues? Parenting/family issues? Insurance and sliding scale accepted. Individuals, couples, children, adolescents/families. Private Mission Valley location. Phaedra Scourtis, MA, MFT, MFC-43174. 619-972-0209.

**ARE YOU MAD?** Learn how to manage your anger constructively. Gain power, control, reduce conflict and improve your relationships. Classes begin soon. Mission Valley. Jay Schneider, LCSW. Lic-9573. [www.manageangerdaily.com](http://www.manageangerdaily.com). 858-538-5587.

**CLINICAL HYPNOTHERAPY.** "What the mind can conceive, the body can achieve." All issues addressed. Free consultation. Patricia R. Parlin, Ed.D. CHT403-250. Call 619-442-3661 or 619-504-1953.

**DREAMWORK.** Curious? Unsettled dreams? MFT hours? Jungian dreamwork for understanding, life issues, transitions, growth. Caring and respectful. \$40/1 hour session. Paul Hartsuyker, MFT-15896. [www.sandiegotherapists.com/hartsuyker.html](http://www.sandiegotherapists.com/hartsuyker.html). 619-269-8939.

**EMOTIONAL WOUNDS** from childhood? Heal Inner Child wounds from dysfunctional family. Terrific adjunct for people in recovery. Thought Field Therapy eliminates phobias and traumas. Counseling for individuals, couples' enrichment and family bonding. Sharon Goodlove, TFT Diagnostician. Glenn Goodlove, LCSW-1450. Goodlove Counseling Center, 858-569-8975. [www.goodlove-online.com](http://www.goodlove-online.com).

**FEELING STUCK? STRESSED?** Experiencing crisis? Relationship issues? Career problems? Family conflicts? Grief? Past trauma? Take back your power. Trish Deignan, LCSW21861. Free consultation: 619-723-9244.

**GAY/BISEXUAL MEN** Supportive individual therapy. Depression, anxiety, confusion, addictions, spiritual/religious issues. Married, closeted welcome. Discretion, confidentiality assured. Mel Karmen, PhD, MFC-12709. 619-296-9442.

**LOW-FEE COUNSELING.** Children, adolescents, adults, couples, families. Sliding scale. Alpha Behavioral Health Services. Call for information, 619-285-9999.

**WORKSHOPS: RELATIONSHIP** Enhancement. Free. 4- part series, Saturdays from 10am- 11am at Alpha Behavioral Health Services. Ongoing classes. Call 619-285-9999.

## NOTICES

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**ADVERTISE YOUR BUSINESS** in 111 alternative newspapers like this one. Over 6 million circulation every week for \$1200. No adult ads. Call The Reader at 619-235-8200. (AAN CAN)

**CAN PRAYER HEAL?** Discover freedom and wellness. Find out how prayer works for you to eliminate chronic disease, pain, fear, anxiety, depression. Call 858-272-3246.

**CANNABIS PATIENTS ACT** (Association Cannabis Therapeutics). Nonprofit. Seeks caregiver/patient interns with questions about cooperatives, clones, medicine, growing guidelines. Proposition 215 local guidelines. Meth kills. 619-528-0907.

**CHANCE'S ART SHOWING.** Poway Center for the Performing Arts, 15498 Espola Road, 92064. January 3, 2009, through January 28, 2009, Monday- Friday, 9am-4pm. Saturday, 11am- 4pm. Pieces of art and numerous poems. Call Gloria for more information, 760-294-4927.

**GAIN SKILLS TO SUCCEED.** Are you 14 to 21, low income, need high school diploma or GED and work experience? Turning the Hearts Center, 619-691-9643.

**IMPROV COMEDY SHOW.** Saturday, January 17, 8pm. The Hinges are celebrating the excitement of a new year! 7860 Golden Avenue, Lemon Grove, 91945. [www.hingesimprov.com](http://www.hingesimprov.com). 619-414-7723.

**LOST DOG.** Brown/tan Pomeranian. Reward. Name is Buddy. Approximately 7 pounds. Last seen in Clairemont at corner of Balboa Avenue/Charger Blvd, 1/9/09. 858-565-9381.

**OBSESSIVE COMPULSIVES** anonymous. 12 step meeting for people with OCD. Free. Mondays, 6-7pm. Department of Health Services complex, 3851 Rosecrans Street, Mission Room. OCahelp@cox.net.

**ONE INCREDIBLY GREAT** teacher expected by all religions will soon speak to everyone. He'll inspire sharing, justice and peace on earth. [www.Share-International.org](http://www.Share-International.org). 800-870-6108. (AAN CAN)

**OVEREATERS ANONYMOUS.** Meetings daily. No dues or fees. 619-521-2538. [www.oasandiego.org](http://www.oasandiego.org).

**PATHWORK DISCUSSION.** "Is there a meaning to the human struggle?" 7- 9pm, Eureka Street/Mission Valley. Open meeting, no fee. Materials available. Please call 619-296-9046.

**PRAYER BASED SOLUTIONS** for problems. Achieve inner peace and balance. Eliminate chronic disease, pain. Lose crippling fear, addiction. Call 858-272-3246.

**PRIVATE COUNSELING.** Your journey can be clearer, more peaceful; relationship issues, body image, self-esteem, anger. I can help. Work toward acceptance of yourself. Fee. 619-838-6817.

**RENEW/RECLAIM YOUR LIFE.** Affordable holistic group counseling for women. Spiritual journey of healing/enlightenment. Only \$25 per session. Call Maria at Inner Voice, 619-339-4316.

**RESEARCH STUDY.** Are you currently taking Coumadin (Warfarin)? Biosite is conducting research and quality control studies. Must come to Biosite once/ month. Compensation. [www.biosite.com](http://www.biosite.com). 858-805-2270.

**THE JOB CLUB.** Looking for work? Job search ideas, lead sharing, support. Free. Tuesday 1/13/09, 9- 11am. Holiday Inn, Cardiff. 1661 Villa Cardiff Drive, 92007.

**WRITERS WANTED.** The Academy for Alternative Journalism, established by papers like this one to promote diversity in the alternative press, seeks talented journalists and students (college seniors and up) for a paid summer writing program at Northwestern University's Medill School of Journalism. The 8- week program (June 21- August 16, 2009) aims to recruit talented candidates from diverse backgrounds and train them in alt- weekly style feature writing. Ten participants will be chosen and paid \$3000 plus housing and travel allowances. For information and an application visit <http://altjournalism.org>. You may e-mail us at [altacademy@northwestern.edu](mailto:altacademy@northwestern.edu). Applications must be postmarked by February 13, 2009. Northwestern University is an equal opportunity educator and employer. (AAN CAN)

## MUSIC

### In Stock Now! Rockerverb 50W Combo

- Huss & Dalton, Taylor, Tom Anderson & Santa Cruz Guitars
- Spanish Concert Classics and Flamenco
- Repairs by Yuris Zeltins & staff
- Lessons with Robin Henkel, Anna Troy, Steve Nichols, & Zack Coffman
- G&L • Blueridge Guitars • Deering Banjos
- Ko'olau, Pono & Kanelei Hawaiian Ukuleles
- Amplifiers from Victoria, Orange, Savage, Fishman, Roland & more
- Analog Man Pedals in stock



**The Blue Guitar** Established 1961

5959 Mission Gorge Rd., Ste. 101, Mission Valley

(across from S.D. Toyota)

619.283.2700 • [www.theblueguitar.com](http://www.theblueguitar.com)

New Hours: Mon.-Fri. 11-7 • Sat. 11-5 • Closed Sun.

The Blue Guitar

Offering the finest new, used and vintage instruments



4901 El Camino Real, Carlsbad, CA 92008

(760) 434-4567 Mon.-Fri. 9 am-6 pm, Sat. 10 am-5 pm, Sun. 12-4 pm

TRAVEL & GETAWAYS

PLACE ADS IN THE READER by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

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

CUPID'S CASTLE B&B. Winter special \$25 off with ad. Fairytale castle near Harrah's Casino. Jacuzzis, balconies, TVs, bathrobes, breakfast, snacks. Voted most romantic getaway. Near wineries. Wedding facility. Cupid's Castle B&B. www.adreamcastle.com. 760-742-3306.

KEVINSWORLDWIDETRAVEL.COM. Go online for discount travel. Air, hotels, cars, cruises, packages!

REDUCE YOUR STRESS! For a relaxing getaway, we have cabins from \$74 plus tax! Southern California's 2nd best kept secret, 6200' in the sky! 11 individual log cabins, fireplaces, kitchens. Reservations: Edelweiss Lodge, 951-659-2787, www.t1cabin4u.com.

PERSONALS

PLACE ADS IN THE READER by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

SAN DIEGO NEEDS TO GET RECYCLED. Entrepreneurs please show me your report. Math done. Chow. Go Italy. Be a hero.

MUSIC EQUIPMENT/INSTRUMENTS

PLACE ADS IN THE READER by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

AMP. Music- Man 1-15. Fender built 65 RMS. 2 channel, new heavy-duty 15" Carvin speaker, master volume reverb, tremolo, twin size. Perfect condition. \$350. 858-566-9606.

AMPS AND GUITARS. 2007 Strat Deluxe HSS \$849, 2007 USA Fender Strat \$650, 1999 USA Fender Strat \$599, Epiphone BB King Lucille with Burst Buckers \$699, Epiphone Howard Roberts \$624, Peavey Wolfgang \$750, GK Backline 600 \$225, GK GLX 4x10 Bass Cab \$225, Marshall Valvestate S80 \$375, Marshall JCM 2000 60watt \$799, Black Pearl \$999, El Diablo 60/30 \$599, Crate BV300 Head \$800, Crate Excaltiber GX2200 head \$225, Mar-

tin DC16GTE Premium \$950. At Moze Guitars, 619-698-1185.

APEX MUSIC SINCE 1952! Get the gear you need, at affordable prices. Sales, repairs and rentals. No onecompare!s! 6210 El Cajon Boulevard. 619-583-1431, www.apex4me.com.

EFFECTS PEDALS— 100s of different kinds in stock! Fulltone, Menatone, T-Rex, Maxon, Visual Sound, Barber, Xotic, Durham. Choose from many brands. www.SuperSoundMusic.com or call 760-739-9099.

GIBSON GUITAR SOURCE. Over 300 Gibson guitars in stock. We guarantee best prices on all Gibsons and Marshall amps. Centre City Music, 1033 Sixth Avenue. Call 619-338-9033. www.ccitymusic.com.

GUITAR SET-UP Received a new guitar for Christmas? For \$25, I will 1)change strings on your electric or acoustic; 2)ad-just action (string height) so guitar is easy to play; 3)set intonation with strobe tuner; 4)adjust truss rod if necessary. Tom: 619-857-5463.

HAVE FUN FOR THIS WINTER! Singing, piano, guitar, all instruments. Lessons at home or our studios! Spectacular, motivating, skilled teachers. www.CaliforniaMusicStudios.com or call Dawn, 800-227-6222.

PIANOS WANTED! All pianos! Cash paid. Also, quality furniture and antiques. 1 piece or houseful. Bonded. Licensed. Since 1965. Same-day pickup. 1-800-840-4447. www.southcoastauction.net.

MUSIC MUSICIANS AVAILABLE/WANTED

PLACE ADS IN THE READER by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

CONGA PLAYER AVAILABLE. Afro-Cuban, Latin rock, soul, R&B. Former touring professional. Respectful, re-trained and mature ensemble player with speed and power. Part time situation. 858-736-6133.

LEAD GUITARIST NEEDED. Diamond is Forever! Hottest Neil Diamond tribute band in the nation. Large and small audiences nationwide. Some travel required. www.davidjsherryproductions.com. ceeceetaylor@gmail.com. 760-839-0277.

PRODUCER seeks prolific, talented composers, performers, any age, with original material. Needs interns, copyists, songwriters. We have professional tools. 619-528-0907; www.myspace.com/sherilopez; www.myspace.com/isitfrankzappa; www.myspace.com/phyllispryor; www.myspace.com/mindcontrolmonkeys; www.myspace.com/concretesummersday.

VOCALIST NEEDED. Established cover band, "Mad for Mary." We play about 3 weekends/month. We book a year in advance. Busy schedule! www.madformary.com. www.myspace.com/madformary. 619-795-5964.

MUSIC SERVICES

PLACE ADS IN THE READER by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

AUDIO RECORDING STUDIO Spacious, commercial location. 24-48 tracks. ProTools HD, ADAT, analog tape. 60 channel console. Steinway piano. Vintage microphones/preamps/signal processors. www.hitsinglerecording.com. 619-258-1080.

BLUE GUITAR. Fine repairs and restoration by Yuris Zellins and staff since 1961. Classical guitars through custom electrics. 5959 Mission Gorge Road. 619-283-2700. www.theblueguitar.com.

CD AND DVD DUPLICATION and Replication. Complete 100 piece retail-ready packages from \$230. 1000-piece CD packages from \$925. Full print and packaging. 760-747-2734.

CD COPIES and mastering. Near SDSU. Print art directly to CD. We will beat any price. No minimums for CD duplication. 619-540-5827.

CD DUPLICATION SPECIAL! 100 CDs in jewel cases with 2-panel cover, tray liner and shrink wrap. Full color, \$2.40 each. Call 858-541-0256.

GUITAR REPAIR. The area's newest, coolest extraordinary repair shop for serious players. Bring your guitar to Bill Meyer, luthier. Bay Park location. 619-276-1677. www.tecoloteguitarworks.com.

RECORD A DEMO at HobarTrax, efficient experienced engineer, Pro Tools, Mackie, Avalon, etc. Session musicians available, all styles. Creative, inspiring atmosphere, \$30/hour. www.hobartrax.com, 858-243-7728.

RECORD AND MASTER AT BLITZ Studios. ProTools HD, 24-track ADAT, Sonar, Acid. ProTools lessons. Creative environment, total CD packages. \$40/hour, 10-hour block, \$350. Weekdays until 4pm at \$30/hour. 619-260-0837. Check out our cool website at www.blitzrecording.com.

RECORD AND MASTER AT EXUM. Studio! Comfortable, relaxed atmosphere. Protools HD3. Great drum sounds! Baldwin Grand Piano! Fast. Efficient. 20 years' experience. 2" analog. www.exumrecording.com, 760-739-9700.

RECORD AT CV STUDIOS. San Diego's best value! ProTools, professional gear. Rates from \$25/hour. Get the sound you want without pressures of expensive studios. Jon, 858-414-2143.

RECORD AT EARTHLING Studios. Analog and digital multitrack recording and mastering services. Call Mike for rates at 619-441-8341.

RECORD AT EMPIRE STUDIOS. \$30/hour, engineer included. Specializing in Electronic, Rap, Urban music. High-end equipment, radio quality guaranteed. Visit our facility at www.empirerecordings.com. 619-249-8355.

RECORD AT KING'S RANSOM Studio. Top vintage and contemporary gear for fat, warm sound. All styles music welcome. I care about your project as much as you do! Fast and efficient. \$30/hour and up. 619-278-8752.

RECORD/MASTER AT POWERHOUSE ProTools HD3, experienced staff, Yamaha Grand, mic selection and more. \$25/hour rate includes engineer. www.powerhouserecording.com. Credit cards accepted. 858-277-0514; 760-789-7420.

REHEARSAL IN OCEAN BEACH at Spotless, 1922 Bacon Street across from Winston's. 3 air conditioned rooms with PA, available for hourly rentals. Parking, loading. 619-523-3073.

REHEARSAL STUDIOS! Current special: \$100 off first month's rent with ad! Two locations — Sports Arena & Miramar. Monthly and hourly available. Universal Sound, 619-306-2222.

REHEARSAL STUDIOS. \$15/hour with PA. Monthly \$350-\$475. 1/2 off first month's rent! Ventilated. Wi-Fi connection. Affordable recordings, screen printing, DVD, CD duplication, web design services. Dead Records, 760-967-1420 cell, 760-707-8606.

REHEARSE AT ADDER. New rooms open now! Upscale Kearny Mesa facility. All rooms have individual air conditioning, high ceilings and 24-hour access. Monthly rooms available. 858-505-8644. www.adderstudios.com.

REHEARSE AT HINDSIGHT Miramar. Hourly rooms, fully equipped (drum kit, Sonar, Acid, ProTools lessons. Creative environment, total CD packages. \$40/hour, 10-hour block, \$350. Weekdays until 4pm at \$30/hour. 619-260-0837. Check out our cool website at www.blitzrecording.com.

VOICEOVER WORKSHOP. Break into voiceover! Taught by voice actor James Alburger. Learn interpretation, character voices, microphone technique, more for radio/TV. www.voiceacting.com; 858-484-0220.

ROOMMATES

PLACE ADS IN THE READER by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

BAY PARK. \$545/month. Laundry, quiet street, off-street parking. Near Clairemont Drive. Male preferred. No smoking. Cats OK. \$395 security deposit. 619-275-0999.

BAY PARK. \$625, includes utilities. Upstairs in tri-level. Quiet cul-de-sac. New hardwood floors and paint. Nonsmoker. 858-272-1594.

BAY PARK. Large room with private deck and shared bath in nice 5-bedroom house. Beautiful view, swimming pool. No pets/cooking. \$650/month. 858-688-1924.

CARDIFF. \$475. Room in 4-bedroom house. Washer/dryer. Fireplace, near beach. First and deposit, utilities included. Mellow dog OK. Call after 5pm, 760-436-6500.

CARDIFF. \$650. Share 3 bedroom, 2 bath house. Large deck with ocean view. Close to beach. Washer/dryer. Available now. No pets. Female preferred. 760-809-3126.

CARMEL MOUNTAIN. Cozy. Private entry/bath. Male only. Pool, spa, washer/dryer, gated. Chic neighborhood. Close to fun. Near I-15, freeway 56. \$550/month, 858-673-4799.

CARMEL VALLEY. 2 rooms. Beautiful, quiet, large 4-bedroom, 4-bathroom home. \$500/month includes utilities, plus \$500 deposit. No smoking, parties, pets. Laundry. 858-794-6882.

CHULA VISTA. Central location. Close to all. Share 3 bedroom, 2 bath home. Female preferred. \$500/month plus 1/2 utilities. \$300 deposit. 619-470-7433.

CLAIREMONT. \$500. Near Mesa College and bus stop. No pets/smoking. Male only. Cable TV and utilities included. Call after 5pm, 858-571-0383, 858-337-2770.

CLAIREMONT. \$550. Share 4 bedroom, 2.5 bath home. Large kitchen. Garage, storage, washer/dryer. Covered patio, barbecue. Hi-speed Internet available. Near all. 858-598-5990.

CLAIREMONT. \$650, utilities included. Room in 3 bedroom house. Washer/dryer. Internet. Spacious backyard with spa, pond with waterfall. Travis, 858-414-2247 or travisbowman@gmail.com.

CLAIREMONT. \$650. Utilities included. Large room in 4000 square foot home. Indoor spa. Backdoor parking. Fireplace. Male only. No pets. Washer/dryer. Cable. Internet. 858-270-4243.

CLAIREMONT. \$700. Share 2 bedroom 2 1/2 bath beautiful decorated townhome. Quiet neighborhood. Near shopping. Garage. Washer/dryer. Private balcony, storage. Pool. No smoking/pets. 858-279-2625.

CLAIREMONT. Nice room in house with yard. Near beaches/downtown. \$600, includes utilities, \$250 deposit, month to month. Female only. No pets. Available now. 858-715-8221.

CLAIREMONT. Nice room in house. Share bath. Kitchen/laundry privileges. No smoking/drugs/pets/parties. Female preferred. \$600/month plus \$250 deposit. 858-560-6185.

CLAIREMONT. Room with kitchen/laundry privileges in quiet, clean, lovely home. Short walk Genesee/Balboa. No smoking, pets, drugs. \$650, 1/3 utilities. Available 2/01/09. 858-277-2044.

COLLEGE AREA. 2 bedroom, 1 bath on lower level of older house on acre. Private entrance. Nonsmoker, male only. References required. Off-street parking. \$900. 619-264-9356.

COLLEGE AREA. \$475. Own room in 3 bedroom, 2 bath house. Beautiful mountain views, hardwood, fireplace, cable Internet. Split utilities. tavg@yahoo.com. Call after 4:30pm, 619-520-9108.

COLLEGE AREA. Share quiet, clean 4 bedroom, 3 bath house. Near SDSU. 2 bedrooms, 1 bath available. Parking. Laundry. \$500/each, \$400 deposit, one quarter utilities. 619-501-8696.

EASTLAKE/CHULA VISTA. \$700/month, 1/2 utilities, \$600/deposit. Share 2-bedroom 3-bath house, fully remodeled. Washer/dryer, garage. Gated community, pools, Jacuzzis, tennis, golf. Near freeways, shopping, theaters. No pets. 619-248-5496.

EL CAJON/MT HELIX. Share house, great location, easy freeway access. Garage parking. Furnished. Includes utilities. Male preferred. \$600/month. 619-517-8080.

EL CAJON/LAKESIDE. Furnished bedroom in doublewide. Carport parking. Washer/dryer. Pool/spa. Close to bus. \$540/month includes utilities. \$240 deposit. No smoking/drugs/pets. 619-749-2774.

SERVICES

Grand opening special  
**\$10 off**  
**any massage**  
With coupon  
**A1 Health Acupressure**  
940 E. Valley Parkway, Suite H  
Escondido • 760-745-2018  
Lic. #164251

Grand Opening in I.B.!  
Formerly Chula Vista Spa  
**\$10 off massage**  
Any session. With this ad.  
**GOLDEN TOUCH WELLNESS**  
Beyond Relaxation  
1515 Palm Ave., Ste. G • 619-423-3377  
next to Honey KO in Imperial Beach  
Credit cards welcome • Lic. #B1995011569

Grand Opening!  
**Moonlight**  
ACUPRESSURE  
**The Best Oriental Massage**  
Try our Japanese Hot Steam Shower  
Table Shower • Jacuzzi  
**760-796-4122**  
301 E. Washington Ave.  
Suite A (at Juniper) • Escondido  
Visa & MasterCard accepted.



**Massage \$40**  
First-time clients only.  
**Swedish • Pregnancy • Deep Tissue • Sports • NMT**  
**Hot Stone • Thai Massage • Reiki • Couples' Massage**  
**Mobile Massage – We'll come to you! • Customized to you**  
**Affordable rates • Memberships starting at \$20/month**  
**Gift certificates available • Satisfaction guaranteed**  
**444 Camino Del Rio S. #100, San Diego • (619) 574-0053**  
**www.healinghands-sd.com** BTC #07008572



**Best Oriental Massage In Town!!!**  
**Jacuzzi Shower**  
Walk-Ins Welcome  
**ASIA SPA**  
*We invite you to experience*  
*one of the best massages by*  
*professional staff!!*  
License #152498 15 FWY. Escondido Blvd. 8th St.  
**760-738-9553** 829 S. Escondido Blvd.  
Open 7 Days • 9am-9pm 9th St. **Corner of 9th + Escondido**

**\$10 off 1 1/2-hr. couples massage**  
Or **\$5 off 1 hr.** (Reg. \$130)  
Same room, hot towels, aromatherapy, drinks & chocolate. Expires 1/28/09.  
**1-hr. massage \$50**  
First-time clients only. Expires 1/28/09.  
**\$5 off acupuncture**  
(Reg. \$55 per session) Expires 1/28/09.  
**\$75 off teeth whitening**  
(Reg. \$200) Expires 1/28/09.



San Diego's Finest in Holistic Health & Beauty  
4422 Cass Street, Pacific Beach • 858-274-6989  
www.inner-balance.com • Lic. #97000450



Say What?



Cody | Age: 23 | Occupation: Server | Lives In: Normal Heights

My favorite slang word comes from a Leslie Hall skit. She calls a place the Hobby Lobby. My friends and I took the term “hobby lobby” and started using it to mean something that is really cool.

The trick is you have to say it with a ton of energy. It's, like, if your friend calls you and says that they just got tickets to a show you would have to scream back “HOBBY LOBBY!” with tons of

enthusiasm. We say it if we're really excited about something, something's just good.

For past Say What columns, go to sdreader.com.

ROOMMATE SERVICES

PLACE ADS IN THE READER by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday. ALL AREAS-ROOMMATES.COM. Browse hundreds of online listings with photos and maps. Find your roommate with a click of the mouse! Visit: www.Roommates.com. (AAN CAN)

RENTALS COMMERCIAL

PLACE ADS IN THE READER by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday. CARMEL VALLEY. \$1750. Well- established mental health office, "turnkey," 275 square feet. I-5 close. 2- year lease. Includes furnished waiting room, utilities, more. Call 619-733-2541. GASLAMP ART SPACE! \$150/ up. High ceilings, tall windows. Gallery venue for shows. Uniquely affordable. 100-600 square feet. 402 Market. Hughes Management, 619-239-1639 x103. www.HughesManagement.net. MOVE- IN SPECIALS Offices spaces available. 7364 El Cajon Boulevard, 4535 30th Street, starting at \$1.25/square foot. Multiple square footage. Utilities included. Donna, 619-820-6035. NATIONAL CITY RETAIL SPACE. Near base. 1725 square feet. \$1.25 per square foot. Triple net lease for 1 year. Parking available. 3280 Main Street. Hughes Management, 619-239-1639 x103. Hughesmanagement.com. OCEAN BEACH. 4919 Newport. Unique retail space. 1625 square feet, high ceilings, new electrical, concrete floors, some hardwood, alley access. Great opportunity, great price! 619-743-0559. OFFICE SUITES (3) FOR LEASE. Fully remodeled! Navajo Park Professional Building, 7290 Navajo Road. Suites are 672, 720, and 1020 square feet. \$1150- \$1735/month plus maintenance charges. Building includes new HVAC, newly paved parking lot, landscaping. Elevator, plenty of parking, coffee cart. Located at corner of Navajo and Golfcrest. Near Cowles Mountain, Mission Trails, Lake Murray, Grossmont Center, SDSU, etc. For additional information or for tour, contact Yamel at 619-723-3734. PACIFIC BEACH RETAIL/OFFICE space. 750 square feet. \$2000/monthly. Newly remodeled building. 4850 Cass Street. 619-890-9210. PACIFIC BEACH. \$1.50/square foot gross. Nice professional building. 640-1100 square feet available. Utilities included. 2180 Garnet Avenue. Agent, 619-231-2727 x233. PACIFIC BEACH. Office space, \$2000, 1400 square foot ground floor office, ample parking, easy access. 4455 Lamont Street, Suite #3. 658-270-4492 x203.

POINT LOMA/MIDWAY \$1.10/square foot gross. Great street frontage at this high-traffic location. Lock in your low rate now! 3333 Midway Drive. Agent, 619-231-2727 x233

RENTALS HOUSES

PLACE ADS IN THE READER by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday. ALPINE. House, \$1500. 2 bedroom, 2 bath plus den, fireplace, air conditioning, dishwasher, carport, washer/dryer hookups, storage shed. Incredible view! Water, trash and sewer included. Call 619-200-8205. BANKER'S HILL. 2 bedroom with office room, hardwood floors, totally renovated with washer/dryer. Must see to appreciate! \$1795 with \$1795 deposit. OAC. 2120 Second Avenue. 619-549-9726. BAY PARK. \$2900. 4 bedroom, 3 bath. Large family room, garage, fireplace. Upgraded kitchen. All appliances. RV Parking. Yard. Pets OK. 4502 Milton St. 858-610-1577. CARDIFF. 4 bedroom, 3 bath house. 2 car garage. large yard. Fireplace, laundry hookups. Near San Diego Academy. \$2895. Year lease. No pets. 775 Mackinon. 760-753-4101. CHULA VISTA \$1250. 2 bedroom, 1 bath, excellent home. Centrally located. Nonsmoking. Small pet ok. 561 Roosevelt Street. Appointment necessary. 619-584-5900. CITY HEIGHTS. \$1100. Super house. 2 bedroom, 1 bath. Huge patio. No backyard. No garage. On-site laundry. 2 parking. No smoking. No pets. \$900 deposit. 4159-61 42nd Street. 619-251-0030. CLAIREMONT MESA. 3 bedroom, 1 bath house. Rent \$1750. Deposit \$1750. 1 garage. Upgraded! No pets/Section 8. Available to move in now. 1551 square feet. 4552 Sauk Avenue. 619-245-4220 or v@sdcpm.net. CLAIREMONT. \$1265. 2 bedroom 1 bath duplex. One car garage. No pets. 2 parking. New carpet/paint. Clean. Fenced yard/porch. 4414 Clairemont Drive. Junco. 619-275-3455. CLAIREMONT. House, \$1950. 3 bedroom, 2 bath. Nonsmoking. One pet OK. Newly remodeled, 2- car garage. Gardener. Call 858-278-2774. DEL CERRO. \$2300. Large, lovely 4 bedroom, 2 bath, double garage, fenced yard, close to all. 6- month lease. Available now. 6219 Chrismark Avenue. 619-465-6588. EL CAJON 3-bedroom, 2- bath house in cul-de-sac. Beautiful home. Nice neighborhood. 2- car garage. Large backyard. \$1695/month. Section 8 ok. Call 619-807-7662. EL CAJON. \$1075. Quiet 2 bedroom 1 bath duplex. Large fenced yard. Covered patio. Laundry hookup. Off-street parking. Wall air conditioning. Pets OK. 619-561-3618.

SERVICES

\$20 off 1-hour Oriental massage

Includes your choice of hot tub, Jacuzzi or table shower.

Royal Spa

6124 University Ave. (At College, park in rear) 619.229.0509 Lic. #2007026557

Oriental Massage Specialists

Dr. O'Side Massage 2110 S. Coast Hwy. Suite G Oceanside, CA 92054 760-721-8698 Lic. #DC11717

Pacific Beach

\$10 Off

Must mention coupon when making appointment. Expires 1/31/09.

Yoshi Massage

Oriental Spa & Hot Tub 858-274-5371 1943 Grand Ave. 9 am-10 pm • 7 days Lic. 99005303

Tropical Oriental Spa Grand Opening!

\$20 off 1-hr. massage

Deep Tissue • Philippine Shiatsu • Swedish 5837 Mission Gorge Rd., Ste. C (Parking available in Mandarin Restaurant lot) 7 days 9 am-12 midnight 619-563-0993 Lic. #008700

Blue Horizon Massage

Asian • Therapeutic • Swedish Deep Tissue • Thai Stretch Sports • Lomi Lomi • Jacuzzi Both women & men welcome

\$75 per hour \$115 per 90 minutes Cash only.

New Second Location: 9833 Pacific Heights Blvd. #G (10-minute drive from Del Mar & La Jolla) 3692 5th Ave. • Downtown 10 am-10 pm 7 days 858-384-6638 Lic. #30059

NORTH PARK

\$10 off

Bring ad.

Hot Baths/Body Scrubs All Types of Massage Oriental #1 Spa 3134 El Cajon Boulevard 619-563-7949 (1 block west of 805) Free parking in back Open 7 days 10 am-11 pm License #16467

Resolve to get your web page working for you!

Search engine optimization Search engine marketing Software development Web design

760-908-7444

freshwebsolutions.com

NORTH PARK

Genie Massage

ORIENTAL SPA & BATH

3395 El Cajon Blvd. (between Hwy. 15 & 805) 619-284-0888 Lic. #2005012879

Grand opening special!

30-minute massage \$45

60-minute massage \$65 (reg. \$75) plus free body scrub

Swedish • Foot reflexology Shiatsu • Aroma therapy Facial • Body shampoo

Orchid Day Spa 1033 B Ave., Ste. 104 Coronado • 619-435-0285 OrchidDaySpaCoronado.com License #007120

GRAND OPENING! Oriental Chi Spa

\$10 off 1-hour massage

\$5 off 1/2-hour massage

Therapeutic Jacuzzi Body shampoo Stress reduction & relaxation

6786 University Ave. (near SDSU) 619-265-8500



**EL CAJON.** House. 3 bedroom, 1-1/2 bath. Garage, water/trash paid. Patio, large yard, trees, close schools. Washer/dryer hookups. Refrigerator if needed. \$1150/month. 619-347-1192.

**EMERALD HILLS/NORTH ENCANTO.** Spacious 4 bedroom, 2 bath, 2094 square feet. 1/2 acre, view, new tile, dining, living/family rooms, fireplace, laundry hookups. \$1995. 858-459-9358.

**ENCINITAS.** \$2500. 3 bedroom, 2 bath. On cul-de-sac. Fireplace, Jacuzzi, 2- car garage. Near elementary school, shopping, freeway access. Community pool/park. 1632 Hilltop Lane. 858-231-0014.

**ENCINITAS.** Duplex. \$1650. 2 bedrooms, 1 bath. Excellent location. Walk to Moonlight Beach. Large yard. All appliances. Available now/lease. 235 Lolita. 858-792-5002/858-442-3798.

**HILLCREST.** \$1100. 1 bedroom, 1 bath cottage situated in nice courtyard setting with lush landscaping, hardwood floors, walking distance to Balboa Park and San Diego Zoo. Available 2/18. 3718 Park Boulevard #3728-1/2. www.cethron.com. 619-295-1100.

**LA JOLLA.** House, 3 bedroom, 2 bath on the lane. Fireplace, laundry, tile floors. Patio/yard/barbecue. 1- car garage. Appointment only. No smoke/pets. \$2775. 858-454-3140.

**LA MESA.** \$1750, utilities included. Spacious 3 bedroom, 1 bath. Stove, refrigerator, dishwasher, washer/dryer. Parking. Fenced yard. 6935 Hoffman Street. 619-298-7724.

**LAKESIDE.** 3 bedroom, 2 bath. \$1495. \$1495 deposit. All appliances including washer/dryer. Garage. Fenced yards. No pets. 12539 Laurel Street. Barbara. 619-962-5939.

**LEMON GROVE.** \$995. 1 bedroom, 1 bath house, fully furnished, laundry, yard, patio. Utilities/cable included. Temporary 6-month rental. Parking. Nonsmoking. No pets. Deposit \$1000. 858-354-5051.

**LEMON GROVE.** Spacious 3 bedrooms, 2 baths 3000+ square-foot house, laundry, central air, appliances, hardwood, 2 fireplaces, 2 family rooms, double carport, large patio/yard. \$2200/month includes gardener. 8233 Panchoy. Agent, 858-752-9466.

**MIRA MESA.** \$1550. 2 bedroom, 1 bath home. Bright and airy. Hardwood floors. Washer/dryer hookups. Garage. Yard. Pet considered. 10278 Empress Avenue. Agent, 619-298-7724.

**MISSION BEACH.** \$1295. Small 2 bedroom, 1 bath house. Beach side. No pets. No parking. Nonsmoking. Carpet/paint. Appliances. Clean. 731 San Jose Place. Juno. 619-275-3455.

**MISSION BEACH.** \$2250. Move in now! 2 bedroom, 1 bath beach house with front patio. Shared garage, storage, beach shower, no pets. 735 Jamaica Court. Call Leigh at 858-483-3534 x12. www.cal-prop.com.

**MISSION HILLS, NORTH.** \$1150. Deposit \$1150. 1 bedroom cottage. Behind large house. Completely remodeled. Street parking. On site laundry. Granite countertops. Wood floors. No pets. Agent, 619-871-8915.

**MISSION HILLS.** \$2200. 3 bedroom, 2 bath. 2 stories. Wood floors, back patio and upper deck with canyon view. Washer/dryer hookups. Garage, basement. 3637 Dove Court. www.centrecty.net. 619-296-6699.

**MISSION HILLS. \$3000. 3 bedroom, 2 bath home. Hardwood floors. Fireplace. 2-car garage. Located in Spruce Canyon. Large patio. Drive by and view with appointment, 3350 Horton Avenue. Agent Paula Keenan, 619-871-8915.**

**NATIONAL CITY.** \$1650. 3 bedroom, 2 bath house. Large yard, covered patio, laundry room, family room, bonus room. 2407 East 19th Street. Call Agent, 619-692-4121.

**NORMAL HEIGHTS.** \$1280. Lovely, quiet remodeled 2 story, 2 bedroom, 1-1/2 bath house near Adams. New carpet, ceramic floor/kitchen, dining room. Fenced yard. No pets. 619-280-5177.

**NORMAL HEIGHTS. \$1295. 2 bedroom, 2 bath house. Stove, refrigerator, dishwasher, air conditioning. Laundry hookups. 2-car garage. No pets; nonsmoking. Mr. A's Property Management, 619-697-1888.**

**NORTH PARK.** \$1595. 2- bedroom, 1-bath Craftsman house. All appliances. Washer/dryer. Fenced private yard. Drive-way. Hardwood floors. Pets OK. 2325 Howard Avenue. Xlarent.com. 619-683-7638.

**NORTH PARK.** \$1800. 2 bedroom, 1 bath, attached garage, fenced patio, gas stove, laundry hookups. Pets on approval with deposit. Nonsmoking. Year lease. Luisa. 619-315-4191.

**NORTH PARK.** \$795 rent. \$700 deposit. OAC. 1 bedroom cottage. No pets. At 3819 Villa Terrace. Agent, 619-299-8515.

**NORTH PARK.** \$795. 1 bedroom, 1 bath house. Parking. Laundry. New carpet with yard. Available now. 3124 University Avenue. www.amgsd.com. 619-295-1165.

**NORTH PARK.** \$950. Cottage. Wood floors. Built-in china cabinet. Gated complex. Laundry on site. Available now. 4058 & 4060 Hamilton Street. www.stevenleproperties.com. 619-295-1161.

**NORTH PARK/CHOLLAS CREEK.** \$1395. 2 bedroom, 1 bath home with 1/2 off first month's rent. Garage. Large yard. Hardwood and tile throughout. New custom paint. 858-598-1111 x128. utopiamanagement.com.

**OCEAN BEACH.** \$1800. 1 bedroom plus office, house at The Pier. 2- car garage, laundry hookups, appliances, yard. Dog OK. 5067 Niagara. 619-224-4215.

**PACIFIC BEACH NORTH.** 3 bedroom, 2 bath house, washer/dryer, \$2100. Or 2 bedroom 1 bath, washer/dryer \$1550. Off-street parking. Pets possible. 619-261-7433.

**PACIFIC BEACH.** \$1550. 2 bedroom, 1 bath house. Stove, refrigerator, partially fenced yard. Ask about pet. 7 blocks to ocean. Available 1/20/09. 1427 Grand. 858-270-2071. Del Sol Property Management, broker. www.delsolpm.com.

**PACIFIC BEACH.** \$2695. Spacious 3 bedroom, 2 bath plus den in Crown Point. Hardwood floors and carpeting. Private, fenced patio. 2 parking spaces. Laundry. 1828 Oliver. Shore Management, 858-274-3500.

**PACIFIC BEACH.** 3 bedroom, 1 bath house. Off- street parking. Front/back decks. Fenced yard. Storage. Washer/dryer. Hardwood floors. \$2250. 1812 Chalcedony. 619-884-3399.

**POINT LOMA.** \$2500. Bay/city view! Majestic 2 bedroom, 2-1/2 bath home. 2 fireplaces. Great room/bar. Garage. new carpet. Pets OK. 3240 Lowell. 619-435-0387.

**POINT LOMA.** 3 bedroom, 2 bath house, \$3200. Washer/dryer, 2- car garage, personal spa/Jacuzzi, deck, patio, central air/heat. great views! 3280 Trumbull Street. People Helping Others Property Management, 619-282-5400. peoplehelpingothers.com.

**SAN CARLOS.** \$1765. 3 bedroom, 1.5 bath house. Yard, pet negotiable. 6349 Lake Aral Drive. Gardener included! Call 858-583-0182. www.cal-prop.com.

**SAN DIEGO.** \$1200/month. 2- bedroom, 1- bath house, newly remodeled, no garage. 619-247-7327.

**SAN DIEGO.** Beautiful historic- type home built in plus or minus 1930 and just now restored. 2 bedroom, 1 bath with a garage and historic looking covered carport. Corner lot with new yard, gardener paid. 4006 Division Street; walk or ride to 32nd Street. Naval Base. Has fireplace. \$1400/month. Call Walt 858-270-7711; 619-726-2733.

**SANTEE.** \$1900. Beautiful. Remodeled. 3 bedrooms, 2 baths, 2- car garage. Large fenced/gated yard. 1800 square feet. Large family/dining. Must see! 619-203-5247, 619-302-1856.

**SANTEE.** 3 bedroom, 2 bath home on cul-de-sac. \$1850. 2- car garage, laundry hookups, carpet, patio. Pets OK. 9620 Ryder Court. 92071. Agent, 619-540-6526.

**SANTEE.** Completely remodeled. 1750 square feet, 3 bedroom, 2 bath, pool, spa, 2- car garage, fenced yard. Refrigerator, washer/dryer included. \$2150/month. 619-985-3321.

**SORRENTO VALLEY.** \$2800. 4 bedroom, 3 bath. Beautifully maintained. Near I-5. Fenced yard, fireplace, pool access, washer/dryer. 2 car garage. No pets/smokers. 858-229-6060.

**SOUTH PARK.** \$500 off first! \$2500. Craftsman style 2 bedroom, 2 bathroom home with studio, wood floors, fireplace, dining room, washer and dryer. Appliances. Pets negotiable. 3004 Kalmia drive. 619-384-9219.

**SPRING VALLEY.** \$1325. Spacious 2 bedroom, 2.25 bath plus den, all new ceramic floors, carpet and paint, all appliances, air conditioning, yard. 715 Pecos Street. 619-384-9219.

**TALMADGE** \$850! \$2250, 3 bedroom, 2 bath house, hardwood floors, fireplace, wood deck off master bedroom. Gated fenced yard. Washer/dryer. 4518 Euclid Avenue. \$850. Back studio unit, share laundry, shared yard, pets on approval. Tenant pays 1/3 electricity. Water included. 4518 #A Euclid Avenue. 619-640-7530. www.sdforrent.com.

**TALMADGE.** \$2195. \$500 off first! Spacious 3 bedroom, 1 bath home. Near SDSU, wood floors. Garage. Yard. Covered patio. Pet negotiable. 4737 50th Street. 619-804-3325.

**UNIVERSITY HEIGHTS.** \$1500. Large 2 bedroom, 2 bath cottage, hardwood floors, new paint. Near buses, shopping. 4148 Mississippi. 619-823-5047.

## RENTALS APARTMENTS / CONDOS

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**ALLIED GARDENS.** 2 bedrooms, 1 bath, \$1295. Air conditioning. Pool. New paint, cabinets. Granite countertops. Near restaurants, trolley, shopping. 5360 Adobe Falls. 858-717-5423.

**ALPINE** 2 bedrooms, \$1105. Newly remodeled. Private garages, fireplaces, vaulted ceilings. Resort-size pool and spa. Alpine Woods, 1829 Arnold Way. 619-445-1341.

**ALPINE** 55 and up. Spacious luxury living. 1 bedrooms, \$795. 2 bedrooms, \$1205. Creekside Meadows, 1750 Arnold Way. Call 619-445-2480.

**ALPINE.** Alpine Creek Apartments. Huge 1 bedroom apartment, \$875, and 2 bedroom, 1-1/2 bath townhome, \$1195. 800-1200 square feet, stone flooring in entry and kitchen, spacious living room and dining room, new washer/dryer in unit. No pets. 1950 Arnold Way. Move- in bonus! Call 619-445-8392.

**BALBOA PARK.** \$1150. Charming 1 bedroom with excellent view of Balboa Park! Crown Molding! Gated entry! 2820 6th Avenue #8. Call 619-222-4836 x14 or www.sunsetpacificrealty.com.

**BANKER'S HILL** 2 bedroom, 1 bath, upstairs. Spanish charm, views, hardwood floors. Parking, laundry. Near Balboa Park. Cats OK. 235 West Grape \$1650. 619-247-6151.

**BANKER'S HILL.** \$695-\$1295. Studio, 1 bedroom and 2 bedrooms apartments. Laundry, \$200 and \$300 off. first month's rent! 2011, 2027 and 1953 Front. AMI Property Management 619-697-6314.

**BANKER'S HILL.** \$995. 1 bedroom, 1 bath apartment. Classic 1920s! 2230 Albatross Street. Call 858-583-0182. www.cal-prop.com.

**BANKER'S HILL.** 1 bedroom, \$1095, includes all utilities, gas, water and electric. Upstairs, fantastic view. Hardwood floors. Totally renovated, all new appliances. Call 619-549-9726.

**BANKER'S HILL.** 2 bedroom, 2 bath condo, \$1600. Central air/heat, balcony, water/sewer/trash included, underground parking, 1054 square feet. 3266 1st Avenue #39. People Helping Others Property Management, 619-282-5400. peoplehelpingothers.com.

**BANKER'S HILL.** Cozy 2 bedroom, 1 bath, nicely updated, granite kitchen counters, wood floors, marble bathroom tile. Fantastic Downtown/harbor views! 614-1/2 West Laurel. 619-993-3971.

**BANKER'S HILL.** Furnished studios, \$725/up. Furnished 1 bedrooms, \$850/up. Close to park, Downtown. Some utilities paid. Laundry facility. No pets. 619-234-7572.

**BANKER'S HILL.** Studio apartment. 490 square feet. Comes with one parking space. On-site laundry. Gated. Close to all. \$775. 1922 2nd Avenue. Call Nickli, 619-964-3901.

**BANKER'S HILL.** Studio apartment. 528 square feet. Parking. On- site laundry. Gated. Close to all. \$850/month. 1818 6th Avenue. Mike, 619-640-8834.

**BANKER'S HILL/DOWNTOWN** \$1295. 1 bedroom townhouse. Very private. Spacious. Hardwood floors. Laundry. Patio. Free parking. Pets OK. Available now. Call Steve, 619-696-7500.

**BANKERS HILL.** \$995. 1/2 off first! 1 bedroom, 1 bath Spanish style cottage. Gated, stove, refrigerator, patio, laundry. Near all. Cat OK. 1934 3rd Avenue. 619-300-9487.

**BAY PARK.** \$1150 includes utilities. 2 bedroom, 1 bath upstairs/downstairs apartments. 1 parking. Laundry facilities. Pets under 12 pounds with additional deposit. Near Bay Park Elementary. Westwind Apartments, 619-275-5329.

**BAY PARK.** \$1199 moves you in! 1 bedroom, 1 bath starting at \$975. 2 bedrooms starting at \$1150. Bay Park's best maintained property with beautiful courtyard and sparkling pool. No pets. 2520 Chicago Street. TPPM, 619-405-7200. www.debonairapts.com.

**BAY PARK.** \$1250. Spacious garden 2 bedroom, 2 bath. Rooftop terrace! Sailboat views. Berber. Gated. Laundry. Cat friendly! Central San Diego/beach/freeway. 2805 Morena. 858-459-1544.

**BAY PARK.** \$1450. Deluxe 2 bedroom, 2 bath. Panoramic sailboat views/your terrace! Dishwasher. Berber. Gated. Laundry. Parking. Cat friendly! Beach/freeway. 2805 Morena. 858-459-1544.

**BAY PARK.** \$815-\$850. Lovely 1 bedroom apartments. Prime location near Mission Bay. Quiet. Pool. Laundry. No pets. Lease. Easy freeway access. 2515 Chicago Street. 619-276-1468.

**BAY PARK/MISSION BAY.** \$885. Large studio apartment. Parking. Paid utilities. No pets. Nonsmoking. Upstairs. Appliances. New carpet/painted. On-site laundry. 3431 Del Ray Street. Juno, 619-275-3455.

**CARLSBAD.** \$1325. 2 bedroom, 2 bath apartment, parking included, refrigerator, stove, dishwasher, balcony, fireplace, 850 square feet. Fee. Free search at www.westsiderentals.com. 619-367-3333.

**CARLSBAD.** \$1375. 2 bedroom, 1- 1/2 bath townhouse- style apartment with large patio. 3 blocks to beach. Secluded garden complex. 2 parking spaces. No pets. 360-3 Chinquapin Avenue. TPPM 760-729-8132.

**CARLSBAD.** \$1695. 2 bedroom, 2-1/2 bath. Fireplace, garage, all appliances, some ocean view. Community pool/spa. 901C Caminito Madrigal. Leasing Unlimited, 760-436-7273.

**CARLSBAD.** \$925. 1 bedroom. Small complex with off-street parking. Remodeled. Laundry. Quiet street. No pets. 3366 Roosevelt Street. Agent, 760-434-7721.

**CARLSBAD.** 1- bedroom cottage, \$995. In village, near beach. Well- maintained and cozy, bright, airy. Washer/dyer hookups. No pets. \$700 security. Year lease. 760-505-7736.

**CARLSBAD.** 3 bedroom suite, 3 bath, 2-story, 2500' La Costa duplex with ocean views. 3- car garage, air conditioning, washer/dryer. 760-942-3389 or 760-936-7339.

**CARLSBAD. Beautiful 1 and 2 bedrooms, some with fantastic views! Pool, community laundry. Gated parking. Barbecue areas. Spacious floor plans. Walk to the beach! No pets. 2303 Ocean Street. Agent 760-434-7721.**

**CARLSBAD/LA COSTA.** \$1600. 2 bedroom, 2 bath townhome. Corner unit. Single level. 1400 square feet. Side yard. Patio. Water, trash, pool maintenance included. 760-431-8999.

**CARLSBAD/LA COSTA.** 2 bedroom and 3 bedrooms starting at \$1425. regal development above La Costa Golf Course. Fireplace, washer/dryer, air conditioning, pool/spa/sauna. Alicante Views. **Move in special!** 2391 Caranga Way. TPPM, 760-431-7575. www.alicantevs.com.

**CHULA VISTA.** \$100 off first month's rent! 2 bedroom, 1 bath, \$1150 with \$900 deposit. Pool, laundry room. Close to mall/freeway. No pets. Available now. 433 D Street. Call 619-651-8600.

**CHULA VISTA.** \$825. 1 bedroom, 1 bath. **All Utilities Included.** Clean. Quiet. Secure. New paint/carpet. A must see! Laundry and pool on site. 540 Flower Street. Best deal in South Bay. If you can find a better deal "rent it!" Call Krista, 619-425-5451 or Rachael, 619-804-1044.

**CHULA VISTA.** 1 bedroom apartments, \$720-\$750. Deposit \$500. All utilities included. Pool, off- street parking. Laundry facilities. Call Park Regency Apartments, 619-422-0792.

**CHULA VISTA.** Large 2 bedroom, 2 bath apartment. Gated, central air/heat, dishwasher, patios, laundry, off- street parking. No pets. \$1150. Deposit \$800. 619-425-6511.

**CHULA VISTA/EASTLAKE.** \$1495. Remodeled upper unit, vaulted ceilings, walk-in closets, new appliances, washer/dryer, fireplace, air conditioning. Community pool/spa. Walk to lake, schools, parks, and more. www.utopiamanagement.com, 858-598-1111 x193.

**CITY HEIGHTS** \$550/\$650. Studio and 1 bedroom. Senior complex, 62+, gated complex, laundry on site, wheelchair access, elevator. 4226 41st Street #16. 619-280-3083; 619-640-7530. www.sdforrent.com.

## SERVICES

### Asian Body Care

16769 Bernardo  
Center Dr. #K-28  
Rancho Bernardo  
(near the post office)  
**858-675-0048**

Major credit cards.  
**http://ca.local.yahoo.  
biz/asianbodycare**  
Lic. #2006010764

OCEANSIDE  
**Massage**  
**\$10 OFF**  
any 1-hour massage.

Swedish ■ Deep Tissue  
Aromatherapy  
**HOLISTIC CLINIC**  
1906 Oceanside Blvd.  
Suite S  
760-754-8914  
7 days a week 9 am-9 pm  
Lic. #114321



Deep Tissue, Shiatsu or Swedish

**Oriental  
massage**  
**\$20 off**

Includes a 1-hour massage and  
your choice of hot tub, body  
shampoo, sauna or steam room.  
With this ad. New clients only.

**Naomi**

**MASSAGE CENTER**  
3960 4th Ave., Hillcrest  
619-299-9519  
Open 10 am-10 pm daily  
Lic. #Z006014054

30-minute  
**Massage**  
**\$49**

Oriental massage,  
table shower &  
shampoo, Jacuzzi

**Escondido Spa**

760-743-1421  
255 North Ash #107  
Escondido  
7 days 9 am-9 pm  
Lic. #162163

**\$10 off  
1-hour massage**  
or \$5 off 1/2-hour  
With ad. Through 1/22/09.  
All types of massage • Table shampoo • Jacuzzi

**Shanghai  
ACUPRESSURE**  
CLOSE TO LA MESA & EL CAJON  
6957 El Cajon Blvd., Suite 104  
(at 70th Street, off-street entrance)  
**619-463-3677**

Lic. #1993010519

**Express Japanese hair straightening  
and hair extensions  
starting at \$200  
from that...  
to this!**



**SD Beauty Lab**  
7051 Clairemont Mesa Blvd.  
**(858) 560-1616**

**ORIENTAL  
THERAPY**

**Stress Relief  
Acupressure  
Jacuzzi • Hot Baths**  
**760.233.7877**

1645 E. Valley Parkway N  
Escondido  
7 days 9 am-10 pm  
License No. 145302



**Jaehee Spa**  
**\$20 Off**  
1-hour Jacuzzi massage  
**\$10 Off**  
40-minute massage  
Favorite Massage in San Diego  
Table Shower & Jacuzzi  
9357 Mira Mesa Blvd., San Diego  
(Located in Oaktree Plaza off I-15 between  
Mr. Wasabi & Roberto's Taco Shop)  
Open 7 days a week 10 am-9 pm  
**858.831.0653** License #24099

Black Mountain Road  
★ Mira Mesa Blvd.  
I-15



**CITY HEIGHTS.** \$1095 rent. \$800 deposit. Large 2 bedroom, 2-1/2 bath townhouse style condo. Parking. Laundry. No pets. At 4243 #A or 4245 #B 47th Street. Agent, 619-299-8515.

**CITY HEIGHTS.** \$750. 4265 Chamoune Avenue across KFC. 1 bedroom, 1 bath. Carpet, downstairs. Central air conditioning, heating. Laundry room. Plenty of parking not assigned. Phillips Realty, 619-291-6686.

**CITY HEIGHTS. \$950** Cute 2 bedroom house 3834 47th. **\$800** Small 1 bedroom duplex 4035 Menlo. Very clean, yard, parking. No smoking. No pets. Section 8 OK. 619-275-2648.

**CITY HEIGHTS.** 2 bedroom, 1 bath apartment, \$895. Laundry room, water/sewer/trash included, tile floors, 750 square feet. 4361 and 4361-1/2 and 4363 49th Street. People Helping Others Property Management, 619-282-5400. peoplehelpingothers.com.

**CITY HEIGHTS.** Charming 2 bedroom 1 bath. 2nd story. New carpet, paint, and tile. \$825/month. Year lease. Cats OK. Parking. Washer/dryer onsite. 619-281-2989.

**CLAIREMONT.** \$1250. Nice 2 bedroom, 1 bath duplex. Remodeled! Small yard, garage. Walk to park and shopping. Cat OK. 4429 Manitou Way. Agent, 619-469-7790. www.westmanproperties.com.

**CLAIREMONT.** \$1295/\$1495. 2 bedrooms, 1 bath. 44716/4718 Clairemont Drive. Super clean! large front/back yard fenced. One with laundry. Sorry, no pets. 619-249-7117.

**CLAIREMONT.** \$1595. 3 bedroom, 2 bath townhome on Clairemont Canyon Rim cul-de-sac. Large private yard, redwood deck, private driveway, 3 spaces, hookups, dishwasher, new kitchen. 619-993-4269.

**CLAIREMONT.** \$2095. 3 bedroom, 2.5 bath condo in Pacific Bluffs ready now! Beautiful townhome, 1872 square feet, 2 fireplaces, all appliances, pool, parking and laundry. No pets. 858-583-0182. www.cal-prop.com.

**CLAIREMONT.** \$300 off first month's rent. \$875. 1 bedroom. Pool. Laundry. Off-street parking. 7322 Mesa College Drive. 858-560-6204.

**CLAIREMONT.** 1 bedroom, 1 bath, \$995. With parking. Pool on site. Laundry. On very nice, quiet street. 5150 Balboa Arms Drive. Call Tia, 858-571-0104. kandrproperties.com.

**CLAIREMONT.** Free daily continental breakfast, HBO, concierge service, maid/linen service! \$895, 6 month lease. Furnished studios from \$300 + tax/week; \$1195/month! Corporate housing available. Utilities included. Microwave. Mini-refrigerator. Laundry. Pool, spa. Central location. Garden surroundings. Parking. No pets. California Suites Hotel, 5415 Clairemont Mesa Boulevard. 888-475-7147. www.sdreader.com/news/rent2035.

**CLAIREMONT.** Large upstairs 1 bedroom, 1 bath \$925, all new kitchen and bath, new dual pane windows. Quiet complex, laundry, parking. 5310 Clairemont Mesa Boulevard. Available now. Agent, 619-260-1368. View at www.sevillamgmt.com.

**CLAIREMONT.** Move-in special! From \$1250. 2 bedroom, 1-1/2 bath. Large, sunny townhomes. Pool. Parking. No pets. The Gardens, 5544 Balboa Arms Drive. Call 858-278-5862.

**CLAIREMONT/BAY PARK.** Move-in special! \$1175. Upgraded 2 bedroom, 1 bath. On-site laundry, parking, downstairs unit. 2537 Chicago Street, #2. Agent, 858-560-1178.

**CLAIREMONT/KEARNY MESA.** Wexford Manor. Large 1 and 2 bedrooms in beautiful complex with pool, spa, laundry, air conditioning, dishwasher. Sorry, no pets. \$995-\$1375. Photos at www.wexfordliving.com. 7870 Stalmer Street. 858-277-4843.

**CLAIREMONT/MISSION BAY.** Remodeled 2 bedroom, 1 bath, 900 square feet, washer/dryer hookups, 1- car garage/3 parking. \$1295. No pets. Agent, 619-265-0585; 619-540-2488.

**COLLEGE AREA.** From \$795. 1 bedroom in nice community. Pool, laundry, barbecue. Close to SDSU and all conveniences. No pets. 4333 College Avenue. 619-287-8380.

**COLLEGE AREA.** \$1150. 2 bedroom, 1.5 bath condo, carpet/tile floors, patio, pool, spa, clubroom, all appliances. Fee. Free search at www.westsiderentals.com. 619-367-3333.

**COLLEGE AREA. \$1195-\$1395. 2 bedroom, 2 bath condos. Hardwood floor. New carpet/tile. Balcony/ patio. Gas stove, microwave. Central air/heat. Dishwasher. Washer/dryer hookups. Gated. 2 miles to SDSU. Near all/golf course. Pets upon approval. 5170 Orange Avenue, 92115. 619-285-3822.**

**COLLEGE AREA.** \$1200 plus. Large 2 bedroom, 1 bath. Totally refurbished, off-street parking, on-site laundry. Water/trash paid. Section 8 OK. Pet on approval. 858-455-5956.

**COLLEGE AREA.** \$1525. 3 bedroom, 2 bath townhome with tons of upgrades. Granite, tile, newer appliances, walk-in pantry, ceiling fans throughout, large bedrooms, close to SDSU and shopping. On-site laundry, off-street parking. 6036 Estelle #1. 619-683-9274.

**COLLEGE AREA. \$200 off first month! 1 bedroom from \$895. 2 bedroom from \$1200. Free credit application. \$100 military discount. Internet access. Gourmet kitchen. Microwave. Gas range. Air conditioning/heating. Walk-in closet. Controlled access. Free poolside Wifi. Barbecue/picnic areas. Cat friendly. Parking. Walking distance to campus. Near bus, trolley, Aztec Pacific Apartments, 6663 Montezuma Road. 1-800-433-6120. www.pacificliving.com. www.sdreader.com/news/rent1042.**



# Natural + Health Directory

6 1 9 - 2 3 5 - 8 2 0 0



## The New Radiant You

Detoxify for Energy, Joint Pain Relief & Weight Loss.  
Beautify externally, from the inside out.

**Ionic foot bath & massage detox session  
Special \$40**



Start of Session



20 Min. Later with Toxins Out

**It's like taking a shower on the inside!**

**Toxins are a major source of inflammation, pain, and tiredness.**  
Remove pesticides, heavy metals, food additives, and more.

**FDA-sanctioned procedure.**

Whole Food Energy Corporation • Offices of Dr. Steven Jones, Chiropractic  
10415-C Mission Road, San Diego

**Call today! 1-800-984-0064 • www.wholefoodenergy.com**

## Labbe Chiropractic & Health Center

# Massage



Insurance may  
reimburse you.  
Deep Tissue  
Swedish  
Therapeutic

**Introductory  
one hour  
\$55\*** (reg. \$75)

Other Packages Available.  
\*New clients only. Expires 1/30/09.

**Gift certificates make a great gift!**

Professional Massage Therapists on staff to serve you 6 days a week.  
J. Labbe, D.C., C.C.N. • 4747 Morena Blvd., Ste. 310, San Diego 92117  
858-483-4770 • www.labbehealthcenter.com

## Voted BEST Massage in San Diego

- Sports Massage • Deep Tissue Massage
- Pregnancy Massage • Swedish Massage
- Sauna, Shower & Steam Room
- Gift Certificates

**MASSAGE  
EXTRAORDINAIRE**

sandiego-massage.com • 619-295-3516  
901 Hotel Circle South • SD

**\$20 toward  
introductory 1-hr. massage**

Bring ad. Expires 1-31-09. Lic #0753



## Burn body fat... lose weight naturally!



The professional weight loss system **Ultra Lite**, developed by a naturopath in Australia, is now available in the U.S. Ultra Lite teaches you how to eat and properly combine foods to keep the body burning fat. Get started now to a healthier, happier lifestyle.

**"I personally used this system to go from a size 14 to a size 6 in just 10 weeks."**

— Jeanne Ames, D.C.

- No meal replacements or special foods to buy — eat real food
- No drugs or surgery • No starving the body

**858-279-7600 • www.DrAmes.net**, click on Ultra Lite

## Acupuncture \$25 off



First visit for first-time clients only  
with mention of ad. Expires 1-30-09.

Treat physical, psychological and emotional problems. All types of pain, athletic injuries, stress, and digestive issues.

**Silver Sage Acupuncture**

Cheryl Warnke, L.Ac., Dipl. Ac.  
7510 Clairemont Mesa Blvd.  
Suite 104 • **858-576-7243**

## Grand Opening Special! \$55 off body wrap and cellulite treatment

Holiday gift certificates.

Experience the **most advanced technology** and techniques for reshaping and contouring the body! Detoxify and accelerate inch loss. Epimology Cellulite Reduction Treatment reduces and diminishes the appearance of cellulite pockets and dimples. Experience our **Specialized Body Treatment services**. Reshape your silhouette!!

**Lose 4"-15" First Visit, Guaranteed!**

**Inch By Inch Body Wraps**

4015 Park Blvd. #22, San Diego, CA 92103  
619-942-INCH (4624). Expires 1-31-09.



*New Look  
for 2009*

**Cut & Color only \$75**

Includes free scalp massage  
& deep conditioning treatment  
using PureDology. With this ad!

**Denise Sherman, Stylist/Colorist:**  
760-212-2224

**colors**

Salon • Boutique  
726 N. Coast Highway, Encinitas



## Pain Relief Beyond Belief

Float peacefully in a body of water  
similar to the Dead Sea.



Recommended by doctors, sports trainers, and therapists, Mineral Spa Floatation Therapy is gaining popularity as a luxurious escape and powerful tool for strengthening the immune system and improving health. Proven benefits include:

- Stress reduction • Athletic performance enhancement
- Relief of chronic pain, gastrointestinal & cardiovascular ailments
- Reduction or elimination of harmful habits • Improved focus & creativity

Call: 858.279.3301 • E-mail: mark@floatspasandiego.com  
www.FLOATSpaSanDiego.com



**Feng Shui  
optimizes your  
surroundings for  
health, prosperity,  
relationships  
and more!**

"The best Feng Shui expert  
in San Diego"

— San Diego Magazine

Full-service  
Feng Shui  
consultations,  
workshops and  
certification  
programs.



**www.SanDiegoFengShui.com**  
**858.454.7933**

## Asian Massage

**Grand Opening Special!**

**\$45 1/2 hr. • \$65 1 hr.  
\$95 1-1/2 hrs.**

- Soothing & Healing • Swedish
- Acupressure • Deep Tissue • Sports
- Thai Stretching • Pain Management

**Tranquility Spa**

3333 Midway Dr., Ste 203

San Diego, CA 92110

**619-226-2056**

**tranquilitysd.com**

Lic. #200801405

**COLLEGE AREA. \$675. Large 1- bedroom apartment in quiet building. Assigned parking. Beautiful patio. No pets. Good credit required. 4444 49th Street, north of El Cajon Boulevard. 858-278-6135; 619-948-8038.**

**COLLEGE AREA. \$750.** Spacious 1 bedroom, upper. Near busline and College Grove Shopping Center. Laundry on site. No pets. 3553 College Avenue #8. 619-298-7724.

**COLLEGE AREA. \$800.** 1 bedroom apartment, 6- month lease, parking, 550 square feet, large closet/cabinets, new carpet/blinds. Fee. Free search at [www.westsiderentals.com](http://www.westsiderentals.com). 619-367-3333.

**COLLEGE AREA. \$850/month** includes utilities, cable, Internet. Remodeled studio. Separate cottage behind house. Porch. Laundry. Yard. 350 square feet. Cat OK. 6172 Mary Lane Drive. 619-871-6909.

**COLLEGE AREA. \$875.** Large 1 bedroom condo or room for rent. Remodeled. Gated assigned parking, pool, storage, dishwasher, air, laundry. [tavg@yahoo.com](mailto:tavg@yahoo.com) or after 4:30, 619-520-9108.

**COLLEGE AREA.** \$900 and up. 1 and 2 bedroom. Fireplace. Central heat/air. Microwave, dishwasher. Balcony. Gated. Intercom entry. 4828 Art Street. Agent, 619-298-7724.

**COLLEGE AREA. \$950.** Large 2 bedroom, 1 bath. Appliances, carpet, blinds, off-street parking, laundry on site. Trash/water included. 4205 49th Street. 619-564-8764.

**COLLEGE AREA.** Corinthian Apartments. 1- bedroom apartment for rent in College Area with a special of \$300 off first month's rent with good credit and lease of 6 months or more. We are a gated garden community; provide assigned parking. On-site laundry rooms, over- range microwave and pet friendly with additional deposit. Please call 619-286-0441 or stop by between 9am and 5pm seven days a week. 3-, 6-, 9-, or 12- month lease. Military and international students welcome. 4981 Catocin Dr. Visit our website at: [progressmanagement.net](http://progressmanagement.net).

**COLLEGE AREA.** Upper 2 bedroom, 2 bath condo, 5540 Lindo Paseo #11, \$1690 month to month. Marble counters, tandem parking, steps from SDSU. People Helping Others Property Management, 619-282-5400. [www.peoplehelpingothers.com](http://www.peoplehelpingothers.com).

**COLLEGE AREA/SAN DIEGO. \$950 with lease. Ask about move-in special! Large 2 bedroom, 1 bath. Remodeled. Paint, carpet, clean, secure. "Ready now." Laundry on site. See it now, it won't last. If you can find one better, rent it! 7240 El Cajon Boulevard. To view, Rachael, 619-804-1044, 619-713-1044.**

**COLLEGE AREA/TALMADGE.** \$925. Nice 2 bedroom, 1 bath apartment. Quiet building. Upstairs. Large rooms. Coin laundry. Cat OK. 4438 Menlo Avenue. Agent, 619-469-7790. [www.westmanproperties.com](http://www.westmanproperties.com).



**COLLEGE.** \$695. Studio, all utilities paid, laundry and parking. 7232 El Cajon Boulevard #4. 619-698-6911. [www.goldenmanagement.com](http://www.goldenmanagement.com).



**COLLEGE.** \$850. Apartment, 1 bedroom, 1 bath with attached garage and all utilities paid. 7232 El Cajon Boulevard #9. 619-698-6911. [www.goldenmanagement.com](http://www.goldenmanagement.com).

**DEL MAR** Unique furnished 1 bedroom, 2 bath, two story, 2 fireplaces, adobe walls, open beams, wood/tile floors, balcony. Small yard, 1- car garage. Nonsmoking. All utilities paid. \$2400. 858-755-1901.

**DEL MAR.** \$2400. 3 bedroom townhouse, Via Holgura. Near shopping center, recreation center and beach. On- site tennis/pool. Patio. New carpet, paint, appliances. 619-889-3952.

**DEL MAR.** Block to ocean! 1, 2, 3 bedrooms, \$1695 plus. Gated, nonsmoking community. Pool, spa. No dogs. 201 Fourth Street. 858-481-9585; [mikeatla@aol.com](mailto:mikeatla@aol.com).

**DEL MAR. Gorgeous 1 and 2 bedrooms starting at \$1825 in beautiful complex with heated pool, spa, fitness center, outdoor cook center, dishwasher, microwave. Some units include garage and more! No pets. Call for Specials. 526 Camino Del Mar. 858-755-4721**

**DEL MAR.** Ocean view 3 bedroom, 2-1/2 bath split- level home. \$4900. 3000 square feet. Gated community. Tennis courts. Pool. Hardwood floors. Formal dining room. Available now. 13222 Caminito Pointe Del Mar. Alta Vista Properties, 858-274-3600. [www.altavistamanagement.com](http://www.altavistamanagement.com).

**DOWNTOWN.** \$1150. 2 bedroom 1 bath apartment, nice view, hardwood floors, quiet complex, gated parking, remote entry, on- site laundry. No pets. 1830 Market. 619-405-7368.

**DOWNTOWN.** \$1460. Loft, 1 bath apartment, pet OK, in- unit washer/dryer, balcony, patio, central air, parking available. Fee. Free search at [www.westsiderentals.com](http://www.westsiderentals.com). 619-367-3333.

**DOWNTOWN.** \$1710. 2- bedroom, 2- bath apartment, pet OK, 1- car parking, balcony, views, large closets, pool, fitness, barbecue. Fee. Free search at [www.westsiderentals.com](http://www.westsiderentals.com). 619-367-3333.

**DOWNTOWN.** \$2100. Top floor, 2- story townhome. Upgraded kitchen and baths, unique floor plan, air conditioning, balcony, washer/dryer, walk to Petco Park. Must see! [www.utopiamanagement.com](http://www.utopiamanagement.com). 858-598-1111 x193.



# Natural + Health Directory

6 1 9 - 2 3 5 - 8 2 0 0



**innovative**  
body science  
[innovativebodyscience.com](http://innovativebodyscience.com)



MANUFACTURER OF  
**Hydrasperse • Aquasperse  
Hydrassage • 2in1 Lotion**

10% Off any order  
with mention of this ad.

Massage Oils • Lotions • Scrubs  
Wraps • And more!

- All natural • Eco-friendly products
- Organic • Sulfate & paraben-free
- Professional sizes

Monday-Friday 8 am-4:30 pm  
6350 Yarrow Dr. Ste. D - Carlsbad  
2825 State St. - Carlsbad

(760) 603-0772 • 888-700-SPAS (7727)

Serving the massage & spa community since 1986.

## Eliminate Allergies Naturally – Drug Free!

Eczema :: Asthma :: Headaches :: Hives  
Hayfever :: Chronic Infections :: Fatigue  
Sinusitis :: Food & Environmental Sensitivities



Great results for children and adults.  
No needles necessary.  
Covered by some insurance programs.



Jill Nahama,  
L.Ac., O.M.D.  
22 years experience  
Trained in China

2437 Morena Blvd. #201  
San Diego • 619-275-4501  
[www.eliminateallergies.com](http://www.eliminateallergies.com)



## Get in shape without the effort!

- Firm & tighten • Passive exercise
- Lose cellulite • Endermatic therapy

**\$45** trial/package plans. Reg. \$55

## Rejuvenate your skin!

- IPL/Photofacial • Eye rejuvenation
- Diamond microdermabrasion
- Neck and shoulder massage
- Glycolic acid peel

**\$159** trial/package plans. Reg. \$210

**Dermal Rejuvenation & Day Spa • 858-513-0092**

14034 Poway Road, Suite P • Open Saturdays  
Dr. Nader Harerchan, BA.D.C., L.E. • [dermalandwellnessspa.com](http://dermalandwellnessspa.com)

in South Park  
**Pilates**

Training "The Method" created by Joseph Pilates

GRAND  
OPENING **\$2500**  
Introductory Special

45-Minute Private Session, Consultation & Apparatus Lesson

**619-269-7978**

\*Introductory special rate applies to first visit only.

## Now 20% Off!

Holiday gift certificates available.

## European day spa in Little Italy!

- Endermologie • Sudatonic body wraps
- Ionic foot bath detox • Body treatments
- Pain management • Infrared body wraps
- Massage • Couples massage

**relaxationplus**  
A SAN DIEGO DAY SPA

1467 Kettner Blvd., downtown San Diego  
Open 7 days a week • Visa • MasterCard  
619-295-5595 • [www.relaxationplus.com](http://www.relaxationplus.com)



**Hippyville.com**  
Bohemian essentials

Natural Incense  
Imported Oils  
Eco-Friendly Hemp  
Fast Service

Inventory updated daily!  
800-428-0473

## Massage Specials

1 hour: \$70 • 1/2 hour: \$40

Discover what a great  
massage can do for you.  
Conveniently located.  
Walk-ins welcome.



**619-226-0378**

3143 4th Ave.  
San Diego, CA 92103

Lic-25377

Grand reopening special

**\$45** 30-min.  
massage

Includes shower  
& stretching

**\$120** 90-min.  
Hot stone massage

Holistic Therapeutic  
by Candy  
**619-339-8191**  
7 am-8 pm



License #653



## Core-Level Healing

Kathleen has survived death twice and is here to help you use the authentic methods of the original medicine that she used to heal herself of cancer, Lyme disease and a herniated spine: Shamanic Counseling, Soul Retrieval and Past-Life Therapy. She has studied extensively and has practiced on behalf of others nationally and internationally for fifteen years.

[www.corelevelhealing.com](http://www.corelevelhealing.com)  
**858-401-3144 • katdowney@aol.com**

Visa • MasterCard • Discover accepted



## \$30 Off

**Any 3-Hour Signature Detox  
Detox Spa of La Jolla**

**Let Us Be Your Personal  
Fountain Of Youth!**

- Colon Hydrotherapy • Cellulite
- Liver Detox • Weight Loss
- Lymphatic Decongestive Therapy

Cove Wellness  
858-551-9228

[www.detoxspaoflajolla.com](http://www.detoxspaoflajolla.com)



# Reader Pop Quiz

### This week's questions

1. Name the venue where local musician Happy Ron got bombarded with tampons.
2. What act on Barnaby Monk's docket this week waited 20 years to release their second album?
3. What law made throwing away electronics illegal in California starting in February 2006?
4. "There isn't any character except \_\_\_\_" is how playwright David Mamet summarizes his approach to establishing character.
5. Josh Board manages to go out singing Christmas songs with a group of carolers, among whose nicknames for each other are Dorkasaurus Rex, Nonstop, and \_\_\_\_.
6. The lineup consisting of longtime local musicians Jerry Raney, Joel Kmak, Corbin Turner, and Chris Sullivan is currently known as what?
7. Barbarella's chef-husband David, when adding toppings to homemade pizza, typically adds Fontina cheese, bacon, and what other secret ingredient?
8. What local rock group became "the greenest band in the world" last year for having installed 14 solar panels at their office and studios, using 100 percent organic food whenever possible, and using computers with "reduced levels of cadmium, lead, and mercury"? And not smoking?
9. "Growing your own compost" is sometimes known as making \_\_\_\_ manure.
10. How much are the burgers (with purchase of a drink) at Dream Girls on Monday through Saturday, 11 a.m. through 3 p.m.? Leave it to Ed Bedford to discover a deal like this.

### Last week's answers

1. Cris Kirkwood. (p. 84)
2. MC Flow. (p.78)
3. Black, in case the squid ink splatters. (p. 97)
4. Practicing law. (p. 80)
5. The tanks in Tiananmen Square. (p. 98)
6. Yes. (p. 16)
7. The Zombies, Lynyrd Skynyrd. (p. 86)
8. A pajama top and black sweatpants. (p. 94)
9. Five. (p. 74)
10. The Marine Life Protection Act. (p. 7)

Last week's winners: Gian Ghio, Candie Smith, Allison Vaughn, Janet Reese, David A. Faulkner

**Rules** Pop Quiz answers must include page numbers from the *Reader* print edition on which the answers are found. First five entrants to deliver correct sets of answers win Reader T-shirts or \$25 (indicate preference). Answers must be submitted by Monday at 7 a.m. after the issue in question. Only one winner per household or email address per month. Multiple entries will be disregarded. Mail answers to: Reader Pop Quiz, SD Reader, Box 85803, San Diego CA 92186; or fax to 619-231-0489; or email to [Quiz@sdriver.com](mailto:Quiz@sdriver.com); or deliver to 1703 India Street in Little Italy (we have an after-hours mail slot).

**DOWNTOWN.** Cozy rooms, \$486-\$625. Very comfortable, convenient location. Historic building near C Street trolley. Choice of shared or private bathrooms. Free cable TV, on-site laundry, vending machines, modern elevator, no pets. Southern Hotel, 1159 6th Avenue at B. Hughes Management, 619-239-3808. [www.HughesManagement.net](http://www.HughesManagement.net). [www.sdriver.com/news/rent2099](http://www.sdriver.com/news/rent2099).

**DOWNTOWN.** Economical furnished rooms, \$450-\$550, best price, save money. Conveniently located on C Street trolley line, near restaurants, free cable TV, shared bathrooms, on-site laundry facilities, vending machines, elevator service, no pets. 636 C Street (between 6th and 7th). C Street Inn, Hughes Management, 619-234-4165. [www.HughesManagement.net](http://www.HughesManagement.net). [www.sdriver.com/news/rent2098](http://www.sdriver.com/news/rent2098).

**DOWNTOWN.** Fully furnished studios with utilities included. Rates start at \$160/week. Free wireless Internet. Baltic Inn: 521 6th Avenue. 619-237-0687. [www.affordablehousingdsd.com](http://www.affordablehousingdsd.com).

**DOWNTOWN.** Gaslamp area. \$425-\$550. Community kitchen, shared bath, on-site laundry, vending machines, no pets. Star Hotel, 522 7th Avenue. 619-235-6068. Hughes Management. HughesManagement.net.

**DOWNTOWN.** Outstanding furnished rooms, \$450-\$500. Heart of Gaslamp. Shared bathrooms. Community kitchen. Free cable. No pets. Windsor Hotel, 843 4th Avenue. 619-235-6068. Hughes Management. [www.HughesMangement.net](http://www.HughesMangement.net).

**DOWNTOWN.** Premier location. Furnished studios with full baths, from \$199/weekly. Two award-winning buildings to choose from with 24-hour staff, gyms, laundry rooms, sun decks. Free wireless Internet. Island Inn: 202 Island Avenue (Second and Island), 619-232-4138. J Street Inn: 222 J Street, 619-696-6922. [www.affordablehousingdsd.com](http://www.affordablehousingdsd.com).

**DOWNTOWN. San Diego's first hip hostel hotel. From \$49/night. Weekly rates from \$37.14 per night. Free wireless Internet. Near bus/trolley. Flat screen TVs. European-style detached bathrooms. Shared eat-in kitchen. Restaurant serving breakfast, lunch and dinner. 500 West Hotel, 500 West Broadway. Toll free: 1-888-895-0875. [www.500WestHotel.com](http://www.500WestHotel.com). [www.sdriver.com/news/rent2114](http://www.sdriver.com/news/rent2114).**

**DOWNTOWN.** Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-239-1639 x103. [www.HughesManagement.net](http://www.HughesManagement.net).

**DOWNTOWN/ LITTLE ITALY** Columbia Lofts. Large 1 bedrooms, windows, \$1650- \$1750. Open floor plans, track lighting. City, harbor views, 17- foot ceilings, gated parking. [www.sdriver.com](http://www.sdriver.com), 619-255-0526.

**DOWNTOWN/CORTEZ HILL.** \$1095. Large 1 bedroom, 700 square feet, 3 closets, on-site laundry, secluded. Close to Gaslamp, Petco. 8- unit colonial brick. No pets. Deposit \$900. 941 Date Street. 619-670-7484; 619-917-3121.

**DOWNTOWN/EAST VILLAGE. December move-in special! Only \$802 per month with 12 month lease! Utilities included. Office hours; daily 8am-6pm. Near Petco Park, bus/trolley. Fully furnished. Bay/Ballpark views. Underground parking. Air conditioning. Laundry. Internet. Clubhouse/library. Income qualify! Island Village. 1245 Market Street. For details, 1-800-351-0613. [www.sdriver.com/news/rent2070](http://www.sdriver.com/news/rent2070).**

**DOWNTOWN/GASLAMP.** Las Flores Hotel. Small, quiet. \$125/week and up. Four-week minimum. Color TV with basic cable. Refrigerator in most rooms. Secure. 619-235-6820.

**DOWNTOWN/GASLAMP.** Move-in Specials. Live/Work Lofts in the heart of The Gaslamp! Roof decks with barbecue. Laundry on every floor. Parking available. Seven locations Downtown. Select pets OK. Visit loft leasing office: 315 Fourth Avenue. 619-231-1505 x12. [www.trilogymanagement.com](http://www.trilogymanagement.com). Also visit [www.sdriver.com/news/rent2064](http://www.sdriver.com/news/rent2064)

**DOWNTOWN/LITTLE ITALY** Corner studio, \$895. Hardwood floors, 9' ceilings. Two large closets. . Secure, quiet building with laundry. 1534 Front, near Beech Street. 619-233-7428.

**DOWNTOWN/LITTLE ITALY.** From \$800/month. Private bath, cable TV, microwave, refrigerator. Utilities included. Secure, quiet, charming. Efficiency apartments with laundry. Near trolley/bus lines, blocks from harbor. On-site manager. Villa Caterina, 1654 Columbia Street. 619-232-3400.

**DOWNTOWN/NORTH.** \$750. Studio. Upstairs with full kitchen. All utilities paid. Stove, refrigerator, coin laundry. Cat OK with additional \$300 deposit. Great location. 115 West Fir. 858-270-2071. Del Sol Property Management, Broker, [www.delsolpm.com](http://www.delsolpm.com).

**EL CAJON** \$1450. Condo- style living. Spacious 3- bedroom, 2.5- bath townhome. Laundry hookups, central heat/air, quiet, gated, private patio. Lush garden, 8 unit complex away from busy streets. No pets. 858-353-6112.

**EL CAJON** \$675. Spacious studio, full-size appliances. Air conditioning, walk-in closet. Pool, Jacuzzi. Gated community. Utilities included. Call 619-444-5799. [www.sdriver.com](http://www.sdriver.com).

**EL CAJON.** \$1095. 1 bedroom, 1 bath condo, 1- car garage, upstairs corner unit. New carpet, washer/dryer, air, walk-in closet. 188 South Pierce. 619-295-4983.

**EL CAJON.** \$200 off first month! \$1100. 2 bedroom, 1-1/2 bath townhome. \$400 deposit. Freshly painted. New appliances, carpet. Patio. Small gated community. Laundry facilities. Pool. No pets. Available now. 1397 East Washington. 619-593-6600. [www.strafordarmsapats.com](http://www.strafordarmsapats.com).

**EL CAJON.** \$725. 1 bedroom. Beautiful landscape with gated entry. No pets. 1018 E. Lexington Avenue. TPPM, 619-838-8008. [www.eastwindsapts.com](http://www.eastwindsapts.com).

**EL CAJON.** \$750. Charming upper 1 bedroom 1 bath. Air conditioning, appliances, pool, BBQ areas, laundry, parking. Cat OK. 798 McClure #12. 619-804-3325.

**EL CAJON.** \$805. 1 bedroom, 1 bath apartment. 600 square feet. No pets. 1551 Melvin Lane #1. Call 858-583-0182. [www.cal-prop.com](http://www.cal-prop.com).

**EL CAJON.** \$875. 1423 Peach Ave. 2 bedroom, 1 bath. Upstairs, carpet, dishwasher, laundry room, one assigned parking. No pets. Available now. Section 8 OK. Phillips Realty 619-291-6686.

**EL CAJON.** \$900/up. 2 bedrooms, 1 and 2 stories. Amenities. Pool, park- like grounds, parking. Near town, shops, bus. 743 South Magnolia Avenue. 619-579-0174 or 619-464-1818.

**EL CAJON.** \$950. 2 Bedroom, 1 bath apartment. Very clean! New paint. Washer/dryer hookups. Fenced yard. Pets OK. Single story! 1100 North Mollison Avenue. Manager, 619-590-0811.

**EL CAJON.** \$99 first month! Upstairs studio, \$685/month. Laundry onsite. Gated community. Contact Neil at 619-334-1639.

**EL CAJON. \$995 moves you in** 72 bedroom, 1 bath at \$840. Beautiful property with sparkling pool. Walk to court-house and Main Street shopping. No pets. 163 Ballantyne Street. TPPM, 619-579-6248. [www.tradewindsapts.info](http://www.tradewindsapts.info).

**EL CAJON.** 1 bedrooms starting \$765. **\$895 moves you in!** Attractive, well-maintained property with beautiful courtyard. Gated access and quiet location. 340 Orlando Street. TPPM, 619-818-9939. [www.northwindapts.com](http://www.northwindapts.com).

**EL CAJON.** 1 bedrooms starting at \$725 and 2 bedrooms, 2 baths starting at \$825. **\$995 moves you in!** El Cajon's best maintained property with beautiful courtyard and sparkling pool. No pets. 1072 East Madison Avenue. TPPM, 619-444-1614. [www.fourwindsapts.info](http://www.fourwindsapts.info).

**EL CAJON.** 1 bedrooms, \$750 plus. Appliances, on-site laundry, air conditioning, pool, off-street parking. Lushly landscaped. Near restaurants, theater, shopping. No pets. 619-334-7934.

**EL CAJON.** 2 bedroom, 2 bath townhome. Beautifully updated with new paint, tile and carpet. Remodeled kitchen with custom cabinets, new appliances including washer and dryer. Private yard with patio. Walk to local shops. Privacy gates, pool, 1 covered parking. Move- in ready! 244 Roanoke Road. \$1295. 619-683-9274.

**EL CAJON.** Cajon Villa. \$785. Deposit \$500. 1 bedroom, 1 bath. Pool. Parking. Air conditioning. Laundry room. No pets. Available now. 933 Peach Avenue. 619-447-9193.

**EL CAJON.** Fabulous 7 Motel. Furnished rooms starting at \$225/week. Parking. Pool. Cable. Maid service. Laundry. 24- hour security. 1527 East Main Street. 619-442-0457.

**EL CAJON.** Very clean 2 bedrooms starting at \$895. **\$1200 moves you in!** Private patios. Close access to freeway and minutes to shopping, on-site parking and laundry. 432 Dominguez Way. TPPM, 619-405-4500

**ENCINITAS.** \$1175. 1 bedroom. \$1395, 2 bedroom. Small complex. patios. Assigned parking, laundry. New paint. Bright, airy. Garden setting. 1-1/2 blocks to beach. Close to shopping, freeway, coaster. No pets/smoking. 760-929-1950.

**ENCINITAS.** \$1450. Large 2 bedroom refurbished condo. Appliances, walk- in closet, patio, 2 parking. Paid water/trash/gas/fees. Lease. No pets. 806 Regal. 760-753-0165.

**ENCINITAS.** \$1575. Ocean view 2 bedroom, 1 bath condo. Garage, fireplace, decks. Walk to coaster/bus/beach/restaurants. Deposit. Available now. Nonsmoking. Call 858-481-2604.

**ENCINITAS/LEUCADIA.** Secluded 1 bedroom with large deck, skylights, fireplace and hardwood floors. Nonsmoking. \$1275 includes utilities. 273-D Hillcrest Drive. 858-755-6560.

**ESCONDIDO** \$1095. 2 bedroom, 1 bath condo, garage, dishwasher, air conditioning, washer/dryer. Pets OK. 1221 North Broadway. Call 619-316-9995.

**ESCONDIDO. \$825. \$795 moves you in!** Huge 1 bedroom with balcony/patio and quiet open space between units. Gated entrance. Air conditioning. Fireplace. Pool, spa. Small pet OK. Se habla Espanol. 720 East Mission. TPPM, 760-815-6210.

**ESCONDIDO.** 1 bedroom, \$795. Pool, air conditioning, parking, laundry, clubhouse. 704 North Fig Street. Call 760-796-7965.

**FASHION HILLS.** \$1775. 2 bedroom, 2 bath townhome. 2 car garage. Wood floors, designer paint colors. Community pool/spa. Available immediately. 7263 Camino DeGrazia. Alta Vista Properties, 858-274-3600. [www.altavistamanagement.com](http://www.altavistamanagement.com).

**FASHION VALLEY WEST.** \$900. 1 bedroom. Nice upper unit with assigned parking. Across from USD and close to shops and freeways. Sorry, no pets. Agent, 619-296-3189.

**FASHION VALLEY.** West. \$1150/month. 2 bedroom, 2 bath apartment. All appliances. Near USD. No pets. 1266 Benicia Street. 619-985-8488.

**FASHION VALLEY.** \$1100. Large 2- bedroom, 1- bath apartment. Huge walk-in closet. Dishwasher. On- site parking. Balcony. No pets. 5720 Gaines Street. 619-299-3477.

**FASHION VALLEY.** \$1150 rent, \$800 deposit. OAC. Large 2 bedroom, 2 bath. Parking, laundry, elevator. Near USD. No pets, at 1330 Eureka Street #1 or 7. 619-298-5820.

## SERVICES

Oriental Massage,  
Jacuzzi & Hot Tub,  
Dry & Steam  
Sauna

Mon.-Sun. 9 am-9 pm  
Credit cards accepted.

**SUNSET  
Acupressure  
&  
Massage**

THE TOUCH OF THE ORIENT  
1911 SUNSET DRIVE  
ESCONDIDO  
760-735-8850  
Lic. #140248

Where The  
Winners Train!

FABIO SANTOS  
BRAZILIAN  
JIU-JITSU

ACADEMY  
Free Trial  
619-229-0022  
4780-F Mission Gorge Place

**Sunny's  
Spa**

Oriental Massage  
Shower • Jacuzzi  
Relax/Renew  
Restore/Energize

**\$10 Off 30 Min.  
\$20 Off 1 Hour**  
With ad.

**619-583-5722**  
4938 El Cajon Blvd.  
(at Winona Street)  
7 days 9 am-9 pm  
Lic. #2006012505

# PET CENTRAL

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**AQUARIUM SALE** at Octopus's Garden. 20H aquarium \$20; 29 for \$29; 40R \$40. Even a 60E is just \$60. Other tank specials also. Lots of healthy saltwater fish and beautiful corals. Protein skimmers. Lighting systems, pumps, decorations and supplies at low prices at Octopus's Garden. Noon-9pm, 7 days. Call 858-576-7449.

**AQUARIUMS AND PONDS!** Freshwater/saltwater fish. Extensive reef animals. 9000 square feet. Low warehouse prices! Expertise not found in Southern California cookie-cutter stores! Aquatic Warehouse. 5466 Complex Street #204, San Diego. Behind Superior Courthouse, off Clairemont Mesa Boulevard. [www.aquaticwarehouse.com](http://www.aquaticwarehouse.com). Daily, 10am-7pm. Saturday, 10am-6pm. Sunday, 11am-6pm. 858-467-9297.

**BUY/SELL/TRADE** reptiles, amphibians, turtles, tortoises, snakes, lizards. Largest reptile selection in Southern California. Voted #1 in San Diego. Pet Kingdom, 619-224-2841.

**CHIHUAHUA MIX.** Neutered, 2 years, 11 pounds. A happy, docile, sunny dog. Smooth coat, tan color. Recovered from broken jaw. No young kids. \$150. 619-583-5122.

**DACHSUND PUPPIES.** AKC. Stunning rare colors! Blue dapple female. Isabella piebald male, double dapple female. Available now! \$800/up. [www.thedachsundspot.com](http://www.thedachsundspot.com). 619-312-1895.

**DIVINEPETCARE.COM.** 50% off. Professional pet sitting, dog walking. Pet taxi, basic grooming, medical pet care and more! Licensed/insured. Visits as low as \$12! 858-397-8338.

**KITTENS.** Free. 10 weeks old, 3 white, 1 black, all very cute. 858-481-0185.

**VETERINARY CLINIC — TIJUANA** offers high quality, low-cost veterinary services, one mile from Otay Mesa border crossing. 20 years' experience from California. [www.otayvet.com](http://www.otayvet.com). Dial from U.S.: 011521664 204 8079.

**YORKIE POO MIX.** Adorable puppy for sale. 4 months. 5 pounds. A must see! Asking \$650. Purchased 12/08. Please call 858-201-8193 or 619-456-3554.

**FASHION VALLEY.** \$1560. 2 bedroom, 1 bath condo. Laundry hookups! 1081 square feet. 6277 Caminito Lusitio. No pets. Call 858-583-0182. [www.cal-prop.com](http://www.cal-prop.com).

**FASHION VALLEY.** \$1650. 2 bedroom, 2 bath condo, Bluffs One Complex. Free cable TV/HBO, reserved parking. Large pool; hot tub; sauna; clubhouse; tennis. 619-723-7257.

**FASHION VALLEY.** Presidio Place condo. 1 bedroom, 1.5 bath with washer/dryer, dishwasher, stove/oven, refrigerator, built-ins, 1 underground parking space. Complex amenities. Pool, Jacuzzi, racquetball courts, tennis courts. 24- hour guard house. 800 square feet. No pets. \$1250/month. Stephanie, 619-275-2525 x4. For more information, visit [www.timcassidy.com](http://www.timcassidy.com).

**FASHION VALLEY.** The Courtyards. \$1350. 960 square feet, 1 bedroom, 1.5 bath, underground parking, resort-like: pool/spa/sauna/tennis. Lease. No pets/smoking. ETS Realty, rosie2801@aol.com, 858-560-5564.

**GOLDEN HILL.** \$1595. 2 bedroom, 1 bath, Hardwood- style floors, renovated and secure. All amenities. Laundry room, large fenced yard. Pet friendly. Available now. 619-238-5528.

**GOLDEN HILL.** \$1735. 2 bedroom, 2 bath condo. Highly upgraded! Washer/dryer in unit! Cat OK! 1232 22nd Street #17. Call 858-583-0182. [www.cal-prop.com](http://www.cal-prop.com).

**GOLDEN HILL.** \$1735. 2 bedroom, 2 bath condo. Highly upgraded! Washer/dryer in unit! Cat OK! 1233 22nd Street #17. Call 858-583-0182. [www.cal-prop.com](http://www.cal-prop.com).

**GOLDEN HILL.** \$775/\$850. Studio and 1 bedroom with new bath. Hardwood floors, new paint, laundry on site. Pets considered with deposit. On bus line. 619-231-8723.

**GOLDEN HILL.** 1 bedroom, 1 bath apartment, \$1050. 1- car garage. All utilities included! Tile and carpet floors, 600 square feet. 1218 31st Street. People Helping Others Property Management, 619-282-5400. [peoplehelpingothers.com](http://peoplehelpingothers.com).

**GOLDEN HILL.** Newly remodeled. 2 bedroom, 1 bath duplex, \$1250. Off- street parking, dishwasher. Pet OK with deposit. 619-231-8723.

**GOLDEN HILL.** Victorian flat. Large 1 bedroom. High ceilings. Yard. Secured gated entrance. Wood floors. Laundry. \$999/month. 2449 G Street #4. 858-568-5081.

**GOLDEN HILL/DOWNTOWN.** *Save money, walk to trolley/Downtown. \$250 off first month! 1 bedrooms starting \$1170. 2 bedroom townhouse from \$1595. Views! Controlled access. Washer/dryer. Dishwasher. Refrigerator. Stove/range. Microwave. Central air conditioning/heat. Rooftop deck. Spa. Outdoor barbecue lounge. Underground parking. Pet friendly! Golden Pacific, 1015 19th Street. Call today, 1-800-433-6156. [www.pacificliving.com](http://www.pacificliving.com). [www.sdreader.com/news/rent2028](http://www.sdreader.com/news/rent2028).*

**GOLDEN HILL/SHERMAN HEIGHTS.** \$650/month. Senior building (55 plus). Wonderful studio, location. Block from bus; five blocks from trolley. Walk to ball-park, downtown in 20 minutes. Covered parking. Well- maintained modern building. 2020 Island Avenue, manager apt. #1. 619-237-5064.

**GOLDEN HILLS.** \$695. Studio. *All utilities included!* Clean, quiet, secure. Ready now! All utilities included. If you can find one better, rent it. 1910 Market Street #4. Call Rachael, 619-804-1044 or Elvia (Espanol) 619-531-1194.

**HILLCREST** \$1550. 2 bedroom, 2 bath and \$795 studio apartment. Rec room, pool, laundry. Close to all. 4201 Sixth Avenue. Sleepy Hollow Apartments. Cori, 619-298-1059.

**HILLCREST** \$2125. Classic 2 bedroom, 1-1/2 bath apartment home. Available now. Part of a fourplex, this unit has 1450 square feet of living space. This unit was painstakingly restored to its 1920s vintage splendor. All hardwood floors were refinished. The beautiful mahogany woodwork restored. Original light fixtures were restored. New ceramic tile in the kitchen and bath as original. Unit is painted in designer colors. Enormous size living room with a gas log space heater. There's a formal dining room. Laundry room with washer and dryer, microwave, refrigerator and antique range. Lots of closet space, ceiling fans. Comes with one- car garage. Don't miss this opportunity to live in one of Hillcrest's premier apartments. It's the next best thing to owning your own home. Security deposit \$850. One- year lease required. Indoor cats and small dogs (under 15 pounds) are welcomed. 3754 Fourth Avenue at Robinson Avenue. Call Scott at 619-846-6615 or e-mail inquiries to scott@hendershawandassociates.com.

**HILLCREST.** \$1195 rent, \$800 deposit. OAC. Large 2 bedroom 1 - 1/2 bath. Parking space, laundry, no pets. 3745 7th Avenue #2. 619-299-8515.

**HILLCREST.** \$1195. 1 bedroom cottage. Hardwood floors, washer/dryer hookups, private yard. Near bus line to Downtown. Cat OK. Available now. 3302-1/2 Reynard Way. Agent, 619-298-7232. [www.sbayproperties.com](http://www.sbayproperties.com).

**HILLCREST.** \$1200-\$1300. 1 and 2 bedrooms. New windows. Hardwood floors. Intercom entry. Laundry. Lush courtyard. Garage available. 4 blocks to 163. No pets. 3914 Centre Street. 619-501-8447. 619-787-1519.

**HILLCREST.** \$1250. 1 bedroom, 1 bath. 2 upstairs units. Close to the Zoo. Wood floors. Formal dining room. Detached, small garage. On the park. Cat OK with additional \$300 deposit. Available now. 1632 Upas Street. 858-270-2071. Del Sol Property Management, Broker. [www.delsolpm.com](http://www.delsolpm.com).

**HILLCREST.** \$1250. Extremely large 2 bedroom, 2 bath. Dishwasher, self-cleaning oven. Sheltered patio. Parking. Laundry. Near all. 1037 Essex Street. No pets. 619-692-0364.

**HILLCREST.** \$1295 rent. \$800 deposit. OAC. Large 2 bedroom, 2 bath. Gated carport parking space. Hardwood floors. Balcony. Dishwasher. No pets. At 1930 Georgia Court #2. 619-501-5542.

**HILLCREST.** \$1300. 2 bedroom, 1 bath. Front upstairs apartment with mountain view. Small and quiet complex near park. Garden setting. Large closets. Air conditioning, shared garage, coin laundry. No pets. 3706 Georgia Street #5. TPPM Monday- Friday, 619-296-8802.

**HILLCREST.** \$1325. Bright 2 bedroom, 2 bath end unit. Parking. Dishwasher. Balcony. Laundry. Berber carpet. Garden setting. Cat ok. Near zoo. Available 1/20/09. 3672 Georgia. 619-542-0708.

**HILLCREST.** \$1335. 2 bedroom, 1 bath apartment. Classic upper 1930s! 3613 Third. No pets. Call 858-583-0182. [www.cal-prop.com](http://www.cal-prop.com).

**HILLCREST.** \$1525. 2 bedroom, 1 bath condo, newly remodeled, one parking spot, water/trash included. New carpet, stainless appliances. Available 2/1. Walk Balboa Park. 858-279-5466.

**HILLCREST.** \$200/week and up. Refrigerators, cable TV and HBO. Embassy Hotel, 3645 Park Boulevard, San Diego 92103. 619-296-3141.

**HILLCREST.** \$850. 3820 Georgia Street between Robinson and University Avenue. Large 1 bedroom, 1 bath. New carpet. New blinds. 4 closets. Large kitchen, pantry. Downstairs, laundry room. One assigned parking. No pets. Phillips Realty, 619-291-6686.

**HILLCREST.** \$875. 1 bedroom. Senior 62+. Best deal in Hillcrest! Come make new friends at the Park View Robinson Senior Complex. Units are painted in designer colors. Range, refrigerator, ceiling fan and air conditioning included. Bedroom has a walk-in closet. There is an activities room, elevator and on-site laundry. Building is gated with intercom. Section 8 welcome. \$400 deposit. \$400 off first month rent. 1220 Robinson Avenue. Cats and small dogs OK. Contact the resident manager at 619-291-7284. [scott@hendershawandassociates.com](mailto:scott@hendershawandassociates.com)

**HILLCREST.** \$895. 1 bedroom, 1 bath. Charming cottage. Stove, refrigerator. Coin laundry. Cat OK with additional \$300 deposit. Available now. 3933 Centre Street. 858-270-2071. Del Sol Property Management, Broker. [www.delsolpm.com](http://www.delsolpm.com).

**HILLCREST.** \$900. Deposit \$900. Spacious 2 bedroom upper. Small, cozy complex. Laundry. No pets. Available now. Close to Henry's. 4115-1/2 Park Boulevard. Agent, 619-298-7724.

**HILLCREST.** \$925 rent. \$800 deposit. OAC. Large 1 bedroom. Balcony. Parking space with remote access. Hardwood floors. No pets. At 1930 Georgia Court #12A. 619-501-5542.

**HILLCREST.** \$925. 1 bedroom. Immaculate, bright upstairs apartment. Centrally located. New carpet and vinyl. Assigned parking, coin laundry. No pets. 316 Pennsylvania #8 by 3rd Avenue. TPPM 619-296-8802, or Saturday 858-699-3851.

**HILLCREST.** \$975. Studio, 1 bath apartment, hardwood floors, kitchen featuring stainless steel appliances, granite countertops, new cabinetry. Fee. Free Search at [www.westsiderentals.com](http://www.westsiderentals.com). 619-367-3333.

**HILLCREST.** 2 bedroom, 2 bath townhome, \$2450. Half off first month's rent! Garage, 3 levels plus rooftop deck, view, 1103 square feet, marble counters, stainless steel appliances. 4374 Cleveland Avenue. People Helping Others Property Management. 619-282-5400. [www.peoplehelpingothers.com](http://www.peoplehelpingothers.com).

**HILLCREST.** Hillcrest Palms. Senior complex, 55+. \$1000. 1 bedroom apartments. Gated community. Convenient location. Near hospitals, restaurants, shopping. No pets. 4042 Albatross Street. 619-574-0784.

**HILLCREST.** Pristine studios. \$995. Walk to Balboa Park. Come enjoy Hillcrest Living at its best in the beautifully remodeled Park Towers Building. Our studios have gone through an extensive remodel in excess of 20K. Full ceramic tile countertops. Maple cabinets, bar-top dining area, range and refrigerator included. Italian ceramic tile floors with granite access and new plush carpeting. Crown moldings, ceiling fan, lots of closet space and built-in dresser. Full- tile bathroom, all new fixtures, window treatments, private balcony, air conditioning. Property features a pool, gated access with intercom and on-site laundry. \$500 deposit and 1-year lease required. Will consider small dogs under 15 pounds. Available January 15, 2009. 3563 Sixth Avenue Call manager at 619-542-0377. [scott@hendershawandassociates.com](mailto:scott@hendershawandassociates.com).

**HILLCREST.** Spacious 1 and 2 bedrooms! Berber carpet, fireplace, spa, gym, intercom and elevator. Sorry, no pets. Hillcrest Summit, 4134 4th Avenue. See photos at [www.wexfordliving.com](http://www.wexfordliving.com). 619-299-0047.

**HILLCREST.** Starting \$1265, \$500 deposit. 1 bedroom, 1 bath. Heating/ air, assigned parking, controlled access, pool, on-site laundry, fitness center, clubhouse. 111 West Pennsylvania Avenue. 619-298-3225.

**HILLCREST/BANKER'S HILL.** \$1000. 1 bedroom. Large downstairs. Stove, refrigerator, Nice, shared courtyard. Coin laundry. Entry system. Cat OK with additional \$300 deposit. Available 1/10/09. 3502 First Avenue. 858-270-2071. Manager: Michael, 619-296-1918. [mtercerda@pacbell.net](mailto:mtercerda@pacbell.net). Del Sol Property Management, Broker. [www.delsolpm.com](http://www.delsolpm.com).

**HILLCREST/BANKER'S HILL.** \$1575. 3 bedroom, 1 bath. Bright, 1000 square feet 2nd floor vintage apartment, vaulted ceilings, hardwood floors. Immaculate. Laundry hookup. Parking space for 2 cars in front of the garage. No pets. 10 West Upas Street. TPPM, M-F 619-296-8802 or Saturday, 858-699-3851.

**HILLCREST/MISSION HILLS.** \$1225. 1 bedroom plus office. Cute unit with laundry hookups, deck and tandem parking. No pets. Walking distance to hospital. Agent, 619-296-3189.

**HILLCREST/MISSION HILLS.** \$1295. 2 bedroom, 2 bath. Large unit in excellent location. Parking, coin laundry, controlled access, and much more. No pets. 4066 Albatross Street. TPPM, 619-944-0883.

**HILLCREST/UNIVERSITY HEIGHTS.** \$895. 1 bedroom, 1 bath, stove, refrigerator, carpet, bright, cozy and quiet. Near footbridge. Trader Joe's, Ralph's. 1021 Hayes Avenue. 619-249-7117.

### Historical Manor Unique Urban Mini Lofts

Downtown/Gaslamp. Historic Beaumanor, urban mini lofts, \$675-\$875. Several sizes, 12' ceilings, brick, hardwood floors, near Horton Plaza. Hardwood furniture available. Paid cable/electric/water. Most include sleeping decks. Refrigerator/microwave included. High-speed Internet available. On-site laundry, barbecue deck, outdoor kitchen. Impeccable renovation. No pets. 927 6th Avenue. Michael, 619-232-1517. [beaumanor927@yahoo.com](mailto:beaumanor927@yahoo.com). <http://www.sdreader.com/news/rent1217>.

**IMPERIAL BEACH.** Starting at \$895. 2 bedroom in well- maintained garden setting. Pool. Parking. Laundry. No pets. 1445 Grove Avenue. TPPM, 619-575-0778.

**KENSINGTON.** \$1265. 2 bedroom, 2 bath. Move in 1/19/09. Great area, ground floor entry, garden style unit. Dishwasher, on-site laundry. Walk to area shops and eateries! No pets. 4656 Edgeware Road #1. Call Leigh, 858-483-3534. [www.cal-prop.com](http://www.cal-prop.com).

**WINDOW TINTING**  
Lifetime Warranty!  
  
Film Removal Available.  
Window Tinting Starting at .....  
2 roll-down windows. with coupon

  
**\$49**  
with coupon

**STEREOS • SPEAKERS • SUBS • AMPS**  
**AUDIOLAND**  
619-287-1100  
6219 University Ave.  
(near College Ave.)  
[www.audiolandsd.com](http://www.audiolandsd.com)

**SAN DIEGO SMOG & AUTO REPAIR CENTER**  
4664 Park Blvd. (at Adams Avenue) • 619-543-4828  
Hours: Mon.-Fri. 8 am-5:30 pm  
Sat. 8 am-3:30 pm  
[www.sdsmogandrepair.com](http://www.sdsmogandrepair.com)  
We Repair & Certify Gross Polluters  
2 Locations to Serve You

  
AutoCare Center  
We install Quality NAPA parts

**CLIFF BROWN AUTOMOTIVE**  
4491 Park Boulevard (Park & Monroe) • 619-297-4204  
Serving San Diego Since 1947  
Hours: Mon.-Sat. 8 am-5:30 pm  
Sun. 9 am-2 pm  
[www.cliffbrownautomotive.com](http://www.cliffbrownautomotive.com)  
Coupons must be presented prior to service. Senior discounts available.

**CLUTCH SPECIAL**  
\$50 off quoted price with coupon  
Includes: throwout bearing, pilot bearing bushings, disk, clutch cover. Most vehicles. Limited time offer. Front-wheel drive extra.

**LUBE • OIL FILTER**  
FROM \$24<sup>95</sup>  
Up to 5 qts. oil. Most vehicles to 1995. Limited time offer.

**CATALYTIC CONVERTER**  
\$30 off quoted price with coupon  
Mufflers \$20 off quoted price  
All types of custom muffler work done. We'll beat any competitor's price by 10%. Most vehicles. With ad. Limited time offer.

**C.V. BOOT**  
FROM \$39<sup>95</sup>  
Includes: boot, parts, labor, grease. 1/2 price for the 2nd boot on same axle. Most vehicles. Limited time offer.

**SMOG CHECK**  
\$16<sup>75</sup>\* + \$8.25 cert. & \$2 V.I.D.  
Most vehicles. Trucks, vans & European cars extra. Limited time offer. Must bring DMV renewal notice.  
\*All 1995 and older vehicles additional \$10 for EVAP test.

**Test Only Smog Check \$39<sup>75</sup>**  
+ \$8.25 cert. & \$2 V.I.D. San Diego Smog location only.  
We Test, Repair & Certify Test Only & Gross Polluters.

**ENGINE STEAM CLEAN \$49<sup>95</sup>**  
Most vehicles. With ad. Limited time offer.

**30,000-MILE SERVICE SPECIAL**  
Service includes:  
• Maintenance tune-up  
• Oil and filter change  
• Lube chassis  
• Radiator coolant change  
• Air filter replacement  
• Fuel injection cleaning  
• Check brakes, suspension  
**\$179<sup>95</sup>** 4 cyl.  
FROM Most vehicles.

**TIMING BELT SPECIAL**  
\$50 off quoted price  
Recommended at 60K miles. Most vehicles. Limited time offer.

**COOLING SYSTEM SPECIAL \$39<sup>95</sup>**  
ONLY  
Includes: flush radiator and up to one gallon of coolant. Special coolant extra. Most vehicles. With ad. Limited time offer.

# Car Repair You Can Trust Nationwide Warranty Lifetime Warranty

premium parts

## 6 Months Interest-Free Financing

## 15 Years Serving San Diego No High-Pressure Selling Family Owned and Operated

## Brake Special

Safe-brake package includes:

- Front pads or rear shoes
- Clean and lube hardware
- Clean caliper guides
- Inspect drums and rotors
- Inspect hydraulic system
- Inspect wheel bearings

**\$50  
off**  
\$25 per axle

## Maintenance Service Not Just An Oil Change

- Synthetic-blend 5W-30 oil
- New oil filter
- Check fluids
- Rain repellent windshield
- Test charging system
- 64-point safety inspection
- Vehicle condition report
- Tire rotation

**\$29<sup>95</sup>**  
Plus \$3 EPA. Most cars.

Services available: Factory Scheduled Service  
15K/45K/75K & 30K/60K/90K,  
Brakes, Struts, Shocks, Belts, Hoses,  
Radiators, Water Pumps, CV Axles, Oil Leaks,  
Head Gaskets, Clutches, Engine & Transmission  
Replacement, and much much more!

**FTS BUCKS**  
**\$100 Off**  
UP TO  
**10% DISCOUNT**  
Up to a maximum of \$100 off. Call for details.

**FTS  
AUTO®**  
5165 Cass Street  
Pacific Beach/La Jolla  
**858-488-0885**

3727 Convoy Street  
Clairemont/Kearny Mesa  
**858-279-7724**



**KENSINGTON.** \$825. Clean 1 bedroom, downstairs. Gated complex. Stove, refrigerator. Laundry facilities, off-street parking. Water/trash paid. No pets. Available now. 619-971-1145 or 619-579-8027.

**LA COSTA/CARLSBAD.** First month free with 12 month lease. \$1200. 2 bedroom, 2 bath apartment. \$700 deposit. Quiet. Vaulted ceiling. Assigned covered parking. Indoor cat OK. 7552 Gibraltar Street. Hot tub. On-site laundry. Great neighborhood. Off La Costa Avenue, near golf course. 760-943-7590. 760-402-8325.

**LA COSTA/CARLSBAD.** First month free with 12 month lease. \$1350. 3 bedroom, 2 bath apartment. \$700 deposit. Quiet. Vaulted ceiling. Assigned covered parking. Indoor cat OK. 7552 Gibraltar Street. Hot tub. On-site laundry. Great neighborhood. Off La Costa Avenue, near golf course. 760-943-7590. 760-402-8325.

**LA JOLLA** Move-in specials! Studios starting at \$997. 1/2 block to beach, surf and sunsets! Laundry, pool, tropical setting and assigned parking available. No pets. 858-536-1900.

**LA JOLLA VILLAGE.** \$1125. Charming European-style 1 bedrooms. Pool, community laundry, elevator. Walk to The Cove, dining and business district. No pets. 858-459-8254.

**LA JOLLA VILLAGE.** Stunning ocean views! Best location! \$1650, 1 bedroom apartment. Hardwood floors, new kitchen appliances, multiple decks and barbecues, sunsets, gardens. Furnished/unfurnished. Utilities/cable/Internet optional. Laundry. 616 Prospect Street, In Eden. 858-869-5746.

**LA JOLLA.** \$1575. 2 bedroom, 1 bath. Upstairs. Remodeled. Stove, refrigerator. Dishwasher. Microwave. Coin laundry. Garage. No pets. Available now. 6231 La Jolla Boulevard. 858-270-2071. Del Sol Property Management, Broker. www.delsolpm.com.

**LA JOLLA.** \$1450. 2 bedroom, 1.5 bath townhomes near La Jolla Shores. Enclosed patio. No pets. Laundry/pool/spa on site. 2726 Torrey Pines. 858-453-2700.

**LA JOLLA.** \$1695. Steps to WindanSea. Upgraded downstairs corner unit. 2 bedroom, 1 bath, coin laundry. **Open Saturday 10am-11am.** 330 Rosemont. TPPM, 858-699-3851.

**LA JOLLA.** \$1700. 2 bedroom, 2 bath in Bird Rock area. One level ground floor. New paint, new carpet. Patio. Pool. Laundry in complex. Parking space. Quiet complex. No pets. Nonsmoking. Call Coldwell Banker Property Management, 858-488-2228.

**LA JOLLA.** \$1950/month. Upgraded 2 bedroom, 2 bath. Granite counters. 2 parking spaces. All appliances. Close to UCSD. Fresh paint. Available immediately. Small pets OK. 3137 Via Alicante. Alta Vista Properties, 858-274-3600. www.altavistamanagement.com.

**LA JOLLA.** \$895. Charming studio. Great location near UCSD, downtown and everything. Full kitchen and bath. 7529 Herschel Avenue #1. 619-804-3325.

**LA JOLLA.** 1 bedroom, \$2400. Views to the ocean. Gorgeous building and unit. Highly upgraded. Balcony. Stainless steel appliances. Granite counters. Lovely hardwood floors. No pets. Coldwell Banker Property Management, 858-488-2228.

**LA JOLLA.** Beautifully upgraded ocean-view home. 4 bedrooms, 3 baths. Stainless appliances. 2500 square feet. Granite countertops. Large patio with fire pit. Fireplace. Built-in flat screen TV. 2-car garage. Pool. Gardener/pool maintenance included. \$6500. 1681 Paseo Bonita. Available immediately. Alta Vista Properties, 858-692-5140. altavistamanagement.com.

**LA JOLLA/BIRD ROCK.** \$1075. 1 bedroom. Small, charming upstairs. Stove, refrigerator. Coin laundry. Nice shared courtyard. Great location. Cat OK with additional \$300 deposit. Available 1/20/09. 415 Colima. 858-270-2071. Del Sol Property Management, Broker, www.delsolpm.com.

**LA JOLLA/UTC.** \$1450. Townhouse, 2 bedroom, 1 bath, garage, coin operated laundry, water paid. New decor, stove, dishwasher. Pool. No pets. Nonsmoking. Available now. 760-434-5849.

**LA JOLLA/UTC.** \$1050. Studio. Granite counters, newer appliances, covered parking. Location, location. If you can find one better, rent it! 3136 Alicante #C. Call Rachel to view, 619-804-1044.

**LA JOLLA/UTC.** \$1200. 1 bedroom duplex, hardwood/carpet floors, 1-car parking, refrigerator, stove, microwave, paid water. Fee, Free search at www.westsiderentals.com. 619-367-3333.

**LA JOLLA/UTC.** \$1500. 2 bedroom, 1.5 bath condo, 1-car parking, in-unit washer/dryer, new kitchen. Fee. Free search at www.westsiderentals.com. 619-367-3333.

**LA JOLLA/UTC.** \$900. Utilities paid. Large 2 bedroom, 1 bath. Across from Lindo Lake Park, 12x17 bedroom, air, storage, laundry. Yearly lease. 619-405-6159; 619-216-2240.

**LA JOLLA/WIND'N SEA.** \$1575. 2 bedroom, 1 bath. Large, remodeled, downstairs. Stove, refrigerator. Dishwasher. Microwave. Private patio. Coin laundry. No pets. Parking. Available 1/20/09. 6229 La Jolla Boulevard. 858-270-2071. Del Sol Property Management, Broker. www.delsolpm.com.

**LA JOLLA/WINDANSEA BEACH.** 1/2 block from Windansea. Quiet garden setting. 2 bedroom, 1 bath, \$1725. 1 bedroom, 1 bath, \$1350. Available now. No pets. Call Mark, 858-459-1065.

**LA MESA** \$950. Classic 1950s 1 bedroom apartment. Located in the heart of the village of La Mesa is this charming apartment. Refinished hardwood floors and kitchen cabinets. Current upgrades to the unit include new paint in designer colors, new windows, blinds, all new door hardware and updated light fixtures including ceiling fan in bedroom. Gas range with a new refrigerator. This is a corner unit with lots of light. Property has on-site laundry and is close to many shops and restaurants. Sorry, no pets allowed. Available now. \$500 security deposit. Credit check required. 8447 La Mesa Boulevard at University. Please call between 9am and 5pm. Call Scott at 619-846-6615. scott@hendershawandassociates.com.

**LA MESA** \$950. Classic 1950s 1 bedroom apartment. Located in the heart of the village of La Mesa is this charming apartment. Refinished hardwood floors and kitchen cabinets. Current upgrades to the unit include new paint in designer colors, new windows, blinds, all new door hardware and updated light fixtures including ceiling fan in bedroom. Gas range with a new refrigerator. This is a corner unit with lots of light. Property has on-site laundry and is close to many shops and restaurants. Sorry, no pets allowed. Available now. \$500 security deposit. Credit check required. 8447 La Mesa Boulevard at University. Please call between 9am and 5pm. Call Scott at 619-846-6615. scott@hendershawandassociates.com.

**LA MESA** \$950. Classic 1950s 1 bedroom apartment. Located in the heart of the village of La Mesa is this charming apartment. Refinished hardwood floors and kitchen cabinets. Current upgrades to the unit include new paint in designer colors, new windows, blinds, all new door hardware and updated light fixtures including ceiling fan in bedroom. Gas range with a new refrigerator. This is a corner unit with lots of light. Property has on-site laundry and is close to many shops and restaurants. Sorry, no pets allowed. Available now. \$500 security deposit. Credit check required. 8447 La Mesa Boulevard at University. Please call between 9am and 5pm. Call Scott at 619-846-6615. scott@hendershawandassociates.com.

**LA MESA** Huge apartment homes in great La Mesa neighborhood. Storage space. Near shopping and public transportation. 1 bedroom, 1 bath, \$925. 2 bedroom, 2 bath, \$1275-\$1395. 2 bedroom townhouse, \$1295. Community pool, laundry, covered parking. 619-697-3285. For photo, floor plans, map and directions, see website: www.sdreader.com/news/rent1035.

**LA MESA.** \$850/month. 1 bedroom, 1 bath. Pool and laundry. 4905 73rd Street. Call Maria, 619-697-8458. kandrproperties.com.

**LA MESA.** \$875 rent: 1 bedroom. Parking. Pool. 5436 Vincetta Court. Call 619-417-4964. kandrproperties.com.

**LA MESA.** \$925. 1 bedroom. \$450 deposit. Near College Area, El Cajon, trolley, bus, freeways. Air conditioning. Dishwasher. High-speed Internet. Covered parking. Storage. Pool. Gated community. No pets. \$25 credit check. 5435 Morengo Avenue. 619-698-7926.

**LA MESA.** \$950. 1 bedroom, 1 bath. Location, location, location! In the village. New countertops, carpet, bathroom, light fixtures. **A must see!** If you find a better one, rent it! 8465 La Mesa Boulevard #3. Call Rachael, 619-804-1044 or Jeff, 619-713-1044.

**LA MESA.** 1 bedroom, 1 bath plus loft, \$975. Fireplace, walk-in closets, 2 patios, garage. Small pet welcome. 619-462-1550. www.sdpbtprotectors.com.

**LA MESA.** 1/2 off first month, 6 month lease! \$1300. 2 bedroom, 2 bath. OAC. Free credit check! Pool. Saunas. Off-street parking. On-site laundry. Close to downtown La Mesa, trolley, shops and freeways. Cats welcome. Crestview Apartments, 4515 3rd Street. 619-465-9934.

**LA MESA.** 1/2 off first month! \$1095. 2 bedroom, 1 bath. Stove, fridge, air conditioning, laundry, parking. Near SDSU and all. Pet negotiable. 6004 Lake Murray Boulevard #D and #E. 619-384-9219.

**LA MESA.** 1/2 off first month! \$895. Large 1 bedroom, 1 bath. Upper. Stove, refrigerator. Wood cabinets. Laundry. Parking. Barbecue areas. Cat OK. Near all. 4969 Mills Street #13. 619-460-2420.

**LA MESA.** 1/2 off first month. \$895. Large 1 bedroom, 1 bath. New paint, carpet and vinyl, laundry, parking. Near all. Cat OK. Section 8 OK. 4325 Lowell Street, #6. 619-460-1074.

**LA MESA.** 3 bedroom, 1.5 bath apartment. Pool. On-site laundry. No pets. Available now. 7632 Sturgess Avenue. \$1350. Lucy, 619-980-0019.

**LA MESA.** Half off first month. \$900. Cats OK. First floor corner unit, 1 bedroom, 1 bath, near waterfall. Covered parking. Amenities. 5350 Baltimore Drive #29. 619-867-3333.

**LA MESA.** Mellamano Apartments. \$970/ up, 1 bedroom. \$1230/ up, 2 bedroom. Across Grossmont Center, trolley, Costco. Quiet, spacious units. Pools. 8750 Mellamano Drive, 619-461-1940.

**LA MESA.** Move-in special! \$1000. 2 bedroom, 1-1/4 bath upper unit. Carport and parking space, community pool, laundry and rec room. 7502 Parkway Drive #309. Agent, 858-560-1178.

**LA MESA.** Villa Morocco. 3 bedroom, 2 bath. \$1425. Spacious. Near Grossmont Center. Great neighborhood. Near all! 5545 Morro Way. 619-589-8854.

**LA MESA/CASA DE ORO. 1 bedrooms, \$945-\$995. 2 bedroom, 2 bath, \$1145-\$1195. 3 bedroom, 2 bath, \$1395-\$1445. Air/heat. Huge patios/balconies. Gated access and parking. Small pets OK. Elegant, sculptured courtyards with flower gardens, fountains, gas lamps, park benches. Charming, New Orleans ambiance. 3903 Conrad Drive. 866-894-6343. www.sdreader.com/news/rent/1017.**

**LA MESA/FLETCHER PARKWAY. \$1200 moves you in!** Super spacious 1 bedrooms available starting at \$945. **Open house Saturday, 9am-4pm.** Award winning community for beautiful landscaping. Pool and spa. Great location. No pets. 5500 Morro Way, TPPM, 619-466-8444 or 619-884-7900. www.villageaptslamesa.com.

**LAKESIDE.** \$900. Utilities paid. 2 bedroom, 1 bath. Across from Lindo Lake Park. 12x17 bedroom, air, storage, laundry. Yearly lease. 619-405-6159; 619-216-2240.

**LEMON GROVE** Outstanding location near shopping and trolley! 2 bedroom, \$1050/month. 1 bedroom, \$800/month. Good credit required. No pets. No Section 8. Leave message. 619-252-5175.

**LEMON GROVE.** \$1300/month, \$1300/deposit. 8357 Palm. Private 2 bedroom duplex, 748 square feet. Washer/dryer. Newly painted. Available 2/1. Fenced backyard. No drugs/pets! Trash/water paid. 619-403-3713.

**LEMON GROVE.** \$1550. Large 2-bedroom, 2-bath condo. Parking. Fireplace. No pets. Nonsmoking. Washer/dryer. Dishwasher. Balcony/storage. Pool/Jacuzzi. 6550 College Grove Drive #38. June. 619-275-3455.

**LEMON GROVE.** \$900/month, \$900/deposit. 8349 Palm. Large studio, 576 square feet. Washer/dryer hookups. No drugs/pets! Landlady pays sub-metered gas. 619-403-3713.

**LEMON GROVE/NORTH.** \$950. 2 bedroom, 1 bath. New carpet, paint, fixtures. Clean, quiet, secure. On-site laundry and parking. 3267 Buena Vista Avenue. If you can find one better, rent it! Call Rachael at 619-804-1044 or Jeff at 619-713-1044.

**LINDA VISTA** 2 bedrooms, 1 bath townhouse. \$1095. Deposit \$900. Assigned parking, hardwood floors. No pets, please. Office at 7025 Eastman Street. Call 619-249-9585.

**LINDA VISTA.** \$695-\$1250. Studios, utilities included. 1, 2 and 3 bedrooms. Laundry, gated parking. \$400-\$800 deposits! No pets. Astro Vista Apartments, 2249 Ulric Street. 858-565-6400.

**LINDA VISTA.** 2 Bedroom, 1 bath apartment, \$875. New paint, laundry and parking. Move-in special! 6512 Kelly Street, #4. Agent, 619-279-2183.

**LINDA VISTA.** 2 bedroom, 1-1/2 bath townhouse \$1575. Just remodeled—all new from windows to appliances. Washer/dryer hookups, dishwasher, tankless water heater, fully carpeted, private backyard, 2 parking spaces, in the heart of San Diego, close to Fashion Valley and USD. No pets, please. Come and check us out! Office at 7025 Eastman Street. 858-249-9585.

**LINDA VISTA.** 3 bedroom, 2 bath condo, \$1995. 2 story, near USD, washer/dryer, 1-car garage, 1221 square feet, balcony, 6283 Caminito Luisito. People Helping Others Property Management, 619-282-5400. peoplehelpingothers.com.

**LINDA VISTA.** Awesome 2 bedroom. Top floor/scenic corner. Spacious. Balcony/outdoor dining. Fully furnished, kitchen, dishwasher, disposal, refrigerator, stove. \$1350. Download application www.belvueterrace.com. 858-717-6004.

**LOGAN HEIGHTS.** \$1200. 2 bedroom, 1 bath, four-plex. Beautiful view. New carpet. Parking. Water/trash paid. Near I-5/I-805 freeways. Cat OK. 3818 Z Street. 619-435-0387.

**MARINA/GASLAMP DISTRICT.** Studio loft. \$1850 with \$1000 deposit. Spacious 4th floor bright apartment. Floor to ceiling windows, carpet, tile, granite countertops. Stainless steel appliances, washer/dryer in unit. Dishwasher, microwave, stove, garbage disposal. Underground parking, roof top access, barbecue grills. Gym, business center. Close to Horton Plaza, shopping center, Gaslamp, Petco Park, and so much more! 120 Island Avenue #447. Call 858-571-1970.

**MIRA MESA** Condo, \$1450. 2 bedroom, 2 bath condo, fireplace, washer/dryer, carport, pool. 10828 Aderman Avenue, #135. www.centrecity.net. 619-296-6699.

**MIRA MESA.** \$1450. Move in now! 1 bedroom, 2 bath condo is top floor, large master, balcony, garage, pool, no pets. 9745 Mesa Springs Way, #136. Call Leigh at 858-583-0182. www.cal-prop.com.

**MIRA MESA.** 1/2 off first! \$925. Charming 1 bedroom, 1 bath, upper, walk-in closet, air conditioning, appliances, laundry, parking. Cat OK. 8777 Mira Mesa Blvd #5. 619-804-3325.

**MIRA MESA.** Condo, \$1595. Very cute! 2 bedroom, 2 bath plus loft. New paint. Washer/dryer in unit. Pool, Jacuzzi and clubhouse access. Parking. 11595 Caminito La Bar. Call agent, 619-279-2183.

**MIRAMAR.** 2 bedroom, 2-1/2 bath condo, \$1850. Washer/dryer, 2-car garage, community pool/spa, 1080 square feet, fireplace. 10124 Wateridge Circle #11. People Helping Others Property Management, 619-282-5400. peoplehelpingothers.com.

**MISSION BAY/BAY PARK.** Studios starting at \$795. **\$995 moves you in!** Spacious studio in fantastic location. Bay view. Controlled access. Laundry. 2821 Morena Boulevard. TPPM, 619-275-1352.

**MISSION BEACH** Large 2 bedroom, 1 bath, new carpet, \$1600/month. Steps to ocean! Laundry facilities, parking. Near shopping. Available now till 6/15/09. Water/trash paid. Call 619-234-7572.

**MISSION BEACH, SOUTH.** \$895. Cute studio, Murphy bed, parking, utilities paid, year round. Steps to beach. 2826 Mission Boulevard. No pets. 858-488-5463.

**MISSION BEACH, SOUTH.** Totally furnished 2 bedroom, 2 bath. 2 minutes to beach! Large patio. 1-car covered parking. Available now until June. \$1950/month. 858-488-2858; 858-922-1036.

**MISSION BEACH.** \$1695. Modern 2-bedroom, 2-bath apartment. Steps to Bay, Garage. Dishwasher, microwave, washer/dryer. 833 Santa Barbara Place. Shore Management, 858-274-3500.

**MISSION BEACH.** \$1395. Ready now! 1 bedroom, 1 bath. Steps to the sand! Updated interior, parking and laundry. Bay and ocean view. No pets. 715 Sunset Court. 858-483-3534 x12. www.cal-prop.com.

**MISSION BEACH.** \$1595. Spacious, large 1 bedroom, 1 bathroom. Block to beach. Parking. Fantastic bargain! Large patio. No pets. Available. 809 Island Court. 858-459-7391.

**MISSION BEACH.** \$1750/month. 1-year lease. 2-bedroom, 2-bath apartment. Includes gas, water, trash, parking. No dogs. 858-488-1759.

**MISSION BEACH.** \$1795. Classic 2 bedroom. Ocean view. Steps to beach. Hardwood floors. Parking. All appliances. Laundry facility. 712 Santa Rita Place. Owner, 858-272-9547.

**MISSION BEACH.** \$795. Studio. Block to ocean/Bay. Includes stove, refrigerator, parking space. Excellent condition. No pets. 3275 Mission Boulevard. Shore Management, 858-274-3500.

## 60K/90K/120K

Services  
4-cyl. from **\$149<sup>95</sup>**  
6-cyl. and 8-cyl. extra.  
Platinum plugs extra.  
**Call for details.**

**"Check Engine"**  
Light On? **OBDD**  
Diagnostic Car Fail  
Smog? **Diagnostic**  
Free with Repair  
Some problems may require additional diagnostic procedures.

**Chris's Auto Repair**

Foreign & Domestic

FREE Brake Inspection with any service

Must present coupon at time of service. Not to be combined with any other offer. Expires 1/29/09.

## Smog Check '15<sup>75</sup>

+\$8.25 certificate +\$2 ET.  
Most cars. Bring DMV notice.  
Extra \$8 for vans, SUVs,  
trucks, V8, and European.  
Models (years) 1976-1995  
\$10 extra for Evap test.  
RVs: call for details.

## Oil Change Special '8<sup>95</sup>

Most 4-cyl. cars. Includes new oil filter, EPA, up to 5 qts. oil.  
6-cyl., 8-cyl. & some oil filters extra.

## Basic Tune-Up

with oil change  
4-cyl. **\$35<sup>90</sup>**  
6-cyl. **\$39<sup>95</sup>**  
8-cyl. **\$49<sup>95</sup>**  
Most cars. Includes new plugs and oil filter. *Inspect* cap, rotor wire, air filter. Some oil filters extra. Some cars labor extra. Platinum plugs extra.

## A/C Service '20

Plus Freon.  
Call for details.

2920 Damon Ave. #C & D

(Behind In-N-Out Burger)

Pacific Beach 92109 • 858-270-1888

## Free Bumper-to-Bumper Diagnostic

\$100 value. With this ad.  
Expires 1-29-09.  
"Check engine" light, track down leaks or noises using computer scan.

## 10% off labor

on  
Alignment • Brakes • Belts  
Suspension • Tires • Smog Repair  
30K/60K/90K Services

Minutes from downtown off Hwy 94 & I-15

**LUTZ TIRE & AUTO REPAIR**

2853 Market Street • 619-234-3535

# CALIFORNIA MOTOR WORKS & TIRES

WELCOME ALL FLEET ACCOUNTS • AAA APPROVED

Certifying Gross Polluters

Foreign & Domestic • Full Maintenance & Repair Service

We Do: Overhaul • Brakes • Carburetor • Electrical • Shocks

• Struts • Tires • Alignment • Balance • Smog And More



## SMOG CHECK

**\$11<sup>95</sup>**

Offering consumer assistance program. With coupon only. Plus \$8.25 for certificate and \$3 transfer fee. Retest free when repair done on site. VIP service, 2 machines. No appointment necessary. Most 4-cyl. cars only. European cars extra. 1995 and older \$10 extra.

## BRAKE SPECIAL '69.95

Most 4-cyl. cars. Front or rear. Labor cost only.

## BRAKE & LAMP INSPECTION '69.95

Plus certificate. Most 4-cyl. cars

## A/C SERVICE '8.95

Most 4-cyl. cars. Freon extra.

## WE SMOG TEST ONLY VEHICLES

**\$25<sup>95</sup>**

With coupon only. Plus \$8.25 for certificate and \$3 transfer fee. Most 4-cyl. cars only. 1995 and older \$10 extra. European cars extra.

## TRANSMISSION FLUSH '49.95

Complete transmission flush by Trans Tech 2000 flush machine, unique in its class, flushing 100% of old fluid out and adding new fluid in. Labor only. Most 4-cyl. cars. Ask for details.

## MAJOR SERVICE 30K/60K/90K

Most 4-cyl. cars. As low as **\$139<sup>95</sup>**

Includes:  
• Install spark plugs  
• Drain & refill radiator  
• Change engine oil and filter  
• Inspect brakes  
• Clean & adjust rear brakes  
• Check all belts  
• Replace air filter  
• Inspect suspension

## OIL CHANGE '16.95

With free brake and 32-point inspection. Most 4-cyl. cars. Plus \$2.50 disposal fee.

## FREE "CHECK ENGINE" LIGHT DIAGNOSTIC

With repair on site.

8025 Clairemont Mesa Blvd., San Diego, CA 92117

**(858) 560-1245**

Open Monday-Friday 8 am to 6 pm, Saturday 8 am to 3 pm

Se habla español • SDS11108525-X3

Coupons expire 1/31/09.



# \$10 OFF SMOG TEST

Valid on posted price. With this coupon. Expires March 31, 2009.

We accept area competitors' coupons. We certify all vehicles.

## San Diego Smog Test Center Only

2912 Adams Avenue • 619-516-3536 • www.sdsmog.com

Monday-Friday 8 am-7 pm, Saturday 8 am-4 pm,

Sunday 9 am-3 pm

**MISSION BEACH.** \$995. Ready now. 1 bedroom, 1 bath, close to bay, downstairs, unit. Parking, laundry on site. 3588 Mission Boulevard. Leigh at 858-483-3534. www.cal-prop.com.

**MISSION BEACH. Huge move-in concession! On boardwalk! Renovated large 2 bedroom, 2 bath units. Luxury units for rent. Granite, stainless steel appliances. Travertine tile. Everything new! Private balconies, new pool, security building/parking. 3790 Riviera Drive. \$2750. Manager at 619-247-2114.**

**MISSION BEACH.** Reduced deposit! 2-bedroom duplex, 3628 Mission Boulevard. \$1475. 2- car parking. Storage. Fenced yard, small pet. Water/trash paid. Steps to ocean. Hookups. 619-435-0387.

**MISSION HILLS.** \$1200/up. 1 bedroom, 1 bath. 2 bedroom, 2 bath. Laundry. Parking. Pets OK. La Paloma Apartments. Open daily, 1-5pm. 3911 Dove. 619-297-1134.

**MISSION HILLS.** \$1425. 2 bedroom, 2 bath with Downtown/bay view, your balcony. Gated complex, parking (2 spaces). No pets. On- site laundry. 619-990-3846.

**MISSION HILLS.** \$1495. Large 2- bedroom, 2- bath upstairs unit. Upgrades throughout. Balcony, parking, laundry, no pets. 3737 Keating Street #11. 858-483-3534. www.cal-prop.com.

**MISSION HILLS. \$1500. Large 1 bedroom penthouse with views! New carpet. Fireplace. Large patio. Full kitchen, sunken Jacuzzi tub/shower. Located in Spruce Canyon. 6-month lease. Available 1/05/09. 3350 Horton Avenue. Drive by and view by appointment, Agent Paula Keenan, 619-870-8915.**

**MISSION HILLS.** \$2150. Completely remodeled 2 bedroom, 2 bath condo. Downtown/bay views! 3 view decks. Granite countertops. Travertine floors. Stainless steel appliances. Washer/dryer. 2 parking spaces. No pets. 3502 Pringle Street. 619-247-2114.

**MISSION HILLS.** \$2400. New multilevel 2 bedroom, 2.5 bath row home, approximately 1630 square feet with 2 master suites. Gourmet kitchen, custom cabinets, washer/dryer, fireplace, hardwood floors, air conditioning and large deck with view. 619-977-1930.

**MISSION HILLS.** \$950. \$850 security. 1 bedroom. Boutique apartment complex. Parking, laundry. Balboa Park, downtown close. Cat/small dog OK! 2282 Reynard Way. Linda 619-203-9233.

**MISSION HILLS.** 1 bedroom, 1 bath triplex, hardwood floors, canyon view, move-in special. \$1050. 4196-1/2 Falcon. 619-980-6076.

**MISSION HILLS/HILLCREST.** 1 bedroom, \$945. Recently remodeled. Quiet, pool, barbecue, dishwasher, on-site laundry, covered parking. No pets. EOH. 619-299-8746.

**MISSION VALLEY WEST/USD.** \$800-\$825. Unique, nicely upgraded studios. Near trolley. Short leases. High ceilings. Many windows. Gated. Large, landscaped courtyard. No smoking! www.info101.net. 619-297-3000.

**MISSION VALLEY, EAST.** \$1100. Condo-quality 2 bedroom, 1 bath. New paint and appliances. Skylight. Air conditioning, fireplace. Keyed entry. Garage. 6755 Mission Gorge Road. 858-457-0397.

**MISSION VALLEY, EAST.** \$1175. 2 bedroom, upper condo. Great area. Golf course view. Gated garden setting. Cathedral ceilings. 2 parking spaces. Pets OK. Appointment, 619-460-7553.

**MISSION VALLEY.** \$1060. 1 bedroom, 1 bath apartment, parking included, fitness center, fireplace. Fee. Free search at www.westsiderentals.com. 619-367-3333.

**MISSION VALLEY.** \$1125. 1 bedroom, 1 bath. On-site laundry, pool, off- street parking. 6780 Friars Road #269 (The Franciscan). Agent, 858-560-1178.

**MISSION VALLEY.** \$1350. Beautifully upgraded 2 bedroom, 1 bath upstairs condo. Fireplace, on-site parking, washer/dryer. Becoming available 1/31. 5736 Lauretta Street #12. Agent, 858-560-1178.

**MISSION VALLEY.** \$1865. 2-bedroom, 2-bath apartment, cat OK, parking included, air, washer/dryer, community pools, spa, more, Fee. Free search at www.westsiderentals.com. 619-367-3333.

**MISSION VALLEY.** \$2100. 3 bedroom, 2.5 bath charming condo. 2 car garage, washer/dryer, fireplace. Small yard, gym, centrally located. 1400 square feet. Vidalife08@yahoo.com. 619-665-8269.

**MISSION VALLEY.** \$2195/month. Gorgeous 2 bedroom, 2 bath. Granite counters, custom colors and drapes. 2 parking spots. Gym. Pool/spa. One year lease. Available immediately. No pets and no smoking. 8211 Station Village Lane. Alta Vista Properties, 858-274-3600. www.altavistamanagement.com.

**MISSION VALLEY.** \$780. Large studio, new carpet/appliances, walk-in closet. Gated community, pools, Jacuzzi, laundry. 619-300-7254.

**MISSION VALLEY.** Condo. Very nice! 2 bedroom, 2 bath, 2 parking, refrigerator, washer/dryer. Air conditioning, balcony with view, tennis, pools. Just painted. \$1650/deposit. 858-278-1018.

**MISSION VALLEY.** Escala. View, 3 bedroom, 2.5 bath townhome. Like brand new: paint/carpet. Perfect condition. 2-car garage. Patio. Air. Appliances. Washer/dryer. \$2399. 619-261-5906.

**MISSION VALLEY. Winter Special! From \$350/weekly. Renovated, fully furnished studios/suites! Pool, spa. Full kitchen. On-site laundry. Complimentary continental breakfast. Off- street parking. Free high speed Internet, cable- 80 channels, HBO, Near SDSU, Qualcomm, more! Days Inn & Suites, 5343 Adobe Falls Road, 1-800-492-9471, 619-287-1911. SanDiegoHotels-DaysInn.com. www.sdriver.com/news/rent139.**

**MISSION VALLEY/TALMADGE/Kensington. Look and Lease special \$200 off/free credit application! 1 bedrooms from \$1095. 2 bedrooms, 2 baths from \$1395. Gated community! Pool, spa. Free WiFi access. Outdoor billiards, barbecue lounge. Fitness center. Computer lab with printer. Laundry center with flat screen TVs! Parking. Pet friendly! Mission Pacific Apartments, 4454 44th Street. Call today, 1-800-372-9146. missionpacific.pacificliving@crossfiremail.com. www.pacificliving.com. www.sdriver.com/news/rent1010.**

**MISSION VALLEY/USD** 2 bedroom. Move-in special! \$1600 (includes water). New appliances. Remodel, washer/dryer, panoramic views, 2- parking, hardwoods, patio/jacuzzi. Pets OK. Available. 858-353-6878.

**MISSION VALLEY/USD.** Large 2- bedroom, 2- bath condo. 1200 square feet, washer/dryer, air conditioning, fireplace, 2-car parking, pool, spa, gym. \$1750 plus deposit. Water included. 619-890-1697.

**MOUNT HELIX/CASA DE ORO.** Move-in special! OAC. \$1125. 2 bedroom, 2 bath condo. 1200 square feet, washer/dryer, air conditioning, fireplace, 2-car parking, pool, spa, gym. \$1750 plus deposit. Water included. 619-890-1697.

**MOUNTAIN VIEW** \$1750. 4 bedroom, 2 bath upstairs apartment. Gated complex. Laundry on site. Off- street parking. No pets. 3712 Hemlock Street #1. 619-640-7530. www.sdforrent.com

**NATIONAL CITY.** Great location! 2 bedroom, 1-2 bath townhouse. \$1175 and up. Balcony. Washer/dryer hookups. Views. Parking. Garages. Lease. No pets. 940 Palm Avenue. 619-336-0436.

**NORMAL HEIGHTS.** 4334 Texas Street #3. 1 bedroom, 1 bath. \$200 off first month, \$825, \$800 deposit, OAC. Downstairs. Stove, refrigerator. On-site laundry. No pets. Close to all. 619-226-7368 or www.bkbinc.com.

**NORMAL HEIGHTS.** \$1025. Lovely 2 bedroom, 1 bath. Downstairs. Gated. Laundry on site. No pets. Parking. Available now. 4678 Ohio Street. Agent, 619-298-7724.

**NORMAL HEIGHTS.** \$200 off first month. \$775/month, \$600 deposit (OAC). 1 bedroom, 1 bath. Upstairs, parking, laundry, close to everything. Great location, no pets. 4669 Iowa Street #7. 619-226-7368 or www.bkbinc.com.

**NORMAL HEIGHTS.** \$200 off first month, \$800/month, \$600 deposit (OAC). 1 bedroom, 1 bath. Refrigerator, stove, laundry, parking, close to everything. No pets. 4655 33rd Street #8. 619-226-7368 or www.bkbinc.com.

**NORMAL HEIGHTS.** \$720 rent. Studio apartment. Street parking. Nice, quiet neighborhood in Normal Heights. Available January 2009. 3237 Collier Avenue. Call Mike 858-490-1600.

**NORMAL HEIGHTS.** \$725. Large 1 bedroom, 1 bath. Stove, refrigerator. On-site laundry. Non-smoking. No pets. Mr. A's Property Management, 619-697-1888.

**Normal Heights.** \$750 1 bedroom, \$950 2 bedroom apartments 42nd/EI Cajon Boulevard. \$950 2 bedroom apartments, 37th/Orange. On- site laundry. No pets. Move-in specials. 760-672-0425.

**NORMAL HEIGHTS.** \$795 rent. \$800 deposit. OAC. Large lower 1 bedroom, laundry, no pets. 4742 East Mountain View Drive #2. 619-299-8515.

**NORMAL HEIGHTS.** \$825. Charming 1 bedroom, 1 bath cottage. Gated, garage, shared yard, stove, refrigerator. Near all. Pet negotiable. 4575 Hawley. 619-804-3325.

**NORMAL HEIGHTS.** \$840. Large 1 bedroom. Upstairs. \$400 deposit. Air conditioning. Parking. Laundry. Garden setting. Gated. Caring management. No pets. Available 1/19/09. 619-584-7790. sunriseliving.com.

**NORMAL HEIGHTS.** \$975. 2 bedroom, 1 bath. Downstairs unit. Gated complex. Laundry. Available now. 4580 39th Street #4584. www.cetron.com. 619-295-1100.

**NORMAL HEIGHTS.** 1 bedroom apartment, \$775. All new carpet, paint, vertical blinds! Don't miss it! No pets. 4546 Boundary Street. Agent, 619-820-2584.

**NORMAL HEIGHTS.** 1 bedroom, 1 bath condo, \$895. Ceiling fans, balcony, laundry room, 532 square feet, water/sewer/ trash included. 4520 36th Street #8. People Helping Others Property Management, 619-282-5400. peoplehelpingothers.com.

**NORMAL HEIGHTS.** 1/2 off first! \$725. Extra large studio. New carpet and paint. Murphy bed. Full bath and kitchen. Built-in shelves. Near all! 4733 Utah Street #3, 619-804-3325.

**NORMAL HEIGHTS.** Move-in special! \$720. 1 bedroom, 1 bath. Upper unit, assigned parking. 4563 38th Street #7. Agent, 858-560-1178.

**NORMAL HEIGHTS.** Senior/disabled building (62+) Quiet, clean 1 bedroom, 1 baths, first floor. Small patio, elevator, laundry room. Street parking. \$765/month. 619-269-3487.

**NORTH PARK** \$750. 1 bedroom, 1 bath. Senior complex 55+, gated complex, laundry on site, bus stop in front of complex, and all amenities. 3776 Alabama Street #C115. 619-640-7530. www.sdforrent.com.

**NORTH PARK** \$850. Large studio, water included, washer/dryer in unit, off street parking. Pets on approval. Tenant pays SDG&E. 619-640-7530. www.sdforrent.com.

**NORTH PARK.** \$800. Large 1 bedroom in heart of North Park. All amenities, parking, laundry on site, controlled entry, air conditioning. Walk to all. No pets. 4557 Utah Street. 619-521-1901 or 619-461-9415.

**NORTH PARK.** \$1150. Apartment, 2 bedroom, 1 bath lower unit in quiet, gated building with laundry and off- street parking. \$300 move-in special! 4077 Utah Street #2. 619-698-6911. www.goldenmanagement.com.

**NORTH PARK.** \$1150/\$1195. 2 bedroom, 1 bath upstairs apartment. Ceramic tiled. Newer appliances, with dishwasher. Laundry on site. Parking. Available now. 4625 Kansas #5 and #6. www.stevenleaproperties.com. 619-295-1161.

**NORTH PARK.** \$1175. 2 bedroom, 1 bath duplex. Dishwasher, washer/dryer hookups. Garage with storage. No smoking/pets. Vancouver South of Kalmia. 619-865-6843.

**NORTH PARK.** \$1195. Extra large upper 2 bedroom, 1 bath. Gated. Fireplace. Vaulted ceiling. All appliances. Underground parking. Elevator. Near all. Cat OK. 3928 Illinois #309. 619-297-4860.

**NORTH PARK.** \$1400. newly remodeled 3 bedroom, garage included. \$1025, 2 bedroom. Upstairs apartments, gated complex, laundry, 1st month deposit. No pets. 4127 Wabash. 619-971-0486.

**NORTH PARK.** \$1695. 3 bedroom, 2 bath house. Move in special. Extra storage. Remodeled IKEA kitchen. 3791 Arnold Avenue. Xilarent.com. 619-683-7638.

**NORTH PARK.** \$1900. 3 bedroom, 2 bath. Upstairs. 2- car garage. Free laundry. Dishwasher. Garbage disposal. New carpet and paint. Available now. 3721 Pershing. 619-888-6604.

**NORTH PARK.** \$725 rent, \$700 deposit. OAC. 1 bedroom duplex. Parking. No pets, at 3029 or 3039-1/2 Monroe Avenue. 619-299-8515.

**NORTH PARK.** \$750. Studio. New carpet and paint. On-site laundry. Section 8 welcome. 3668-A Louisiana Street. Agent, 858-560-1178.

**NORTH PARK.** \$775. 1/2 off first! Charming 1 bedroom, 1 bath. Upper, new carpet and paint. Stove, refrigerator, laundry. Pet negotiable. 4325 Texas #7. 619-804-3325.

**NORTH PARK.** \$775. 4359 Alabama Street between Meade and El Cajon Boulevard. Large 1 bedroom, 1 bath. Carpet. Downstairs. Laundry room. One assigned parking. No pets. Phillips Realty, 619-291-6686.

**NORTH PARK.** \$775. Extra large 1 bedroom, 1 bath. Lower, stove, refrigerator, off- street parking. Laundry facilities. Cat OK. 4275 35th Street #3. 619-804-3325.

**NORTH PARK.** \$795. Large 1 bedroom upstairs, new carpet, paint, appliances, blinds, wall- to- wall closet. Gated complex. Parking. Laundry. No pets. 4354 Utah Street. 619-994-1672.

**NORTH PARK.** \$800. 1 bedroom 1 bath upper unit. Small patio, parking, laundry. Water/trash paid. 3274 Orange Avenue. www.centrecty.net. 619-296-6699.

**NORTH PARK.** \$845. Large 1 bedroom, sparkling lower apartment, new shag carpet. No pets/smoking. Off- street parking, 6 units, west of I-805. Open. 619-462-6629.

**NORTH PARK.** \$850. 1 bedroom. Very large downstairs. Stove, refrigerator, air conditioned. Coin laundry. Cat OK with additional \$300 deposit. Available now. 4152 Utah. 858-270-2071. Del Sol Property Management, Broker, www.delsolpm.com.

**NORTH PARK.** \$850. Large upper 1 bedroom, 1 bath end unit. Spacious closets, stove, refrigerator, storage. Close to shopping and all! 3746 31st Street #7. 619-804-3325.

**NORTH PARK.** \$925. 2 bedroom, 1 bath. Immaculate, upstairs apartment. Large bedrooms with ample storage. Off- street parking, coin laundry. No pets. 4113-1/2 Arizona Street. TPPM, 619-296-8802.

**NORTH PARK.** \$970. 2 bedroom, 1 bath. New kitchen tile. Downstairs. 8- unit complex. Parking. Laundry. No pets. Available now. 4366 Texas. 858-775-9538, 858-550-2811.



**NORTH PARK.** \$975. Apartment, 1 bedroom, 1 bath lower unit with new paint and carpet. On- site laundry in gated community. 4075 Louisiana Street #1. 619-698-6911. www.goldenmanagement.com.



**NORTH PARK.** \$975. Apartment, 1 bedroom, 1 bath lower unit with new paint and carpet. On- site laundry in gated community. 4075 Louisiana Street #1. 619-698-6911. www.goldenmanagement.com.

**NORTH PARK.** 1 bedroom apartment. \$1125, utilities paid. Bamboo floors, garage, on-site laundry, 6- unit complex. 619-588-4106, 619-300-1365.

**NORTH PARK.** 1 bedroom apartment. \$875-\$900. Garden complex. Walk to restaurants, shopping and coffeehouses. Gated entry, pool, laundry, 4172 Mississippi Street. TPPM, 619-299-9897.

**NORTH PARK.** 1 bedroom, 1 bath apartment \$850. Newer carpet/flooring. Freshly painted. Gas/water paid. Pool. Gated, quiet, no pets, on-site laundry. 619-281-1714.

**NORTH PARK.** 1 bedroom, 1 bath, downstairs. New paint, good storage, off- street parking. 3662 32nd Street. #2. \$925. 619-683-9274.

**NORTH PARK.** 1/2 off first month! \$1495. Large upper 2- bedroom, 1- bath duplex. Garage. Appliances including washer and dryer. Deck. Near all. Pet negotiable. 4005 Kansas Street. 619-804-3325.

**NORTH PARK.** 1/2 off first! \$875. Large 1 bedroom, 1 bath, gated, new flooring, stove, fridge, laundry, parking. Small pet negotiable. Near all! 4036 Oregon #4. 619-804-3325.

**NORTH PARK.** 2 bedroom, 1 bath apartment \$1150. Newer carpet/flooring. Freshly painted. Gas/water paid. Pool. Gated, quiet, no pets, onsite laundry. 619-281-1714.

**SUSPENSION PLUS**  
COMPLETE AUTOMOTIVE CENTER  
SINCE 1989 • FOREIGN & DOMESTIC

**MIRAMAR • (858) 558-8562**

6696 Miramar Rd., Suites I & J

(Miramar Auto Center, 2 miles east of UTC mall)

**POINT LOMA • (619) 223-2248**

3112 Midway Dr., Ste. D (at Rosecrans, next to Discount Tire)

**www.suspensionplus.net**

**Factory Scheduled Service**

•15K **\$59<sup>95</sup>** •30K **\$99<sup>95</sup>** •60K/90K **\$139<sup>95</sup>**

- Install new spark plugs
- Rotate tires
- Check radiator & hoses
- Change engine oil and filter
- Check ignition system
- Flush brake system
- Inspect filters
- Clean battery terminals
- Inspect and adjust brakes
- Inspect underhood components
- Check fluids • Inspect belts
- Road-test vehicle

15K or 30K may not require all services or parts listed. Premium plugs extra. Most 4-cyl. cars and light trucks. Some trucks and 4x4s slightly higher.

**Timing Belt**

**\$79<sup>95</sup>**

Most cars.

Plus parts. A/C extra. Most cars. All vehicles welcome. Call for a quote for your vehicle.

**New Radiator**

**\$159**

AS LOW AS PLUS LABOR Most cars.

*Free alignment inspection!*  
(With appointment, please)

**Computerized Alignment**

**\$39<sup>95</sup>**

**Thrust Angle**

**4-Wheel Alignment \$49<sup>95</sup>**

Set toes to specs. Most cars. Shims & cams extra.

*Free brake inspection!*

**BRAKE SPECIAL**

**\$79<sup>95</sup>**

From Most cars.

Replace pads or shoes, inspect hardware, inspect rotor & drums, inspect hydraulics. Non-slip rotors, semi-metallic pads & premium pads extra. 4x4s, light trucks & 4-wheel disc extra. Lifetime warranty available.

Prices subject to change without notice. Must present coupon at time of service.

**Complete Axles**

**\$89<sup>95</sup>**

AS LOW AS **Lifetime warranty.**

Plus labor. Most cars.

**Maintenance Tune-up**

**\$34<sup>95</sup>**

AS LOW AS 4-cyl. Most cars & light trucks.

Install plugs. Premium plugs extra. Call for details.

**Clutch**

**\$239**

STARTING AT

Rear-wheel drive. Front-wheel drive, light trucks & 4x4 extra.

**Shock & Strut Special**

BUY THREE, GET THE FOURTH

**FREE** KYE MONROE

**TOWING AVAILABLE**

**MR International Auto Repair**

7030 Carroll Road • 858-455-5440

(Near Miramar Road)

**Unlimited Mileage Warranty!** Call for details.

**Your Friendly & Honest Auto Service Center**



Starting at **GOOD \$69<sup>95</sup> BETTER \$89<sup>95</sup> BEST \$139<sup>95</sup>**  
Front or rear. Call for details! Parts & labor. Resurfacing rotors additional for the \$69 price. \$89 or higher includes resurfacing rotors.

**30K/60K/90K Factory Service**

Starting at **\$109<sup>95</sup>** 4-cyl.

- Replace engine oil & filter
- Check timing
- Inspect air filter
- Rotate tires
- Replenish all fluids
- Inspect brake system & adjust brakes
- Other services as needed

**Manager's Special 1!**

**Oil & Filter Change \$14<sup>88</sup>**

Most cars. Plus \$3.50 disposal fee.

**Manager's Special 2!**

**Synthetic Blend Premium Oil Change**

Includes filter and up to 5 quarts synthetic blend oil. Most cars. Plus \$3.50 disposal fee. **\$36<sup>95</sup>**

**Water Pump**

Starting at **\$129<sup>95</sup>** 4-cyl.

**Timing Belt**

Starting at **\$98<sup>95</sup>** 4-cyl. Parts extra.

**Rebuilt Transmission**

Parts extra. **\$399<sup>95</sup>** Most cars.

**Head Gasket**

Starting at **\$199<sup>95</sup>** Labor only.

**Clutch Special**

Starting at **\$180<sup>95</sup>** Plus parts. Rear wheel.

**"Check engine" light on? FREE Computer Scan**

**Transmission Service**

Includes filter Starting at **\$79<sup>95</sup>** Most cars.

**New Axles**

Starting at **\$139<sup>95</sup>** Installed! Rebuilt available. Lifetime warranty.

**Starters & Alternators**

Starting at **\$190** Installed Most cars.

**Japanese Engine Replacement**

Starting at **\$1025<sup>95</sup>** Installed. 6-cyl., 8-cyl. extra. Call for details.

**Fuel System Flush**

**\$75<sup>95</sup>**



**NORTH PARK.** Apartment \$950, 1 bedroom, 1 bath, upper unit, refrigerator, stove, laundry, parking. Small pet OK. 4170 Texas Street, #6. www.centrecity.net. 619-296-6699.

**NORTH PARK.** Contemporary 3 bedroom, 2 bath townhome in gated fourplex. \$1650/month. Master bedroom with private bath, full-size washer/dryer, remodeled kitchen with dishwasher and built-in microwave. Garage and carport. No pets. Nonsmoking. Available February 1. 3931 33rd Street. Call 619-203-7073.

**NORTH PARK.** Large 1 bedroom, upstairs. Quiet. Newly remodeled. Gated community. Pool, lots of natural light. No pets. \$895/month. 3051 Meade Avenue, #17. Call 858-483-5111 x10. www.melroyproperties.com.

**NORTH PARK.** Large 2 bedroom apartment, 2-1/2 baths, no refrigerator. Carpet, new paint. Gated, laundry, parking. Section 8 OK. 619-697-6746.

**NORTH PARK.** Move-in special: \$250 off 1st month! 2 bedroom, 2 bath, \$1175-\$1225; and 2 bedroom, 2 bath townhouse, \$1300-\$1350. Fireplace, dishwasher, laundry on site, nonsmoking balcony, underground gated parking. Lots of storage space. 2 cats OK. 619-241-2596.

**NORTH PARK.** Move-in special! 3 bedroom, 2 bath duplex, hardwood floors, parking. No pets. No smoking. Available now. 4234 Wilson Avenue, 92104. \$1300. 619-980-6076.

**NORTH PARK.** Rent \$725. This 1 bedroom, 1 bath apartment has an electric stove, refrigerator and dishwasher. It has secured entry and on-site laundry room. 3766 Swift Avenue #9. Please contact Rob Inglat at 619-435-2700. For more information, visit our website at www.mckeecompany.com.

**NORTH PARK.** Spacious 1 bedroom, 1 bath apartment. Gated, hardwood floor, move-in special. \$870. 4355 Texas Street #B. 619-980-6076.

**NORTH PARK.** Spacious 2 bedrooms, \$1050. Quiet complex. Gated. Parking. Laundry. Easy freeway access. 1 year lease. No pets. 4837 Kansas Street. 619-303-4969.

**NORTH PARK/CITY HEIGHTS.** \$845. 1 bedroom, 1 bath. Upstairs corner apartment. 1 car garage. Pets OK. 3848 36th Street. Xilarent.com. 619-683-7638.

**NORTH PARK/HILLCREST** Move-in special! Large 2 bedroom, 1-1/2 bath, \$1100. Newly upgraded. Also, 1 bedroom, \$895. Gated. Laundry facility. Parking. No pets. Close to Naval Hospital, shops, freeways. 3710 Alabama Street. 619-296-1699. www.melroyproperties.com.

**OAK PARK.** \$1195. 2 bedroom, 1.5 bath condo. Laundry hookups! Section 8 OK. No pets. 5322 Caminito Mindy. Call 858-583-0182. www.cal-prop.com.

**OCEAN BEACH.** \$1275. 2 bedroom, 1 bath apartment. 1/2 block to beach. Downstairs. On-site laundry. Carpets. No pets. 4850 Orchard Avenue, #4. 619-222-6427.

**OCEAN BEACH.** \$950. \$950 deposit. 1 bedroom, 1 bath. Upstairs. 1 car parking. On-site laundry. Refrigerator. Stove. No pets. 5076 Lotus Street. Available now. 619-226-7368 or www.bkbinc.com

**OCEAN BEACH.** \$1015. 1 bedroom. Large upstairs end unit. Stove, refrigerator. New Carpet. Coin laundry. Parking. Stairs to ocean. Cat OK with additional \$300 deposit. Available 1/18/09. 4853 Orchard. 858-270-2071. Del Sol Property Management, Broker. www.delsolpm.com.

**OCEAN BEACH.** \$1050. Large 1 bedroom apartment. 4811 Del Monte Avenue. All appliances, laundry, parking, near beach. 619-224-4215.

**OCEAN BEACH.** \$1250. 2 bedroom 2 bath downstairs unit with dishwasher! Laundry on site! No pets! 4241 Voltaire Street #10. Call 619-222-4836 x14 or www.sunsetpacificrealty.com.

**OCEAN BEACH.** \$1300. 1 bedroom, 1 bath. Freshly painted. Parking. 1 block to beach. Pet OK with approval. Available now. 5142 Muir. 619-888-6604.



**OCEAN BEACH.** \$1300. Apartment, 2 bedroom, 2 bath upper unit with laundry and off-street parking. Walk to beach. 4865 Saratoga Avenue #204. 619-698-6911. www.goldenmanagement.com.

**OCEAN BEACH.** \$1350. 2 bedroom, 1 bath with hardwood floors! Blocks to beach! No pets! 4903 West Pt. Loma Blvd. Call 619-222-4836 x14 or www.sunsetpacificrealty.com.

**OCEAN BEACH.** \$1375-\$1700. 2 bedroom apartments, deck or yard, on park, garage, parking, coin-laundry. No smoking. Pets? 4678 West Point Loma Boulevard. 619-221-9047.

**OCEAN BEACH.** \$1400. Large 2-bedroom, 1-bath upstairs apartment. \$800, studio apartment. Appliances, laundry. Cat OK. 4826 Santa Cruz Avenue. 619-224-4215.

**OCEAN BEACH.** \$1595. 2 bedroom, 2 bath. All kitchen appliances. Near everything. Walk to beach/park. Includes heat, water, trash. Available 1/24. No Pets. 858-752-3958.

**OCEAN BEACH.** \$735. Cute studio for rent. Close to the beach and entertainment of Ocean Beach. Close to dining. No pets. Agent. 619-231-2727 x233.

**OCEAN BEACH.** \$745. Studio, mile from beach in quiet tropical setting. New carpet/paint. Laundry. Available immediately. 4166-68 Udall Street, #7. 619-222-9308.

**OCEAN BEACH.** \$825. Large upstairs studio 3 blocks to beach in South O.B.! New carpet and vinyl! Laundry onsite! No pets! 4852 Santa Cruz #5. Call 619-222-4836 x14 or www.sunsetpacificrealty.com.

**OCEAN BEACH.** \$950. \$950 deposit. 1 bedroom, 1 bath. Refrigerator. Stove. No pets. 5104 Muir Avenue. 619-226-7368 or www.bkbinc.com.

**OCEAN BEACH.** \$950. 1 bedroom, 1 bath upstairs unit with parking and laundry! Blocks to beach! No pets! 4918 West Pt. Loma Blvd. G. Call 619-222-4836 or www.sunsetpacificrealty.com.

**OCEAN BEACH.** \$950/bargain! Large, quiet 1 bedroom near beach, bus, pier and shopping. One off-street parking space, laundry. No pets. Available now. 619-269-7624.

**OCEAN BEACH.** \$960. Blocks to the beach! 1 bedroom. Clean. Parking. Laundry. No pets. Includes water/trash. Sea-coast Apartments, 5030 Lotus. Call Doris, 619-204-1651. 619-224-0759.

**OCEAN BEACH. 2 bedroom from \$1250. Enjoy comfortable year-round living at Ocean Breeze. Spacious apartments now available. This small, friendly complex is an ideal place to call home. Only 2 blocks from the beach. Sorry, no pets! 619-223-8186.**

**OCEAN BEACH.** 2 bedroom, \$1350. Come visit our apartment homes. Laundry. Close to beach. View to park, Sea-World and ocean. 4712 West Point Loma Boulevard. Agent. 619-231-2727 x233.

**OCEAN BEACH.** 2 bedroom, 1 bath. 4867 Del Mar Avenue, \$1295/\$1000 deposit O.A.C. On-site laundry, refrigerator, stove. Close to all. No pets. Great location. 619-226-7368, or www.bkbinc.com.

**OCEAN BEACH.** 4712 Point Loma Ave. Upstairs, 2 bedroom, 2 bath. \$1400. \$1400 deposit. Parking, refrigerator, stove, dishwasher. Available now. 619-226-7368 or www.bkbinc.com

**OCEAN BEACH.** 4851 Brighton Ave. #F comes with garage, 1 bedroom, 1 bath. \$1000. \$500 deposit. Refrigerator, stove. No pets. 619-226-7368 or www.bkbinc.com

**OCEAN BEACH.** 4878 Saratoga Avenue. #203. Upstairs. 1 bedroom, 1 bath. \$1000. \$800 deposit OAC. Refrigerator, stove, no pets, parking. 619-226-7368 or www.bkbinc.com.

**OCEAN BEACH.** 5035 Brighton avenue #6. \$950. Deposit \$950. 1 bedroom, 1 bath. Laundry, Parking. No pets. 619-226-7368 or www.bkbinc.com.

**OCEAN BEACH.** 5057-1/2 & 5059-1/2 Muir Avenue. 2 units available, both are 1 bedroom 1 bath. \$895, \$895 deposit. \$200 off 1st Month. Parking, stove, refrigerator. No pets. 619-226-7368 or www.bkbinc.com.

**OCEAN BEACH.** Beautiful beachfront ocean view! Studio. \$995. 1 bedroom, \$1075-\$1200. 2 bedroom, \$1400-\$1600. Serene security garden buildings. Hardwood floors, ceramic tile, laundry. Garages available. Pets considered. For address and availability, call 619-224-1748. For applications, call 619-501-5553.

**OCEAN BEACH.** Spacious and clean studio apartment with a full-size kitchen, includes refrigerator, gas cooktop and wall oven. Large living area, walk-in closet and built-in dresser/linen cabinet. Recently painted in designer colors. Carpet was replaced six months ago. Centrally located in the heart of Ocean Beach. Walk to shops and restaurants. Small complex with on-site laundry. \$925 rent, low deposit of \$400. Available by January 15, 2009. 4835 Saratoga Avenue. Will consider small dogs under 15lbs. Contact Scott, 619-846-6615.

**OCEAN BEACH. Studio units from \$900. 1 bedroom units from \$995. Utilities included. Now available at the Silver Spray Apartments. Walking distance to the beach and Ocean Beach pier. Minimum 6 months lease. Sorry, no pets! 619-223-8186.**

**OCEAN BEACH.** Studios and 1 bedrooms from \$875. Ocean front! Ocean view. Quiet, clean. Laundry. Close to the beach and entertaining. 5074-84 Del Monte. Please call Juana, 619-231-2727 x233.

**OCEAN BEACH/POINT LOMA.** 4 big bedrooms, 2 1/2 bath, \$2600. Washer/dryer hookup. Beautiful kitchen. Underground parking. 619-987-4907.

**OCEAN BEACH/WEST POINT LOMA.** \$1350. 2 bedroom, 2 bath in great building with views. Gated entrance and parking. Convenient location near Robb Field, beach and YMCA. No pets. **Open Saturday 2pm-3pm.** 4457 Temecula at West Point Loma Boulevard. TPPM, 619-770-1959 or 858-335-6477.

**OCEANSIDE** Large 1 and 2 bedrooms, \$995-\$1195, west of Interstate 5, just 8 blocks to beach, in vibrant downtown village. Beautiful remodeled units. 508 North Nevada Street. See photos at www.wexfordliving.com. 760-433-8810.

**OCEANSIDE** Large 1 and 2 bedrooms, \$995-\$1195, west of Interstate 5, just 8 blocks to beach, in vibrant downtown village. Beautiful remodeled units. 508 North Nevada Street. See photos at www.wexfordliving.com. 760-433-8810.

**OCEANSIDE.** \$1095. 1 bedroom. \$1495, 2 bedroom, 2 bath. Ask about move-in special. Granite countertops throughout. Laminate-wood/tile floors. Pool, spa, laundry, gated parking. Cat OK. 760-439-5728. www.casavistaapartments.com.

**OCEANSIDE.** \$1095. 2 bedroom, 2 bath apartment, cat OK, 900 square feet, paid water/trash. Fee. Free search at www.westsiderentals.com. 619-367-3333.

**OCEANSIDE.** \$800. Studio, full bath/shower, on-site laundry, refrigerator, stove, balcony, patio, secured/covered parking, mile to beach. Fee. Free search at www.westsiderentals.com. 619-367-3333.

**OLD TOWN.** 2 bedroom, 2 bath condo, Terraces at Mission Hills. Appliances, gated, pool, Jacuzzi. \$1600, \$1200 deposit. Small dog OK. 3995 Hortensia G3. azaguirre@msn.com.



**OTAY MESA.** \$1425. Condo, large 2 bedroom, 1-1/2 bath, 2 story, wood floors, fireplace, new appliances, fixtures and tile. Washer/dryer hookups, patio and garage. 3153 Caminito Quixote. 619-698-6911. www.goldenmanagement.com.

**OTAY MESA.** \$2195, 1/2 off 1st! Spacious 4 bedroom, 3 bath. Completely renovated. Granite. New appliances. Garage. Washer and dryer hookups. Fenced yard. 3990 Darwin Avenue. 619-804-3325.

**OTAY MESA.** 3 bedroom, 3 bath condo, \$1750. Central air/heat, washer/dryer, fireplace, 2-car garage. 4467 Corona-Borealis. People Helping Others Property Management. 619-282-5400. peoplehelpingothers.com.

**PACIFIC BEACH** \$1100. 1 bedroom, 1 bath unit, 630 square feet, parking, laundry on premises, patio, cable ready, security door. Near Crown Point. 858-270-1605; 619-224-8454.

**PACIFIC BEACH** \$1035. 1 bedroom, 1 bath apartment. Upper large unit. No pets. 1 parking. 1468 Missouri Street #6. Call 858-583-0182. www.cal-prop.com.

**PACIFIC BEACH** \$1195 with move-in special! Large downstairs condo- quality, 1 bedroom, 1 bath. Near bay. Newly remodeled unit with granite counters, limestone tub enclosure, built-in microwave, new paint, new carpet, crown molding, mirrored closet doors, lots of cabinet space, on-site laundry room, assigned parking. No pets. Available now. 2138 Thomas#2. Call 858-483-5111 x10. www.melroyproperties.com.

**PACIFIC BEACH** \$1600. 2 Bedroom, 2 bath, garage plus off-street parking. Great place! Near all. Refrigerator, dishwasher, range. Lots of storage. No pets. \$1600 deposit. Available now. 619-843-0384.

**PACIFIC BEACH** \$1650. 2 bedroom, 2 bath. Upgraded apartment, 3 blocks to the beach. No pets. Street parking. Laundry on site. 825 square feet. Move in now. 1073 Missouri Street. Call Leigh, 858-483-3534. www.cal-prop.com

**PACIFIC BEACH** \$1795. 2 bedroom 1 bath duplex. Steps to surf. Located in small garden complex. No pets. 725 Chalcedony. TPPM. 858-699-3851.

**PACIFIC BEACH** 3 large master bedrooms, 3 bath (each room has own private bath, walk-in closet and patio). \$2550. Garage plus parking space. Appliances included. Mark, 760-510-1769.

**PACIFIC BEACH NORTH.** \$1050. 1 bedroom. Large, upstairs, stove, refrigerator, private balcony, coin laundry, parking. 2-1/2 blocks to ocean. Available 2/10/09. 945 Chalcedony. 858-270-2071. Del Sol Property Management, broker. www.delsolpm.com.

**PACIFIC BEACH NORTH.** \$1395. 2 bedroom, 1-1/2 bath. Downstairs in quiet triplex behind 1859. Parking, stove, refrigerator, dishwasher. No pets. Available 2/10/09. 1861 Chalcedony. 858-270-2071. Del Sol Property Management, broker. www.delsolpm.com.

**PACIFIC BEACH NORTH.** \$1425. 2 bedroom, 1 bath with garage. Upstairs in quiet triplex behind 1852. Stove, refrigerator, dishwasher, fireplace. No pets. Available 2/10/09. 1854 Chalcedony. 858-270-2071. Del Sol Property Management, broker. www.delsolpm.com.

## AUTOMOTIVE

**Smog Check**  
**\$14<sup>95</sup>**  
 Most cars.

Plus \$8.25 certificate and \$1.95 transfer fee. 1995 and older \$10 additional for evap test. Vans and trucks extra.

**Free retest when we do the repair.**

**Free shuttle service**

### GENERAL AUTO REPAIR

367 15th St. • Downtown San Diego  
**619-237-1043**

Offers good with this ad. Expires 2-16-09.

### Tune-Up w/Oil Change

**\$39<sup>95</sup>**  
 4-cyl. + tax  
 Most cars.

6- and 8-cylinder slightly extra.  
 • Drain and replace up to 5 quarts of oil  
 • Install oil filter • Install spark plugs

**“Check Engine”  
 Light Diagnostic**  
**\$34<sup>95</sup>**

**Brakes**  
**\$89<sup>95</sup>**  
 from

Most cars. Includes parts and labor.

**Window Tinting**  
**EXOTIC & EUROPEAN  
 CAR SPECIALISTS**  
**LIFETIME WARRANTY**  
  
**STREETNOYZ**  
**AUTO SOUND & SECURITY**  
**3450-A KURTZ ST. • (619) 260-1747**

**BEST TIRE BUY**  
 CALL FOR PRICES, BRANDS, & OTHER SIZES

IMPORT RADIAL 40K	GT METRIC	ALIGNMENT
155SR13	UNIROYAL	STARTS AT <b>\$29<sup>99</sup></b>
175/70R13	BF GOODRICH	<b>BRAKES</b>
185/70R14	MICHELIN	STARTS AT <b>\$54<sup>99</sup></b>
185/60R14	DUNLOP	FRONT DISC PADS (ORGANIC), SEMI-METALLIC \$15 EXTRA. OTHER PARTS & LABOR, IF NEEDED, ADDITIONAL.
195/60R15	PIRELLI	<b>CV BOOT</b>
	KELLY	STARTS AT <b>\$59<sup>99</sup></b> OUTER
	WESTLAKE	
	GOODYEAR	

M-F 8 AM-5 PM, SAT 8 AM-12 PM  
 VISA • MASTERCARD • AM EX • DISCOVER

3536 OLIVE, LEMON GROVE  
**(619)466-5568**

**INFINITI NISSAN JAGUAR TOYOTA MAZDA Audi**  
**BMW ACURA VOLVO HONDA LEXUS**  
 Specializing in engine performance, drivability & electrical

**Smog check \$15<sup>75</sup>**  
 FREE RETEST with repair  
 Most 4-cyl. cars. With coupon. Plus \$8.25 cert. and \$3 VID.

**FREE** brake inspection!  
**Brake special \$69<sup>99</sup>**  
 Includes semi-metallic pads. Most cars.

A/C service \$19.99	Timing belt \$89.99	Oil change \$15.99
Plus Freon. Most cars.	Parts and labor. Most cars.	New filter and up to 4 qts. oil. Most cars.

**Special: Complete axle shaft \$99.99**  
 Parts and labor. Most cars.

**30K • 60K • 90K from \$99<sup>99</sup>**  
 Install new spark plugs • Rotate 4 tires • Inspect differential fluid  
 Check suspension • Change engine oil • Change oil filter  
 Adjust idle to factory specs • Tighten and inspect belts (exposed only)  
 Check ignition system and timing • Lubricate chassis • Inspect brakes  
 Adjust emergency brake • Clean battery terminals  
 Check all hoses, radiator and cap • Inspect manual transmission fluid  
 Drain and refill cooling system • Inspect air and fuel filters  
 Most cars. All services done same day. All services may not be applicable or necessary for your vehicle. Some trucks & 4x4 slightly higher. Timing belt replacement extra if required. Please call for details.

**Transmission service \$69.99** Drain and refill.  
**“Check engine” light on? \$24.99**  
 Diagnostic. Most cars.

**Tune-up special**  
 Includes new plugs, check timing, inspect hoses and belts. Most cars.

4-cyl. \$24.99	6-cyl. \$35.99	8-cyl. \$45.99
----------------	----------------	----------------

**WELLTECH AUTO SERVICE**  
 6696 Miramar Road, Suite M, San Diego (Near I-805)  
 www.welltechauto.com • **858-552-8898**  
 No Appointment Necessary • Major Credit Cards & ATM Accepted

**Your Dealership Alternative**  
 Scheduled and preventative factory maintenance.  
 Keep your vehicle under warranty.

Smog check \$19.95	Free “Check Engine” light diagnostic	30K/60K/90K service
Free retest when repairs completed here. Plus \$8.25 cert. and \$2.25 trans. fee. Vehicles 1996 or newer. Vans, trucks and motor homes extra. Chula Vista location only.	With repair. Includes 1 hour diagnostic.	Call for special price list services.

**Failed smog diagnostic \$44.95**  
 We repair gross polluters!

**Avoid costly repairs!**  
 Ask about our scheduled maintenance program and discounts.

**SDPRECISIONMOTORS.COM**  
 Complete auto repair • Family owned & operated

Present ad at time of service. Most cars. Call for details. Expires 1/22/09.

**We specialize in foreign & domestic vehicles.**  
 Computer Diagnostic Specialists  
 Alignments • Shocks & Struts • Tune-ups  
 Engine Repair • Power Steering • Starters  
 Alternators • Cooling Systems • A/C  
 Free estimates • Financing available OAC  
 Active Military discount  
 Free towing (5 miles with major repairs)

**2 locations to serve you:**  
**Spring Valley:** 8740 Jamacha Rd. (across from Sears Essentials)  
 888-842-3780  
**Chula Vista:** 619 K Street (at Broadway behind 7-Eleven)  
 888-840-6544



**PACIFIC BEACH NORTH.** \$1475. 2 bedroom, 1 bath. Large, upstairs, stove, refrigerator, coin laundry, 2-1/2 blocks to ocean. Available 2/18/09. 959 Chalcedony. 858-270-2071. Del Sol Property Management, broker. [www.delsolpm.com](http://www.delsolpm.com).

**PACIFIC BEACH NORTH.** \$850. Studio. Upstairs, full kitchen with stove, refrigerator. All utilities paid. 3 blocks to ocean. Cat OK with additional \$300 deposit. Available 2/10/09. 5049 Cass Street. 858-270-2071. Del Sol Property Management, broker. [www.delsolpm.com](http://www.delsolpm.com).

**PACIFIC BEACH.** "Crown Point," \$1350/month. 2 bedroom upper unit (month-to-month rental). Near bay, 4021 Lamont Street. Remodeled kitchen with granite counters, newer carpet, laundry facility, off-street parking. No pets. Available 1/16 (858)274-1446, email: [bjornandersen@gmail.com](mailto:bjornandersen@gmail.com).

**PACIFIC BEACH, NORTH.** \$1495 duplex. Studio \$895, deck. Large lower 2 bedroom. Immaculate, sunny. 1.5 blocks ocean. Dishwasher, white tile. Parking. Laundry. Yard. 863-869 Missouri. 619-275-2610.

**PACIFIC BEACH, NORTH.** \$1650-\$1695, **\$1299 moves you in!** 2 bedroom, 2 bath in beautiful North Pacific Beach property. Great amenities, view, parking. No pets. 1530 Chalcedony. TPPM, 858-270-5847.

**PACIFIC BEACH.** \$1395. Upper 2-bedroom apartment. 3 blocks to ocean. New paint. Excellent condition. Laundry facilities. 1062 Felspar Street. Shore Management, 858-274-3500.

**PACIFIC BEACH.** \$1595. Clean 2 bedroom, 1 bath. Garage. 4 blocks to ocean. Gas appliances. Large closet. Laundry facilities. No pets. 1124 Felspar Street. Shore Management, 858-274-3500.

**PACIFIC BEACH. 1 block to ocean! Large, clean detached studio with private yard. Gas and electricity paid. \$1000/month. No pets. James, Prudential Dunn Realtors, 619-807-5478.**

**PACIFIC BEACH.** \$1025. Great location! Charming 1 bedroom, 1 bath, new carpet and paint, gated, appliances, parking, laundry. Cat OK. 4751 Mission Boulevard #2. 619-804-3325.

**PACIFIC BEACH.** \$1075-\$1125/month. 1 bedrooms. Spacious remodeled apartments. 6-month or 1-year lease. Parking. Pools. Laundry facilities. Cat OK. 2 blocks from Mission Bay. 3883 Jewell Street. Call Manager, 858-272-0068. For photos, floor plans and virtual tours, see [www.apartments.com/tuscanapartments](http://www.apartments.com/tuscanapartments).

**PACIFIC BEACH.** \$1095. 1 bedroom. Carpeted floors. Appliances. Parking and just a short walk to all the shopping and restaurants on Garnet Avenue and Mission Boulevard. 732 Emerald Street. Owner, 858-272-9547.

**PACIFIC BEACH.** \$1095. 1 bedroom. Large, upstairs, stove, refrigerator, dishwasher, coin laundry. Gated entry, parking. Available 2/20/09. 1448 Thomas Avenue. 858-270-2071. Del Sol Property Management, broker. [www.delsolpm.com](http://www.delsolpm.com).

**PACIFIC BEACH.** \$1115. 1 bedroom, 1 bath. Downstairs. Remodeled. Stove, refrigerator. Dishwasher. Microwave. Pool. Coin laundry. No Pets. Available now. 1433 Oliver Avenue. 858-270-2071. Del Sol Property Management, Broker. [www.delsolpm.com](http://www.delsolpm.com).

**PACIFIC BEACH.** \$1130. 2 bedroom, 1 bath upstairs apartment. No pets. Stove, refrigerator, coin laundry, quiet building. 2109 Reed Avenue. Available now. 858-270-3615.

**PACIFIC BEACH.** \$1150. \$1000 deposit. 2 bedroom, 1 bath cottage; small, private patio. Parking. Laundry. No pets. 4113-1/2 Ingraham Street. 858-270-4674.

**PACIFIC BEACH.** \$1200. 1 bedroom, 1 bath apartment. Second level. Off street parking. Laundry on site. No pets. 4451 Haines Street. 858-270-4492 x203.

**PACIFIC BEACH.** \$1200. 1 bedroom, 1 bath luxury condo at The Plaza. Second floor. Carpet/paint. Lushly landscaped. Laundry. Microwave. Dishwasher. Pools. 1 parking. Tennis. Billiards. Health club. Sauna. 24-hour security. Available now. No pets. 1801 Diamond Street. 619-888-6604.

**PACIFIC BEACH.** \$1200. 1 bedroom. Charming front unit in quiet fourplex. Stove, refrigerator. Wood floors. No pets. Available 1/25/09. 1138 Oliver. Del Sol Property Management, Broker. [www.delsolpm.com](http://www.delsolpm.com).

**PACIFIC BEACH.** \$1200. 2 bedroom, 1 bath. 1/2 off first month. Lease. New carpet. On-site laundry. \$500 deposit. Sorry, no pets. Available now. 4478 Bond. 760-402-8325. [www.baywalkapts.com](http://www.baywalkapts.com).

**PACIFIC BEACH.** \$1250. Remodeled 1 bedroom, 1 baths. New carpet, new paint. Assigned parking. No pets. Available now. 1156 Hornblend. 619-818-1541. [www.melroyproperties.com](http://www.melroyproperties.com).

**PACIFIC BEACH. \$1295. 2 bedroom, 1.5 bath. Close to transportation and shopping. No pets. Available now. Call Coldwell Banker Property Management, 858-488-2228.**

**PACIFIC BEACH.** \$1350. 2 bedroom, 1 bath apartment. Upper unit. No pets. 1 parking. Newer carpet. Nice! 2122 Balboa Street. Call 858-583-0182. [www.cal-prop.com](http://www.cal-prop.com).

**PACIFIC BEACH.** \$1395. 2 bedroom, 1 bath apartment, 3 blocks from ocean. Small, quiet complex. 2-car parking included. Fee. Free search at [www.westsiderentals.com](http://www.westsiderentals.com). 619-367-3333.

**PACIFIC BEACH.** \$1400. 2 bedroom, 1 bath apartment, 1-car parking, extra sun room/office, granite countertops, remodeled bathroom. Fee. Free search at [www.westsiderentals.com](http://www.westsiderentals.com). 619-367-3333.

**PACIFIC BEACH.** \$1495. Steps to Bay. Upper 2-bedroom, 2-bath apartment. 2 parking spaces. Laundry facilities. Gas appliances. No pets. 3869 Riviera Drive. Shore Management, 858-274-3500.

**PACIFIC BEACH.** \$1500. 2 bedroom, 1 bath duplex. 1528 Reed Avenue, off street parking. No pets. Great location. Near shops and beach. call 760-431-9456.

**PACIFIC BEACH.** \$1625. 2 bedroom, 1 bath. Move in now. Duplex in Crown Point. Private patio, carport. 850 square feet. Laundry. Hookups. No pets. 2042 Oliver Street. Call Leigh, 858-483-3534. [www.cal-prop.com](http://www.cal-prop.com).

**PACIFIC BEACH.** \$1650. 2 bedroom, 2 bath apartment. Off street parking. Laundry on site. No pets. 4451 Haines. 858-270-4492 x203.

**PACIFIC BEACH.** \$1650. 2 bedroom, 2 bath. Large, remodeled. Upstairs. Stove, refrigerator. Dishwasher. Microwave. Coin laundry. Pool. Elevator. No pets. Available 1/25/09. 1433 Oliver. 858-270-2071. Del Sol Property Management, Broker. [www.delsolpm.com](http://www.delsolpm.com).

**PACIFIC BEACH.** \$1650. Spacious 2 bedroom, 2 bath, hardwood floors, fireplace, patio, dishwasher, covered carport, storage. Available February. 1970 Thomas. No smoking/pets. Susan, 619-241-1718.

**PACIFIC BEACH.** \$1675. 2 bedroom, 1 bath. Move in now. 2 blocks to bay. Upstairs unit, bonus room for office/den. Garage, laundry, dishwasher. No pets. 4013 Honeycutt Street. Call Leigh, 858-483-3534. [www.cal-prop.com](http://www.cal-prop.com).

**PACIFIC BEACH.** \$1675. Newly remodeled unit. Large bedrooms with skylights. On-site parking. Walk to beach, restaurants and shops. 1322 Garnet Street. TPPM, 858-699-3851.

**PACIFIC BEACH.** \$1695. Move in now! 2 bedroom, 2 bath townhome, contemporary design, granite and stainless kitchen, stained concrete flooring. No pets. 3509 Del Rey Street, #212. Call Leigh at 858-483-3534 x12. [www.cal-prop.com](http://www.cal-prop.com).

**PACIFIC BEACH.** \$1745. 2 bedroom, 2 bath, 1100 square feet, balcony, views, intercom entry, dishwasher. Lovely courtyard, heated pool, parking, laundry, close to everything. 858-272-4398.

**PACIFIC BEACH.** \$1795. Available now. 2 bedroom, 2 bath, upstairs unit. Parking, laundry, upgraded interior. Bike to beach and bay! 1524 Thomas #8. 858-483-3534 x12. [www.cal-prop.com](http://www.cal-prop.com).

**PACIFIC BEACH.** \$1895. 2 bedroom, 2.5 bath townhouse. New washer/dryer, dishwasher, 1-car garage plus space, balconies, fireplace. New carpet, new paint. No pets. Call Coldwell Banker Property Management, 858-488-2228.

**PACIFIC BEACH.** \$1900. Large 2 bedroom, 2 bath. Top of a duplex. New carpet. Parking. Laundry. Close to the Bay and ocean. No pets. Call Coldwell Banker Property Management, 858-488-2228.

**PACIFIC BEACH.** \$1950. Move in now! 2 bedroom, 2 bath townhome close to the beach. Private patio, fireplace, parking and on-site laundry. No pets. 915 Diamond Street #C. Call Leigh at 858-483-3534 x12. [www.cal-prop.com](http://www.cal-prop.com).

**PACIFIC BEACH.** \$1995. Bay and City view! 2 bedroom, 2 bath condo. Balcony. Custom paint colors. Tiled kitchen and bath floors. Laundry. Parking. 3991 Crown Point Drive. Shore Management, 858-274-3500.

**PACIFIC BEACH. \$200 off first month! \$1650. 2 bedroom, 2 bath apartment. 1100 square feet. Fireplace, balcony. Walk-in closets. Laundry. 2 parking spaces. No smoking/pets. 858-272-7616.**

**PACIFIC BEACH.** \$200 off first month. \$1395/month, \$1000 deposit (OAC). 2 bedroom, 1 bath. Downstairs, laundry, parking, great location. No pets. 1433 Grand Avenue #1. 619-226-7368 or [www.bkbinc.com](http://www.bkbinc.com).

**PACIFIC BEACH.** \$2200 rent. 3 bedroom, 2 bath. Washer/dryer. Dishwasher. Parking. 1-year lease. 1749 Reed Avenue. Call 858-490-1600 or [kandrproperties.com](http://kandrproperties.com).

**PACIFIC BEACH.** \$2200. 3 bedroom, 2 bath apartment, parking included, in-unit washer/dryer, dishwasher. Fee. Free search at [www.westsiderentals.com](http://www.westsiderentals.com). 619-367-3333.

**PACIFIC BEACH.** \$2295. 3 bedroom, 2 bath condo. Move in now. Block to beach. 2 parking spaces. Laundry in unit. Extra storage, dishwasher. 1100 square feet. No pets. 842 Agate Street #1. Call Leigh, 858-483-3534. [www.cal-prop.com](http://www.cal-prop.com).

**PACIFIC BEACH.** \$2300. 3 bedroom, 2 bath. Hardwood floors, washer/dryer, on-site parking. Close to all. 1016 Hornblend Street. TPPM, 858-699-3851.

**PACIFIC BEACH.** \$2365. 3 bedroom, 2-1/2 bath condo. Move in now. Townhome, split level condo. Attached garage. Deck, washer/dryer hookups, fireplace. No pets. 1348 Square feet. 1844 Diamond Street #2. Call Leigh, 858-483-3534. [www.cal-prop.com](http://www.cal-prop.com).

**PACIFIC BEACH.** \$2495. Townhome near beach/bay! Large 3 bedroom, 2 bath. Fireplace. Washer/dryer hookup. Garage. Refrigerator. Stove. Microwave. Dishwasher. 2050 Garnet Avenue #1. 619-223-0254.

**PACIFIC BEACH. \$2595. 3 bedroom, 3 bath condo. New carpet/paint. 2 fireplaces, patio. Quiet. Parking. Drive by 1932 Missouri Street #1. Available now. 760-744-2129.**

**PACIFIC BEACH.** \$2745. Clean, light and airy 3 bedroom, 2-1/2 bath townhome. 2 car garage. Cathedral ceilings. Fireplace. Washer/dryer, patio, deck, no pets. 1545 Hornblend. 858-272-4492 X203.

**PACIFIC BEACH.** \$350 off first month's rent! \$1050. Quiet 1 bedroom apartment. \$1450. 2 bedroom with garage, new carpet. Upstairs. Laundry. Off-street parking. 1920 Felspar. Agent, 858-457-4509.

**PACIFIC BEACH.** \$815. Studio apartment. Residential parking. No pets. Remodeled. Cute! 4121 Kendall Street. Call 858-583-0182. [www.cal-prop.com](http://www.cal-prop.com).

**PACIFIC BEACH.** \$825. 1 bedroom. Hardwood floors, laundry facilities. Near I-5, minutes to Downtown San Diego/La Jolla. Available immediately. 3432 Del Rey. 619-222-9308.

**PACIFIC BEACH.** \$825. Studio, 1 bath apartment, steps to beach and bay, 1-year lease. Fee. Free search at [www.westsiderentals.com](http://www.westsiderentals.com). 619-367-3333.

**PACIFIC BEACH.** \$900. 1 bedroom, 1 bath apartment, centrally located. Fee. Free search at [www.westsiderentals.com](http://www.westsiderentals.com). 619-367-3333.

**PACIFIC BEACH.** \$900. Studio, upper level. 3 blocks to beach. Assigned off street parking. Laundry on site, no pets. 1050 Hornblend. Call 858-270-4492 x203.

**PACIFIC BEACH.** \$975. Large 1 bedroom, 1 bath. Off-street parking. Balcony. New flooring. Laundry. 11 blocks/beach. 5 blocks/bay. 2138 Balboa, #6. Pets on approval. 619-561-3618.

**PACIFIC BEACH.** \$995. 1/2 off first! Extra large studio, all appliances, granite, plenty of storage, pool, gym, spa, tennis court, parking. 1775 Diamond #206. 619-804-3325.

**PACIFIC BEACH.** 1 bedroom on beach. 6 months lease. Pets under 30 lbs. OK. Roomies/co-signers OK. Office open 7 days. 4217 Oliver Court. 858-483-7670.

**PACIFIC BEACH.** 1 bedroom plus den, \$1035-\$1065. First or second floor. No pets. Lease. 4467 Dawes. Call 858-483-4553.

**PACIFIC BEACH.** 1 bedroom, 1 bath apartment, \$1100. 1-car garage, laundry room, new paint, water/sewer/trash included, 700 square feet. 1345 Grand Avenue #C. People Helping Others Property Management, 619-282-5400. [peoplehelpingothers.com](http://peoplehelpingothers.com).

**PACIFIC BEACH.** 1 bedroom, 1 bath apartment, granite kitchen countertops, garage with opener. \$1200 with 6-month lease. One month deposit. No pets. 1459 Hornblend. 858-245-9508.

**PACIFIC BEACH.** 1 bedroom, 1 bath, \$900, \$900 deposit. Mile to the beach! One parking space. Laundry on site. 6-month lease. No pets. 619-435-3830.

**PACIFIC BEACH.** 1 bedroom, 1 bath, 1 garage parking. Storage. Elevator, balcony. Quiet. Stainless steel appliances, marble, granite. Fireplace. Walk-in closet. Nonsmoking. \$1400. Lamont. 858-270-4810.

**PACIFIC BEACH.** 1 bedrooms at \$1250. 2 bedroom, 2 bath starting \$1595. 1/2 off first month/free credit application. Free poolside Wifi. Sundeck. Cardio fitness center. Equipment and weight room. Across from Mission Bay bike trail. Spectacular views. Super floor plans. Limited availability. Cat friendly. The Pacific at Mission Bay, 2636 Grand Avenue. 1-800-490-6372. [pacificatmissionbay\\_pacificliving@crossfiremail.com](mailto:pacificatmissionbay_pacificliving@crossfiremail.com). [www.pacificliving.com](http://www.pacificliving.com). [www.sdreader.com/news/rent1049](http://www.sdreader.com/news/rent1049).

**PACIFIC BEACH.** 1/2 first month! \$1495. 2 bedroom, 1 bath. 2-4 blocks from Mission Bay and the beach. Stove. Refrigerator. On-site laundry. 4406-4416 Dawes Street. 619-804-3324.

**PACIFIC BEACH.** 1bedroom, 1 bath duplex, newly painted. No pets. 4330 Morrell. \$950 with move-in special! Call 858-483-5111 x10. [www.melroyproperties.com](http://www.melroyproperties.com).

**PACIFIC BEACH.** 2 bedroom 1 bath. Detached cottage, like cul-de-sac. 2 off-street parking. Patio. Ceiling fans. New carpet. Washer/dryer. Nonsmoking. \$1450. Missouri. 858-270-4810.

**PACIFIC BEACH.** 2 bedroom, 1 bath. Downstairs. Laundry, parking. Near bay/ocean. Available now. \$1195. 1258 Pacific Beach Drive. No dogs. 858-454-4161.

**PACIFIC BEACH.** 3-bedroom, 2.5-bath townhouse. \$2300. 2 fireplaces, 2 balconies, laundry hookups, and double car garage. Great location. No pets. Agent, 619-296-3189.

**PACIFIC BEACH.** 4418 Bond St. #1. 2 bedroom, 1 bath. \$200 OFF 1st month. \$1250. \$800 deposit OAC. Downstairs, fridge, stove, on-site laundry, parking. No pets. Close to everything. 619-226-7368 or [www.bkbinc.com](http://www.bkbinc.com).

**PACIFIC BEACH.** Apartment rent with condo living for 1 bedroom, 1 bath \$1215. New remodel, granite kitchen/new appliances, new tile, new carpet. No pets. Lease. 1433 Reed Avenue. 858-483-4553.

**PACIFIC BEACH.** Great values, nice, clean, convenient apartments in multiple Pacific Beach locations. Studios from \$795. 1 bedrooms from \$1015. 2 bedrooms from \$1410. Parking, laundry. Some buildings with gated entry, pool and/or deck. No pets. 858-483-3796.

**PACIFIC BEACH.** Huge 2 bedroom, 1 bath \$1425. Move-in special! Laundry, parking. 2019-260-1368. View at [www.sevilemngmt.com](http://www.sevilemngmt.com).

**PACIFIC BEACH.** Large 1 bedroom, \$985. Balcony, new decor. Clean, quiet. Near all. Parking. No pets. 1650 Emerald. Manager, apartment #6. Call Henrietta, 858-539-6131 or Alan, 858-245-9508.

**PACIFIC BEACH.** Large upstairs 1 bedroom, assigned parking. Balcony, on-site laundry. Near beach and bay. \$1195/month with move-in special! 1663 Diamond Street, #6. Call 858-483-5111 x10. [www.melroyproperties.com](http://www.melroyproperties.com).

**PACIFIC BEACH.** Move-in special: 1/2 of first month's rent! Large 1 bedroom, 1 bath, The Plaza. \$1100. Quiet, resort style. On the pool, tennis, gym, garage parking, dishwasher, microwave, laundry, 24-hour security. No pets. Available now. 619-279-0031.

**PACIFIC BEACH.** Move-in special: 1/2 off first month's rent! Well-maintained 1 bedroom, \$900; and 2 bedroom, 1 bath, \$1150. Clean, quiet, parking, laundry, ceiling fans, pool. No pets. Available now. 619-279-0031.

## AUTOMOTIVE

# Ray Frey

# Auto Center, Inc.

## Complete Auto Service & Detailing

Scheduled Maintenance • Brakes • Tune-up • A/C



Ray Frey

## Smog Check

# \$19<sup>95</sup>

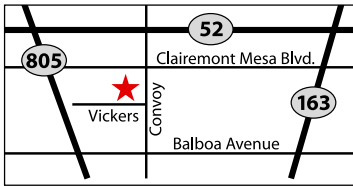
Plus certificate and transfer fee.  
'95 and older \$10 additional.

### State-of-the-art equipment

Serving the Kearny Mesa area for 30+ years with honesty and integrity.

### 10% senior and military discounts

Discount applicable only to non-advertised repairs.



7696 Vickers Street  
**858-278-7077**

## Computer Diagnostic

# \$39<sup>95</sup>

Most vehicles and light trucks.  
• Service "Engine Soon" light  
• "Check Engine" light • Hesitation  
• Hard starting • Runs rough  
• Poor gas mileage • Dead battery  
• Carburetor or fuel injection problems

## Professional Detailing

# \$79<sup>95</sup>

Starting at

## A/C Service

# \$19<sup>95</sup>

Most vehicles. Freon extra.  
Includes: • Recovery • Evacuate  
• Leak test • Check hoses and belts  
• Test operation

### Free hand car wash with any automotive service

## Thao Auto Repair & Advanced Machine in one location to better serve you!

### THAO AUTO REPAIR

3400 El Cajon Blvd. • (619)640-4606

Visa • MasterCard • Se habla español  
Special rates for auto body repair without insurance.

**Oil Change**  
**\$18<sup>95</sup>\***

Includes new oil filter and up to 4 quarts of oil. Hazardous waste fee \$2.

**Radiator Flush**  
**\$24<sup>95</sup>\***

+ coolant

**Fuel Injector Cleaning**  
**\$39<sup>95</sup>\***

**Timing Belts**  
**\$90**

and up

### ADVANCED MACHINE

PARTS • SERVICE • WELDING

Your Complete Automotive Machine Shop  
3400 El Cajon Blvd. • 619-640-4609

3D Technology Alignment  
& New Tires Available.  
Most Major Brands.  
Call for Reader Special.

**Muffler Special**  
**\$64<sup>95</sup>\***

and up

**Tune-up**  
**\$29<sup>95</sup>\***

and up

Change spark plugs, check distributor cap and rotor, check air filter.

All offers valid on most cars, with coupon.  
Offers expire 2/5/09.

## Good Auto Repair at a Good Price

"This place is not one of those chains, but it's a great place to get your car fixed. I have been going there for years. The mechanics are honest and tell you exactly what is wrong." – B.W.



**PACIFIC BEACH.** Ocean front. \$3500. 3 bedroom, 3 bath penthouse in the Seashore Building. Laundry in complex. 2 parking spaces. Views, views, views! Balconies. Large unit. One-year lease desired. No pets. Coldwell Banker Property Management, 858-488-2228.

**PACIFIC BEACH.** Plaza Studio condo, \$1100. 3rd floor. Laundry, elevators, 24-hour security. Gym, pool, Jacuzzi, more. Secure garage-parking. Year lease. Garnet/Lamont. 858-583-2770.

**PACIFIC BEACH.** Renovated 1 bedroom apartment, second floor, private entrance, fireplace, deck, small private patio, covered parking. Small pet? \$1175. Available now. 858-274-4477.

**PACIFIC BEACH.** Starting at \$795. **\$995 moves you in!** Upgraded 1 bedroom in garden setting. Easy access location. Pool, recreation room. Laundry. No pets. **Open Saturday 12-4pm.** 2710 Grand Avenue. TPPM, 858-273-8657.

**PACIFIC BEACH.** Steps to the ocean. 1 bedroom cottage, wood floors, on-site laundry, off-street parking, \$1400/month, 626 Diamond Street. No pets. 760-634-1746.

**PACIFIC BEACH.** Studio, \$825. Large, quiet. Utilities included. Sun deck. Easy access to I-5. No pets. 2176 Thomas Avenue. 858-270-0929.

**PACIFIC BEACH. Walk to the beach! 3 bedroom plus den, 2 bathrooms at \$2395. \$200 off, look and lease special. Free Application. Only 1 block from the beach! Located in the north Pacific Beach neighborhood with beachfront access only minutes away. Short distance to downtown La Jolla shopping and dining. Our quaint apartment homes include on-site laundry facility, extra storage and a quiet location. Cat friendly. Call our rental office today! 858-272-7464. www.pacificliving.com.**

**PACIFIC BEACH/CROWN POINT.** \$1345. 2 bedroom, 1 bath. Large, upstairs. Stove, refrigerator, dishwasher, microwave. No pets. Nice, shared courtyard. Coin laundry, garage space. Available 2/13/09. 3711 Ingraham. 858-270-2071. Del Sol Property Management, broker. www.delsolpm.com.

**PACIFIC BEACH/LA JOLLA.** \$1250. 1 bedroom, spacious garden cottage. 14x20 living room, large garden. Quiet. Parking. No smoking/pets. 851-1/2 Agate. 858-459-1352.

**PACIFIC BEACH/NORTH.** \$1545. 2 bedroom, 1 bath, large, downstairs. Stove, refrigerator, garage space, coin laundry. 1 block to ocean. No pets. Available 1/14/09. 830 Sapphire. 858-270-2071. Del Sol Property Management, Broker, www.delsolpm.com.

**PARADISE HILLS.** First month's rent 1/2 off! 3 bedroom, 2 bath. Fireplace. Covered patio. \$1735. Keen Drive. Section 8 OK. Contact agent, 619-692-4121.

**POINT LOMA** Luxury 3 bedroom, 2 bath Le Rondelet condo. 1658 square feet. Garage. Laundry. Pool/Jacuzzi. Court-yard. Pets OK. \$2150. Available immediately. 619-223-6121.

**POINT LOMA** Luxury 3 bedroom, 2 bath Le Rondelet condo. 1658 square feet. Garage. Laundry. Pool/Jacuzzi. Court-yard. Pets OK. \$2150. Available immediately. 619-223-6121.

**POINT LOMA TENNINS CLUB.** 1 bedroom, 1 bath, completely remodeled condo, view, covered parking, storage, pool, Jacuzzi, tennis, gym. \$1350/month. 619-578-9657.

**POINT LOMA.** \$1095 rent, \$800 deposit. OAC. Large 2- bedroom, 1- bath, one-car garage. Laundry. No pets, at 2833 Shelter Island Drive. 619-299-8515.

**POINT LOMA.** \$1095. Newly remodeled studios with fantastic upgrades! Everything is new! Gated entry, parking, laundry, barbeque area. No pets. 2089 Chatsworth Boulevard. 619-222-0152.

**POINT LOMA.** \$1100/month. 2 bedroom, 1 bath. Laundry room onsite, 1 parking space. 3029 Hugo Street. Open for view-ing Saturday and Sunday, 10am-5pm. Call 619-846-1201.

**POINT LOMA.** \$1150. \$1000 deposit. 2 bedroom, 1 bath apartment, parking. No pets. 1715 Evergreen. 619-223-1301.

**POINT LOMA.** \$1350. 2 bedroom, 2 bath condo. No pets. 800 square feet! 3140 Midway Drive #A214. Call 858-583-0182. www.cal-prop.com.

**POINT LOMA.** \$1500. 2- bedroom town-house with huge patio area. Complex has pool and tennis. Cat OK. Westbourne Realtors. 858-488-4800.

**POINT LOMA.** \$199 first month's rent! Large 1 bedroom. Parking, laundry. No pets. \$1020/month. Also, 1 bedroom, \$825/month. Available now. 619-523-3969.

**POINT LOMA.** \$300 off first month rent with 6 month lease! Studio and 1- bedroom, 1- bath apartments available, starting at \$895! Close to ocean. Off- street parking. Spa area, on-site laundry. Cats/ dogs 20 pounds OK. Water and trash included. \*Limited time offer, on approved credit, see manager for details. 2449 Soto Street, Apartment #102, San Diego, 92107. 619-224-1973. Or visit us on our website at www.sdrenting.com.

**POINT LOMA.** \$775. Large studio with laundry on site! Great location, close to all! No pets! 3612 Kemper Court #10. Call 619-222-4836 x14 or www.sunsetpacificrealty.com.

**POINT LOMA.** \$875. 1 bedroom, 1 bath attached cottage! Near Shelter Island and Liberty Station! No pets! 2829 Jarvis Street. Call 619-222-4836 x14 or www.sunsetpacificrealty.com.

**POINT LOMA.** 1458 Rosecrans Street. 2 bedroom, 1 bath. \$200 OFF 1st month, \$995, \$995 deposit. Refrigerator, stove. Close to all. Great location. Upstairs. No pets. 619-226-7368 or www.bkbinc.com.

**POINT LOMA.** 3789 La Cresta Drive. \$2450. \$2000 deposit OAC. House. Washer/Dryer hookups, hardwood floors, refrigerator, stove. No pets. Great location. 619-226-7368 or www.bkbinc.com.

**POINT LOMA.** 50% off deposit! Spacious 1 and 2 and 3 bedrooms starting at \$1049. 2 bedrooms, \$1399. 3 bedroom, 2 bath, \$1699. OAC. Pet friendly! Clubhouse. Fitness room. Business center. Tennis. Pool. Jacuzzi. Near shopping, beaches, restaurants, freeway. Stonewood Gardens. 3889 Midway Drive. 1-888-773-6259. MG Properties. www.sdreader.com/news/rent2118.

**POINT LOMA.** Rent \$1495. Large 1182-square-foot condo in great Point Loma location. Gas fireplace, large deck, break-fast bar and dining area. Kitchen equipped with refrigerator, stove and dishwasher. New paint, vinyl and carpeting throughout. Master bedroom has his and hers custom closets with brand new mirrored doors. Large closets in second bedroom and entry area. Two assigned parking places, community pool and spa, and laundry room. 3837 Leland. Please contact Rob Inglat at 619-435-7780 or for more information visit our website at www.mckeecompany.com.

**POINT LOMA/SUNSET CLIFFS.** \$1600. **Ocean view!** Steps to ocean 2- bedroom, 1- bath apartment. New carpet. Utilities included (water/electricity). Pets OK! 4833 Orchard Avenue. 619-222-6020.

**POINT LOMA/OCEAN BEACH.** 2 bedroom, 2 bath. Keyed entry. Washer/dryer in unit, gas fireplace, breakfast nook, refrigerator, underground parking. No pets. \$1650. 619-871-9912.

**POWAY.** 1 bedrooms, \$915. Nice, well-maintained complex with air conditioning, off-street parking, community laundry. Near all. No pets. 12529 Oak Knoll Road. 858-486-0109

**POWAY.** \$400 off first month! \$995. 1 bedroom, 1 bath. Located in the heart of beautiful Poway. Just 4 miles east of the I-15 in a gated community. 858-578-0114. www.sunriseliving.com.

**POWAY.** \$950. Nice 1 bedroom. **\$300 off first month's rent!** Dishwasher, patio or balcony, parking, laundry. Beautiful courtyard. No pets. 12500 Oak Knoll. Agent, 858-679-1789.

**POWAY.** Moving is expensive! That's why we want you to keep some of your hard earned money. Our move- in special of \$300 off 1st month's rent (one- year lease required) will do just that. Apply now! Only one unit available! This unit has just undergone an extensive remodel. The kitchen features all new cabinets, counter-tops and appliances including dishwasher and microwave. The downstairs living area has Italian ceramic tile flooring throughout. Crown Moldings, new base-boards and ceiling fan. Half bath with pedestal sink. Large private patio. The upstairs bedrooms have mirrored closet doors (master bedroom has a balcony with storage). Both bedrooms have ceiling fans. Full bath has tile floors and new vanity. All new two panel decorative doors. All new hardware, light fixtures and blinds. Plush carpeting in the bedrooms. Unit is painted in designer colors. Property is gated with intercom and has controlled access parking. Unit comes with 2 assigned parking spaces (one covered with storage). Newly remodeled laundry facilities (one year old). Pool and spa. Friendly common area featuring barbecues and picnic table. Water and trash paid! Just one unit is available! Apply now! Application fee: \$25/adult. Security deposit: \$500. Rent: \$1395 with one year lease. Serious inquiries only. We do not participate in subsidized programs. Contact Mary or Robert at **858-679-0643** or at villagepin@cox.net to schedule a view-ing and to apply. **Scott@hendershawandassociates.com.**

**RAMONA. 1/2 off first month's rent! \$875/month. 2 bedroom, 1 bath. Close to shops. On-site laundry. Pool. Off- street parking. Habla Espanol! 1606 Montecito Road. Agent, 619-469-5010.**

**RANCHO BERNARDO.** \$1495. Large, bright, 2- bedroom upstairs end unit, dual masters, fireplace, 47" home theater, balcony, ample storage, washer/dryer. Racquetball, pool, spa, tennis, sauna, gym. 858-509-0117, 858-361-9117.

**RANCHO BERNARDO.** 55+ community. 2 bedroom, 2 bath condo. New paint/carpet. On green belt. Refrigerator, laundry, dishwasher. Near buses. \$1300. 619-206-6959.

**RANCHO PENASQUITOS.** \$50 off per month with 6 month lease! \$1250. 2 bedroom, 1 bath. \$1600. 3 bedroom, 2 bath. Low \$500-\$700 deposits! Newly remodeled. Air conditioning. Pool. spa. Carport. No pets. Rancho Villas Apartments. ranchovillas@earthlink.net, 858-484-0744.

**RANCHO SAN DIEGO.** Move- in special! 1 bedrooms, brand new resort- style community! \$1100. Granite, tile, washer/dryer in unit, parking, pool, tennis, gym. Pets OK. 619-279-0031.

**RV SITES** Mission Bay. 1 bedroom, 1 bath mobile home for rent, near Mission Bay and Sea World. \$900/month. Available immediately. Pool, clubhouse, friendly park. Morena Mobile Village. 619-276-5699.

**SAN CARLOS** Super special! 2 and 3 bedroom townhouses. \$1395 and up. Stove, dishwasher, garage, large patio, pools, laundry facilities. Lakewood Villa Townhomes, 8492 San Carlos Drive, San Diego. 619-469-3585; 619-944-0671.

**SAN MARCOS.** \$1075. New Year's Special! \$500 off 1st month's rent! Large 2 bedroom, 1 bath. New throughout, view, large balcony, carport, private storage. Gated, small complex. No pets. Call for appointment for showing, 760-599-0989.

**SAN MARCOS.** \$1275. 2 bedroom, 2 bath condo. Private, upstairs. Washer/ dryer. Fireplace. Near freeways, CSUSM, Palomar. Mission Park. 203 Woodland Parkway. Gloria, 858-513-1701, 858-395-8125.

**SAN MARCOS.** \$1650. Modern 2 bedroom, 2-1/2 bath townhouse. 2- car garage. High ceilings, new refrigerator/ washer. 554 Almond Road. Pets OK. Rachel/Kelly: 760-585-1731.

**SANTEE** \$1150. 2 bedroom, 1 bath condo. Small pet negotiable! 903 square feet. 8841 Mission Greens Road #2. Call 858-583-0182. www.cal-prop.com

**SANTEE.** \$1600. Beautiful 3 bedrooms, 2.5 baths townhouse, washer/dryer, refrigerator, microwave, air conditioning. Fenced patio, double carport/storage. Small pets. Work 858-455-3742, evenings 619-287-5005.

**SANTEE.** \$1650. 3 bedroom, 2-1/2 bath townhome, 1/2 off first month's rent. Home has air conditioning. Wood floors. Washer/dryer. Granite counters and pool. utopianmanagement.com, 858-598-1111 x128.

**SCRIPPS RANCH/SABRE SPRINGS.** \$1950. 2 bedroom, 2 bath. Mountain view! Fireplace, washer/dryer, central AC, walk-in closet. 2-car garage, community pool. No pets. 619-665-6590.

**SHERMAN HEIGHTS,** east of Downtown. \$995. Large 1 bedroom. Hardwood floors, on-site laundry, shared courtyard. Pet OK with deposit. 2473 Market Street. 619-231-8723.

**SOUTH PARK.** \$1195. Spanish style; 1 bedroom, 1 bath cottage; upgraded fixture, hardwood floors, crown molding, yard, laundry. Near all. 2928 Juniper Street. 619-384-9219.

**SOUTH PARK.** \$850. 1- bedroom, 1- bath- room, upper unit. Wood floors. Available now. 3013-1/2 30th Street. www.stevenleeproperties.com. 619-295-1161.

**SOUTH PARK.** \$900. 2 bedroom, 1 bath duplex, upstairs. Near Balboa Park. No pets. Private, secluded, quiet neighbor-hood. \$850 deposit. 2018 Dale. Appointment, call 619-280-1174.

**SOUTH PARK.** 1/2 off first! \$1250. Extra large 2 bedroom, 2 bath. Upper. Balcony. All appliances. Laundry, Parking. Cat OK. Near all. 3101 Juniper #7. 619-804-3325.

**SOUTH SAN DIEGO.** 3 bedroom, 2-1/2 bath, 2- car garage townhome. Available February. First month rent and \$1600 deposit due before move- in. Built in 2004 and is in very good condition. Background and credit check. Absolutely no pets allowed. Contact Francisco at 619-227-0876.

**TALMADGE** \$925. Upstairs unit, 1 bedroom, 1 bath apartment. Pool. All utilities included. Patio. Off street parking. Shared laundry. 4641 55th Street #A. 619-640-7530. www.sdforrent.com.

**TALMADGE.** \$1100. 2 bedroom, 1-1/2 bath townhouse. Very nice, stove and refrigerator. Near tennis courts. No pets. 4538 Norwood Street. Call manager Danny at 858-729-4125.

**TALMADGE.** \$2250/month. 3 bedroom, 2 bath house. 2- car garage. Beautiful hard-wood floors and landscaping. Corner lot. Pets negotiable. Available now. 4525 Estrella. Alta Vista Properties, 858-274-3600. www.altavistamanagement.com.

**TALMADGE.** Extremely large 1 bedroom. Park- like grounds, all amenities, controlled entry, parking, air, dishwasher, laundry on property. Fine residential area. Near shops. 4546 52nd Street. \$850. 619-287-1996, 619-818-9950 or 619-461-9415.

**TALMADGE.** Spacious 1 bedroom, \$865. Well- kept unit. Quiet, nice location. Gated, parking, laundry, air conditioning, barbecue. Cats OK. 4544 Winona Avenue. 619-229-1406.

**TALMADGE/ KENSINGTON. 2 bedroom, 1 bath cottage style home at \$1095 and 1 bedroom starting at \$1035. Look and lease special, \$200 off and free credit application. Adjacent amenities. Outdoor billiard lounge. Pool. Spa. Fitness center. Business center. 4454 44th Street. 619-282-1191.**

## AUTOMOTIVE

# Smog Special

**Test only • 15 minutes**  
**Fast • Easy • No Appointment Needed**

**\$26<sup>75</sup>**

plus \$8.25 certificate & \$2 transfer fee.  
Trucks, vans & SUVs \$10 extra.  
EVAP testing included.

*We now do European cars for same low price.*

**or \$31<sup>75</sup> with a Free Retest**

We Certify: Gross Polluters, Out of State, DMV Renewal,  
Change of Ownership

\$5 extra for vehicles from 1976-1995.

## SMOG CLINIC

7535 Clairemont Mesa Blvd., Suite C  
(Next to Kearny Mesa Bowl & Sears)  
858-292-7903 Mon.-Fri. 8 am-6 pm • Sat. 8 am-3 pm  
Visa • MasterCard • Coupon expires 1/29/09.  
Must present coupon at time of service.



**TransmissionPros**  
**AUTO REPAIR**

**5780 AUTOPART MALL**  
**858.558.8808**  
www.Transmission-Pros.com

**FREE**

• **DIAGNOSTICS**

• **ESTIMATE**

• **TOWING IN SD COUNTY**

**WITH MOST REPAIRS**

**TRANSMISSION SERVICE**  
**\$49.95**

**CLUTCH JOB**  
**\$275**

**PARTS AND LABOR. MOST CARS. CALL FOR QUOTE.**

**LUBE, OIL AND FILTER**  
**\$19.95**

**21-POINT SAFETY CHECK. TOP OFF ALL FLUIDS.**

**DIFFERENTIAL SERVICE**  
**\$49.95**

# Window Tint

Lifetime warranty • Most cars • Some restrictions apply

**Rear 3 Windows**

**\$59**

• **Faster service • Cleaner installation**  
• **Precision factory cuts**

**COMPUTER CUT**

**Mobile service, pickup & delivery available**

## SEA SIDES CLASSIC TINTING

**For 20 years, San Diego's window tint specialists**

2707 Garnet Ave. • 858-581-2294 (Next to Washington Mutual) • Open 7 Days



# Window Tint

any car, back 3 windows, or

# Bluetooth

hands-free, works with all phones, or

# Car Alarm

installed

• Door protection • LED • Keyless entry option  
• Shock sensor • Parking light flash • 2 remotes

## Stereo Outlet

2710 Garnet Avenue  
Pacific Beach • 858-581-2434

**\$98**

# SHEEP AND GOATS

## PLACES OF WORSHIP REVIEWED

**Denomination:** affiliated with Reformed Church in America and Acts 29  
**Address:** 1701 D Avenue, National City, 619-434-8225  
**Founded locally:** 2003  
**Senior pastor:** Matt Ortiz  
**Congregation size:** around 100  
**Staff size:** 3  
**Sunday school enrollment:** 20  
**Annual budget:** n/a  
**Weekly giving:** n/a  
**Singles program:** no  
**Dress:** mostly casual  
**Diversity:** mostly Caucasian and Hispanic  
**Sunday worship:** 10:30 a.m.  
**Length of reviewed service:** 1 hour, 10 minutes  
**Website:** [xroads.cc](http://xroads.cc)

“You don’t argue with a calling,” said Pastor Matt Ortiz before the service in the refurbished school auditorium. “We started out in west Chula Vista, but God called us into National City. I was talking to the father of a boy whose son was being recruited for a local gang, and he said, ‘You moved your family to National City *on purpose*?’ I said, ‘Yeah. I love National City.’ It gets a bad rap, but if you live here, there’s a lot of neighborhood pride, and we’re in the mix, as it should be.” (The neigh-

borhood, as it turned out, came together to help refurbish the auditorium.)

“In the mix” meant getting to know local politicians and community action groups. It meant Hope Boxes for the needy — pick up a clear plastic box in the vestibule and fill it with sundries and durable foodstuffs. It meant, said Ortiz, “Eight-year-old girls selling cookies so a poor family can get a grocery cart filled. Our mantra is: ‘You don’t need a stinkin’ church program to love your neighbor,’ so people don’t live vicariously through the institution. We want a decentralized ministry, a real neighborhood church.”

That was the nuts-and-bolts vision for ministry; the service involved headier stuff. The band made high-energy ballads out of “Holy, Holy, Holy” and “Joyful, Joyful, We Adore Thee” before giving way to Ortiz, who asked God to “transform us as a result of gathering together as brothers and sisters.”

The announcements stressed community build-

ing — a “girls’ night in,” “community event planning,” even a “progressive dinner” from house to house. The sermon stressed theology. “If you look at the first 18 verses of John’s Gospel,” warned Ortiz, “it hurts your brain.”

“In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning.... The Word became flesh and made His dwelling among us.”

Ortiz’s delivery was urgent and energetic, though he was not so much rallying his people as imploring them to understand. “John says that the theory of everything that you’re looking for — the creation of the universe, the source of life, what holds it all together — is not a formula, it’s a person. The theory of everything is a Word, and let me introduce you to Him.” Line by line, he made his way through the 18 verses, which named the Word as creative, as the source of light and life, and the one who makes God known. “God’s word has power in and of itself because

God’s word is a person. Now listen: the Word became flesh. That’s the most mind-bending statement ever made. Jesus is the place where God meets with His people.” He quoted J.I. Packer’s book *Knowing God*: “Once the Incarnation is grasped as a reality, all the other difficulties dissolve.... If Jesus is the source of all life, then of course He rises from the dead! Jesus came to bring us grace.”

Grasping that reality, said Ortiz, was transformative. “God had to open my eyes to see my need for the cross. He needed to show me that I am so sinful that it took nothing less than the death of the Son of God to save me. If all of us got that and held it in our minds — it changes our hearts, and the world becomes a more loving, gracious, beautiful place.... How will you respond to this Scripture? Will you receive Him this morning?”

He prayed, “Change us this morning, God. Open our eyes to the truth of Your Gospel. Help us realize that the Gospel is not only what



Matt Ortiz

### Crossroads Church National City

★★½

<b>Sermon</b>	
content	★★½
delivery	★★½
<b>Liturgy</b>	★★½
<b>Music</b>	
congregational	★★
band	★★½
<b>Snacks</b>	★★
<b>Architecture</b>	★★½
<b>Friendliness</b>	★★★
Poor to satisfactory	(none)
Good	★
Very good	★★
Excellent	★★★
Extraordinary	★★★★

saves us, but also what changes us. God, change us to be gracious people...an outpost of Your kingdom here upon earth.”

Ortiz asked the congregation to meditate and pray in silence before receiving communion (and asked, via a bulletin insert, that those

who did not believe in Christ’s redemptive sacrifice to abstain from receiving). After receiving, the band sang two anthems — one built around David’s psalm after his adultery with Bathsheba (“Wash me white as snow and I will be made whole”), the other a colloquial “Our Father.” Then Ortiz closed with 1 John: “God has given us eternal life, and this life is in His Son.”

What happens when we die?

“Without trusting Christ as the Leader and Savior of our lives, our current condition as destined for death does not change,” said Ortiz. “If we don’t put our faith and trust in Christ, we don’t have life — we experience that not only in this life but in the afterlife as well. But if we experience Jesus in our life today, if we put our faith and trust in Christ, then we experience life in the afterlife as well.”

— Matthew Lickona

Videos of this church and others featured in this column are available at [sandiegoreader.com](http://sandiegoreader.com).

**TIERRASANTA** \$850. 1 bedroom, 1 bath upper apartment, newly remodeled, rec room with activities, elevator, on-site laundry. Gated, shopping close. 62+ living. 4906 La Cuesta Drive. Linda, 858-278-4910. [www.centrecity.net](http://www.centrecity.net).

**TIERRASANTA.** 2 bedroom, 2 1/2 bath home. Pool, Jacuzzi, tennis court. Private backyard. 2-car garage. Quiet development. 2/01/09. Small pets considered. \$1900/month, 619-887-1942.

**UNIVERSITY HEIGHTS.** \$1025. Spacious 2 bedroom, 1 bath. Small, cozy complex. Laundry on site. Parking. No pets. 4460 Cleveland Avenue. Agent, 619-298-7724.

**UNIVERSITY HEIGHTS.** 1 bedroom, 1 bath condo with garage, \$875. 2 bedroom, 2 bath condo with garage, \$1295. Move-in special. 3111 Meade Avenue. 619-980-6076.

**UNIVERSITY HEIGHTS.** \$775. Very cute, quiet, private 1 bedroom, 1 bath. Private parking. No pets. Available 2/3. Credit check required. 4526-1/2 North Avenue. 619-466-4053.

**UNIVERSITY HEIGHTS.** \$825. 1 bedroom, 1 bath, 1 parking spot, on-site laundry. No pets. Nonsmoking. 4464 Louisiana Street. Call agent, 619-692-4121.

**UNIVERSITY HEIGHTS.** \$875. 1 bedroom. Immaculate, upstairs apartment in newly renovated building. Large bedroom, excellent location. Beautiful courtyard. No pets. Walk to trendy Park Boulevard. **Open Saturday 2:30pm-3:30pm.** 4621 North Avenue #9. TPPM, 619-296-8802.

**UNIVERSITY HEIGHTS.** \$995. Spacious 1 bedroom 1 bath upper duplex. Large balcony, new appliances, flooring and blinds. Pet negotiable. 4385 Alabama Street #A. 619-384-9219.

**UNIVERSITY HEIGHTS.** 1/2 off first! \$925. Large 1 bedroom, 1 bath, gated, stove, refrigerator, new paint, wood built-ins, laundry, parking, near all. 4452 Louisiana #4. 619-804-3325.

**UNIVERSITY HEIGHTS.** Rent \$1050. This 1 bedroom, 1 bath condo is a great place to live. It has a fireplace, stove, refrigerator, stacked washer/dryer and dishwasher. It comes with one parking spot. Sorry, no pets allowed. 4420 Cleveland Avenue. Please contact Rob Inglat at 619-435-7780 or for more information visit our website at [www.Mckeecompany.com](http://www.Mckeecompany.com).

**UTC 55+ Spacious luxury living.** Pool, spa, golf course. 1 bedrooms, \$975. 2 bedrooms, \$1075. Up to \$1200 off. Town Park Villas, 4633 Governor Drive. 858-453-0441.

**UTC.** 2 bedroom upstairs condo: next to large park; solar-heated pool; garage; private parking; balcony; washer/dryer; new paint/carpet; water paid: \$1445. 858-546-8214.

**VISTA.** Special: 1/2 off first month’s rent! 2 bedroom, 2 bath, remodeled, \$1095. Air conditioning, new carpet/ new paint, large patio, storage. Gated hillside community. 760-672-6405. [www.melroyproperties.com](http://www.melroyproperties.com).

## REAL ESTATE HOUSES

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**MOUNTAIN,** cute cottage in rural community. Quiet area. Totally remodeled stucco cottage. High security. Much parking/ storage. Accessible to stores/casinos. \$139,000. E. Miller 619-303-5695.

**YUMA, ARIZONA.** No money down. 3 units. 2 bedroom, a bath. 1 bedroom, 1 bath. 400 square feet shop. \$240,000. Will consider a trade. 619-618-5061.

## REAL ESTATE CONDOS

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**BAJA CALIFORNIA, MEXICO.** La Mision. 2 bedroom, 1 bath, beautiful ocean view, 24-hour security guard, gated community. Best beach in Baja. \$250,000 or rent \$1000/month. 760-250-7055

**DEL MAR.** Lovely, sunny 2 bedroom, 2 bath condo with pool and Jacuzzi. Monthly interest \$1695. \$15,000 down. APR only 5.9%. Call Agent, Elizabeth, at 619-286-5813.

**HILLCREST MODEL UNIT. 2 bedroom, 1 bath condos. Fabulous views! Hardwood floors. Granite countertops. Washer/dryer. Parking. Pool. Executive suite. Game room. Storage. 3907 Georgia Street, #12. \$339K, reduced! Call agent for details, 619-871-8915.**

**LA JOLLA/UTC.** Sunny, lovely 2-bedroom, 2-bath condo with pool and Jacuzzi. Monthly interest \$1695. \$15,000 down. APR only 5.9%. Call Agent, Elizabeth, at 619-286-5813.

## REAL ESTATE MISCELLANEOUS

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**ATTENTION SELLERS!** We’ll buy your house in 11 days or pay you \$500 cash! 24 hour information: 800-398-8864, Box 305.

## AUTOMOTIVE

**SMOG CHECK**  
Including Test Only.  
**\$18.85**

Plus \$8.25 for certificate and \$2.50 communication fee. Most cars. Trucks, vans & SUVs extra. \*95 and older add \$10 for evap. test. No appt. necessary.

**ADAMS IMPORT**  
Mon.-Fri. 8 am-5 pm  
3166 Adams Avenue  
(next to 8 & 805)  
619-282-5555  
With ad. Expires 2/26/09.  
[www.adamsimport.com](http://www.adamsimport.com)

**ECONO LUBE N' TUNE® & BRAKES**  
2924 Damon Ave. (next to In-N-Out Burger), Pacific Beach 92109 • **858-274-4382**  
No appointment necessary • Mon.-Sat. 8 am-6 pm • Sunday 9 am-5 pm  
We accept Visa, MC, Discover & AmEx • Se habla español

**FREE brake inspection • FREE diagnostic check**  
Most vehicles. All offers valid with this ad. PB location only. Expires 1/29/09.

**Gas saver performance package \$49.98**  
Most 4-cyl. cars. 6-cyl. \$69.98, 8-cyl. \$79.88. Improves gas mileage and engine performance. Includes tune-up with "Super Bosch" spark plugs, fuel injection service, lube, oil & filter (choice of 5W-30 or 10W-30 premium Chevron oil), and 14-point safety inspection.

**Lube, oil & filter \$9.98**  
Most vehicles. Includes up to 5 qts. oil (5W-30 or 10W-30 premium Chevron oil), filter, lube and 21-point safety inspection. Waste fee included.

**Tune-up special \$24.98**  
Most 4-cyl. vehicles. 6-cyl. \$34.98. 8-cyl. \$44.98. Install "Super Bosch" spark plugs, adjust timing, adjust air/fuel mixture if applicable, 14-pt. safety inspection.

**Fuel Injection \$34.98**  
Most vehicles. Improves gas mileage and engine performance. Chemically clean. 14-point safety inspection.

**A/C service \$19.98**  
Most vehicles. • Recover • Evacuate • Recharge. Plus Freon.

**WE ALSO DO 30K•60K•90K SERVICES & OTHER MAJOR REPAIRS**  
**WE WILL MEET OR BEAT ANY COMPETITOR'S COUPONS!**

**Get your iPod on direct connect!**

**10% off iPod direct installation**

We specialize in:

- Car audio • Hands-free Bluetooth™
- Window tinting • Auto security
- Video installs • Custom graphics

Serving San Diego for 17 years!

**SOUND CHECK**

7861 Raytheon Road (behind Mesa Liquor) • Clairemont Mesa • 858-560-5455



**MORE PEOPLE SHOULD DIE.** Our only problem as a society is that we lack the moral resolve to let it happen. We have no distinguishable line to draw — everyone on this side we will help live; everyone on that side, for the betterment of us all, shall be left to languish and eventually leave more space for the deserving.

This is a finite planet with finite resources, and some people take up entirely too many resources. I came to this conclusion after a woman in a motorized lounge chair attacked me in a taco shop. Her designation as “female” hinges on two discernible characteristics: a high-pitched voice and sprawling fields of “bosoms,” although the latter are no longer used in any physiological manner; they’re now only utilized as resting spots for two small dogs. The rest of her, beneath the dogs, is a conglomeration of mechanics and fabric — vast rippling plains of purple cotton cover her considerable mass. Below that gleam aluminum engine components, electronic controls, rubber tires, and shiny burgundy plastic fairings. Above the dogs rests her head, or what is now the round furry housing for her food-and-noise hole. The woman and mobility device occupy roughly the same amount of Earth space and energy as three people. Science and money are the only things keeping her on this side of existence.

It was this machine/amorphous-organic-matter being that rammed into me and pinned me to the counter in El Zarape’s on Park Boulevard. One of her dogs had stood on the joystick control of the mechanical lounge, turning her into a rampaging, battering bumper car that flattened me against a wall and tore swathes of skin from my ankles and shins, its tires burning off rubber across my feet, its decking ripping at my legs. Her dogs yapped and nipped for the duration of the encounter. After a few minutes of imparting trauma to me, she finally coaxed the little fella off the joystick and backed away to turn the device around and leave the restaurant.

I took my tacos home to where I felt safe from clockwork creatures. I turned on the TV to accompany my lunch and watched the news: municipal rescue helicopters circled a mountain where a 92-year-old hiker had stranded himself. More science and money.

“Don’t bother!” I yelled at the TV. “Draw the line! Save the taxes and fuel!”

**FORECLOSURES AND DEFAULTS.** Huge increase in daily volume! Daily reports. 30-50 new properties daily throughout San Diego County. All loans researched. Call 800-664-2567; www.CountyRecordsResearch.com.

**FREE FORECLOSURE LISTING.** Over 200,000 properties nationwide. Low down payment. Call now! 1-800-773-5102. (AAN CAN)

**GOVERNMENT 100% LOANS available. FHA, VA. Bank- owned foreclosures and short sales. Pre-foreclosure homes, condos for sale. Buy them before the bank does! Agent, Elizabeth, 619-286-5813.**

**HOTEL OWNER WANTS TO BUY** property anywhere. Small houses, big houses, condos, apartments, commercial, vacant land, and notes. Call 619-204-0610.

**MISSION BEACH, SOUTH.** Triplex for sale. Attention: 3 buyers, put a partnership together and buy this classy triplex! Excellent condition. Bob, agent- owner, 858-735-2858; 858-488-2858.

**RANCHO BERNARDO** Award winning community. 3 bedroom, 2.5 bath corner unit with driveway! Gated community. Call for details. Top Notch Realty, Inc., 858-715-0688.

**WE BUY PROPERTIES-CASH.** Any condition. Fast close. Joe, 858-354-7777.

**WE'LL PAY YOU THOUSANDS...** For your next mortgage loan! Purchase or refinance. Residential or commercial. **We are a national bank. www.360Enhancers.com.**

**TICKETS**

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**UNIVERSAL STUDIOS.** 2 tickets. Orlando. \$35. 619-283-8417.

**SPORTS**

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**FLAG FOOTBALL LEAGUES.** 5- man, all-passing. Chula Vista, Mira Mesa, North County, North Park, Poway, San Marcos, and Santee. Beginning January 25. 877-846-3178. www.topgunflagfootball.com.

**KAYAK.** Cobra Explorer. Includes seat and paddle. \$425. 858-268-3220.

**KAYAK.** Tandem packages, \$795-\$1095. Close-out prices on used single kayaks, \$250-\$695. We are closed on Tuesdays. San Diego Sailing Center, 858-488-0651. Visit our website, www.kayaksd.com.

**PATIO TABLE,** concrete, seats 6, high grade, your choice of tile installed, all weather, \$300. Credit cards accepted. 760-250-7055.

**SNOWBOARD BLOWOUT SALE.** 25-50% off selected snowboards, boots, clothing and accessories. New snowboards from \$110; new boots from \$35, used boots from \$20; junior jackets from \$38; women’s thermals, \$6. Lots more. Trade other sports and fitness equipment toward your purchase and save even more! Play It Again Sports, 858-490-0222. www.playitagainsportssd.com.

**SURFBOARD.** 9 feet. Tri- fin. Excellent condition. \$800. 619-449-1104.

**PHOTO**

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**CANON.** VC-1 8mm camera. \$200. Pat, 619-540-5604.

**COLLECTOR CAMERA.** Canon TX, 50 mm- F 1.8 lens, built- in light meter, with new cell, electric flash, \$45. 760-845-3024.

**COMPUTERS**

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**WHAT I WILL AND WON’T WATCH THIS WEEK**

**THURSDAY, JANUARY 15**

**BARNEY AND FRIENDS**

**PBS 10:00 A.M.**

Call me bonkers, but I’d like to know the size, color, shape, and texture of Barney’s poop. I don’t want to see it in person, you know, but from afar, in an encyclopedia. I have a fear of witnessing the actual event; I don’t want to watch him down on his haunches, shaking a magazine in front of his face and grimacing. That’d be too much.

**A DOUBLE SHOT AT LOVE**

**MTV 8:00 P.M.**

Reality programming has always been bad, but the latest crop makes me long for the high-status entertainment of *Mama’s Family*.

**FRIDAY, JANUARY 16**

**GHOST WHISPERER**

**CBS 8:00 P.M.**

Jennifer Love Hewitt is apparently a complete nutter; her last boyfriend left because she’s a total kangaroo cookie. I say, bring it on. I like mine nice and crazy. Nothing says “I love you” like heaving sobs and an iron skillet bashing in a bathroom doorknob.

**SATURDAY, JANUARY 17**

**STARGATE SG-1**

**CW 5:00 P.M.**

Still living with virginity? STOP WATCHING SCI-FI IN THE MIDDLE OF A SATURDAY AFTERNOON AND HOPING FOR A GLIMPSE OF SIDEBOOB. See if you can do a sit-up. Wipe the tears off your glasses and go outside. DON’T CHECK YOUR DAMN EMAIL FIRST, JUST GO!

AUTOMOTIVE

REBUILT

ENGINES

\$900

AND UP

3-YEAR/36,000-MILE WARRANTY

REBUILT

transmissions

\$700

MOST CARS

3-YEAR/36,000-MILE WARRANTY

paint & body

LOWEST PRICE ON CUSTOM PAINT.

RESTORATION

FREE TOWING

FREE ESTIMATES

SUNRISE AUTO

5909 MISSION GORGE RD., STE. A

619.624.0442

\$7 OFF SMOG CHECK

\*Fast Service \* No Hidden Charges\*

## YOU, ME, AND DUPREE

TBS 9:00 P.M.

Oh, God! There is nothing worse than a movie starring Kate Hudson; her name is the hallmark of a truly awful film. She is the drum majorette of the Marching Stink Band at the Parade of Garbage in the town of Roadkill Scrape, USA. (Watch her twirl! Watch her twirl!)

## SUNDAY, JANUARY 18

### SATURDAY NIGHT LIVE PRESIDENTIAL BASH 2008

NBC 9:00 P.M.

This looks about as interesting as Abe Vigoda prancing naked through the rain. Which is to say *very interesting!* C'mon, Abe, yank down that hernia truss and kick up those black dress socks, we're getting wet and

wild! Ow! You love the camera. The camera loves you!

## MONDAY, JANUARY 19

### SUPERSTARS OF DANCE

NBC 9:00 P.M.

At some point this year I'm going to march to City Hall and demand to be shot in the ear with a high-caliber pistol. Hey, Government and Television are inextricably linked — there's that whole switching over to digital thing happening and the FCC censorship and all that. If you're going to allow this dance nonsense to continue, I'm going to demand an ear-shooting.

## TUESDAY, JANUARY 20

### INAUGURAL BALL

ABC 8:00 P.M.

You may think, in this time of hope and this genesis for a new America, that there's no one so stupid or immature enough as to make an "Obama's big ball" joke. Oh, you were wrong, my friend. Oh, how wrong you were. (Let's get it over with, shall we?) I JUST CAN'T WAIT TO SEE BARACK OBAMA'S ENORMOUS, FANCY BALL! (Thank you.)

## INAUGURAL REVIEW

ABC 9:00 P.M.

Not as fun as the "ball" gag. (Ooh, *ball gag!* Ha! I guess it is as fun.)

## WEDNESDAY, JANUARY 21

### MAKE 'EM LAUGH: THE FUNNY

### BUSINESS OF AMERICA

PBS 9:00 P.M.

Oh, sweet. PBS tackles comedy. Prob-



A Double Shot at Love

ably a bunch of knock-knock jokes about the British tax system in the 16th Century. Or a "folk comedian" who does bird calls and cobbles boots with banjo strings and cooks crawdads in his hat, or some other intel-

lectual crap. Oh, yeah, this ought to be great. Fart jokes, PBS. Learn 'em. Love 'em.

For more stories by this author, go to [sreader.com](http://sreader.com).

**BOOKS.** "The complete Works of Shakespeare," 34 plays, 1420 pages. Very good condition. 1920. \$20. "Evangeline: A Tale of Acadie" by Longfellow 1893. \$20. 619-224-4820.

**CARD TABLE.** With 4 padded matching chairs. Samsonite. \$40/all. 619-282-9581.

**CLOTHES.** Women's all down jacket, with removable fur trimmed hood, never worn, really warm. \$35. Men's all down vest, \$10. 619-337-1170.

**ELECTRIC LAWNMOWER.** Black and Decker "Lawn Hog". Excellent condition. \$125. 619-337-1170.

**HANDBAG.** Ferragamo. Original, from Italy. Mint with price tag! Worth \$1200, asking \$650. 619-449-1104.

**HARRY POTTER BOOKS.** First editions. Mint with sleeve. \$200. 619-449-1104.

**JEWELRY PIECE.** New Tiffany & Co. circle pendant. One inch. Sterling silver. Black cord. Pouch. Bag. 760-753-6996.

**LAWN MOWERS.** Reel type, no longer need: Tru-Cut front throw, the best! \$225; Cooper Klipper rear throw, older, high quality, \$125. Both in top condition. 760-732-1315.

**MONET PAINTING.** Large, breathtaking. Framed, signed, dated 1908. Serious only. \$1200. 619-449-1104.

**MOVING SALE.** Aquarium/stand, refrigerator, washer/dryer, freezer, dishwasher, microwave, TVs/stands, stereo, beds, daybed, dressers, recliner, coffee/end/dining table, chairs, vacuum, bikes. 619-670-7821.

**MOVING SALE.** Kensington. Bistrol dining set, 15 walls of pictures, sofa bed, love seat. Entertainment center for 25" TV, bedroom furniture, 25" color TV. 619-280-8418. 619-243-9886.

**ROLEX DAYTONA.** \$10,900. Rare. New, never worn. Still in box, under 2-year warranty. Men's, stainless steel. E-mail for pictures, flying737@yahoo.com or call Cory. 619-995-6939.

**SCONCE.** Oil gauge, wall light, brass and wood, \$40/best. 619-296-7185.

**SPA/HOT TUB DELUXE.** 2009 model. Neck jets, therapy seat. Never used! Warranty. Can deliver. Worth \$5950. Sell \$1950. 858-530-0930.

**STORAGE SHED.** 6' deep, 8' long, 7' high. Durable resin, complete with floor, double doors, 336 cubic feet. Cost \$592, selling for \$450/best/trade. 619-990-5487.

**SUNGLASSES.** Nike Vision. Odeon Swift. New, in box, cost \$140, asking \$75. 760-942-5692.

**TABLECLOTH.** Vintage. Christmas. \$10. 619-282-9581.

**VENDING MACHINES.** 8- compartment, bulk candy, 25 cent U-Turn. Excellent condition, like new. With lock and cable. \$100 each. Call 619-569-7382.

**WORMS.** Redworms, nature's fertilizer, 1 bucket, \$40. Guaranteed 1000+ worms. Lisa, 619-449-7875.

## MOTORCYCLES

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**HARLEY DAVIDSON.** 2002 black Fat Boy. Like new, only 8000 miles. Has screaming eagle exhaust, fuel injection, plus lots more extras. Always garaged. \$11,995. 619-403-4585.

## AUTOMOTIVE CARS

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**\$500! POLICE IMPOUNDS.** Cars, trucks, SUVs from \$500! Hondas, Chevys, Jeeps, Toyotas, Nissans and more! For listings and information, call 800-495-0660, xC664.

**AUTO PAWN LOANS.** Secured by vehicle and title. Autos, trucks, cycles, and ATVs welcome. Fast/friendly service. Dehorn Motors, 619-464-2131. [www.autopawnsandiego.com](http://www.autopawnsandiego.com).

**BUICK LA SABRE.** 1995, 98k, dependable, leather interior, \$1400/best offer. 619-698-6877.

**HONDAS FROM \$500.** Police impounds and tax repos. Cars, trucks, SUVs. Many makes and models! For listings, 800-495-0660, x2180.

**MERCURY SABLE WAGON.** 1997. 3.0L, V6, fully equipped, cassette, roof rack, 3rd seat. Runs/drives excellently. Excellent appearance. \$3150. Owner will help finance. 619-896-0779.

## AUTOMOTIVE TRUCKS/VANS / SUVS

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**VAN.** 1995 Plymouth. 1994 Dodge mini window van. New parts in Plymouth 2007, 2008. Plymouth van, \$1800. Dodge, \$1600. 619-696-5313.

## AUTOMOTIVE CLASSIC / CUSTOM CARS

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**CAMARO.** 1984, Z28. Very rare 5 speed, stored 15 years outside, needs paint. \$1800/best. 7-9pm only. Runs excellently! El Cajon, 619-444-8737.

## AUTOMOTIVE PARTS

**PLACE ADS IN THE READER** by calling 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

**NEW RADIATOR.** With twin fans. Fits 1991 Honda Accord. \$125. 928-566-4988.

**VARIOUS ITEMS.** Chevy Edelbrock intake for big block, \$75. Edelbrock aluminum water pump, \$75. Aldan coil covers. 760-960-6950.

## AUTOMOTIVE

## Remanufactured Engines

Since 1974



**JACOBS ENGINES**  
938 Coolidge Ave. (Off I-5)  
National City • 619-474-2556

## mobile window tinting

Competitive prices.  
Lifetime guarantee.  
18 years' experience.

\$199\*

\* Complete tint job  
Most 4-door sedans.

619-892-2263



## SMOG CHECK \$15<sup>95</sup>

Most cars.

Free retest when we do repair.  
Plus \$8.95 certificate and \$1.50 transfer fee.  
1995 & older, \$15 for evap test. Vans, trucks & European cars extra. Cash only.  
Must present DMV renewal notice.  
\*All prices plus tax. With this ad. Exp. 2/16/09.

**OIL CHANGE \$23<sup>95</sup>\***  
Most cars. Includes up to 5 qts. and new filter. Cash only.

**BASIC TUNE-UP 4-cyl. \$25/6-cyl. \$35/8-cyl. \$45\***  
Includes spark plugs. Additional parts extra. Most cars.

**TIMING BELT SPECIAL \$95\***  
Includes parts & labor. Most 4-cyl. cars. 1995 and older. Dual overhead cam extra.

**BRAKES... \$10 OFF**  
Front & rear. Turn rotors, drums, new pads, lining. Most cars, 4WD extra.

## STEVE AUTO REPAIR

1370 Garnet Ave. • Pacific Beach  
(858) 274-1195 ASE

## Oil Change \$16<sup>95</sup>

Most vehicles.

## Smog Check \$24<sup>95</sup>

Most vehicles. Present coupon and DMV renewal slip. Plus \$8.25 cert. and \$2 transmittal fee. Free retest when we do the repairs.

## "Check Engine" Light \$29<sup>95</sup>

## Brakes \$30 off



## Sports Arena/Pt. Loma

For more specials visit: [Precisiontune.com](http://Precisiontune.com)

3425 Midway Dr. (Behind Shell station) • 1-888-486-9153

Coupons must be presented at time of service. Not valid with any other offer or discount or for prior service. See manager for details. All coupons expire 1/29/09.



## Low, Low Car Rental Rates

Buy Here, Pay Here.  
Rent-to-Own.

Daily  
from \$17<sup>95</sup>

Weekly  
from \$99<sup>95</sup>

Monthly  
from \$350



Rent for only  
\$100/day



Harley-Davidson Road King®



SUVs • Navigators • Expeditions • Suburbans • RVs • Explorers  
15-Passenger Vans • Minivans • Luxury Cars • Motorcycles

18 years & older | Cash deposits | 100 free miles/day  
Open 24-7 | All major credit cards accepted

**A+ Truck & Car Rentals, Inc.**  
Auto Sales & Rentals

760-633-3552 | 619-229-0131



**2009 Specials 25%-38% Off!**  
**Body Contour Wraps**

Get your body back in shape for the New Year! Non-fluid inch loss! For men and women. Tones. Improves skin texture. \$52/one wrap (Reg. \$70). \$130/three wraps (Reg \$210). First-time clients only. Facials. Fanie botanical products. No synthetics. No animal fats, waxes, glycolic acids, perfumes. 858-581-3321. Karie Hayden & Associates. KarieHayden.net

**Easy Bankruptcy, Minimum Fee**

Losing your home? Drowning in debt? Can't Sleep at Night? Scared to answer the phone and the door? Top rated Attorney can help you! Limited time offer. Bankruptcy made easy. Stop harassing creditors! Gersten Law Group, 619-330-5663. www.gerstenlaw.com.

**Facing A Foreclosure**  
**File 7 or 13 Bankruptcy**

Save your home or wipe out negative equity. Free consultation with experienced attorney. 619-321-8125, 858-335-1162. BankruptcySD.com.

**Quick & Easy Divorce \$89/Up!**

15 years' experience. Thousands of completed divorces. Issues: child custody, support, property. 24/7 service. QuickandE-ZDivorce.com. 619-793-6796.

**POPCO—Father's Rights**

The original and still the best. 800-963-DADS(3237).

**Car Accident Victims!**

25% fee. Why pay more? Demanski & Ellis, Attorneys at Law, 619-338-9880.

**Simple Divorce \$149**

Affordable rates, MC/Visa/Amex. Se habla espanol. Joseph B. Carnohan, Attorney. 760-722-8200.

**Bankruptcy, Fast Divorce**

We answer the phone— Talk to a lawyer— 8am-7pm. Low down payments— Same day filing- Free advice. FixedPriceLegalCenters.com (sm). 800-993-1998.

**Lose Inches In Hours: Iono-Trim**

20% discount with mention of this ad. Sean Daneshmand, M.D., FACOG. Ageless & Beautiful Medical Spa, 1080 University Ave. Suite H-201, San Diego 92103. 619-299-0264.

**Auto Title Loan/Bad Credit OK**

Keep the car, get the cash. \$2600/up. Loan pursuant To CFL license. checkscashed4less.com.800-896-9062.

**Got Warrants? 619-840-4566.**

DUI/DV probation violations, our attorneys can help! Abby L. Ertz, Esq., 619-840-4566. Call today!

**Hypnosis is the Easiest**

Way to quit smoking. Call Merrill at 619-579-2100.

**No Recovery Means No Fee!**  
**Contingency Attorney Can Help**

If you're injured in an accident, mistreated at work or need help with a contract or insurance claim. We'll fight for you! We're experienced and aggressive. Consultation is free, so what have you got to lose? Don't hesitate, call us today at 619-239-1300. Email morris@sandiegolegal.com. Morris and Associates. Personal Injury, Sexual Harassment, Business Litigation

**Divorce? Call**  
**Mediation Expert**

Work out a settlement with your spouse or partner rather than spending a fortune fighting in court. See: www.afairway.com. A Fair Way Mediation Center. 619-702-9174.

**Eliminate Stress & Debt!**  
**Bankruptcy-Bancarrota**

All work done by Attorneys. Fair prices. Free office Consultation/Credit Report. Payment plans available. Debt relief agency. R. Schauble, Esq. 866-960-0208.

**Bankruptcy-Ch. 7, 11 & 13.**

Free consultation. Honest advice from an attorney. A debt relief agency. Avatarlegal.com, 858-793-9880.

**Don't Let IRS Ruin Your Life!**

Peace of mind is withing your reach! Call 1-877-FIXABLE (24 hours) for recorded message and free report. Attorney Dave Greenberg, 858-292-0700, www.fixabletax.com.



## Medical Marijuana Evaluations

**Do You Suffer From?**  
AIDS/HIV, Glaucoma, Cancer, Anxiety, Multiple Sclerosis, Chronic Pain, Depression, Insomnia, Migraines, Nausea, Muscle Spasms, Seizures, Arthritis, PTSD, Anorexia, and many other conditions for which Marijuana has been reported to provide relief.

*We can help...*

Our most professional, friendly, compassionate and knowledgeable staff.  
Low cost, 100% confidential medical marijuana evaluation.  
Reliable patient verification 24/7, 365 days a year.  
Contrary to common belief, there is no government list, or database. All evaluations are 100% confidential.



We are the ONLY clinic to offer these Patient Verification Cards to prove that your patient status is legitimate and verifiable.

Call us to see if you pre-qualify  
(866) 420-7215  
www.accsocial.com

**Locations in:**  
San Diego, Long Beach,  
Los Angeles, Palm Springs,  
and Temecula

**[ACC]**  
ALTERNATIVE CARE  
CLINICS

**Sexually harassed at work?**  
**Hostile work environment?**  
**Discriminated against?**  
**Wrongful termination?**  
**Unpaid overtime?**

We are experienced in representing employees and will vigorously defend your rights. All too often, employees will ignore an unfair work situation, or will wait too long after a violation has occurred. Don't let this happen to you! Call attorney Michael Sousa today for a free, no obligation consultation. 858-453-6122 x15.

**Aggressive Family Attorney**  
**Experienced in Divorce**

Divorce, custody, support, property, and paternity. Call 619-542-1100. www.astephenrochalaw.com.

**Homeowners in Crisis!**

Don't be pushed into foreclosure, short sale, bankruptcy, loan modification. Advocate for fair lending can reduce your payments, interest and principal with no refinancing. Using a powerful secret the bank's don't want you to know. AFFL audits your loan for violations that most loans contain and forces lender to help you! 100% money back guarantee. Call for free consultation. 858-353-6878 or 619-565-2744. New program!

**Expired Gift Cards/**  
**Certificates**

We buy expired gift cards/certificates. 619-985-4462.

**Being Sued On An**  
**Old Credit Card Debt?**

You may not owe them anything! Stop harassment. Fight back by contacting us. We defend you. Call now! Consumer Lawyers Recordon & Recordon. 619-232-1717.

**Get rid of 2nd Trust Deed**

through Chapter 13. Current laws allow us to completely eliminate Junior mortgages. 858-405-6766.

**Sleep At Night- File Bankruptcy**

Stop all creditor- harassment immediately and get a fresh start on your credit. 858-335-1162. BankruptcySD.com. Low rates/payment plans.

**Divorce/ Support/ Custody**

Defend your rights! Flat fee for uncontested divorce. C. McLaughlin, Esq. Call 760-431-2200, 619-295-1300.

**Skydive San Diego - Save \$30!**

Enjoy the biggest thrill of your lifetime! Weekday Skydive Special, Monday-Friday, excluding holidays. Must be 18 & weigh less than 230 pounds. Other Conditions may apply. San Diego's oldest, largest operation. www.SkyDiveSanDiego.com. 619-216-8416.

**Start New Year Debt Free!**  
**File Ch. 7 or 13 Bankruptcy**

Eliminate credit cards, lawsuits, car repos, taxes, foreclosures. BankruptcySD.Com. 1-800-486-9157.

**Divorce Fast & Easy**

Lowest cost with over 32 years' experience. We do everything. LDA #54. 619-454-0994.

**IRS Problems Got You Down?**

27 years IRS experience. Income tax and collection problems. Audit and appeals representation. Tax return preparation. Current/ unfiled returns. Free consultation. Reasonable rates. BJ Tax Consulting, 858-530-1675.

**Bankruptcy - Low As \$750**  
**Free consult-Al Gross, Esq.**

888-FAIR-PRICE (888-324-7774) AskAttorneyAl.com.

**Bankruptcy Chapters 7 & 13**  
**\$300 Starts Representation**

All work done by experienced Bankruptcy Attorney. BankruptcySD.com. 619-321-8125; 858-335-1162.

**Is The IRS After You?**  
**Help Is At www.mtax.com**

call Curtis McAllaster, CPA, 619-523-3098.

**Auto Accident? Other Injury?**

Free advice! Injury Law Center, 619-338-8230.

**Divorce, Custody, Support**

Steve Groen 619-233-6593, www.groenfamilylaw.com.

**Bankruptcy Attorney 7, 13**  
**Stop Lawsuits & Repossessions**

Call to speak to attorney. Debt Relief Agency. 858-335-1162. BankruptcySD.com.

**Are You Facing Eviction?**

Got a 3/30/60 day notice? Sued? Fight back! Call Attorney David Wolff. 760-632-8980.

**Problem With Car Purchase?**

Have you bought a car with undisclosed accidents or history from a car dealer? Call 858-405-6766.

**Traffic Tickets?**

Don't pay. Hire an attorney to fight for \$100. No attorney fee if ticket not dismissed. Contact Law Offices of Elizabeth Aronson, 760-685-8242 or SanDiegoTrafficTickets.com

**Experienced Tax Attorney**  
**Master of Laws in Taxation.**  
**Solution to IRS, FTB,**

EDD, and Sales Tax problems. Tax preparation. Consulting. Reasonable rates. Personal attention. Atty Ronson Shamoun, 619-595-1655, IRSsolution.com.

**Ch 7 Bankruptcy \$1099**  
**Complete Includes Filing Fee**

Debt relief agency. Free Consultation. Payment plans available. 8am-8pm, Monday-Friday and 9am-5pm Saturdays. Over 9 years of experience. Se habla Espanol. Attorney Roger Stacy, 619-253-8141.

**I Pay Top \$ for Video Games!**

I bring you way more than GameStop pays. 619-892-3161.

**Car Repo'd or about to be?**

Call now to save it! 858-405-6766.

**Cupid's Castle B&B**

Winter Special \$25 off with ad. Fairytale castle near Harrah's Casino. Jacuzzis, balconies, TVs, bathrobes, breakfast, snacks. Voted most romantic getaway. Near wineries. Wedding facility. Cupid's Castle B&B. www.adreamcastle.com. 760-742-3306.

**Stop Home Foreclosure**  
**Ch. 13 Bankruptcy or**  
**Loan Modification**

All work done by experienced attorneys with practice limited to bankruptcy mortgage laws. 858-335-1162.

**Hypnosis— All issues!**

Smoking, weight, habits. Lori (CHT), 858-457-2100.

**Family Health/Dental Plan**

\$19.95-\$59.95/month per family. Call 760-560-8601.

**Low Cost Divorce-Support**

\$100 starts, easy payments, online divorce available. MC/Visa, #7 www.Legal-Choices.com. 619-593-6000.

**Accident? Injury?**

Get the compensation you deserve. Law Offices of Robert T. Pope, 619-233-3893.

**Aggressive Female Attorney**

Criminal/Family Law. Melissa S. Lubin, 619-232-2900.

**Bankruptcy Done Right!**

Free attorney consult/Best prices & service in town. Protect assets/Stop debt collections/Mortgage relief Debt Relief Law Center— bklawca.com. 800-803-7310.

**Divorce/Custody/Support**

Contact Happ Law Group P.C. 619-906-5800.

**Bankruptcy: 7, 11, 13**

Sound advice; reasonable fee. Payment plans available. C. McLaughlin, Esq. Call 760-431-2200, 619-295-1300.

**SanDiego-DUI-Lawyer.com**

Fight your DUI. 619-334-7661.

**Erase All Your Debts**  
**And Start Fresh**

Attorney, 28 years' experience. 619-497-2599.

**Drunk Driving Attorney**

Felonies/misdemeanors/DMV/drugs. 619-338-9500. J. D'Ambrosio. Free consult. Visa/MC/Amex.

**Start Your Bankruptcy Now**

Law Office of Asaph Abrams, Esq. Free consultation. Reasonable rates. 858-344-0500, BankonitSD.com.

**Stop IRS/State Cold!**

Ex-IRS officer. Contact: D.M. Wayne, Tax Consultant. 858-614-0223. taxsolutionservices.com.

# San Diego's Best DUI-DMV & Ticket Attorneys

**Stay out of jail.**  
**Avoid court.**  
**Clean your record.**  
**Save your license.**  
**Keep your job.**



**Eugene Ellis**  
MR. DUI, "The Professor" of DUI Law. One of the first and most experienced DUI-only attorneys in San Diego. Exclusively DUI!

**Learn about your rights at: www.MRDUI.com**

Call now: **619-563-1010**  
E-mail: **mrdui@mrdui.com**  
3990 Ninth Ave., San Diego, CA 92103  
(in Hillcrest near 163 and Washington)

Even nice people get arrested for drunk driving.



**Mitch Mehdy**  
One of San Diego's best and most experienced DMV-only attorneys.