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Story continued on page 22
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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 drooping 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 infrastructure stimulus package will help fund pro sports stadiums, but gnawing water, sewer, road, highway, bridge, maintenance needs around the nation may squeak such insane babbles.

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 $850 million worth of Peregrine Systems stock, almost all he controlled, before the company collapsed in scandal.

continued on page 8
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 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.

By 9:00 a.m., it seems overall workers for outnumber people dropping off electronics. 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 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, 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 the world’s market share. We feel like it is the responsible thing to be on the back end retraining 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.

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 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
Moore's jumping?

Taking the family to pro sports events used to be cheap entertainment. But that was before cities massively subsidized new stadiums and owners jacked up prices. In 1991, going to a Padres game cost $73.16, according to teammarketing.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 31 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

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Moores jumping?

continued from page 7

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 mendiant, 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 moguls 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 fieldsofschemes.com, but could vaporize by declaring bankruptcy.

With states and cities broke, the stadium-subsidy scam seems to be in abeyance. The owner of football’s Minnesota Vikings said he could get a $635 million subsidy for a $954 million stadium, he could provide 5,500 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’ 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 the mayor questions). 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. ●

E-Trash treasures

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E-Tra$h 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 with that.”

After swiping the license, Duran enters into the computer the items the lady has dropped off. “All the information,” Tvedeldt 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 collected electronically. The 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 copper — 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 (recycleandiego.org) will take your e-waste (for a $5 flat fee) Monday through Friday from 9:00 a.m. to 5:00 p.m. ●

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![Image of Clarion New Double-DIN 200-watt AM/FM CD Player]

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**Item of the Week!**

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

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**Kenwood In-dash Stereo**

![Image of 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.
- **Price:** $69

---

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

![Image of Clarion Huge Blowout on a 200-watt AM/FM CD/MP3 Player]

- With remote, front USB input with iPod control.
- Free iPod headphone cable.
- **Price:** $89

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**Clarion New Double-DIN 200-watt AM/FM CD Player**

![Image of Clarion New Double-DIN 200-watt AM/FM CD Player]

- USB iPod control from aux., free front iPod cable, optional satellite radio, optional Bluetooth.
- **Price:** $169

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**Kenwood Huge Blowout on a 200-watt AM/FM CD Player**

![Image of Kenwood Huge Blowout on a 200-watt AM/FM CD Player]

- Includes (4) 180-watt 6.5” Speakers
- **Price:** $249

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

- **Price:** $499

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**Clarion 2-DIN DVD Multimedia Station**

![Image of Clarion 2-DIN DVD Multimedia Station]

- 6.5-inch touch-panel control
- **Price:** $1299

**Clarion 7-inch touch-panel control**

- **Price:** $999

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

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**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. 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, and saw my neighbor 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

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**Feeling Fresh**

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 Fidayson via email

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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

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 outstanding 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’ll 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 environment, much more so than we are. And researchers believe dogs’ biological rhythms might have something to do with what we perceive 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 your 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.

A searchable archive of past columns is available at SanDiegoReader.com

Got a question you need answered? Send an email to heymatt@cts.com or fax to 619-231-0489 or mail to Matthew Alice, c/o the Reader, Box 85803, San Diego, CA 92186.
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<th>West Coast</th>
<th>Other Eye Surgeons</th>
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<tr>
<td>Is your doctor “I Lasik” certified?</td>
<td>Yes?</td>
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<tr>
<td>Will your exam, surgery and follow-up care be provided by the same doctor?</td>
<td>Yes?</td>
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<td>Do they use the new “Iris Registration Tracking Device” for a safer, more effective procedure?</td>
<td>Yes?</td>
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<td>Do they offer 4th generation FS Intralase to create a safer, faster, more controlled, bladeless all-laser procedure?</td>
<td>Yes?</td>
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<td>Do they have hidden prices or add-on fees?</td>
<td>No?</td>
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<tr>
<td>Will they diagnose your vision needs and recommend the most appropriate refractive surgery (LASIK, CK, PRK, Multifocal Implants/Restor, etc.)?</td>
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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 in the evening. 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 soccer. 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, etc. — is that they affect 500,000 kids a year."

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

"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 butt, 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 they shower and change clothes after practice?"

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"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-alcohol program. That gentleman has volunteered to take over the basketball 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.

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Eastlake guard Felix Dion goes up for a layup against La Costa Canyon forward John Dwyer

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.

Torry 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 one at the break, 17-16.

The Falcons were ahead by seven midway through the third quarter when sophomore guard Nick Kerr hit three 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.
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 cruellest 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 or passages in books, a play of light. But spring now takes on the characteristic of that which is no longer sufficient — 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 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 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.
“By turning your cover crop over and letting it rot, you replace the lost soil.”

“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 heartbreaking 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). 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 pyrethrines. Specific bugs — like nematodes, white fly, and aphids — don’t like pyrethrines. 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). “That’s why it’s referred to as 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-scatting 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.
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 out—so I craved something warm and substantial, riling 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 recalled its naked, unformed state, a goopy 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 microwave with attention.

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, Hmm? 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 into something edible. I texted David: Want to make pizza for lunch, Hmm? 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.

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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.

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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

One of our reporters will contact you.

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!
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. 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-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!”
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
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 I 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 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 megapolis 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 summate. (Bear with me, this promises to get a little dry.) Our fair hamlet allows for construction, generator, animal, Frenetic and brassy jazz...
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 foxted 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
any building you see fit, anarchy — destroying isn’t to allow absolute 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 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

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

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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 eclec-tically 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)

“Oh, 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 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.
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.

Finally, iced tea in hand, I walk from the coffee shop out to the parking lot, accompanied by the soft thudding of car doors, rumble 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 center, then Lucille bolts for a small hill and dives across its weedy face, on a road I’m not familiar with, until we find the

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January 15, 2009
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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.

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Synergy Clinical Research Center
1-888-486-9150

See our website at: www.synergysandiego.com

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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

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

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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.

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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.”

“What?”

“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 during 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.”

“Well I don’t care,” he says, flipping his bangs and fidgeting 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...
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, and 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 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 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 readout at around 69.6 dB, but landing or leaving jets don't leave a blip.

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**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

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**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
**eStudySite**
619.955.5246 in San Diego
760.631.3056 in North County
info@eStudySite.com

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**RESEARCH STUDIES**

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

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**Migraine**

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

The photo is for illustrative purposes only, and does not imply that these models have migraines.
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
Se habla español.

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.

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:
1. Be at least 18 years old.
2. Have trouble staying asleep through the night.
3. 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

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

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
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 flooried 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...
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

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

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.

Call: 619-294-4302 • www.prnsd.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

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**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

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**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
Website: www.therapeuticsresearch.com

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**Profil**
Institute for Clinical Research

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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.

This study does involve taking a medication or placebo for one week.

Earn money for completing 4 study visits that take place over 3 weeks.

To find out if you qualify for study participation, please call Natania at 858-784-7867 or visit our website at: 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.

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
on our bodies and minds is the World Health Organization. From 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 neuropathy.…

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.…
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
San Diego 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 and 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 if you’re lucky, they’ll find something and then skit it.

My 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 greasey 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 gratifying voices in the cosmos, fight off any second stream of dead air as if it were an attacking enemy. Both personalities, straining the limits of the amplifiers and of good taste, must’ve gaggled hot glass and cans of chewing tobacco.

You call them, they send a police cruiser out, and if you’re lucky, they’ll find something and then skit it.

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 tone 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 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

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”
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
noise goes up 5 dB, so the prescribed
environment in fact is that the OSHA
standard is 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, unscathed,
and I glare at Lucille.
Bad truck.

I take off on foot through the streets that
January Specials

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First syringe. $299 2nd syringe.

All medical procedures and consultations performed by Aeria Chang, M.D. Offers good through January 31, 2009.

What’s better than chocolate for Valentine’s Day? Botox® of course...

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 continue 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

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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. OAP. Offer expires 2-16-09.
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.

Backyard Bow-Hunting in La Jolla

“What the hell was that?” the wife screamed from her morning bubble bath.
“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
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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 hunters won’t end with a kill, or worse, they’ll end like my first hunt did: with a wounded, unrecovered 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

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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-

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 tennisitis, 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.
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: Shooting 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 huge 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?”

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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-collegelradio.com.

If your readers are looking for a local, fun station, then look no further than our local AM radio! Thanks for reading this far if you did! We need all the help we can get to publish the word out that we are here!

John Deskowitz via email

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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 psychadelic, comedy, and spoken word. It was a marvelous exposure and nourished my soul for decades.

Now, San Diego radio has become some brainwash 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-
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 “Greaseman.” 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). 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 Shadoe Stevens in 1970) that

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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 Hummel was on the late, great (real) KPFI-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 phenomenon 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 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 Weinshenker 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...
Crescent Heights

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?

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

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I realize I don’t know how I

I am still living in last fall’s

As the spring’s flowers

The days pass, the hours

Yet the destinations are still

I don’t know who I am

My eyes still searching for

of it.

The days pass, the hours

My eyes still searching for

But with no hope because

I don’t know who I am

As the spring’s flowers

Taking one more step up

I realize I don’t know how I

Rylan Wallette

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 investigatory journalist ever. Ted Washington got beaten to a pulp @ Winston’s one night.

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You eye exam
3
Breast reduction
4
Breast augmentation
1
What type is right for you?

Botox & wrinkles
1

What is Botox?

Botox

Extension 7080
Laser Eye Surgery
1
Scleral LASIK
2
Who is a candidate?
3
Your eye exam
4
Surgery
5
After surgery

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3
Effects of Botox
4
How much does it cost?

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Extension 7010
Cosmetic Dentistry
1
About our office
2
Implants, dentures & partials
3
Invisalign, the clear straightener
4
Veneers & tooth whitening
5
Crowns, bridges & surgeries

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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?

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vivawellness.com

Extension 7040
Male Breast Surgery
4
Breast reduction
3
Breast augmentation
2
What type is right for you?

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Global Laser Vision
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I realize I don’t know how I

The days pass, the hours

My eyes still searching for

But with no hope because

I don’t know who I am

As the spring’s flowers

Taking one more step up

I realize I don’t know how I

Rylan Wallette

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 investigatory journalist ever. Ted Washington got beaten to a pulp @ Winston’s one night.
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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, asshole!

Posted by smackey619 on January 9, 2:39 p.m.

I can see from you research or lack there of that you may need some help with this story. The person killed was Brandon Mun-dinger, I know him well. Not only did we go to high school together, but he worked for my fathers 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 applogy 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

Posted by tankjaeger on January 10, 10:27 a.m.

It is about public relations these days. Everyone sue happy you have to be careful.I am one of the rare catagory of women bouncers but at 6’2” and 280 ponds my size and being a woman usually doesn’t bring trouble my way. Every club security officer will have their fair shares 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....
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-as 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.

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.
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DANCE
-3 Kings 3-on-3 Bboy Battle Sunk Roc hosts competition promising $600 in cash and prizes, with guest displays including to Il D/ Dome One, Romali, Maddness. Judges: Rawken (War Orphans/ Fresh 2 Death), Doughy Style (Fresh 2 Death). Ansion (Bangladesh), 619-409-9799 Saturday, January 17, 3 p.m., $10. Parkway Gymnasium, 385 Park Way. (CSELA 005).

“Cabarret Dances” Iran Isaacs

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 Seiler. 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 17, 8 p.m.; Sunday, January 17, 8 p.m.; Sushi Performance & Visual Art, 390 11th Avenue. (DOWNTOWN)

Argentine Tango Class

Belly-Dance Showcase Ana, Alexis, Dalia, Marula perform to live music by John Bilezikjian, with Dave Dhillon and Frank Lazaroff. 619-688-9845. Thursday, January 15, 8 p.m.; $3. Claire de Lune, 2906 University Avenue. (NORTH PARK)

English Country Dancing
Ellen Riley calls for English country dancing. Beginners’ instruction at 6:30 p.m. 858-676-9731. Sunday, January 18, 5 p.m.; $15-$35. Anthology, 1337 India Street. (LITTLE 105).

OUT & ABOUT

THE LAND — YOUSSEF CHAHINES 1969 FILM
Thursday, January 15, UCSD.
(SEE FILM)

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**ROAM-rama | A Guide to Unexpected San Diego and Beyond** by Jerry Schad

**Cinquecento 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.

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Dik, 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, 858-395-4001. Wednesdays, 7 p.m.; through Wednesday, January 28, through February 25.

**Sweat to Latin Funk!** Join instructor Minnie Ruiz in her “saerobics” workout classes. Learn mambo/cha-cha, merengue funky hoogalaos. 619-254-9799. Saturdays, 10 a.m.; through Saturday, January 31, $10. Ages 15 and up.

Mind Body & Soul Dance Studio, 2973 India Street.

**Social Dancing** Five-week course for beginners focuses on swing, salsa. Couples, singles welcome. Preregister at dancewithliza.com to save $5. 619-861-6260. Thursdays, 7 p.m.; through Thursday, February 5, $65. Ages 16 and up. Attire by Lex Dance Studio, 7202 El Cajon Boulevard, Suite A.

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Free ESL class every Wednesday 2–3 pm. Anyone welcome!

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Friday, January 16 - Monday, January 19
2pm to 2am.
**OUT & ABOUT**

**GET UP, FALL DOWN, REPEAT!**
**STREEB vs. Gravity**
Sunday, January 18, Birch North Park Theatre.

**FOR KIDS**
"Discovering the New World: American Art" Explore art of North America in museum’s American galleries. Registration not required for "Drop-In Family Days" activities. For families with children 6-12. Included in regular admission. 619-232-7092. Saturday, January 17, 11 a.m., 1, and 2:30 p.m. Included in regular admission. 619-232-7092. Saturday, January 17, 11 a.m., 1, and 2:30 p.m.

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**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, Dittellano, Montague, Pena, Robinson, ERM, Moultom. 619-384-7989. Monday, January 19, 8 p.m.; $5. Agitprop Gallery, 2837 University Avenue. No cover. 858-663-7752.

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**Le Grand Bleu/The Big Blue**
French stars in director Luc Besson’s film about a rivalry following two divers, starting as children and continuing into adulthood. “Featured works take personal approach to “political and historical problems that haunt the queer experience.”

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**OCEAN MAMMAL CENTER**
Marine Life Protection Act Initiative, take conservation tips home. Local high school students and 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. 619-534-7336. Saturday, January 17, 11 a.m., 1, and 2:30 p.m. Free. Museum of Photographic Arts, 1649 El Prado. (BALBOA PARK)

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**MLK Stories Promised**
"Ancestrial storyteller" Alyce Smith Cooper shares stories in celebration of the life of Martin Luther King Jr. 619-573-5007. Thursday, January 15, noon; free. Mission Valley Library, 2123 Fenton Parkway. (MISSION VALLEY)

---

**“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)

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**THE TEAM**
Mark Twain’s classic story of pre- and postfilm discussions. 760-239-8355. Fridays, 7 p.m.; Saturdays, 2 p.m.; Sundays, 2 p.m.; through Sunday, January 18, $8-$12. Ages 8 and up. Casa del Praderas Theatre, 1650 El Prado, Suite 208. (BALBOA PARK)

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**TREASURE HUNTER**
The Very Hungry Caterpillar Classic favorite will be performed by variety of puppets by Big Joe Productions. Other tales included in performance. Curtain times 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; 85-85. Marie Hitchcock Puppet Theatre, 2130 Pan American Road West. (LA JOLLA)

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**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)
Three Lost Boys of Sudan

the Sky: The True Story of Vivaldi's Venice

Rancho La Puerta

March.

Parts of Desire, Year of Wonders, de la Valle.

2 p.m.; free. Book Works, 2670 Via Campanile Drive.

16, 8 p.m.; $37-$46. Cox Arena, 550 Pala Mesa Road.

Jeff Dunham in concert. Ticketmaster.

They Poured Fire on Us from the Sky: The True Story of Three Lost Boys of Sudan

Alphonson 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. 760-733-7376. Wednesday, January 21, 6:30 p.m.; free. Encinitas Library, 540 Cornish Drive.

Comics That Kill


Hypnotic

Comic hypnotist Rich Aimes entertains. 858-534-TIXS. Saturday, January 17, 7 p.m.; free. The Loft, 9500 Gilman Drive.

Poetry and Art Slam 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 $500. 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. (ENCINITAS)

Squeaky-Clean Comedy! Fam-ily-friendly shows for all ages. 858-433-1457. Saturdays, 7 p.m.; $5. Navred's Comedy Club at Bella Roma Pizza and Restaurant, 6830 La Jolla Boulevard #103. (LA JOLLA)

Sunset Poets Gather Poetry reading with open mike. 760-738-2410. Sunday, January 18, 10 a.m.; free. Oceanside Mission Branch Library, 3861-B Mission Avenue. (OCEANSIDE)


Sparks of Insanity

Comedian Jeff Dunham in concert. Ticketmaster. Friday, January 16, 8 p.m.; $37-$46. Cox Arena, 550 Campanile Drive.

Cooking with the Seasons at Rancho La Puerta

Deborah Lookley — founder of "world-famous" 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. 858-534-TIXS. Thursday, January 15, 7 p.m.; $5-$10. The Loft, 9500 Gilman Drive.

"Spark of Insanity"

Comedian Jeff Dunham in concert. Ticketmaster. Friday, January 16, 8 p.m.; $37-$46. Cox Arena, 550 Campanile Drive.

Knit Two

Kate Jacobs signs, discusses her sequel to The Friday Night Knitting Club. 858-454-0347. Wednesday, January 21, 2 p.m.; free. Warwick's Bookstore, 7812 Girard Avenue.

People of the Book


The Four Seasons: A Novel of Vivaldi's Venice

Book reading, talk by Laurel Corona, also author of Until Our Last Breath. Signing follows. 619-236-3821. 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

Alphonson 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. 760-733-7376. Wednesday, January 21, 6:30 p.m.; free. Encin tas Library, 540 Cornish Drive.

This incredible event would not be possible without the generous support of:
OUT & ABOUT

“ICONS OF THE ’50S AND ’60S: The Historic Black & White Photography of Leigh Wiener” opening reception, Saturday, January 17, Ordover Gallery. (SEE ART GALLERIES)


“Tijuana Estuary’s Winter Feathered Migrants”? Did you know that 370 different types birds have been sighted at the Tijuana Estuary? Biologist, estuary docent Felix of the Tariq Khamisa Foundation divulges “truth and myths of the Underground Railroad quilt blocks,” as well as proper care and storage of quilts. Registrations: 858-538-8319. Friday, January 16, 1 p.m.; free. Ages 18 and up. Rancho Bernardo Library, 13350 Sabo Road. (SPENCER WAY)

“Really Reliable Recall” Workshop teaches participants how to increase their ability to recall. Participants will learn various techniques to improve their memory. Registration: 619-575-3613. Saturday, January 17, 9 a.m.; $35. Tijuana Estuary Visitor Center, 301 Tijuana Estuary Way. (IMPERIAL BEACH)

“Women Traveling Solo” Learn travel tips with fellow adventurers in this program presented by Hosteling International. 760-729-8172. Saturday, January 17, 12:30 p.m.; free. Pat Gower plans outside presentations to help students to say no to gangs, guns, violence. Donation requested. 858-575-3613. Saturday, January 17, 11 a.m.; free. Tijuana Estuary Visitor Center, 301 Caspian Way. (IMPERIAL BEACH)

“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” present 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. (IMPERIAL BEACH)

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**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 Swan, 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. 619-281-0931. Thursday, January 15, 6:30 p.m.; free. Joyce Beers Community Center, 1230 Cleveland Avenue. (ENCINITAS)

**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 Contemporary Art San Diego. (DOWNTOWN)
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, at Coronado’s 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.

Free, Aloe, the famous succulent outcrop at the Whale Café, and native acacia and Sisal plantations have been scattered along the embankments overlooking Highway 163 in Balboa Park.

The “Evening Star” Venus reaches greatest 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. (DIKKI VISIT)

**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. (DIKKI VISIT)

**D Street Nesting Site Work Party** Help improve nesting habitat 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 Card/Ray Marine Drive and turn west; turn left on Marina Way; go south to 56th Street. Hiking and birding: Bring binoculars or spotting scopes if you have them. 760-789-3219. Saturday, January 17, 8 a.m.; free. Black Mountain Road. (ROMEO PEÑASQUITOS)

**More Walk, Less Talk Naturalists Simone Green and Barbara Mogenthau 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. (DIKKI VISIT)

**Poway Promenade Hike and speak with Alliance Française de San Diego during moderate trek. “Good for kids.” Bring water, snacks. RSVP by Fri. January 16 6:30 p.m. (ARTISAN EXPO), 858-254-2253. Sunday, January 19, 10 a.m.; free. Lake Poway, 14644 Lake Poway Road. (ROMEO PEÑASQUITOS)

**Tree Time** Offshoot Tours offers hour-long guided tour highlighting various Balboa Park trees. 619-225-1122. 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 day outdoors. 760-715-4102. Saturday, January 17, 9:15 a.m.; free. Los Peñasquitos Ranch Adobe, 12122 Caminside Park Drive. (ROMEO PEÑASQUITOS)

**SOUTH OF THE BORDER**

La Tocada del Año Enjoy performances by “the best desayas in Tijuana” including Martin Parris, Joy Marquez, Erick Estasigue, Mauricio Donate, and Kermit. 011-52-664-176-5752. Friday, January 16, 8 p.m.; $10-835. Planeta Ti-juana at Multikulti, at Avenida Constitucion and 7th Street. (MEXICO)

**SPECIAL**

“Conspire!” Sanctuary ’53 hosts “interactive art and music happening.” One artist and one musician are assigned to each room; each room’s musician will create a soundtrack in response to artist’s work. Featured artists and musicians include Mike Dean, P. West, Acanamoni, Sandra Manuel, Sean Kelley, Kericki Henna, Jeff Faith, Carol Alston, Christine George, Josh and Jeremiah Zimmerman of Silent Comedy, others. Appetizers, beverages from local restaurants, farms served. Required RSVP 858-444-5930. Saturday, January 17, 1:30 p.m.; through Sunday, January 18, 1:30 p.m.; free. La Jolla Community Center at the Martin Building & Plaza, 401 Olive Street. (MARTIN’S HIL)

“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 with bamboo and California gardenscapes (11 a.m.-2 p.m). Bring your lunch, recycle your left-overs during worm bin demonstration (noon). Help rebuild ra- mada 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 Garden Drive. (ROMEO PEÑASQUITOS)”
The Nose Discuss Nikolai Gogol’s satirical short story from 1836 with San Diego Great Books group. Newcomers welcome. 619-446-5625. Saturday, January 17, 2 p.m.; free. San Diego Public Library, 820 E Street. (LA JOLLA)

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 February, February 21, free. Ages 18 and up. Rancho Penasquitos Library, 13350 Salmon River Road. (MIDDLE CLASS)

Books to Good Homes Support your “endangered library,” find bargain books in all categories. 619-542-1724. Saturday, January 17, 9 a.m.; University Heights Library, 4193 Park Boulevard. (UNIVERSITY HEIGHTS)

Cannons Will Be Used! Cannons fire promised in San Diego Bay between tall ship California and the Lynx, and you may spend the afternoon sailing along on board. Battles may be seen from sites around bay (free). 619-234-9151. Saturday, January 17, 1 p.m.; Sunday, January 18, 1 p.m.; $35-$55. Ages 4 and up. San Diego Maritime Museum, 1386 North Harbor Drive. (SAN DIEGO)

Del Mar Antique Show Over 250 antique dealers from all over California and the west offer antiques, vintage collectibles, and decorator items during Calendar Antiques Show. Antique appraisal booth ($5 per item). Also on hand: repair and restoration artisans expert in fields of glass, crystal, porcelain, pottery, rugs, jewelry. 806-943-7501. Friday, January 16, 11 a.m.; Saturday, January 17, 11 a.m.; Sunday, January 18, 11 a.m.; 88 Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DOWNTOWN)

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 Harbour Drive at West Market Street. (SAN DIEGO)

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: 619-234-2346. Sunday, January 18, 4 p.m.; Christ United Presbyterian Church, 3025 Fir Street. (LA JOLLA)

“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 the 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. (MIDDY 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 Bay Street. (MIDDLE CLASS)

Affordable Customized Wedding Ceremonies Church services or barefoot on the beach. Call 858-330-1035. See www.personalizedweddings.zoomshare.com. Email: weddings@1035@yahoo.com. (UNIVERSITY HEIGHTS)

Bridal Bazaar Saturday, January 17 SD Convention Center 11am-6pm. More than 250 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. www.bridalbazaar.com


Don’t Let The French In French Gourmet Scare You We Offer Delicious Values! From simple hors d’oeuvres 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.shakelatoichicgourmet.com or reserve at 800-294-2842. Free cake tasting. 960 Tampowers, P11 Serving San Diego since 1979.


To place your ad in the Wedding Guide, call 619-235-8200.

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.
Out and About

SEE THE ROVER (PROTOYPE)

Mass Science Laboratory Rover, displayed through Wednesday, February 4, Reuben H. Fleet Science Center.

(SEE SPECIAL)

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 Kryosteck and view her "large-scale papercut cut-outs and intricate wax floral relief carvings." The pieces "reflect traditional craftsmanship, fish botanicals, and Victorian cameos." 760-436-6611. Wednesday, January 21, 7 p.m.; free. Lux Art Institute, 1550 South El Camino Real. (CELEBRITY)

Nature Trip to Coronados Islands Enjoy marine nature tour by way of 9-Mile Bank on local 8-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: 619-523-1360. Wednesday, January 21, 8 a.m.; $30. Ages 21 and up. 619-238-1233. (EL CAJON)

Nature Trip to Tijuana Estuary Wetlands Tijuana Estuary hosts current volunteers and staff, meet volunteer opportunities, chat with current volunteers and staff, and tour the wetlands. Also promised: a stop for snorkeling among the sea lions and kelp forest. Reservations: 619-523-1360. Saturday, January 24, 8 a.m.; $30. Ages 21 and up. 619-238-1233. (NORTH PARK)

Seaside Stories (EAST LAGUNA BEACH)

The chance to share information about gray whales and other tree.) 760-631-1731. Friday, January 20, 7:30 p.m.; free. Ages 21 and up. W San Diego, 421 West B Street. (DOWNTOWN)

Unwind from Work Week Enjoy yoga 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 Prado. (HILLCREST)

Wed Novelist Jack London a Humanist? Get the skinny — and see original signed London artifacts — when Humanist Fellowship of San Diego gathers. 619-670-4139, 619-544-0640. Sunday, January 18, 1 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 a 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, 1271 Cleveland Avenue. (HILLCREST)

Who Were the Freemasons? "Everyone knows what an atheist is, and nearly everyone knows what a 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, 1271 Cleveland Avenue. (HILLCREST)

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-

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WHERE TO MEET & EAT

On the Road

Folk Dance Center, 4549 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.) 760-631-7371. 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 boat 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 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, 9:45 a.m.-3:35 p.m. San Diego Harbor Excursion, 1505 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 (ao dai) fashion show, hall-room 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.) 858-204-6693. 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)


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, 7 p.m.; free. Tijuana Estuary Visitor Center, 301 Cispian 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 Kryosteck and view her "large-scale papercut cut-outs and intricate wax floral relief carvings." The pieces "reflect traditional craftsmanship, fish botanicals, and Victorian cameos." 760-436-6611. Wednesday, January 21, 7 p.m.; free. Lux Art Institute, 1550 South El Camino Real. (CELEBRITY)

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Quel Fromage? Craft beer and cheese pairings considered. Cobots 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, 199 Citracado Parkway. (ASTERISK)

Ringing in the New Year Chimes atop Geisel Library ring out this New Year's Eve 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. Sketchy’s Anti-Art School convenes by San Diego County Young Democrats. Inauguration speech (replayed) at 9 p.m. No cover. 858-581-0050. Monday, January 19, 7:35 p.m.; $20. Ages 10 and up. Radiance Yoga Center, 1618 West Lewis Prado. (HILLCREST)
en. The 2.5-hour-long tours in- clude La Jolla’s Seven Caves. You may also encounter lions, garibaldis, 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.; 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 Fri- day, February 20, $65-$110. La Jolla Kayak, 2199 Avenue De La Playa. (S.A. JULIA)
Stamp Show Cycling Join Knickerbokers for 25-mile bike ride to exhibit halls of “Sundial stamp show at Al Bahr Shrine. Bring money for lunch in Mission Valley. 8:58-272-4710. Sunday, January 18, 9 a.m. Bree Mission Bay Visitor Center, East Mission Bay Drive and Clairemont Drive. (MORO 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: 858-546-8386. Sat- urday, January 17, 8:30 a.m.; $119. Marina Village Conference Center, 3613 Quivira Way. (MORO BEACH)

MUSEUMS

Barona Cultural Center and Museum 1955 Barona Road, 619-433-7003, MUSEUM

Birch Aquarium at Scripps Fa- cility 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 Cortez, and South Pacific. The La Jolla Kelp Tank is a two-story-high tank with giant kelp plants and nearly 50 varieties of local marine life. “Feeling the Heat: The Climate Challenge” examines science behind climate change; “Art of Decep- tion” explores underside camouflage. “Wonders of Water” wetplay area includes three interactive sta- tions. The Lyne and Howard Rob- bins Shark Reef Exhibit features a 13,000-gallon shark tank with white tip, black tip, bamboo, and wobblying sharks. 2300 Expedition Way, 858-534-FISH. (S.A. JULIA)
Chula Vista Nature Center In- teractive living museum devoted to the endangered Southern Cali- fornia coastal wetlands, located in Sweetwater Marsh National Wildlife Refuge. Visitors can use a Bioscanner to view animals macroscopically; use a Wendescop for views of microscopic organ- isms found in the “Sweetwater Soup,” and interact with computerized videos exploring how tides afft the bay in the “Moons, Tides, and the San Diego Bay” exhibit. Pat sharks and rays in the David A. Wergeland Shark and Ray Experi- ence, see burrowing owls and mis- gratory birds, and enjoy the xero- phytic gardens.
Visitors meet a shuttle bus at the Bay Front St. Trolley Sta- tion or at the center’s parking lot at the foot of E Street and Bay Boule- vard. 1000 Gunpowder Point Drive, 619-499-5903. (MAHALA VA)
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 Ave, 619-435-7242. (MORO BEACH)

Flying Leathernecks Museum Museum is dedicated to Marines who provided air support, from the Providers-driven fighters and bombers of the 1940s to the mod- ern jets and helicopters currently in use. Static display of a variety of aircraft is included, along with equipment, insignia, paintings and photographs, scale models, and a research library. The museum is lo- cated in building T-2002, at Ma- rine Corps Air Station Miramar. Miramar Road (Marine Corps Air Station), 858-693-1723. (MORO BEACH)
Gaslamp Mansion Museum of Historic San Diego’s colorful past as the museum, where displays highlight Wyatt Earp’s San Diego days, the Peg Leg Gold Leg- end, and the San Diego Bay” exhibit. The museum interprets the life and work in time to 1929.” The museum interprets the Native American, Spanish, and Mexican periods of San Diego’s history and contains Spanish Colo- nial 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 Dis- plays paintings and prints by Olaf Wieghorst and features exhibits of other artists’ American West art. Adjoining to museum is courtyard with cactus gardens, 20 x 20-foot reproduction of Wieghorst’s paint- ing Navajo at Castle Creek, and original restored home Wieghorst lived in for many years starting in 1945. 131 Rea Avenue, 619-590-3431. (MORO BEACH)
San Diego Aircraft Carrier Museum De- commissioned USS Midway is open for tours, now berthed at 910 North Harbor Drive. Exhibits in- clude 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. (MORO BEACH)
San Diego County Sheriff’s Museum The 150-year history of the sheriff’s department is high- lighted at the museum, which is lo- cated “just feet away” from the original cobblestone jail site, built in 1850. The museum boasts art- facts, photographs, equipment, uniforms, and vehicles, along with exhibits from each of the depart- ments making up the organization such as crime scene, K-9, court service, detentions, crime lab, bomb squad, and many others. 284 San Diego Avenue, 619-260-1800. (OLD TOWN)
San Diego Model Railroad Museum Museum celebrates American railroads with “the largest permanent operating model railroad and toy train ex- hibit” in North America. Four scale-model railroads of the South- west, the “San Diego County Re- lief Map” exhibit, and an interac- tive toy train. There is a multimedia presentation on rail- road ing, an operating railroad semaphore signal, and interpretive displays on railroads and model railroading. The museum is down- stairs in the Casa de Balboa Build- ing, 1659 El Prado, 619-496-0199. (MORO BEACH)
San Diego Natural History Museum “The Art of Robert Bateman” showcases work by “one of the world’s premier wildlife artists” Exhibit reflects his com- mitment to ecology, preservation. Through January.
“Tibet: Imagery by Kenneth Parker” — continuing through Sun- day, March 1 — reveals “religious monuments, prayer flags, modest homes, and dramatic mountains of the region.” To create his imagery, Parker engages in five-day back- packing excursions to remote areas carrying 75-85 pounds of gear.
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CLASSICAL MUSIC

Piano Organ Concert | Gabriel Ar-
regui, organist and choirmaster at St. Andrews Episcopal Church in Escondido, performs works by Bach, Mendelssohn, Alain, Handel, and Aranu for series. No offering taken.
619-442-8201. Free. First Church of Christ, Scientist (2430 Second Avenue), 7:30 p.m., Friday, January 16. HILLDEST.

Mainly Mozart Spotlight Series | Enjoy concerts by David Shifrin (clarinet) and Pi-Swo 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,” and the “Premiere Rhapsody” by Debusky, and Rossini’s “Introduction, Theme and Variations.” 619-239-0100. Rossini’s “Introduction, Theme and Variations” No. 3 for 4 basso continuo works. Reservations: 619-235-0804. $20-$93. Copley Symphony Hall, 770 8th Street, 8 p.m., Friday and Saturday, January 16 and 17; 7 p.m., Sunday, January 18. (D.L.LA)  

Music on the Point | Early music ensemble Courtly Noyse performs repertoire from Renaissance to modern, including numerous premieres by contemporary American composers. 630-552-1657. Free. La Jolla Library (7555 Draper Avenue), 5 p.m., Sunday, January 16. (LA LIRA)

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The Life of Sergio Rachmaninoff | Donald Large (organ) performs works by Rachmaninoff, Tchaikovsky, Prokofiev, and Shostakovich. 619-430-9691. $15. St. Andrews Cathedral, 3 p.m., Sunday, January 16. (CAMEREL)

Flute Master Class | Florian Silbereis leads master class featuring advanced high school students from Carlsbad Valley. List of works for Büsse, Häusler, Mozart, Bach, and Prokofiev, accompanied by pianist Dani Burnett. Program sponsored by Friends of Carads Valley Library includes coaching on topics such as practice strat-
egies for developing technique, tone quality, and performance and presentation skills. 858-552-1668. Free. Carred Valley Library (3191 Towngate Drive), 2 p.m., Sunday, January 16. (CAMEREL)

Dreams and Other Lost Lan-
guages | Opening reception for exhibition of work by pianist James Frimmer, musician-

ART LISTINGS

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More Spotlight Series | Enjoy concert by David Shifrin (clarinet) and Pi-Swo 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,” and the “Premiere Rhapsody” by Debusky, and Rossini’s “Introduction, Theme and Variations.” 619-430-9691. $15. St. Andrews Cathedral, 3 p.m., Sunday, January 16. (CAMEREL)

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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 tickets,” says May. “We had to pay the other half when we got there.”
May and the other members 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 than 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 refund of half up front when we got there. ”

Happylicious
Happy Ron’s appearance on Sunday, January 18, at Clairemont’s Blarney Stone Pub will be his 1000th open-mike 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-mike is 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

NOT 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 mercury to better protect human health and the environment….
“We use 100 percent organic food whenever possi-
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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 Boys When Boys II Men appear tonight at the House of Blues, they want only “white meat chicken, no fried.” They’d also like baked 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 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 Fruitopies 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 is selling general admission seats for $142 each. — Jay Allen Sanford

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 plays 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 cyan, Dave Good, Larry Harmen, Ken Leghorn, Bart Mendosa, Jay Allen Sanford, David Stamps

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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 shows in places like Mozambique and Afghanistan. We spent a week in the occupied territory last year of Palestine, playing several shows.”

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San Diego Reader
January 15, 2009

ON BROADWAY
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Thursday 15

X sideshow. Doe, Cervera, and Alvin kick off one of their intrepid Knitters tours at Belly Up tonight. The cowpunks infuse blues-gas 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 drunks, the Farmers, and Polynesians punks, Cheap Leis, set the Solana Beach stage.... Gary Shaffer and local ’90s hits: Honey Glaze drop their old goop as Stairway to Charo does the “coochie-coochie-coo” at Casbah. France’s Les Matopunks play Bar Pink. French punk. Huh. With O.C. nu-wavers the Knitters

Friday 16

“El Vez has entered the building.” Gay Elvis impersonator Robert Lopez tours his Greatest Hits through Casbah Friday night along with the Lovely Betties and Memphis Madmen. Maria Escovedo and Latin lounge lizardos Max set the stage.... Ten “metal and/or hardcore” bands jam in Episentra to benefit Hansen Summer Institute, an SOSU 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 Secto punksl Pressure Point with like-minded locals Rat City Riot, Northern Towns, and Cold Stare.... Elke, Manook and By Sunlight shine on Bar Pink.... Old in Out. Pant Hoots, and Vitro hit the Ken.... Something different, yer’up? Check out Iranian comedian (sorry, moron alert) Maz Jobrani at House of Blues. Apparently he is a key player in the “Axis of Evil” comedy cell.

Saturday 17

Aluminum 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 ’06s 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 Core,” rocks his brutalist rap at Canes Satty night.... Jamaican dancehall dub Barrington Levy appears at BMH. Levy’s 10-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, Bumblblast, Impulse, and Trans Axil fill a bill at Ché Café. Thanatology is the study of human death. Thought you might be wondering.... O’Connor’s 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. Halseah, Fever Sleeves, and the Lanterns light up Radio Room.... while Writer, Lights On, and Summer Darling cot 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. Thats. Why? TMP was one of the most engaging and influential left-field bands in 90s rock-n-roll; their progeny looks like Sint’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, 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 Anderson), Anti-Monday (with Kill Me Tomorrow and Calico Horse); and Tuesday (with Physics and Long and Short of It). Stash in The Chief Assassin to the Sinister, and we’ll see you on Ketttner 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 SX, guitar guru Robben Ford! play you some blues down the street at Anthology... or catch L.A.’s Boldr for brats Viddala with Action Design up at Bar Pink.

Monday 19

Big gig up at Belly Up this week is a hella double bill with New York’s wly Walkmen and Baltimore’s 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, Poyntal, 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 wax — “It takes some good luck to find a good music.” Well, they are from the Boris. Fellow Yankers Test Dream sound a’ight. They play with Rumi at Soda on Monday and at the new Office (the old Scali’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 normally 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) 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 Mitchele...and keeping the anniversary after rolling, Casbah screens Silent Comedy, turns up incredible Leony’s Softlightes, and crowns swinging kings Louis XIV — Bamby Monk

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SHARON JONES and THE DAP-KINGS

special guest IVAN MILEV

FRI JAN 23

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38 San Diego Reader, January 15, 2009

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THURSDAY • JANUARY 15

HONEY GLAZE
STAIRWAY TO CHORO
DJ MORGAN YOUNG

EL Vez At Casbah

SATURDAY • JANUARY 17

EL Vez Greatest Hits
MEX • DJ CLAIRE

THE ALBUM LEAF
ILA • VIA SATELLITE

WEDNESDAY • JANUARY 21

LOUIS XIV
THE SILENT COMEDY
THE SOFT LIGHTS

THURSDAY • JANUARY 22

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WEDNESDAY • JANUARY 30

BIG SANDY AND HIS FLY-RITE BOYS
DAVE AND DEKE COMBO
THE RUMBLERS

FRIDAY • JANUARY 22

YANKERS TEST DREAM

---

WEDNESDAY • JANUARY 30

GOBLIN COCK
PLEASEEASUR
BLASPHEMOUS GUITARS

THURSDAY • JANUARY 28

THE BLACK HEART PROCESSION
BUCKFAST SUPERBEE
A.M. VIBE

FRIDAY • JANUARY 22

ADOLESCENTS SCREAMIN YEHWAS
MEATWAGON

SATURDAY • JANUARY 23

GRAND THIEVES ANARCHY
ANARCHY GURUS

WEDNESDAY • JANUARY 27

BLASPHEMOUS GUITARS

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Eventual Rebound Girlfriend

“It’s basically a comedic love story, with lots of drinking-buddy humor.”

Nam 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 pursues 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.”

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.”

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 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.”

---

**LIVE MUSIC IN THE GASLAMP**

**Thursday, January 15**

**3rd Degree Blues**

3rd Degree Blues

**Friday, January 16**

Johnny “V” Vernazza

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**Saturday, January 17**

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**April 15, 2009**

**Worthly Cubbins • Southern Storm**

Friday, January 16 • 9 pm

**Classic Rock**

Saturday, January 17 • 9 pm

**FX5**

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**

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(Corner of Prospect & Magnolia)

**Thursday, January 15**

**Industry**

Friday & Saturday, January 16 & 17 • 9 pm

**Classic Rock**

Sunday, January 18

Reverend Stickman • Vaccine • Fuzz Huzzi

Tuesday, January 20

**Dresden’s Burning & Guests**

Wednesday, January 21

**Cory Wilkins Band**

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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 // SDSU Open Air Theatre
André Rieu // June 22 // Cricket Wireless Amphitheatre

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- THE ODD US THREE
- SHE’S MY CASSETTE

**FRIDAY 1-16**
- 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
- APHOTIC MURDER
- PROCESS FOR ENIGMA
- ADESTRIA
- ENDS IN AGONY
- CHON

**THURSDAY 1-15**
- 2 pm • Paul Green School of Rock Vista presents the Music of Led Zeppelin
- UNLOADED
- GONE TO OBLIVION
- GHOST TOWNE
- THE ECHELONS
- NOT ANYMORE

**TICKET GIVEAWAYS ON ONEWORLDREGGAE.COM**

**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 OBLIVION
- GHOST TOWNE
- THE ECHELONS
- NOT ANYMORE

**FRIDAY 1-23**
- 7 pm • Paul Green School of Rock Vista presents the Music of Led Zeppelin
- THE BOMBSPOPS
- 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
- RUINS OF ABBADON
- MANTIC RITUAL
- ANA KEFR

**Wednesday 7-9pm**

**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 OBLIVION
- GHOST TOWNE
- THE ECHELONS
- NOT ANYMORE

**Friday 1-23**
- 7 pm • Paul Green School of Rock Vista presents the Music of Led Zeppelin
- THE BOMBSPOPS
- 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
- RUINS OF ABBADON
- MANTIC RITUAL
- ANA KEFR

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**Groundation**

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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 Selig (Buddy Blue) and bassist Rolle Love, 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, chickenpox 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 Powerduss, and in 2005 Jerry Raney, Rolle Love, and Buddy Blue (with ex-Penetrator Joel Knak 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 Knak 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 Farmers name. But it would probably have been okay back when there were three of us,” Knak adds. “We’re not trying to capitalize on anything. We still do the old songs because we love them.”

The Knittles also perform.

FARMERS, Belly Up Tavern, Thursday, Jan. 15, 8 p.m. 858-481-8140. $20; $22 day of show.
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2008 awards
best sushi—Citybeat magazine  best sushi—Channel 10  best first date spot—Citysearch  award of excellence—Zagat

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San Diego Reader • January 15, 2009
89
**Warbringer, Empire of Sava, Keper, and Hexen. Metal/hardcore.**
Saturday, 9 p.m. — The Victory of Benson. CD release of *By the Forgiving Light* with Apathic Murder, Adetria, Chon, and Ends in Agony. Metal/hardcore.

**Monday** — Reggae Infusion Iris Time. Various reggae bands perform.

**The Kensington Club:** 4079 Adams Avenue, Kensington-Talbot's, 619-284-2848.
Friday — Vitro and Pant Hoots. Indie/rock.

**The Kraken:** 2531 South Highway 101, Cardiff, 760-436-6483.
Thursday, 9 p.m. — Cursed Pix. Covers/standards.
Friday, 9 p.m. — The Flat Out Lias. Covers classic to modern-rock hits.
Saturday — Ghost Riders and Blue Heat.

**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 Henkle Band. Blues/link/jazz. $8.

**Little Italy Spaghetti:** 1953 India Street, Little Italy, 619-398-2974.
Saturday, 8 p.m. — Lanuza the Band. Latin/pop/jazz/rock.

**The Loft:** 9500 Gilman Drive, UTC.
Tuesday, 8 p.m. — Curamin. Funk/pop/electronica. $12.

**Lycam Theatre:** 79 Horton Plaza, Downtown, 619-438-0322.

**Main Stage Bar at Valley View Casino:** 16100 Nymni Pass Road, Valley Center, 866-943-9946.
Thursday, 7 p.m. — The Heroes. Covers/standards/dance. Free.
Friday, 4 p.m. — The Fabulous Pelicans. Covers/standards/Free.

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**Forgiving Light with Aphotic Saturday**

**Warbringer, Empires Ablaze, Friday, 619-284-2848.**

**Saturday, 619-282-0437.**

**Monday, 619-284-2848.**

**Tuesday, 619-284-2848.**

**Wednesday, 619-284-2848.**

**Thursday, 619-284-2848.**

**Friday, 619-284-2848.**

**Saturday, 619-284-2848.**

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**most downloaded by Ollie**

**“All I Got,” by Astra Kelly, was the most-downloaded MP3 from SDReader.com during the month of December. Below is an interview with the songwriter.**

**Who 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.

---

**Eighty-five percent of the Upfront listeners say they have downloaded one or more tracks from the SDReader.com site.**

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**We were in the studio recording some band tracks on some interesting tracks we found...**

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**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 feel the sting and your rage, your pain becomes 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

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**Music & Event Calendar of January**

**Thursday, 15th:** Irish Night
**Friday, 16th:** New American Mob

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**Saturday, 17th:** Hidden City Derby Girls
**Sunday, 18th:** The Drowning Men

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**Monday, 19th:** The Blokes
**Tuesday, 20th:** Rich the Stitch
**Wednesday, 21st:** Joe Wood
**Thursday, 22nd:** Irish Night
**Friday, 23rd:** Reggae with MG3

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**Saturday, 24th:** Special Guest
**Sunday, 25th:** DJ Blairy 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

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* Dates are subject to change
* Check hensleyspub.com for details

Second Wind (Navajo): 8515 Navajo Road, San Carlos, 619-463-1700. Sunday, 8 p.m. — Band Showcase. With Cyanide Vogue (8 p.m), the Bombpops! (9 p.m), French Kiss Koma (10 p.m), and Gurtrudestein (11 p.m). Free. Ages 21 and up. With French Kiss Koma, The Bombpops! and Cyanide Vogue. Alternative/pop/rock. Free.


Sevilla: 555 Fourth Avenue, Downtown, 619-233-5979. Mondays, 9 p.m. — Rock en Español.


Swedenborg Hall: 1531 Tyler Avenue, University Heights. Sundays, 7:30 p.m. — Gregory Page. With Lisa Sanders, Mike McGill, Laura Riebel, Chad Cavanaugh and Dave Booda. Acoustic $5.

The Living Room - Point Loma: 1018 Rosencrans Street, Point Loma, 619-222-8832. Saturdays, 7 p.m. — Joy Dancing Bear. Acoustic.

Theatro: 155 East Grand Avenue, Escondido, 760-735-2491. Friday, 7:45 p.m. — Charles Burton. Blues. $10.


UPCOMING SHOWS


Belly Up Tavern: 143 South Cedros Avenue, Solana Beach, 858-481-8140. January 22, January 23, January 24 — Onomali.


Birch North Park Theatre: 2891 University Avenue, North Park, 619-239-8836. February 28 — The Lalo Schifrin Trio.


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By Valene

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February 5 — The Bird & the Bee
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When I was four, I formed two distinct memories of events that happened at Christmas time.

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 to go 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.”

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 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.

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.

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 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

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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.
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 — 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 Mamas 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 making diners and drinkers chatting loud enough to hear each other sound like a herd of hyenas, 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 garlicky 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 “Nasi,” 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 robe in Hoisin sauce, finished with fried dried chilies and ground peanuts. The squid is wonderfully tender, the sauce sweet, spicy, simple, 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 recipes in the cooking magazines: neither authentic nor alluring, merely pragmatic and trendy.

The wine list is already a joy, but a board over the counter is a more adventurous consideration. Menu listings and prices are subject to change.

Go to SanDiegoReader.com to find hundreds of past reviews.
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 dreary. The same was true for the appetizers. (See “pick hits” for a few successes.) Regardless of the rumor, I could detect no sign of Patrick Ponsaty’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 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 edible 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, they 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-seasonedcolloidal paste that looked 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 ghost 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?
Dream Burgers

“Stay cool, dude. Try not to look like some dental floss salesman from Denver.”

It’s demeaning,” says Carla. “Treating them like sex objects. And the men! They look so stupid, like kids spying on a nudist camp.”

Part of me agrees. On the other hand, my buddy Frankie — Cisco — wants me to go with him to this strip joint, for lunch.

“Why, dude?” I asked.

“For stuffing in garter belts. I notice a Dollar Maker machine. “Get your $1 bills here.”

She’s making the rounds to explain why the other dancers ain’t here. And while we’re on it, I have to ask the Carla question.

“Isn’t it demeaning to, like, strip in front of a horde of ogling guys?”

“No way. I danced for 11 years,” Monique says. “I felt empowered. I started on Midway night. I was nervous, but after, it felt liberating.

“Gentlemen?” An elegant gal with dark wavy hair stops by. Monique, the bar manager.

“Fine,” I say. “Except, uh, you square it with the other dancers?”

“(...)”

No, she says, a second free meal’s cool if I get another $3 Heineken.

Tin Fork
Ed Bedford

Dream Girls. Cocktails and Lace. A Gentleman’s Club — yeah, they have the typo up there in big plastic letters. I forgive them. The place sits next to a bunch of outfits like C&D Cycle Center and a Chinese acupuncture-and-herb place.

In the inside gloom after the midday sun, it’s hard to make out if Shannon is real or a phantom.

“Stay cool, dude,” Cisco tells me. “Try not to look like some dental-floss dealer from Denver.”

“Something to drink, gentlemen?” Shannon turns to leave. “Oh yes,” she says, a second time.

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She’s also making the rounds to explain why the other dancers ain’t here. And while we’re on it, I have to ask the Carla question.

“Isn’t it demeaning to, like, strip in front of a horde of ogling guys?”

“(...)”

No, she says, a second free meal’s cool if I get another $3 Heineken.

Deal. A burger this time.

Mine has that big chunk of chicken breast under layers of red onion, lettuce, and lots of pickled jalapeño peppers. The meat has a lemony tang and a citrusy crunch. "Fine, " I say. "Except, uh, you square it with the other dancers?”

“The Cisco Kid! He was a friend of mine...” Except, nobody’s onstage dancing to it.

“Two Pepsis,” I say to Shannon. Figure that must be cheapest.

“Your yo-yo,” Cisco hisses. "Pepsi aren’t part of the deal!"

Lord. The guy’s right.

Shannon appears with the two Pepsis. Whack! Five bucks each. Plus $2 tip. We’re down over a Hamilton already. And we’re still starving.

“Uh, is it true you have free burgers for lunch?” I ask.

“Oh, yes, absolutely,” Shannon says, I can see her now. She’s in a little black number. All legs. Nice face. “Free burger or free chicken sandwich, from 11:00 to 3:00. But you should’ve come yesterday. Tuesday we have $2 drinks — Grey Goose, Hennessy, 1800 Tequila, just about everything — and a $2 eight-ounce New York strip with steak fries. Fridays we do a free buffet with roast beef, mash, gravy, lots of fresh, steamed veggies. That’s from 4:00 to 8:00. No cover between 4:00 and 6:00. Today we have $3 Heinekens, no cover, and..."

“And no dancers,” Cisco says.

“Sorry, gentlemen,” says this guy Justin. He’s a floor-walker. Job is to make sure customers are behaving. “Last night’s $2 Tuesday was kind of crazy. All the girls are sleeping late. We’re trying to round them up. How ’bout some Heinekens?” Very cool.

We order a burger for Cisco and a chicken sandwich for me. I’m starting to feel better, starting to see better, too. It’s all red velvet here, with brass rail, a Roman-goddess plaster bust, and red sconces that make it brassy but classy. I can imagine the scene at night when this gallery’s full.

Shannon turns up with the crew. Full-size, plus they come with a bag of Lay’s Classic Chips and a dish of buttered popcorn. My chicken sandwich is basically a chicken burger. Cisco’s beef burger has a big cheese-melt over the patty, with tomato, lettuce, pickle — and that sautéed onions in there?

Shannon turns to leave. “Oh man, perfect buns!” Cisco blurs. He’s looking at his burger. “Just toasted enough, but soft. How’s yours?”

Cisco’s lost to the world. I’m hoping my eyes aren’t open too wide. I know. We should go with him to this strip joint, for lunch. Ladies and gentlemen, our T oday we have $2

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RESTAURANT LISTINGS

The Reader’s Guide to Restaurants are recommended listings written by our reviewers (Ed Safford, Barbara Dardis, Amanda Martin, Shari McCollough, Max North, Naomi Wider). Each entry contains only a fraction of almost 900 reviews. A complete searchable list is available online. Price estimates are based on the latest in information available for a midrange entrée. Inexpensive below $10; moderate: $10 to $15; expensive: $20 to $25; very expensive: more than $30. Please call restaurants in advance for reservations.

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Califonia RESTAURANTS

BEBE

229 California Street (Market Street), San Francisco, 415-885-6774. A super choice for a splurge. Chef Jeff Jackson cooks up a daily changing menu of California cuisine emphasizing the natural flavors of fresh, in-season produce and top-quality well-raised meats and wild seafood. Not only is the food delicious and quite 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 unobtrusively. 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 1094 Grand Avenue, Pacific Beach, 858-273-9291. 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 galo sauce and cheese, “run over” between two pieces of soda bread) or the Aussie Burger (half-pound patty, with a fried egg, cheese, bacon, grilled onions, beet, pineapple, and a side of steak fries). And for an “outback experience,” order up Vegemite (a boady kinda paste) and four slices of bread — it’s the Aussie national food. Lunch and dinner weekdays, three meals weekends. Inexpensive. — E.B.

Chateau Orleans 926 Turquoise Street (near Canary) South, La Jolla, 858-488-6744. This old-timer is a fun place to eat and let the five temps order to the sound of live blues (Tues through Sunday) and Sunday champagne (jazz brunch). Despite the turn of the times, Chateau Orleans has always kept the same old menu recipes — it’s high time the kitchen had a refresher course in authentic Louisiana cooking, as most of the dishes kind of “dis”the true 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, goulash “purple fries” (fried appetizer appetite, 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 drink. — N.W.

The Cookie Lady Café and Bakeshop 7996 Shingle Lane, La Jolla, 858-496-1640. Pretend you’re going to Tapanade, 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 Hermine Gimmel (“There’s no business like shoe business”) ships in with life you’d almost want to eat. Yes, this is soup-and-sandwich-and-land, and you can get your daily department, half-and-half turkey sandwich (and it’s real turkey toasted here) (much morning), and a Italian wedding soup will overwhelm you. Best of all your total here is about what you’d pay for the trip in. Open daily except Sundays. Inexpensive. — E.B.

Great Khan’s Mongolian Festival 4845 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 area is good. One meal, plenty of it, and guaranteed fresh because it’s either frozen (cutlery shavings of beef, chicken, turkey, pork) or raw veggie including cabbage, celery, broccoli, cucumber, green peppers, carrots, mushrooms, pineapple, water chestnuts). Staff as much as you can into your bowl and hand it to the chef to brine on the huge hotplate, and add noodles. Bonus: gallery view of skaters on an ice hockey match while you eat. Open lunch through dinner weekdays, earlier closings. Inexpensive. — N.W.

Gringo’s 1474 Mission Boulevard, Pacific Beach, 858-480-2057. 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 fresh ingredients, just a bit dumbed-down in the flavors. The chilli rellenos, say, is beautifully seasoned, if barely piquant. Given the surefire location at the hub of California party town, the food is actually better than it needs to be. A vast list of tequilas, interesting margaritas, and a better than it needs to be. A vast list of Mexican-style settings burgeoning with the bravest Los Angeles and Southern beers; full bar. Plenty for vegetarians, plus some vegan dishes (varying seasonally). Reservations essential — bug for seating in good weather to avoid the indoor din. Lunch and dinner, Sun-Sat. Moderate to expensive. — N.W.

Ranchos Cocina — Ocean Beach 1830 Sunset Cliffs Boulevard, #1, Ocean Beach, 619-226-7619. At both locations of this delicious mini-chain you’ll find healthy, creative Mexican and vegetarian cuisine in cheerful, topical-style settings burgeoning with plant life and craft objects. A big plus zero attitude. You don’t have to be vegan to enjoy this fully flavored combinations that are as creative as they are wholesome. Try anything with lobster or calamari steak — in fact, all the VENUE'S OFFER WINE AT A DISCOUNT. THE CASKROOM

Prime Rib Dinner for Lunch

Sunday, January 18, 2009

Sasha’s slow roasted Prime Rib Cut (8oz) served with Jus, Horseradish Sauce and Garlic Mashed Potatoes. Served 12 p.m. till gone. Sorry no substitutions.

Sasha (858) 488-7311

3758 Mission Boulevard • Mission Beach

“I only go to Sasha’s for the best new wine bar!” — S.D. Magazine 2007

“Best new wine bar!” — S.D. Magazine 2007

10% off any bottle of wine Sunday-Wednesday! (Excludes retail)
seascape is pristine. And sample something with the house-made mole sauce of a zillion ingredients. Actually, try anything else. (Open daily breakfast through dinner. No reservations, but 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.)

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 town or just wish you could take a vacation yourself, this view-embellished, 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 breaks 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 skimped on signage, so the spices are not always in view. 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
8532 Mission Bay Drive, Pacific Beach, 619-229-5670. What becomes a legend must: This renowned sushi bar offers seafood of exceptional quality, perfect tart-sweet rice, tight rolls, and disciplined creativity. And beauty, of course, such as the ahi sashimi, a whole small Spanish mackerel bent into the shape of a swelling sail. These joys don’t come cheaply. First, reserve. Then find the place, tucked into the corner of a minimal-muto mall on the east side of the street, marked with the large 7-Eleven sign (opposite Bu-bac’s). Don’t waste your time with the California roll ilk, instead, swoop on your neighbors’ choices (particularly those of Japanese customers), watching for off-menu extravaganzas. A printed omakase menu at the tables (the equivalent of a chef’s tasting dinner) of either sushi or sashimi will feed one person royally or two lightly for under $30. Cooked dishes are dull except for seafood mousse soups and chawan mushi (steamed eggs with ginko nuts). Alas, when Ota-san’s away, his crew 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 Sunday through Friday, dinner daily. Moderate. — N.W.

Cien Años
Calle Jose Maria Velasco #1407, Baja, 664-634-3039. This lovely, Mexican-cut DT is N.W. of the grounds. Good wines at all prices, parking at the restaurant’s back door (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 mousse soups and chawan mushi (steamed eggs with ginko nuts). Alas, when Ota-san’s away, his crew 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 Sunday through Friday, dinner daily. Moderate. — N.W.

La Leña
Moderate.

Centifonti’s Restaurant
8365 La Mesa Boulevard • 619-461-4434

In the heart of downtown La Mesa
is deamed tasty. Vegetarian upon re-quest. But the atmosphere is a great break from the routine! We all know and (sometimes) love. Lunch and diner-daily from 11 a.m. until late. Mod-erate — E.B.

Señor Frog’s Via Ornate 66 C1, L.A., Zima Bites, Byp, 464-682-4992. Nor-mally this is a moderately priced eatery, but Tequiza Tuesdays promise as much food and drink as you can handle for one cover charge ($15, last time we checked it). Food includes a buffet with good fish tacos, fritas (stews, usually beef), pork, chile arnacho, carne napa, es-cherific, on and on. House beers and Mexican liquors, including tequila, are in the deal, too. Roll your plate and glass as often as you want. Try it. If a sombrero-toting taverna comes up offering tequila shots from his bandoleer, 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 W 9th Street, Downtown, 619-234-1935. Alex Spunno and lots of local hotshots come here for honest Greek home cooking. ‘Yes, it’s classy — white tablecloths, linen nap-kins — but you can fill up on just a bowl of foul, owner Mary Papaioanou’s ‘ve-ris crimini’ lentil soup, and an appi- tizer like spanakopita (spinach and cheese pastry pockets). Entrees come with rice, mat pat, a vegetable, soup or salad, and French bread and butter — all at a darned good price. Oh, and don’t despise the gyros. Meat flavor’s grant, and it takes a football player to empty this plate. Lunch and dinner Monday through Friday, dinner only Saturday, Sunday closed. Inexpensive to moderate. — E.B.

Bamboo Bistro 3854 Fourth Avenue, Hillcrest, 619-269-9717. How many American chefs do you know who ac-tually went to Asia and learned by working in traditional restaurant kitchens of Vietnam, Indonesia, India? Chef Alexandre did. The result is her Asian fusion cuisine. The Bistro is hotel de-cor in the corner of a strip mall, but you can eat under exotic umbrella lampshades (inside) or tropical pa-rala (outside). The food is fresh, origi-nal, and often tasty. Dishes to try in-clude Chinese Split-chop Scallop (shredded chicken, fried rice noodles, mandarin orange, toasted almonds), Indo-Chinese burritos with beef (with rice noodles covered with a soy-sauce and lime-sauce), Drunken Noodles (chicken, shrimp, shrimp, salmon, or tofu) and Sea Salad (salad, wild salmon, greens). Lunch and dinner six days, closed Sundays. Inexpensive to moderate. — E.B.

Bread and Cie 130 University Avenue, Hillcrest, 619-483-9212. At least 20 breads emerge daily from this bakery’s 10,000 pound French stone hearth oven. Most are dense, crusty, and delicious. Freshly baked baguettes, pain au levain, and many other French peasant breads, including the outstanding black and white loaf are some of the best in San Diego County.

Carnitas — N.W.

in San Diego County. Hard to believe! This chain that McDonald’s acquired originally from northwest China, now residents of mainly the south China coast. The two dishes out play cornish-ridden-stir fries for star-ving students. But it’s easy to tell which twin is which. The chef recommended side plates, “the hot pot that taste like home cooking,” but ordered by four or more, the grandest fried rice, the moo-dies (especially “house special moo-dies”), and the whole steamed fish-of-the-day are palatable hits. And if you really want to know what the fuss about All-a-bout, try the steak plate stuffed info — those deep-fried crisp rectangles with a pork meatball ut-tered in each tender center resemble meat-flavored mashed marrows, and may just change your mind about this day. Open brunch through dinner Monday through Friday. Pleasant service, very casual, mainly inexpen-sive. — N.W.

Golden Dragon Asian Bistro 414 University Avenue, Hillcrest, 619-298-4119. This historic building has been recently redecorated, keeping only the overhead sign that used to mark a one-cent Chinese dive. Now the eclectic pan-Asian menu emphasizes Thai fla-vors — the owners hail from northern Thailand, including executive chef Miss Song and her twin, who work in a more casual vein here. The beer and wine lists are interna-tional and affordable. Lunch and diner, serving until 3 a.m. nightly.

BENVENUTO

8213 Avenida de Portugal • 619-523-1301
Point Loma (between Scott & Shafter Sts.)
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New hours: Open every day 11 am-midnight

The Only All U-Can-Eat Korean BBQ in San Diego County

All-you-can-eat KOREAN BBQ

2137 Pacific Drive, Downtown, 619-236-7581. An easy walk from the Convention Center, the dining room is spacious and hand- some, and the view from the corner dining terrace is optimal (the bay, the Coronado Bridge, a park, etc.). The menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-wiches are a must, and two vegan pastas, or scampi. The appe- tizer menu, though, is convention-centered — it’s the kind a tourist would enjoy. On the house. Focaccia pizza and sand-
Lunches inexpensive, dinners moderate. — N.W.

Jack & Giulio’s Italian Restau- rant 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 parmesan and lasagnette Alfredo are there, but go for the house specialties like spaghetti New Orleans with shrimp, crawfish, and crab meat, or the expansive scallop dishes. Brèke! Get a simple Angel Hair Mediterranean 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). Diners feature kebabs, tandooris, curries, and some unique regional specialties. Flavors are exotic but oddly comfortable to the cosmopolitan palate. Among the dominants is the outstanding achari (green curry) with meat and mustard (ground-meat ravioli) — both with lively yogurty sauces — and arnaq (green lentil) with spiced lamb and spinach stew. Serve room for the sassy 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 3501 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. Wish-chosen, affordable wine list, Asian and American beers, and cocktails based on xaju (Asian lower-proof rice liquor), including a yummy rambutan cocktail. Noisy but relaxed. Reservations recommended for Hillcrest on weekends. Lunch weekdays, dinner nightly. Low moderate. — N.W.

Marie’s Café 3018 University Avenue, North Park, 619-229-0112. 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 by then. They kept the traditions but created a sparkling kitchen and a reputation for generous servings. Try the three-egg 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 to the “side” salad, a huge dish of romaine, with tomatoes, red onions, cheese, crozets, and blue 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 10 p.m. Tuesday; closed Tuesday. Moderate. — 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 love how social the Lebanese can be. Meads are spread over a couple of hours with lots of conversation, probably finishing with a baklava, Turkish coffee, and a shorba — waterpipe (much cheaper by the hour than down in the Gaslamp, but flavor rules). 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 most pita 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 174-1/2 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, mafalda sandwiches, and especially pomodoro — real rolled around two cheeses, onions, tomatoes, pine nuts, currants, parsley, prosciutto, and bread crumbs. Pete stuffs all but into a hot bun with marinara sauce, sun-dried 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, Dai Biet Xeo Lai, an extra-large bowl of soup filled with rare steak slices and well-done brisket, flank, tender, and tripe along with mint and bean sprouts. A popular breakfast plate is French bread with beef juicy cube. They also have rice dishes. And try the traditional fruit drinks, maybe the Xam Xam Luong, a combination of longanberry, black dates, scowed, and lotus seeds in syrup. Lunch, dinner daily. Moderate. — 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 premium 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-free meal 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.

**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 entrees. All dishes are 100% vegetarian, most dishes and all desserts are vegan.

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**San Diego Reader, January 15, 2009 108**
What the Chef Eats

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 cuisine, 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 8 oz sea urchin roe, chopped in thumbnail-size pieces
3 shallots thinly sliced
1 yellow zucchini sliced paper thin
2 cups roughly-chopped overripe plum tomatoes

INGREDIENTS

1/2 cups roughly-chopped overripe plum tomatoes

Reservations advised, especially for weekends, holidays and special events (e.g., Sunday “Lasagna and Barbecue” during the summer). Saturday and Sunday three meals, weekday lunch and dinner. Moderate. — N/W

Truoi Chau 663 University Avenue, City Heights, 619-281-8244. This is a 24-hour Asian immigrant-owned restaurant, serving a variety of Asian cuisine. The menu includes Chinese, Korean, Vietnamese, and Thai dishes. The restaurant is open 24 hours a day, serving a variety of Asian cuisine, including Chinese, Vietnamese, and Thai dishes. The restaurant is open 24 hours a day, serving a variety of Asian cuisine, including Chinese, Vietnamese, and Thai dishes.

Westgate Gourmet Delicatessen 322 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 flowers. The only side dish is a simple salad — a big item in San Diego. As a result, you end up ordering a lot of vegetables.

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 cuisine, 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 8 oz sea urchin roe, chopped in thumbnail-size pieces
3 shallots thinly sliced
1 yellow zucchini sliced paper thin
2 cups roughly-chopped overripe plum tomatoes
What the Chef Eats

1 1/2 cup extra-virgin olive oil 1/4 cup extra-virgin olive oil
2 T hot crushed-pepper flakes 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.

N o t e: 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

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User Reviews

RESTAURANTS

Best user comments from Reader website

Ranchos Cinca, North Park

This place is MUST, I repeat, a MUST for vegans and vegetarians (even meat-eaters!), for whenever the mexican food craving kicks in. The staff is so cool and everyone who works there is incredibly nice, I can’t recommend anyone who stops by there to order the Enchilada Trio. The food is delicious!
By Diana | 4:31 p.m., Jan. 6

Broken Yolk Cafe, Eastlake

Good place to have a good breakfast. If you go there try their chilaquiles — they’re the best in town!
By mollis34 | 10:34 a.m., Jan. 10

Kealani’s, Encinitas

I cringe at the thought that visitors come to eat Hawaiian food and walk away disappointed since when the Island Hawaiian Kitchen started, it was the Hawaiian kitchen you could trust. The food is fantastic, though, and a quick trip through those doors is a must. If you’re interested in Hawaiian food, you must try Hawaiian food at Kealani’s.
By Amos | 10:34 a.m., Jan. 10

SOUTH BAY

Clayton’s Coffee Shop

979 Orange Avenue, Coronado, 619-455-5423. This diner in the heart of downtown Coronado, with its图标s hinged to the restaurant’s concrete walls, has really hit the refresh button with a new owner. The decor is still slightly off the 1940s, but brighter. The place is all filled with locals in the morning. The food is delicious — the eggs and steak and egg, veggie omelet, old-fashioned pancakes, and crab omelet. Clayton’s diner specials include pork chops with dressing, gravy, and apple pie; homemade meat loaf with gravy; baby boy fish and chips. Current owner Mark’s homemade apple fries are a major hit. Open daily. Inexpensive. — E.B.

Coronado Boathouse 1871 Strand Way, Coronado, 619-435-0535. For a relaxing time with lovely views and tasty food to match, put on your walking shoes and head over the bridge. The old Coronado Boathouse bears a handsome, historic structure with a view of the beach. The Boathouse Del Mar, plus enthusiastic servers, terrific walls, and the visitors, Arbor View American cooking. The herb-attired appetizer and fresh crabmeat and smoked salmon with cucumber are where the party is. The favorite meat here is USDA Prime (steak to “melt in your mouth”) and even the fish is delicious. Chef Mark is a class act with classy ingredients and presentations, but the portions are small. I’d like to see your in-law’s or birthday in this crystal ball. Full dinner seven days. Inexpensive. — N.W.

Filipino Diner 7327 Pacific Beach Highway, National City, 619-457-4562. Filipino cuisine is underrepresented in San Diego. Phibs draws a long list of locals and fans of the island. The menu changes often, but some dishes are consistent, like the sinigang, or sour soup with pork. The restaurant also serves breakfast and lunch daily. Inexpensive. — P.O.

McP’s Irish Pub and Grill

1127 Orange Avenue, Coronado, 619-455-5200. With a crowd ranging from Navy reserves to tourists to locals and even the occasional cruiser, McP’s is nurtured by above-average Irish-Mexican cuisine. Even for non-doggie people, the California pepper trees and garden sculptures are a pleasant surprise. Inexpensive. — N.W.

Uno Chicago Bar & Grill

15258 Sorrento Valley Boulevard, San Diego, 858-435-4474. The atmosphere at Uno is one of a plush tropical setting with indoor plants. The food is better than it needs to be, featuring top-quality seafood prepared in an Asian-inspired setting. The restaurant is named for the Italian restaurant Uno’s does serious steak too, with variously sized Angus top sirloins. They come pretty much as is, but the meal is plentiful and flavorful. The expanded menu includes flatbreads, ribs, shrimp scampi, and steak ‘n’ cheese burgers. Still, most lunchtime customers saw we seemed to stick to the staple: top-dip pizzas and salads. Open daily, continuous service, lunch and dinner. Inexpensive to moderate. 4465 Mission Pacific Beach Highway, 888-483-4314; Fashion Valley Center, 619-298-1886; 5th and H, 619-420-8660; 190 W. Valley Parkway, Escondido, 760-486-9687. — E.B.

Barnes Bar-B-Que

2625 Lemon Street, National City, 619-497-9206. Clayton Davis’s sign says it all: “Let Us Bring The South to You at Lunch.” 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 with care. Inexpensive. — P.O.

The Los Amigos

8101 Mission Gorge Road, Santee, 619-449-9032. You get a lot for a little here. Even once really cheapy po’boys from Laci’s Diner are served, and you get the full treatment of tortilla chips and salsa but also the most mouthwatering — cheap. Expect dollar portions, from smothered chicken or pork, neck bones and cabbage, to country fry, corn on the cob, and corn bread. Other lip-popping creations, especially when they have crawfish, pork rib, brisket sandwich, pork rib or shoulder, or chili and hash — all with two eggs and bread. Oh yes, they also serve catfish sandwiches and sweet potato fries. Or you can just stand outside and smell the smoke. Open Monday through Friday for lunch and dinner. Inexpensive. — E.B.

Ciao Bella Caffe Bar Ristorante 5260 Boulevard, Encinitas, LA MESA, 619-457-0328. Aging La Jolla goes to bed at 11:11 p.m., Jan. 10

The Omelette Factory

7914 Mission Gorge Road, San Diego, 619-596-8686. 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. The food is a big thing that’s ideal to bring the kids for a big breakfast. You can’t beat their omelets, all 19 of them, from the fast-paced Cheese (with Swiss, Jack, Cheddar, or American) to the magnificent Factory Omelette (build-your-own up to four meats, veggies or cheese). Also check for the big-pile pancakes. A new location has turned this location outside San Diego from an abandoned school hall into a regular spot for a community meeting. It seems, for lunch try the Factory Burger. It has two hamburgers plus two more, two cheeses, and onions. Breakfast and lunch, seven days. Inexpensive. — E.B.

Papa’s Chicken & Biscuits — El Cajon 110 Jamacha Road, El Cajon, 619-441-3335. This is the one major national chain to dress itself to a regional American identity. Wherever you go, you’ll find a Papa’s, you’ll be eating Louisiana favorites. But something’s better than others in fast-food transla- tion: The spicy, crisp-shelled taco, with air light drop biscuits are fine as can be. The 8001 Mission through Friday, Saturday; brunch Sunday. — E.B.

Breakfast and lunch, seven days. Inexpensive. — E.B.

Ramon’s Smokehouse BBQ 1730 Alpine Boulevard, Suite 110, Alpine, 619-445-4048. The smell of mesquite wood burning under fried-corn beef is beyond resistance. The secret Texas recipe draws crowds. Go Sunday morn- ing for breakfast, when bacon is in season. Inexpensive. — N.W.

La Costanera Mexican Food

619-435-5425. This gorgeous, view-en- plete, the counter-persons. Open three meals, seven days. Inexpensive. — E.B.

La Costeño

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Unfree Wheelers

Kate Winslet appears much too strong for Leonardo DiCaprio.

Another 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 unswerving 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, cajolament or surrender, 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

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sense of hyperbole. But the cliché and hyperbole are done to a turn. And the period in its archaism (“I mustn’t go ‘Toodle-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.

The question is, is it worth it? This question comes up not only because this movie has been retained from an F. Scott Fitzgerald story five or six hours over, gains nothing at all from the movie’s transience frankly gains very little from the Fitzgerald story five or six hours over, gains nothing at all from the movie’s transience. Director David Fincher, determined to show his softer side, punge the humor of it. On screen, nothing is more absurd about than its length, two and three-quarter 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 intermittubility. Director David Fincher, determined to show his softer side, affixed to the cuff, etc.), but the extended dialogue — a Before Sunrise, if you like, for the sun sets — 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. Previews are indicated by one to five stars and antipathies by the black spot. Unrated movies are for now untreated. Thousands of past reviews sorted alphabetically, by year of release and by rating, are available online at SDRex.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 cousin in such penny-pinching horror movies as They Came fromwithin 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 overpowered; 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 extra-terrestrial and headband-wearing 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. **[REX] 1/25 12PM MUNDDUN**

**Beauty in Trouble** — Anna Gerdeleva is the Cruel beauty, who, 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 Herbiek. 2006. **[REX] 1/25 THROUGH 2/2**

**Bedtime Stories** — Uncle Skeeter’s yarn-spinning collaborations with buttrocute 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, shows for the more attainable goal of schmaltz. With Keri Russell, Russell Brand, Gaye Pearce, Richard Grif- fiths, Tessa Palmer, Lucy Lawless, Courteney Cox, and Rob Schneider; directed by Adam Shankman. 2008. **[CARMEL MOUNTAIN; CHULA VISTA 10; DEL MARR HIGHLANDS 8; FASHION VALLEY 18; GROSS- MONT CENTER; HORTON PLAZA 14; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; SW RANCHO 12; PLAZA PROMENADE 24; PLAZA RANCHO 14; POWAY 10; RIVER VILLAGE 6; TOWN SQUARE 14]**

**Bride Wars** — Through a booking mix-up, two “insuperable” 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 the looks like she’s in training for a concentration-camp film, doesn’t just outdance Kate Hudson at the bachelorette party, she outruns her throughout. It’s a standout, however, in the eyeliner wars. With Candelize Bergen, Kristen Johnston, Bryan Greenberg, Chris Pratt, and Steve Howey; directed by Gary Winick. 2009. **[CARMEL MOUNTAIN; CHULA VISTA 10; DEL MARR HIGHLANDS 8; FASHION VALLEY 18; GROSS- MONT CENTER; HORTON PLAZA 14; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; SW RANCHO 12; PLAZA PROMENADE 24; PLAZA RANCHO 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 Ad- vani. (DEL MARR HIGHLANDS 8, FROM 1/16)

**The Curious Case of Benjamin But- ton** — The central conceit, and little else, has been retained from an F. Scott Fitzger- ald short story of the same name: a protagon- ist who ages in reverse. (The story of course was written and titled before the soundable name of Benjamin Button 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 excu- pune the humor of it. On screen, nothing is more absurd about than its length, two and three-quarter 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 intermittubility. Director David Fincher, determined to show his softer side, }

The New York Times
Fleming, Jared Harris, Tilda Swinton, Julia Ormond, 2008. ★ (CAMEL MOUNTAIN: CHULA VISTA 10; DEL MAR MARCHANDS; 9; MISSION VALLEY 3; GASLAMP 15; GROSSMONT CENTER; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 12; MISSION VALLEY 7; MISSION VALLEY 20; STAR VILLAGE 12; PALM PROMENADE 24; PLAZA BONITA 14; POMMY 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. ★ (CAMEL MOUNTAIN: MISSION VALLEY 7; MISSION VALLEY 20; STAR VILLAGE 12; PALM PROMENADE 24; PLAZA BONITA 14; TOWN SQUARE 14; FROM 1/31)

Doubt — From the prize-winning stage play by John Patrick Shanley, an ambitious drama of possible priests pedophilia at a Catholic school in the Bronx. The playwright, perhaps best known to moviemakers as the writer of Moonstruck and writer-director of Up against 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 news 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 nun, the students’ coed dance lesson to “Blame It on the Bossa Nova,” and so on. (The time, as the aforementioned 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 man (“Penmanship is dying, all across this country”) whose harshlike 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 (“Penmanship is dying, all across this country”) whose harshlike 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, illuminates nothing so much as the players. Meryl Streep, over-acting awesomely, is not only a holy terror as a nun but as a chieftain, hoody-trapping every scene with unforeseeable little diversions, inventions, stratagems, embellishments. Philip Seymour Hoffman and Amy Adams, no sauces 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. ★ (CAMEL MOUNTAIN: FLOWER HILL 4; HILLCREST CINEMAS: LA JOLLA 22; POMMY 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 spout on the corpse of the 37th President, as well as supply a general-purpose stand-in for the still elusive and impotent 43rd President. (The undying urge to spout, 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 unpleasantly dull standard of pseudo-documentary 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, Olivia Poulet, Matthew Macfadyen, and Rebecca Hall. 2008. ★ (HORTON PLAZA 24; MISSION VALLEY 7, FROM 1/31)

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 (look- 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- ming,” in his two-syllable pronunciation), a hard-as-nail retired defined by a pair of prized possessions, the M-1 rifle that commemo- rates his service in the Korean War and the ’72 Gran Torino that commemorates his character’s blatant bigotry toward his Asian neighbors, whereby he runs through every applicable epithet in a thesaurus of slang.
Ahney Her, Christopher Carley. 2008. Further refinement of it. With Bee Vang, appear, a genuine conversion, a revelation. Mystic River incalculable casualties, of his earlier career: going penance for the offhand violence, the film, lending it, for all its entertainment, none of that. What redeems him and his karmic restitution (which in honesty had the expediently plotted climactic act of shooting them). The context, however, demands that once in a while the good cheer in order to handle crises with her ravishing, racist, rigid driving instructor — “It’s not easy being you, am I?” — is a violent bully at school, and an addled bicycle gets stolen right off the bat? Unlike a realistic context. (Is it significant that her 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 Pre-wee, she sighs it out as “I really don’t have a chance to say goodbye?” — and signs up for driving lessons.) The context, however, demands that once in a while the good cheer in order to handle crises with her ravishing, racist, rigid driving instructor — “It’s not easy being you, am I?” — is 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 Vダイレクト All or Nothing, takes total possession of the role, or vice versa. She visually is a nascent comic, a jolly,idiotic pansy visualized in a nee- or Neo-Francis Cold world child, too youthful by a decade, too loud by a hun- dred decibels, of clashing colors and more layers (a last layer, revealed on the chro-practor’s table, of pink bra and orange panties beneath a black bone), in a full range of mirth from lip-lipped giggling, punning, 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 specimen, to be observed with curiosity and wonder — along with unscholastic amusement and a silent prayer of thanks she’s not living next door or coming over for dinner — in a somewhat amorphous and arbitrary circumstances. At all times the movie boasts beautiful color, rather than as Leigh’s regular cameraman, Dick Pope, had_coupled 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 expres-sive of Poppy’s Weltanschauung. Clear black eyes might not be the exclusive privilege of the Polynuans. 2008.}

Hotel for Dogs — Funful, tasteful chil-dren’s film, from the Lois Duncan book, about two foster kids who secretly trans-form a derelict hotel into a shelter for stray dogs (the homeless housing the homeless), and more than a shelter, a Valentine’s Day meet-ing park. Nicely individualized dogs, toler-able kids: touches of real imagination in script and direction (Thor Freudenthal in his feature debut); general malility. With Emma Roberts, Jake T. Austin, Devon Spec- dicco, Linz Dodnor, Kevin Dillon. 2009.

CARMEL MOUNTAIN: CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GASLAMP 15; GROSSMONT CENTER: LA COSTA 6; MAR HIGHLANDS 8; PEARL OPENING 18; PALM SPRINGS 13; PRIME TIME 10; PROUD TOWN 14; TOWN SQUARE 14; UPTOWN 18; VIPERINE 19; VILLAGE 20; MAR LEona — Let’s not forget Jenny. Marley is the rambunctious Labrador — “the world’s worst dog” — meant to tide Jews over till she and Me (really our newspa-per 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 ten-sions of career and marriage — is pretty innocuous until the extended tweaking as Marley winds down. (Parents, be warned.) Owen Wilson and Jennifer Aniston are the humans, well matched for suncats, 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.

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SAN MARCOS
San Marcos 18
1180 West San Marcos Boulevard at Old California Walk (760-473-3711)
Call theater for program information.

VISTA
Vista Village
Highway 78 at Vista Village Drive
(760-945-7487)
Bedtime Stories (PG) Fri. Sun. (11:30, 2:00, 4:30) 7:00, 9:30; Bride Wars (PG) Fri. Sun. (11:30, 2:00, 4:30, 7:00) 9:30; The Curious Case of Benjamin Button (PG-13) Fri. Sun. (11:30, 2:00, 4:30) 7:00, 9:00; Not Easily Broken (PG-13) Fri. Sun. (11:30, 2:00, 4:30) 7:00, 9:00.

FALLBROOK
River Village 6
2568 S. Mission Road (760-945-8784)

POWAY
Poway 10
13477 Poway Road (760-646-9423)

FLORIDA WILLOWS
2434 North State Road 7, Suite 1101 (954-356-6845)

SPECIAL ENGAGEMENT
SAN DIEGO
La Jolla Playhouse
4110 California St. (619-599-8100)

FALL COASTAL
CARLSBAD
Plaza Camino Real
2385 Mission Road (760-729-7469)
Call theater for program information.

DEL MAR
Del Mar Highlands 8
El Camino Real at Del Mar Highlands Road (760-646-9423)
My Bloody Valentine 3D (R) 10:30 1:00 3:45 6:00 8:30 10:45; No 6 pm. Sun., 1:10. Hotel for Dogs (PG) 10:00 12:30 3:00 5:30 8:00.

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AND A HAPPY MARION PRODUCTION
“PAUL BLART: MALL COP”
JAYMA MAYERHOFER, ROBBIE CANNAVALLI, STEPHEN KAMANZOS, SHIRLEY ELLARD
MICHAEL TUCKER, JOHN MCNAIR, STEPHANIE JOHNSON, TIM DUFFY, KERRY BALDWIN, KEN JAMES, BARRY BERNARDI

DON’T MESS WITH MY HALL

Columbia Pictures presents in association with Relativity Media & a Happy Marion Production “PAUL BLART: MALL COP”
JAYMA MAYERHOFER, ROBBIE CANNAVALLI, STEPHEN KAMANZOS, SHIRLEY ELLARD
MICHAEL TUCKER, JOHN MCNAIR, STEPHANIE JOHNSON, TIM DUFFY, KERRY BALDWIN, KEN JAMES, BARRY BERNARDI

STARTS FRIDAY, JANUARY 16
CHECK LOCAL LISTINGS FOR THEATERS AND SHOWTIMES
SORRY, NO PASSES ACCEPTED FOR THIS ENGAGEMENT

EXCLUSIVE AD没办法
Lurid, worldish, visually gorgeous, and very often unwatchable. Subtitles might have helped. Slightly. With newcomer Jamol Woodard 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 Moesha; directed by George Tillman, Jr. 2009.

* CHARLIE WOOD, CHILL VISIT 20, PALM PROMENADE 24; PLAZA BONITA 14; TOWN SQUARE 14; FROM 1/30

Paul Blart: Mall Cop — Crimefighting comedy starring Kevin James, directed by Steve Carr. (CARMEL MOUNTAIN; HILLCREST CINEMAS; LA JOLLA VILLAGE)

Not Easy Broken — Faith-based marital counseling for a tritely imagined fictional couple. Even if the evangelical doesn’t much intrude, the film presents its case so poorly you might find yourself rooting for the black husband (the charismatic Marcus Chesnut) to run off with the white divorcee (Marie 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.

* HILLCREST CINEMAS; MISSION VALLEY 20; PALM PROMENADE 24; PLAZA BONITA 14; TOWN SQUARE 14;

Audacious — 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., along Biggie Smalls, on Christopher Wallace, and at the lethal rivalry between the East Coast camp and the West Coast. (Laughable shot of Biggie taking the federalized throne, such as his motorcade and the West Coast president.) 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 elder lover. What’s hers? Again it’s clear, from the shaded and shifting emotions of the unfailingly fascinating Winfrey. That there’s a lot going on inside which we don’t know about. And not because Winfrey, 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 to educational purposes as 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 bars 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’s screenplay 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 clear clean take and the poignant focus (Chris Menges and Roger Deakins, co-executive cinematographers) belie the moral mudsilliness.

* CHARLIE WOOD, 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.

Slumdog Millionaire — Febrile daydream, partly amorous, partly avatarsional, around an unschooled Bombay teenager who, hoping to reconnect with his child-hood sweetheart, climbs toward the top prize on the Indian Who Wins As A Millionaire. (CARMEL MOUNTAIN; CHULA VISTA 10; CARMEL MOUNTAIN; MISSION VALLEY 18; FROM 1/16)

Bride Wars — Reviewed this issue. With Jennifer Aniston, Kate Winslet, Marcia Gay Harden, and John Cusack; directed by Mike Roberts.

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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 upended downs — of dog and man — are creepy effects, and the climactic exorcism of a dybbuk (respectful observation of traditional), from the wispy body of Odette Vast man, resharpen the edge. With Gary Old man, Morgan Good, Cam Gigandet, Jane Alexander, and Idiro Elbis, written and directed by David S. Goyer. 2009.

★ ★ ★ ★ ★

Waltz with Bashir — Anonymous ani

Waltz with Bashir — Anonymous ani

With Javier Bardem, Patricia Clarkson, physical, sensual, passionate presence that

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Waltz with Bashir — Anonymous ani

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With Javier Bardem, Patricia Clarkson,
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,” “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 fellow, was sure it was “micro-real” or “hyper-real” or even “really real.” 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, 1758 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. 619-440-9210.
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 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, admirable force that it makes her change hard to believe. 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 San Diego Reader January 15, 2009

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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.

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The Shadow Box
Scripps Ranch Theatre staged Michael Cristofer’s Pulitzer Prize- and Tony Award-winning drama about three families facing the im-

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 Salcyer directed.
SAND DIEGO REPERTORY THEATER, 79 HORTON PLAZA, DOWNTOWN, 619-544-1000, FRIDAYS, 8 P.M., SATURDAYS, 8 P.M. SUNDAYS, 2 AND 7 P.M. WEDNES-DAYS, 8:30 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 W.W.I., and his faithful dresser. David Ellin-Sibir directed.
NORTH COAST REPETRORY THEATER, 8707 LOMAS SANTA FE DRIVE, SOLANA BEACH. THURSDAYS, 8 P.M., FRIDAYS, 8 P.M., SATURDAYS, 8 P.M., SUNDAYS, 2 AND 7 P.M. THROUGH FEBRUARY 8.

Music and Memories
Weik Rosier’s Theatre presents a return engagement for Wylend Fulghum’s “Music and Memories” of Liber-tan, candelabra on the piano, bejeweled costumes, and legendary showman-ship. WEIK RESORT THEATRE, 4800 LAMERCHES WEIK DRIVE, ESCONDIDO, 858-772-4640, THURSDAYS, 1:45 AND 8 P.M., SATURDAYS, 1:45 AND 8 P.M., SUNDAYS, 1:45 AND 8 P.M. WEDNESDAYS, 1:45 AND 8 P.M. THROUGH FEBRUARY 8.

National Comedy Theatre
Improvisational comedy, making up funny stuff on the spot, is difficult enough. Years ago, however, Keith Johnstone thought it’d be more ex-citing if done competitively. He got the idea from pro wrestling (“where the fans and the TV mask men laugh while grannies waved their handkerchiefs”). National Comedy Thea-
tre, an offshoot of Johnstone’s The-a-trosphere (artistic director Gary Kramer says the two compare like “rugby and American football”), re-
sembles an athletic event more than

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THEATER DIRECTORY

SANDIEGO EVENING TIMES, 4455 PARK UNIVERSITY, EL SEGUNDO, 619-220-0907, THURSDAYS, 7:30 P.M., FRIDAYS, 8 P.M., SATURDAYS, 8 P.M. SUNDAYS, 2 AND 7 P.M. THROUGH JANUARY 25.
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February 7, 2009 • 8 am

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For additional information, contact the department’s Jobline: 858-514-8558 www.sdcounty.ca.gov/probation

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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.

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Sean, Medical Assistant Graduate

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*www.census.gov/population/www/socdemo/education/cps2006.html (See Table 8) **Certifications/licenses may require additional study and cost.
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Margarita Padilla
La Mesa

I haven't really made many in the past. The one I did make and am still doing it, although I have a little less time than I used to, is jogging. I've been jogging for seven years. You only have this one life...

Olivia Reynolds
University Heights

Nurse practitioners aren't as loved, really, as I'm 50, so the one I kept was just as 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 Sarandis
San Diego

Well, I had a resolution that I kept for an entire year. It was a New Year's resolution. I'm going to quit smoking. By the end of this year, I'm not going to smoke. The reason for this year is to quit smoking. In the past I tried and maybe lasted a few months. This year I'm going to quit for good because I have a really bad habit, and I'm starting this year and I don't think I've kept it.

Q. Bingham
Chula Vista

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, so I'd 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.

Brent Avery
Mission Valley

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 somewhere. This year I'd had that, and...I think I only missed October, when I got too busy and it was too cold.

Miyke Blakeley
Santa Fe, New Mexico

Tony Cantú

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 mean, I've known women who've said that thing like they're going to start going to the gym more. And that will last about a week.

Have you ever kept a New Year's resolution?
Astround 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 92138-5803, or delivered through our mail slot at 1703 India Street in Little Italy, or scanned and e-mailed to: puzzles@sdreader.com.
5) All Reader T-Shirts are awarded weekly to contenders chosen randomly.
6) And now for the really small print: 1) All entries 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
1. Home of Iowa State University
2. ThinkPads, e.g.
3. Nine answers must be legible and entered in the spaces provided.
5. Nunnery
6. Stop along 2-Down
7. "Hello, my name is ___."
8. "Pillow talk"
9. "This 51st summer I climb Mt. Rainier!"
10. "Here we go again, Jayne!"
11. "My O is first in my heart and in the dictionary!
12. "Kale chronia."
13. Roadside's load
15. "I love retirement. Peace!"
16. "Happy Birthday to Adam!"
17. "Welcome site
19. "I'm freezing!"
20. "Tell me the money!"
21. Study intently
22. "Hi Shirly, Melody. Miss you, but love retirement. Peace!"
23. "My O is first in my heart and in the dictionary!"
24. "Have a safe trip Erica"
25. "I found my Blackberry to stay in touch."
26. "I won the car at the auto show."
27. "Here's to tougher puzzles!"
28. "Thank you Martha."
29. "Proud to be a San Diegan and a Charger fan!"
30. "My friend and her family are staying at my place this weekend!"
31. "Let's trade our lazy street kids for migrant workers!"
32. "I've had 20 years in the military - and I still love it."
Josh Minnto, Mission Hills, indicates T-shirt winner. Ken Sirois, El Cajon, 1st, "Yipee!"

"Everybody else, pedal!"

This week's contenders continued:

Craig Martin, Serra Mesa, 1st. "Can two wingies make a right? No, just a u-turn."

Kyle Matthews, Bankers Hill, 1st. "Hey mom, I need a t-shirt!"

Bab Balakrishnan, Coronado, 1st. "Hey! Can I see the bea beautiful you?"

Emmi Hsu, San Diego, 1st. "I like a bit of surprises, for example, attack gems!"

Jenny Hughes, Encinitas, 1st. "Thanks for allowing email ability!"

Matthew Junker, San Diego, 1st. "I believe in socialism because I believe in humanity."

Melodye Johnson, San Carlos, 1st. "We miss you, Cleone!"

Mark E Jones, Clairemont, 1st. "Thanks for allowing email ability!"

Sarah Anna Melchizedek, San Diego, 1st. "Victor Fury runs full speed!"

Joyce Quimby, Point Loma, 1st. "That was quick!"

Tami Miller, National City, 1st. "Show me a 2009!"

Hunc tu caveto/

Gary Mocko, Ocean Beach, 1st. "Play with maps, www.sandiego.org!"

Gary Waserman, Coronado, 1st. "What happened last time?"

Jenny Miner, North Park, 1st. "I do double check it right?"

Don Reches, Carmel Valley, 1st. "Chargers. Thanks for the late season this year!"

Donnie Whelan, National City, 1st. "I'll kill them with kindness!"

Gary West, Ocean Beach, 1st. "Woo hoo #2 for Drewbear's son thrills. Next year."

Jeff Smith, University City, 1st. "Nothing left to do but smile, smile, smile."

Chief Shiflett, San Diego, 1st.

"Move in the morning!"

La Jolla, 1st.

"I'm back in it."

Those are the winners. Thank you, Chargers. It was a nice year.

“Legalize it!”

Dear Editor:

Mark Wilde, Spring Valley, 1st. "What's going on here?"

Jim Piburn, Point Loma, 1st. "Don't bring a pig without Cool Whip."

The last C's are shining?

"Hi Max and Josh! Love, Mom."

Bob Vollmar, La Jolla, 1st. "What happened to the T-shirts?"

Lil Wagner, Clairemont, 1st. "Hey Pinky, now everyone knows it was the running, baby!"

Am I's on! All about the tee!

"And away we go..."

Two中间有一篇内容被遮挡了，无法完整阅读。
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**Classical Listings**
p.73 Ivan Juan should be Ivan Juan

**Surf Diego**
p.139 *I should be 1*
**Sheep and Goats**
p.148 *There should be There*

**Event Listings**
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p.66 Jonathan Gebauer should be Jonathan Gebauer

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p.27 America's Tough Bouncer should be America's Toughest Bouncer
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p.38 Shack Bar and Grille should be Shack Bar and Grill

**Geraciela Polick (Chula Vista)**
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**Theater Review**
p.116 should be crowded

**Kari Hochner (Carlsbad)**
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**Music Scene**
p.86 Costas: Wednesday listing should precede Thursday listing

**Barbara Aker (Escondido)**
p.50

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$1195-$1295, 2 bedroom, 1 bath, garage plus street parking, in vibrant downtown Ocean Beach, close to beach and all amenities. Contact: 9032 Melrose Avenue, San Diego, CA 92107, 619-226-7368 or www.bkbinc.com.

South Park:
$1195-$1295, 2 bedroom, 1 bath, upstairs unit with parking and laundry! Blocks to beach! No pets! $1295, 2 bed, 2 bath. 5081 North Orleans Street. See photos at www.wexfordliving.com. 760-433-8510; 619-224-8454.

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Plus tax & $2 HazMat fee.

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Smog Check 19.95


Monday-Friday Special

$15 Oil & Filter Service

Plus tax & $2 Hazardous Material Fee.

Auto Push-Off, Car Wash

$4.50

$9.95

Smog Special

$26.75

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“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 Lucka

SANDIEGO READER
www.sandiegoreader.com
MORE PEOPLE SHOULD DIE. Our only problem as a society is that we lack the moral resolve to let it happen. We have no distinguishing 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 “Mama’s Family” was the machine/organic-process being that rammed into me and pierced me to the counter in her into a rampaging, battering bumber car that flattened me against a wall and tore swaths of skin from my ankles and shins, its tires burning off rubber across my feet, its decking ripping at my legs. Her dog yapped and nipped for the duration of the encounter. After a few minutes of imparting trauma to me, she finally coaxed the little fellah 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 this conclusion after a woman in a motorized lounge chair attacked me in a taco shop. Her designation as “Mama’s Family” was the machine/organic-process being that rammed into me and pierced me to the counter in her into a rampaging, battering bumber car that flattened me against a wall and tore swaths of skin from my ankles and shins, its tires burning off rubber across my feet, its decking ripping at my legs. Her dog yapped and nipped for the duration of the encounter. After a few minutes of imparting trauma to me, she finally coaxed the little fellah off the joystick and backed away to turn the device around and leave the restaurant.

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