Not long after the New Year, my friend and neighbor here in Zacatitos, Marilyn Z, sent me an email saying that, at 81 years of age, she had lost her battle with cancer and had passed on to the other side.
October 8, 2009

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<td>Yes</td>
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<td>Will your exam, surgery and follow-up care be provided by the same doctor?</td>
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<td>Do they use the new “Iris Registration Tracking Device” for a safer, more effective procedure?</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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<tr>
<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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A consultant for Cubic Corporation.

**Make the Victim Pay**

By Don Bauder

Comic Woody Allen once postulated that murderers should be given the death penalty before they commit the crime, thus sparing the life of the victim. That's typical of Woody's wild imagination, but it's no wilder than what's happening on today's regulatory scene. Corporate wrongdoers want their victims to pick up the tab for companies' misbehavior, and pro-business government regulators nod approvingly.

You don't believe that? Get this: San Diego Gas and Electric is asking the Public Utilities Commission to charge ratepayers $28.9 million a year because the company wants protection from soaring insurance costs resulting from the company's negligence in wildfire prevention. The commission's own Consumer Protection and Safety Division, along with the California Department of Forestry and Fire Protection (called Cal Fire), found that in the Witch Creek and Rice Canyon fires of 2007, SDG&E was in violation of state utility rules. The company didn't properly maintain and run transmission and operation lines by following such safety measures as keeping trees away from those lines.

What's more, SDG&E did not cooperate in a timely fashion in the probe, according to investigators at the Consumer Protection and Safety Division. Then, the utility tried to get the commission to delay publication of the report, according to San Diego's Utility Consumers' Action Network (UCAN), a citizens' group that keeps an eye on the utility and other entities such as the city's water department.

More than 1200 homes...
Dogs’ Deathbed Gift

By Sheila Pell

At 2:00 a.m. on August 26, Donna Liebrich left San Diego and headed east on I-8 for the Mexican border, Mexicali, her destination, is a good two-hour drive, depending on the Border Patrol checkpoint and other unknowns. As she drove into the mountains, Liebrich focused on the mission. Officials estimated it would take 26 bottles of Zoletil and 26 bottles of xylazine each month to humanely dispatch 3000 dogs, the number impounded by Mexicali’s federal perrena in July. As the sky lightened, she picked up the pace in order to make it by 5:00 a.m., when the daily execution of dogs begins.

For Liebrich, the sun rose over a far brighter “sacrifice day,” as the daily euthanasia of dogs is termed in Mexico, where the method used almost everywhere is electrocution.

The film took three years to complete, including the year it took filmmaker Bill Buchanan to obtain permission in Mexico to show scenes of electrocution. For years, animal advocates have put their resources into the mountains, Liebrich and other unknowns. As she drove by the U.S.- and Mexico-based organizations have put their resources mainly into population control. One San Diego rescue group, however, was founded solely to improve end-of-life conditions. The nonprofit Animal Advocates of the United States was launched in January 2009 by Marlene Revelan, Donna Liebrich, Erica Reynolds, and Laura San doval. “Only six locations in Mexico use lethal injection,” Revelan says. “Our purpose is to go back and forth to Mexico six days a week to make sure the dogs have humane euthanasia.” Also on the itinerary: making sure dogs have food and water in their final days. Tijuana’s perrena holds dogs for three days in case owners show up, which Revelan says happens “hardly ever.”

United Hope for Animals, a nonprofit organization, has been funding Animal Advocates with three-month grants, which cover the cost of the euthanasia drugs ($3000 per month) and the $80-a-week salary of a full-time worker in Tijuana. Mexican vets are working on a plan to purchase the drugs in Mexico, where they are less expensive. “There is no need to have someone on site in Rosarito,” Revelan says, “because those kennels have been compared to the Hilton.” But Revelan wishes the grant afforded them help in Ensenada and Tecate. “We know they use humane euthanasia,” she says, “but we don’t know what the conditions.”

French Scope in Mexico

Ensenada — France has cut a deal with the Baja California government to house a French-made robotic telescope that will track the celestial movements of a French satellite known as SVOM, which is to be launched in 2012. According to the daily Frontera, the project will be located in the Sierra de San Pedro Martir, a mountainous area outside Ensenada, because of its alignment with the trajectory of the satellite and the area’s unusually clear skies devoid of light pollution.
were destroyed or damaged in those two fires. The residents were SDG&E customers. Now those same customers, known as ratepayers in utility lingo, are being asked to pick up the tab for the utility's increased insurance costs. The company wants its shareholders to get off the hook on this expense. UCAN says it’s “the most arrogant and bizarre rate hike ever demanded by a utility.”

Says Michael Shames, head of Utility Consumers’ Action Network, “SDG&E creates a fire that causes ratepayers damages and then tries to get the same ratepayers to pick up the cost. There is no accountability.” The consumer group has filed protests against the utility’s attempt to recoup costs from victims. Utility Consumers’ Action Network also wrote the state insurance commissioner, complaining that “the state’s insurers are cutting availability and increasing costs for fire-related insurance.” The insurance companies are leaving the state “high and dry.”

Similarly, Ruth Hendricks, a customer of San Diego Gas and Electric, filed a protest. “SDG&E’s failure to comply with fire safety rules was systemic and was based upon an apparent business decision to operate its business at unsafe levels of risk,” says her filing. The utility’s “negligent, reckless and knowing conduct resulted in predictable massive losses.”

“The idea that SDG&E would go to the Public Utilities Commission and ask them to make ratepayers pay for the company’s negligent behavior shows how absurd this is,” says Mike Aguirre, Hendricks's attorney. “The best way to get SDG&E to be more careful is for the commissioners to do something that affects the company’s bottom line.”

But Shames holds out little hope that the Public Utilities Commission will do the right thing. The agency is “blatantly utility-friendly,” says Charles Langley of UCAN. In attempting to get the commission to let it systematically shut off power to the backcountry during
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Make the victim pay
continued from page 8

fire season, SDG&E noted that its own equipment had caused 167 fires in the five and a half years ended in mid-March of this year.

The notion that victims should pay for a company’s malfeasance has rankled Judge Jed Rakoff of U.S. District Court in Manhattan. The case before him revolves around Bank of America’s purchase of Wall Street’s severely ailing Merrill Lynch, consummated early this year. Close observers of this imbroglio believe that dur-

San Diego Gary Aguirre (Mike’s brother), who has been fighting the Securities and Exchange Commission for years, admires Rakoff’s courage and logic. The agency fired Gary Aguirre when he wanted to pursue one of Wall Street’s biggest bad shots. Two congressional committees studied the matter and concluded Gary was right and the agency wrong. “It is utterly amazing to me that with the change of the guard at the SEC, they don’t at least put on a pretense of getting seri-

But Rakoff was not buying the B of A agreement. “Shareholders who were the victims of the bank’s alleged misconduct now pay the penalty for that misconduct,” he wrote in a scathing decision rejecting the settlement. “If the bank is innocent of lying to its shareholders, why is it prepared to pay $33 million of its shareholders’ money as a penalty for lying to them?”

The New York attorney general and a House of Rep-

ers might have nixed the deal if it were protected by the lawyer-client privilege. The securities agency asked the bank to waive the privilege, but it refused. So the agency said that pursuing the matter any further would be too expensive and time-consum-

ing. Rakoff would have none of it: he wants the miscre-

ants identified.

The judge says the case has to go to trial in Febru-

ary. The securities agency, although defending the orig-

inal consent decree, says it will go to court and possibly make more charges against B of A. Cynics wonder what will happen, because it cer-


tainly appears that Federal Reserve chairman Ben Bernanke and then–Trea-

sury Secretary Hank Paul-

son may have been the bad guys holding the gun to the bank’s head.

San Diego Bank of America agreed to pay a record $33 million of its shareholders’ money for a company’s malfeasance this year.

“Every month, thousands of dogs are killed,” Revelan says. “The numbers are stag-

gering.” The estimated monthly average: Tijuana, 100; Rosar-

ito, 200; Ensenada, 1000; Tecate, 100; Saltillo, 100; and Mexi-

cali, as the group just learned, 3000. (San Diego’s three county-run shelters — in Carlsbad, Bonita, and Mission Valley — combined killed 2205 stray dogs in fiscal year 2008–2009, according to county statistics.)

Although United Hope helped Tijuana switch to using humane euthanasia about three years ago, Rosarito, Ense-

nada, and Tecate started only this year. Animal Advocates and other Mexican and Amer-

ican groups, hopeful that euthanasia drugs could be provided to more locations in Mexico, met at the univer-

sity in Mexicali in early August to discuss strategy.

Then on August 18, Revelan received a call from Dr. Joaquin Villaseñor, the director of Rosarito’s perren, who told her that the director of the perren in Mexicali, Dr. David Ibarra Ojeda, “had called him to set up a meet-

ting to discuss humane euthanasia.” The meeting was set for the following morning at 8:00.

To reach Mexicali in time for the meeting, Revelan and Liebrich left San Diego at 5:00 the next morning. They found the federal perren “clean and under control,” as Revelan describes it. “There were hardly any dogs even barking.” The two women were joined in Ibarra’s office by Dr. Villaseñor; Dr. Marco Antonio Tapia Miranda, the director of Tijuana’s perren; and Craig Neilson of the spay-neuter group Give Some Life Foundation. (Dr. Villaseñor is a cofounder of Give Some Life.)

“Dr. Ibarra walked into the room, handed out his business card, and said, ‘I run this place,’” Revelan relates. Villaseñor and Tapia described to Ibarra how their perren had transitioned to euthana-

sia by injection, explaining...
that, thanks to funding from United Hope for Animals and implementation by Animal Advocates, there are no elec-
trocutions in Tijuana, Rosar-
ito, Tecate, or Ensenada. Ibarra
spoke mostly in Spanish, with
Villaseñor translating his
words for the English-only
speakers. “But we could tell
that things were going well,” Rev-
elan says, “because everyone
was agreeing and shaking their
heads yes as they spoke
Spanish.”

“After what seemed like
hours, Dr. Ibarra said that he
would have no problem hav-
ing his employees perform
the procedure and, in fact,
two already know how to do it,” Liebrich requested that
someone from Animal Advo-
cates be there to make sure
the drugs were used properly
on the dogs. Ibarra replied
that they could be there any-
time to supervise his workers.

Mexicali’s federal _perrera_
employs 18 workers, but Re-
velan says the _perrera_ would
like twice as many “and more
trucks.” Currently, six trucks
scour the streets from morn-
ing to closing time, picking up
strays. Each has room for 20
dogs. If only five of the trucks
bring back 20 dogs each day,
Revelan says, “They have their
daily quota. I truly believe
they pick up at least 100 dogs
da day. Tijuana has only two
trucks,” she says, “and one is
usually not working.”

But Tijuana “puts down over 100
dogs a day with far less staff
and one-third of the trucks.”

Tijuana humanely euth-
anizes well over ten dogs each
hour, Revelan says. “It’s just
anizes well over ten dogs each
hour, Dr. Ibarra said that he
would have no problem hav-
ing his employees perform
the procedure and, in fact,
two already know how to do it,” Liebrich requested that
someone from Animal Advo-
cates be there to make sure
the drugs were used properly
on the dogs. Ibarra replied
that they could be there any-
time to supervise his workers.

Mexicali’s federal _perrera_
employs 18 workers, but Re-
velan says the _perrera_ would
like twice as many “and more
trucks.” Currently, six trucks
scour the streets from morn-
ing to closing time, picking up
strays. Each has room for 20
dogs. If only five of the trucks
bring back 20 dogs each day,
Revelan says, “They have their
daily quota. I truly believe
they pick up at least 100 dogs
da day. Tijuana has only two
trucks,” she says, “and one is
usually not working.”

But Tijuana “puts down over 100
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LETTERS

We welcome letters pertaining to the contents of the Reader. Please them to us at 619-235-3000, ext. 460; address them to Letters to the Editor, Box 85803, San Diego CA 92186-5803; fax them to 619-235-0489; or use our web page at SandiegoReader.com/letters. Include your name, address, and telephone number. Letters may be edited for length and clarity.

Reality In Writing

I was crying (laughing) over Diva’s column this week (“Diary of a Diva,” October 1). My being “Mom” to Barb and Stephanie’s actual mom, I knew of these antics but would allow them to go in one ear and out the other when told of these. But to see these in writing, boy, puts a new twist on reality.

Carole Kelsall via email

Grim Expectations

In agreement with and response to T.B. Beaudreau’s October 1 “Strings” Tijuana article (“Whaddaya Gonna Do?”), I know of no Anglo using the pedestrian bridge who was not attacked and robbed in September, myself included. Tourism nonexistent, Mexico released 4000 prison inmates into downtown Tijuana to save money.

Several victims have been volunteers helping the poor, which has caused at least one major help program to close. Padre Chava’s free breakfast for 300 to 600 people is no more. Callejon Zeta also had to cut back on its meals due to money robbed.

Yellow Cab Tijuana is implicated (“Cabs vs. Coach,” by Bob McPhail, same issue, two articles later), as every one either needs to use Yellow Cab or the bridge. Drivers get five times the going cab rate, as part of a border taxi cartel. Right now, the minimum wage in TJ is 25 cents (U.S.) per hour, or $3 for a 12-hour day. Yellow Cab drivers get $5 just to take you seven blocks to downtown. But, it’s a very dangerous seven blocks. Ultimately, the solution is to close the San Ysidro crossing as being in too dangerous a neighborhood and open several new crossings a long way from downtown Tijuana. In the meantime, if you go to Tijuana, expect to be robbed.

John Kitchin via email

Headline Hijinks

Re “Pop Goes Pop Warner” (“City Lights,” October 1).

Good article outlining the tensions arising from expanding uses at Hoover, the impacts to neighbors, and the loss of the field’s use to kids’ sports program.

But your headline writer, looking for a clever alliterative hook, got it wrong. As the writer Dorian Hargrove notes in his lead, the Balboa Raiders are members of the San Diego Youth Football League, an affiliate of the American Youth Football organization. “Pop Warner” (“aka Pop Warner Little Scholars Inc.”) is a completely different organization. Both programs run youth football and cheer programs, but “Pop Warner” shouldn’t be used as a synonym for youth football, any more than “Kleenex” should be used for “facial tissues.” It’s a separate brand.

Just thought you might like to clear up confusion in your production staff.

Scott Tillson via email

Eeek! Chanel No. 5!

I’m very allergic to nicotine (“Holy Smokes!” Letters, October 1). Other types of smoke do not affect me so violently, although I’m not too happy around diesel smoke or manufactured illegal drugs. Some perfumes make me faint.

Dale Anne Thompson Clairemont

Cheer The Reaper

I was puzzled by the item in “Under the Radar” in the October 1 issue concerning a failure of the General Atomics MQ-9 “Reaper” unmanned aircraft. The item reports that a Reaper “lost contact with its ground-based controllers” during a mission in Afghanistan and had to be shot down by an F-15 fighter/interceptor. The article goes on to report the Air Force statement that “this was the first Reaper of its particular model to go out of control.” However, the next sentence seems to contradict this comment, stating that: “Reliability issues have shadowed the General Atomics drone program from its beginning.” No information is given as to what those reliability issues might be. The obvious fact is that because this particular mission was being handled by an unmanned aircraft, we do not have a pilot who is dead, injured, or held captive by the Taliban or some Afghan warlord. All aircraft are subject to failure, and this is one of the reasons that UAVs (drones) are so valuable for many missions. I commend General Atomics for producing the Reaper, which in this case precluded potential loss of a human life when the inevitable equipment failure occurred. By the way, I have no financial interest in, or contact with, General Atomics.

Steven S. Kane via email

Gimme More

Re “San Diego Became a Beautiful Blonde” (Cover Story, September 24).

More please! I hope you’ll give Siobhan Braun her own weekly piece. She reads like a younger, fresher Anne Albright, whose remarkable column on her life with five children, 12 and under, was discontinued years ago. No skills! Not so. Ms. Braun is a talented, budding writer who is able to make even the mundane details of everyday life fascinating. I’ll be looking for more from her.

Name Withheld by Request

Strange Days

“San Diego Became a Beautiful Blonde” (Cover Story, September 24) was a very touching read. How must it feel like being a fish out of water when newcomers are thrust into the California or San Diego scene without preparation.

How is one to know that moving to certain areas increases one’s chances of living next to a crackhouse...
VIPER® Car Audio Heaven announces an incredible promotion on top-of-the-line Viper car alarms. **VIPER®**

Buy one of the fantastic Viper car alarms below and save up to $150 by receiving a gift card you can apply towards your purchase instantly.

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- 200-watt AM/FM, detachable face CD, iPod jack, and RCA output to add amplifier. Authorized Kenwood dealer.

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- on a 7” Motorized Pop-out touch-screen color Video Monitor DVD/CD/MP3 Player with front-panel aux-in for iPod or portable MP3 player, AM/FM radio, remote control, rear-view camera input.

- **Authorized Jensen dealer. Installation charges not included.**

**Receive a $10 Instant Gift Card with this item.** As calculated in box at left.

**Receive a $150 Instant Gift Card with this item.** As calculated in box at left.

**ITEM OF THE WEEK**

- PHASE LINEAR 7” Touch Video Screen which Plays MPg/WMA/USB/SD Card/DVD and has a front panel Auxiliary Input. Also this unit is IPod Ready, has a rear camera input and is remote control capable with 2 composite video outputs. HURRY THESE WON’T LAST LONG !!

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- **Save over 50% off MSRP**

- **$149**

**Bass Super Sale!!!**

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- **$199**

**You pay**

- **$189**

**Kenwood**

**Bass Super Sale!!!**

- Thundering 300-watt 12” woofers & deep bass crystal-clear amp

- **$149**

**Bass Super Sale!!!**

- Thundering 300-watt 12” woofers & deep bass crystal-clear amp

- **$199**

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  8199 Clairemont Mesa Boulevard
- San Diego 619-287-4422
  4951 El Cajon Boulevard
going out to the Midwest, I had to go there."

(And we used the and had a memorable time!

cause of that exact reason family did a staycation be-

community! This year my for granted we live in a resort 

round. We sometimes take do almost anything year-

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the Rock Palace, Carnation 

Hall, Silverado Ballroom, 

Winters Hall, Palisades Thea-

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It is safe to say that we had no problem within the San Diego local metal com-

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portive in every way. In early 

1983, KGB-FM contributed to the cause, creating the first-of-its-kind KGB Metal 

Shop, hosted by DJ Pat Mar-

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hours. The demand for metal 

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was another success story throughout the ’80s.

Also, we can’t forget the free publication S.D. Loud 

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The first year, it went 20,000 

circulation. By 1986 it reached 50,000. Metal was alive and 

well here in San Diego. In 

fact, almost every conceiv-

able heavy metal band that 

you can think of from L.A.

We Promo!

I was quite disappointed, to 

say the least, in reading the article “San Diego Became a Beautiful Blonde” (Cover Story, September 24). I thought you were the author-

ity on promoting San Diego. Frankly, I was surprised you would even print a negative article like that. Even when the author tried to be posi-
tive, it was with a lackluster 

shine.

I am proud to say San Diego has every activity here you could think of and can do almost anything year-

round. We sometimes take for granted we live in a resort community! This year my family did a staycation be-

cause of that exact reason (well, that and the economy) and had a memorable time! (And we used the Reader to plan a lot of it!)

We are in driving distance to snow in the mountains (drive to, not shovel daily), riding motorcycles in the desert, surfing at the beach, and scenic beauty all around. If the author decided to live in the armpit of San Diego, that is her own fault. Sure, there are some not-nice areas and people, but every state has them. I visited Minnesota last year, very down-home, good ol’ American people, with picturesque surround-

ings, but some of the areas (and people) were more question-
able, run-down, dilapi-
dated, and downright ghettos in their own right. Kind of like the movie Deliverance (sorry, I had to go there).

Imagine a Californian going out to the Midwest, staying for a few years, and degrading the terrible weather and the slow-paced, cousin-
moving town they moved to. I’m sure the locals wouldn’t be too happy. Might get their pitchforks and have an old-

fashioned lynching.

Though our two-bed-

room homes are priced near a half million dollars, our condos are glorified apart-

ments, and it can be swarming with all the tourists and traffic, we have great weather, a variety of places to go and things to do. Who wouldn’t want to live here? If you don’t want to live here or say back home is better, then go home! We could use the space.

Lady’ Manda Escondido

AKS For The Elite

Re Bob Dorn’s whining (Let-
ters, September 24) that “praise for lukewarm machos car-
rying empty political guns,“ is a sign that the Reader could be working for the Republi-

can National Committee.

I fail to see how protesting the never-ending efforts of our government (composed almost entirely of Republic-

icans and Democrats) to make law-abiding citizens defense-

less, or near defenseless, on behalf of criminals is a party issue.

But if you want to make it so, know that “gun control” was originally for disarming African Americans on behalf of violent racists and today has rendered the ancient, fundamental human right of self-defense into a taxed privilege for the elite (through various forms of bribery or thousands of dollars in legal fees).

If you’re concerned about racism, as your highlighting “foreign pedicabbies” seems to indicate, why not be even more concerned about your government’s decades of sys-

tem racism and elitism?

Name Withheld 

via email

We Were Metal

In regards to the “Blurt” section, “Secret Assassin,” Sep-

tember 3 by Jay Allen Sanford. I enjoyed the story prima-

rily because it mentioned the ’80s metal scene in San Diego. Assassin was a heavy metal band that I thought would become the next Motley Crue.

In fact, Assassin had more talent than any L.A. band. All the horrible glam bands — they were all s**t. Assassin was voted best local heavy metal band in all of San Diego in 1985.

For those of you who question San Diego’s metal scene in the 1980s, here is a brief reminder of what was happening. The following heavy metal bands played live consistently here in San Diego: Aircraft, Prowler, Sab-

batage, Victim, Ragged Lace, 

Kaos, Chalace, Stress, Gar-
dian, Snakebyte, Bible Black, 

Street Liegal, Shok, Twin 

Wire, Britton, Sin, Aslan, 

Elystan, Destiny’s Choice, 

Suspicion, Mistreated, etc.

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fact, almost every conceiv-

able heavy metal band that 

you can think of from L.A.
wanted to play here. San Diego was fully recognized as the place where the scene was happening.

September 17, 1983, KGB-FM presented Sky Show 8. Def Leppard, Motley Crue, and Uriah Heep performed at Jack Murphy Stadium to a crowd of 50,000. Another estimated 5000 partiers were in the parking lot, enjoying the freedom of grilling hamburgers, hot dogs, steaks, and chicken and drinking cold beer with a couple of thousand friends and neighbors who had decided the parking lot was the place to be, with no restrictions. In fact, the atmosphere was almost surreal. One thing for sure, to enjoy the full impact of the gigantic KGB fireworks display, the parking lot was the best and was as close to ground zero as possible. The fallout zone, as I used to say. KGB employees actually handed out cardboard 3-D glasses to protect your eyes from falling ash. Protecting your clothes and hair was another story.

So, as you can see, San Diego is rich in metal history and events. And, of course, times have changed, but the memories are everlasting. One thing is certain, the 1980s were the best of times for all things metal.

Tony D.
Spring Valley

Comments from Reader Website Comments are not edited for spelling, punctuation, or grammar.

Blurt ("More Pig-Head Press")
Published Sept. 23

Posted by LEEWILLIAMS on Sept. 28, 12:07 p.m.

Seth, as I’m sure you know my ”quote” was Ken paraphrasing what I was saying. The SDMAs are more affiliated with citybeat than the reader (thus the stacks of citybeat by the entrance) and the overall feeling at the award show was that a change is needed in the nomination and voting process… that’s what people were talking about. That’s all I was saying.

Ken, We will continue to do whatever comes to our minds… without a thought of what you or any other "journalist" or "critic" has to say about it. Everything original and creative has at one time been critiqued harshly by those who don’t appreciate or understand it, if artists lived with those critical words in their minds nothing would ever be created out of pure inspiration.

And I hope you continue to feel free enough to keep quoting a mock rockumentary that (I think) was made for the sole purpose of helping lazy rock critics get $50 bucks for their blurt article… (You should watch "The pick of destiny". It’s what the younger cats are comparing things to now… just lookin out)

Thank you for giving legitimacy to "eclectic art rock". I just pulled that out of my ass to counter "vegan death metal" (which I may have made up as well) I’m not one to label musical genres unless it’s for a joke. I make music, I don’t label it.

You would have to pay for pigs heads, that’s you. We don’t go out and look for ideas… our ideas come to us.

Peace, love and burrito fixings.

-Lee

Posted by Seth on Sept. 29, 1:24 a.m.

I figured as much Lee. I wrote what I did above more as a clarification for anyone reading this. It wasn’t so much directed towards you, but more the lazy author. And I would add that your guys’ performance was one of the few highlights of the evening. I told Adam that the other night and it’s a shame it was such a s***ty experience for you guys all around.
Heymatt!

I don’t know what to do. I’m only in high school, but I found a gray hair on the side of my head a few days ago. My hair is turning gray already. What’s making this happen? Do you know what’s going to happen to me? Does this mean I’m getting older faster than my friends? How can a teenager get gray hair? I really hate this and hope there is something I can do to stop it.

— No Name, No Place

Grandma swears that dealing with elves made her hair turn gray practically overnight. We were pretty sympathetic, but as it turns out, the science guys say with certainty, coping with stress, even elf-generated stress, doesn’t cause gray hair. The main culprit in premature graying is genetics. That goes for Grandma and most likely goes for you, too. Somewhere in your genetic makeup is an instruction that shuts off the hair-color gene earlier than other people. And we should say right away that premature gray hair doesn’t indicate a premature aging of any other part of your body. Science hasn’t found any link between premature gray hair and premature death. So, calm down and start looking for a nice hair-color product while we explain what’s up.

Head hair grows faster than any other body hair. A single strand lives four, maybe five years, then falls out and a new one takes its place. After eight or ten cycles, melanin, the hair-color substance, starts popping out and hair begins to turn gray. Actually, the hair shaft becomes clear when the melanin splits, but it looks gray because you’re seeing surrounding dark hair through the clear shaft.

Caucasians tend to gray earlier than other groups — around 40, maybe even 30. African-heritage people gray in their 40s or 50s. Asians a little later. One set of scientists opines that hydrogen peroxide that slowly builds up in the hair follicle eventually blocks the normal synthesis of melanin, causing graying. Like bleaching your hair from the inside out. And the reason they lose intensity so fast because they are shedding electrons quicker than a chunk of cesium in Chernobyl? The label tells me that they are “ACI certified AP nontoxic (conforms to ASTM D4236).” Is there really a governing body in charge of highlighter safety?

— Glowing in Sorrento Valley

One governing body? When it comes to marking pens, we’re such bozos it takes two governing bodies to protect us from ourselves. You know every office has somebody who tries to crack up the joint by walking around with stuff stuck up his nose. If he uses markers but forgets to put the caps on them first, he could be in big trouble. The ACM and Creative Materials Institute, a trade group founded in 1946 to test art materials for safety, “ACMI certified AP” means the formula for your marking pen ink has been reviewed by toxicologists and declared safe to stick up your nose.

The standards the ACM uses for potentially toxic markers are the same as those developed by the American Society for Testing and Materials. This is a much older trade group that sets safety and performance standards for, well, just about everything, as far as I can tell. D4236 is the ASTM’s five-page “Standard Practices for Labeling Art Materials for Chronic Health Hazards.” So, if one day the guy with the markers up his nose sticks his head into your cube and finds you passed out with pink and yellow markers in your hands, it won’t be from the ink fumes. Just boredom. Oh, yeah. And the highlighters fade fast because they contain less pigment and color stabilizer than regular markers so you can read the text through the marks. Less pigment, faster fading. It can also be affected by the type of paper you’re shuffling.
Game of the Week: Rancho Bernardo at Escondido
Posted October 3, 2009
On the first drive of Friday night’s game between Rancho Bernardo and Escondido, the Broncos shut down running back Ricky Seale and the Cougars’ offense. Seale was nearly unstoppable for the rest of the game, helping Escondido to a 35-7 win.

“I thought tonight was a perfect performance. It was a great atmosphere; it was homecoming,” Seale said. “Everyone from school was here, all our friends were here. All around it was a good night.”

Seale broke a scoreless tie midway through the first quarter with an 81-yard touchdown run. The Red Zone can be found at SDReader.com/football

T.G.I.E.

BY JOHN BRIZZOLARA

“In my five quarter-back sacks I removed the ball three freakin’ times.”

(Part II)

My friend Christian Cullen was telling me a story of how he was robbed in his apartment at dead-blank, carotid-artery range by two nept assailants with a .45. They mistook Cullen for a major marijuana dealer instead of the minor dealer he was back in 1996. The men were African-American, he told me. In the end, they tied him up, took a quarter-ounce of grass, $150, and Cullen’s phone card.

“I busted out of the Christmas-tree lights (they’d tied me with) in about one-and-a-half seconds,” he continued. “I looked through the small peephole on my door and saw the backs of their heads as they ran away. I ran out the back door to alert my neighbor — who was a football player — defensive football player, I guess. Everyone in the room confronted the men with his empty shotgun — that they were gone. Nothing else really happened. I stayed home the rest of the day, seething, still terrified. I’d had guns pointed at me by cops, but, you know, right up against your...”

It is 13 years later, and the only case Cullen finds is in the number of times he has retold the story.

The day after the robbery, Cullen had a football game to play with more than 20 black teammates or opponents he had been playing with for months. “I was the only white guy playing with these men for all this time. They called me Big Homie. I showed up late at Water Tower Park, what they now call Ted Williams Field, in North Park. It was halftime. My team was down 28-0. In the huddle we asked, ‘Where you been?’ I said I just got robbed by these two [expletive deleted]. The guys didn’t like that. I said, ‘Well, the good news is, everybody on the other team looks just like the guys that robbed me.’ They laughed, they were more than okay with it.”

Cullen went on to accomplish five quarterback sacks in the second half. “We ended up winning 56-49. In my five quarterback sacks, I removed the ball three freakin’ times and it was recovered twice by my team with one of the guys going for a 99-yard return for a touchdown.

“And, I almost got in a fight that day. Someone didn’t like how well I was playing. He took out my ankles. I took umbrage at that and gave him what-for from the other side of the ball. While he was standing there threatening me, one of my own teammates — must have weighed 275 — wrapped him up and dragged him away and said, ‘Don’t be fuckin’ with Big Homie. He’ll rip your fuckin’ head right off.’ That ended up being probably the best defensive performance of my entire life. I was voted MVP of the team.”

Cullen shifted gears in his narrative as if enough about glory days, or possibly he was embarrassed at the anger that prompted such aggressive athleticism that day. “About three weeks later I got my phone bill. It included all the charges on the phone card that was stolen from me. Within four hours of the armed robbery there was a call to Bakersfield, a three-hour phone call. So, I got on the phone and with my best cop’s voice [Cullen had extensive training as a police man but eventually chose otherwise], and I called that number. A young girl answered. I said, ‘This is Detective Sergeant Richardson of the SDPD. We’re investigating a burglary...’ I didn’t even finish, and this girl started singing like she was on American Idol. ‘Yeah, his name is James K., and he lives at blah blah Market Street in San Diego.’

“I staked out his home every night for two weeks with no luck.” James K. was, as they say, in the wind. ‘As far as that game,’ Cullen blurted this out as if there were some mystery here, “that was fueled by anger. That is the absolute best emotion to have as a football player — defensive football player, I guess. It really seems to help. He stared off, reflecting. “It seems to add to any talent that might be missing.” It is not exactly as if it was the first time this has occurred to him, but a sense of astonishment was still there.

It might be noted that these events followed on the heels of another home robbery two years earlier; a similar deal involving twisted violence and revenge. In the wake of these things it is interesting to note Cullen’s fascination with and enthusiasm for the oratory of Barack Obama during the Democratic Convention. “I was more than happy to work for him some 40 hours a week, working the phones from my house. I just wish he would start steamrolling again. Like, now.”

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³Purchase of a bank product does not establish eligibility for or membership in USAA property and casualty insurance companies. Availability restrictions apply. $38 billion in industry deposit fees incurred for 2008. Source: CNN.com. USAA does not charge a fee for the first 30 ATM withdrawals and refunds up to $75 in other banks’ ATM usage fees each month. Figure based on potential savings with USAA checking compared to average fee information on ZippinBankrate.com checking study. USAA Federal Savings Bank. Member FDIC. © 2009 USAA. 92212-0509
You simply wish to nip over to France for a couple, three weeks, prior to the full-on rush of prize-hunters in the year’s final quarter, and you find on your return that new movies by Jane Campion, Michael Moore, Steven Soderbergh, and the Coen brothers are already or imminently in play. Where summer seems to start earlier and earlier, so now does fall. Add to that a prescheduled four hours in the dentist’s chair and an unscheduled crashed computer, taking with it all the secret codes essential to translate the peckings on the keyboard into a professionally formatted newspaper column, and the weary wayfarer might well yearn to have hunkered down till springtime within the fortified walls of medieval Carcassonne. All of which is by way of explaining that for the foreseeable future I shall have to dish out even more injustice than usual, and that, given the rpm of the revolving door at the multiplex, I may just have to wave bye-bye to the likes of Cloudy with a Chance of Meatballs, I Hope They Serve Beer in Heaven, I Can Do Bad All by Myself, All about Steve, Love Happens, Fame, Gamer, Pandorum, Sorority Row, Jennifer’s Body, and I don’t know what all.

The Campion, Bright Star, deserves the fullest and fairest justice, and by itself provides sufficient reason to abandon thoughts of hibernation. As recounted by the filmmaker, unusually taking sole screenwriting credit in addition to directing, the ill-starred love story of John Keats and Fanny Brawne is such as to make us ask ourselves when we last had on screen a love story we could believe in. (In the Mood for Love, maybe? 2001?) That, or more exactly the believability part of it, is truly saying something when the principal characters are so prone to recite poetry extemporaneously, not only the poet who wrote it — the perfect Platonic ideal of the Poet, or at any rate the Romantic incarnation of him, the poet who first brought into verse a personal, a confidential voice — but also the smitten one who, having invested in a copy of Endymion “to see if he’s an idiot or not,” has committed his words to memory: incontrovertible evidence of love. There is, what's more, some high-flown talk of poetry in a private tutorial (“Poems are a strain to work out,” complains the beginning student), although a pedant might insist on pointing out that Keats’s famous dictum about poetry coming as naturally as leaves to a tree was no more than a rationale for his handicapping reluctance to rewrite and revise.

This is a closely observed affair, followed with patience and fascination, from spark to flame, a bonding of hearts with no assistance from lower organs, what once went unashamedly and today goes blushingly by the name of True Love. With or without a capital “R,” Bright Star is a deeply romantic movie. Campion can often be candidly carnal, as in Sweetie, The Piano, Holy Smoke, and In the Cut, and she certainly here is highly sensual, making great play of birdsong, breezes, snow, rain, gauze curtains, flapping sheets on clotheslines, a roomful of butter-
More simply, economics is by nature a dull subject on screen, and Moore has managed insufficiently to enliven it. The Soderbergh, The Informant!, serves as a fact-based fictional ancillary to the Moore, detailing an impenetrable case of corporate skulduggery blown wide open by an ambiguous black-hatted whistleblower. It is the most challenging of the director's three or four films so far this year — Che: Part One, Che: Part Two, and The Girlfriend Experience — if only because of its placement in the mainstream multiplex instead of the broad-minded art house: a kind of anti-Hitchcock suspense comedy, grudgingly putting any cards at all on the table, keeping the surprises coming only by keeping us in the dark, flouting the Master's tried-and-true method of fully briefing us. (It's also anti-Hitchcock in its rosy, fuzzy, vaporous image.) The hero's maddening stream-of-consciousness narration (“Like my hands, I think they're my favorite part of my body”) gives us constant clues as to the variety of nuts we are dealing with; and the explanation point in the title, the anachronistic Groovy Sixties lettering, and the chipper Marvin Hamlish background music, all to ensure that we know this is a comedy, seem outsized for the actual level of amusement: seldom laugh-out-loud but often lip-twisting. Matt Damon puts up some surprisingly strong competition for future William Macy roles, in a stick-on mustache and a cripplingly hairpiece which he waits an hour and a half to tug at, giving up all pretense of fooling anyone, and waits all the way to the epilogue to remove altogether. Scott Bakula effortlessly upstages him as the flat-haired, furrowed-browed straight man, a straight-arrow FBI guy. Luckily for Damon, Bakula is much off-screen. The Coen brothers, opening Friday, will have to wait. Not to be coy about it, A Serious Man is a special movie; like Bright Star, made out of the purest artistic impulse, to please its maker, and let the filmmaker catch up if he can. It, no matter how short a time it may stay in theaters, should outlive the entire generation and the next. I will do it injustice as soon as possible. I regret, meantime, that before it exited the Gaslamp theater I could say nothing about Jia Zhangke's ruthless rumination on a factory closing in contemporary China. 24 City, a visually eloquent taking-heads movie, or really taking torsos against meaningful backgrounds, dispensing an indeterminable blend of truth and fiction (Joan Chen interviewed as a woman widely recognized as looking like Joan Chen). All I can do with it is snap it up as an appetizer to the San Diego Asian Film Festival. “2 Weeks, 200 Films, Endless Possibilities,” October 15 through 29 at the UltraStar Mission Valley in Hazard Center (sdaff.org). Overlappingly but more interminably, the San Diego Jewish Film Festival, featuring a retrospective of director Paolo Virzi, runs from October 13 through November 7 at the Museum of Photographic Arts in Balboa Park (sandiegolatinfilmmestival.com). And before all that, the San Diego Latino Film Festival juggles two films throughout the next week in its monthly Cinema en Tu Idioma series, Pablo Trapero’s Leonera from Argentina and Pablo Larraín’s Tony Manero from Chile, at the UltraStar Mission Valley. Finally, Friday evening at 7:00 at the D.G. Wills bookstore in La Jolla there will be a “hometown” launch party of the long-aborning Farber on Film: The Complete Film Writings of Manny Farber, just over a year after the author’s death, with his widow and late-period collaborator, Patricia Patterson, in attendance, along with the book’s editor, Robert Polito. Something else to which to mete out injustice.

**MOVIE LISTINGS**

All reviews are by Duncan Shepherd. Priorities are indicated by one to five stars and antipathies by the black sprout. Unreviewed movies are for now unreviewed. Thousands of past reviews sorted alphabetically, by year of release and by rating, are available online at SanDiegoReader.com.

**Amreeka** — Divorced Palestinian single mother (Nimeen Fawaz, a good actress in bad photography) moves to Illinois for a better life at the worst time — the thick of Operation Iraqi Freedom — and settles for a demeaning job at White Castle ("Support our troops" on the signboard outside), meets a sympathetic Jewish school principal ("You're not at all fat"), and imparts her wisdom to her troubled teenage son ("The important thing is that you can't let anyone question who you are"). Semi-autobiographical work by writer-director Cherien Dabis, didactic and preachy despite the sincere efforts to maintain a sense of humor. With Melik Mahleeb, Haim Abbass,
Bright Star — Reviewed this issue. With Abbie Cornish, Ben Whishaw, Paul Schen- der, and Kerry Fox; written and directed by Jane Campion.

Capitalism: A Love Story — Reviewed this issue. With Michael Moore, written and directed by Moore.

Cloudy with a Chance of Meatballs — Computer-animated children’s fantasy in 3-D, directed by Phil Lord and Chris Miller.

Coco before Chanel — Biographical tale of fashion designer Gabrielle “Coco” Chanel, starring Audrey Tautou, written and directed by Anne Fontaine.

Couples Retreat — Peter Billingsley’s relationship comedy with Vince Vaughn, Malin Akerman, Jason Bateman, Kristen Bell, Jon Favreau, and Kristen Wiig.

Coyote — Call—action documentary by Joshua Oppenheimer, rather like a much lengthened detail from “The End of the Line,” a tight focus on “a little town with a really big secret,” the Japanese fishing port of Taiji, where an estimated twenty-three thousand dolphins and porpoises are cleverly slaughtered every year. Upon his return from there, Fiskouso has pictures of the blood-red water to prove it. His chief guide and ally in this endeavor is Riz O’Barry, the one-time dolphin trainer on the Flipper TV series in the Sixties, who flipped (if you will) when the aquatic star of the show, real name Kathy, committed “suicide.” In large part the film is composed of standard talking-heads sermons, but it also records the hugger-mugger “mission” of anOceanic Eleven commando team in the field: high-def video cameras concealed in fake rocks, and so forth. The operation, for all its justifiably paranoia, doesn’t approach the pitch of excitement we would expect of a fictional thriller. But if it is not quite tense, at least it’s present-tense. 2009.

District 9 — Neo-apartheid in South Africa: a million ghettoside extraterrestrials from a stalled spacecraft over Johannesburg. The documentary affiliations, discontinuous at convenience, make it seem initially a joke rather than a reality. And not a funny joke, either. The aliens — reparative as well as descriptive term, “prawns” — are well realized visually and the Fly-like metamorphosis of a human into a partial prawn achieves a high degree of disgustingness.

The Invention of Lying — High-concept comedy with and from Ricky Gervais, co-writing and co-directing with Matthew Robinson. It’s set in an alternative universe where everywhere by nature tills the brutal truth (even advertises: “Pepsi. When They Don’t Have Coke”), until the brutalized short journey hero, unable to make his rent, makes an evolutionary leap to deceit and lies to make it down the street. So the concept is certainly cheeky, if uncannily funny, but the de-romanticization goes into sappy platitudes on skin-deep beauty and inner worth. With Jennifer Garner, Bob Lowe, Tina Fey, Louis C.K., Jonah Hill, Jason Bateman, Jeffrey Tambor, and uncredited cameo for Matthew Seymour Hoffman and Edward Norton. 2009.

It Might Get Loud — Davis Guggen-heim, the co-director of An Inconve- nient Truth (all glory to Al Gore), essays a different sort of documentary; arranging a “summit” of electric guitarists, Jimmy Page of Led Zeppelin, The Edge of U2, and Jack White of the White Stripes and the Raconteurs. Not much comes of the meeting of minds and fingers, but the individual back- ground stories are not without interest (es- pecially the childhood footage of Edge and Page) (A). All of which tends, however, to point up the arbitrariness of the selection: why not Beck? Clapton? Slash? But as long as you can abide the sound of the instrument — the title serves as your warning — you should have no major cause for complaint. 2009.

Julie and Julia — As per its punchy sub- head, “this is based on two true stories,” or rather two: a parallel series of feminist self-determina- tion, set half a century apart, then and now. One focuses on Julie Powell, self-made blogger, daily chronicler of a year-long proj- ect to cook her way through volume one of Mastering the Art of French Cooking, 365 days, 524 recipes. The other focuses on the American co-author of the aforementioned book, Julia Child. Though each story in turn gets equal time, back and forth, the film suffers from a built-in imbalance: women, no need to be overly politic about it, are not equal pioneers. The one — the earli- er — the pathfinder — was, in her own humorously grandiose phrase, out to “change the world,” while the other — the follower — the co-pilot — was only out to carve herself a niche in the blogosphere and eventually the publishing world. Nor are the players equal: Amy Adams is an agreeable light-comedy actress (not so agreeable a heavy actress), whose Julie has been drastically watered down from the real McCoy, the real Powell, evidently out of primary concern that everyone should like her and every woman identify with her. Meryl Streep, meanwhile, is nothing less than the prima donna of contemporary American cinema, and her Julia, far from a bland Everywoman, is a one-of-a-kind: a stylishly paradigmatic personification of perfection, and softened but perfumed into a rounded, humanized, full-service screen character. We want at all times, not just half the time, to be with Julie, and Julia should be probably be grateful to writer-direc- tor Nora Ephron whose title comes from Powell’s blown-up blog but whose source material expanded to encompass Child’s autobiography, that we have Julia-slash- Meryl even half the time. It could have been hình ảnh phức hợp mặc dù sao. 2009.

The Maltese Falcon — The third and the most revered (but, please, not the defin- itive) movie version of Hammett’s mystery novel. It insists on the fun involved in pri- vate-eye escapades, as it wanderlends under- within the confines of some whimsical casting and playing — Sidney Greenstreet, Peter Lorre, Elisha Cook, Mary Astor, and Bogart as Spade. This is John Huston’s first directing job, and he seems determined to make a lark of it. Some of that spirit is con- tinued at convenience, make it seem ini- tively, unsanctimoniously silly. Yet the re- treatment of Nazis is not motivated by any Big Lie) is the difference between just an- thropoid deprives future. But life, intones the rum- bling narrator at the outset, “must go on,” even if only in the form of Liliputian cloth- doll automatons hounded by Brobdinag- ian mechanized cutters. The realistic graphic style displays an endless devotion to tactility — the gummy skin of the au- tomations, the grainy wood, the weathered metal — and since the line between live action and computer animation continues to narrow and to blur, it would be no problem to populate the very same terrain with flesh-and-blood people instead of their dis- employable voices (Elizab Woise, John C. Reilly, Christopher Plummer, Jennifer Connely, Martin Landau). The engrossing visual experience provides sufficient dis- traction from, or compensation for, the rudimentary conflict of rebels against ma- chine.

Paris — Multiple storylines encircle many facets of the French capital. The city looks splendid; the not very compelling charac- ters (the brink-of-death Romain Duris ex- cepted) keep getting in the way. Several lib- erating shots of dance, strictly gratuitous.

The September Issue — R. Cutler’s documentary version of The Devil Wears Prada, a revealing inside look at the put- ting-together of the year’s latest issue of Vogue, what turns out to be history’s latest issue ever. The blending and swirling, the fighting and dying, over the taintiest details will retain a degree of fascination no matter how trivial the details. (E. g. cover Si- mma Miller’s teeth, hair, etc. How does she dare show her face in public?) From a cer- tain angle, the more trivial, the more fasci- nating. Editor-in-Chief Anna Wintour, Meryl Streep’s counterpart, is touted as “the single most important figure in the fashion industry” and “the most powerful woman in the United States” yet remains with or without sunglasses, somewhat remote and inscrutable — behind a severe, face- less — both the curtains closing on her nose — while never receding into Streep’s unfathomable distance. Her long-time and less-groomed associate, Creative Director Grace Coddington, confides much more to the camera, and addresses more sympathy to her ageing.
Still Walking — Japanese family gathering written and directed by Haisuke Kuroki of After Life and Nobody Knows.

Surrogates — Vicarious living, virtual living, through flawless androids, so that this undeterminable future often bears an eerie likeness to a Ross Hunter production circa 1959: “Life... only better.” The basic situation is confusing enough without the murder mystery and the experimental gag that frantic not just the brains of the robots but those of the distant humans looked up to. What’s clear is the science-fiction fundamental of dehumanization and rehumanization. With Bruce Willis, Radha Mitchell, Rosamund Pike, Ving Rhames, and James Cromwell, directed by Jonathan Mostow. 2009.

THE BIG LEBOWSKI — A gallant documentary on three senior citizens who volunteer as greeters for returning U.S. soldiers.

<table>
<thead>
<tr>
<th>THE WAY WE GET BY</th>
<th>— Anon Gaudet’s documentary on three senior citizens who volunteer as greeters for returning U.S. soldiers.</th>
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<td>(GSLAMP 15, FROM 10/9)</td>
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THE NEW FILM BY JOEL AND ETHAN COEN |


Abigail Breslin. Smart-ass comedy, not to say smart, forgetful as it is of its own rules and logic. Directed by Ruben Fleischer. 2009.


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THE NEW FILM BY JOEL AND ETHAN COEN

MISSISSIPPI VALLEY

Fashion Valley 18
10374 Friars Road (888-282-4386)

Cloudy with a Chance of Meatballs (PG)
Fri-Sun. (11:20) 1:30, 3:40, 5:50, 8:00

(12:30) 4:10, 7:45.
The Invention of Love (PG-13)
Fri-Sun. (11:00) 1:10, 3:20, 5:30, 7:40, 10:00.

Toy Story & Toy Story 2 in 3D Double Feature
Fri-Sun. (10:30) 12:30, 2:30, 4:30, 6:30, 8:30.

KENSINGTON

La Jolla
6007 Villa La Jolla Drive (888-262-4386)

Cloudy with a Chance of Meatballs (PG)
Fri-Sun. (11:20) 1:30, 3:40, 5:50, 8:00.


12400 Sorrento Valley Blvd. (858-599-2841)

To further cut down the noise, various measures can be taken. Many of these measures are simple and can be implemented at a low cost. One of the most effective ways to reduce noise is by planting trees and other vegetation around the area. This can help to absorb sound and create a barrier between the source of the noise and the area where it is unwanted. Another approach is to install noise barriers, such as walls or fences, which can help to block or redirect the sound. Additionally, using sound-absorbing materials can be an effective solution. These materials can be used in the construction of buildings or in the design of outdoor spaces to help reduce noise levels. Community involvement and education are also crucial in addressing noise issues. By raising awareness of the problems and encouraging shared responsibility, communities can work together to find solutions that will benefit everyone.
Toy Story & Toy Story 2 in 3D Double Feature (PG-13) (12:00, 3:15, 7:45, 9:45). Cloudy with a Chance of Meatballs 3D (PG) (10:00, 12:15, 2:30, 4:45, 7:00, 9:30, 10:30). Couples Retreat (PG-13) (1:00, 3:00, 5:00, 7:00, 9:00, 11:00).

Spookley the Square Pumpkin (G) (10:30 am Sat.-Sun. only).

Call theater for program information.

POWAY

Poway 10

J3437 Poway Road (858-646-9423)

Toy Story & Toy Story 2 in 3D Double Feature (PG-13) (11:00, 1:30, 4:30, 7:30). Cloudy with a Chance of Meatballs 3D (PG) (10:00, 12:15, 2:30, 4:45, 7:00, 9:30, 10:30). Couples Retreat (PG-13) (1:00, 3:00, 5:00, 7:00, 9:00, 11:00).

Spookley the Square Pumpkin (G) (10:30 am Sat.-Sun. only).

Call theater for program information.

SAN MARCOS

San Marcos 18

1180 W. San Marcos Boulevard (at Old California Blvd) (800-326-3264)

Call theater for program information.

VISTA

Vista Village

Highway 39 at Vista Village Drive (760-945-4769)

Capitán: A Love Story (R) Fri.-Sun. (10:00, 11:30, 1:45, 3:30, 5:15, 7:00, 8:45, 10:45). Cloudy with a Chance of Meatballs (PG) Fri.-Sun. (12:00, 2:00, 4:00, 6:00, 7:30, 9:00, 11:00, 1:30, 3:30, 5:30, 7:30). Couples Retreat (PG) Fri.-Sun. (12:00, 1:30, 3:00, 4:30, 6:00, 7:30, 9:00). Free Style (PG) Fri.-Sun. (1:30, 3:00, 4:30, 6:00, 7:30).

The Invention of Lying (PG-13) Fri.-Sun. (12:00, 3:00, 4:00, 6:00, 7:00). The Informant! (R) Fri.-Sun. (12:00, 3:00, 6:00, 9:00, 12:00).

Toy Story & Toy Story 2 in 3D Double Feature (PG-13) Fri.-Sun. (12:00, 3:00, 5:00, 7:00, 9:00). The Invention of Lying (PG-13) Fri.-Sun. (10:15, 12:30, 2:45, 4:45, 7:30, 9:45, 10:15). The Informant! (R) Fri.-Sun. (10:15, 12:30, 2:45, 4:45, 7:30).

Call theater for program information.

NORTH INLAND

ESCONDIDO

Escondido 16

350 West Valley Parkway (760-291-0119)

Call theater for program information.

FALLBROOK

River Village 6

5266 S. Mission Road (760-945-8784)

Toy Story & Toy Story 2 in 3D Double Feature (PG-13) (12:00, 3:15, 7:45). Couples Retreat (PG-13) (10:00, 12:15, 2:30, 4:45, 7:00, 9:30). Couples Retreat (PG-13) (1:00, 3:00, 5:00, 7:00, 9:00, 11:00).

Spookley the Square Pumpkin (G) (10:30 am Sat.-Sun. only).

Call theater for program information.

CARLSBAD

Plaza Camino Real

2303 Elavon Road (858-329-7869)

Call theater for program information.

OCEANSIDE

Mission Marketplace 13

1650 Mission Avenue (760-436-1980)

Toy Story & Toy Story 2 in 3D Double Feature (PG-13) Fri.-Sun. (12:00, 3:00, 5:00, 7:00, 9:00). The Boys Are Back (PG) Fri.-Sun. (10:00, 12:15, 2:30, 4:45, 7:00). LA COSTA

La Costa 6

6941 El Camino Real (at Avenida Alpiste) (760-399-8221)

Toy Story & Toy Story 2 in 3D Double Feature (PG-13) (12:00, 3:40, 7:30). No 7:30 Thu., Fri.-Sun. (11:00, 1:15, 3:30). Capitalism: A Love Story (PG-13) (10:00, 12:15, 2:30, 4:45, 7:00, 9:00). The Invention of Lying (PG-13) (10:15, 12:45, 2:15, 4:45, 7:30). Capitalism: A Love Story (PG-13) (10:00, 12:15, 2:30, 4:45, 7:00). The Invention of Lying (PG-13) (10:15, 12:45, 2:15, 4:45, 7:30).

Call theater for program information.

ENCINITAS

La Paloma

477 South Coast Highway 101 (760-486-7469)

The Cove (PG-13)

Toy Story & Toy Story 2 in 3D Double Feature (PG-13) Fri.-Sun. (10:00, 12:15, 2:30, 4:45, 7:00). Couples Retreat (PG-13) (10:00, 12:15, 2:30, 4:45, 7:00, 9:00). The Invention of Lying (PG-13) (10:15, 12:30, 2:45, 4:45, 7:00). Capitalism: A Love Story (PG-13) (10:00, 12:15, 2:30, 4:45, 7:00). The Informant! (R) Fri.-Sun. (10:15, 12:45, 2:45, 4:45, 7:00, 9:15). Spookley the Square Pumpkin (G) 10:30 am Sat.-Sun. only.

Call theater for program information.

NORTH COASTAL

SAN DIEGO

La Jolla 3

2047 El Camino Real (858-454-0749)

Call theater for program information.

San Diego Mission (October 8, 2009)

Reader

26
<table>
<thead>
<tr>
<th>Offer</th>
<th>Details</th>
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<tbody>
<tr>
<td>Fresh basil 1.50 a bunch</td>
<td>Valid Saturday, October 10, 2009 only. One coupon per customer per booth.</td>
</tr>
<tr>
<td>$2 off 12 fresh flower purchase</td>
<td>Valid Saturday, October 10, 2009 only. One coupon per customer per booth.</td>
</tr>
<tr>
<td>$1 off any $10 purchase</td>
<td>Live shellfish &amp; fresh, local catch. Valid Saturday, October 10, 2009 only. One coupon per customer per booth.</td>
</tr>
<tr>
<td>$1 off Avocado oil or Avocado oil soap</td>
<td>Valid Saturday, October 10, 2009 only. One coupon per customer per booth.</td>
</tr>
<tr>
<td>1/2 off any spice blend w/purchase of 2 at regular price</td>
<td>Valid Saturday, October 10, 2009 only. One coupon per customer per booth.</td>
</tr>
<tr>
<td>Buy 1 BBQ sandwich, get one 1/2 off!</td>
<td>Valid Saturday, October 10, 2009 only. One coupon per customer per booth.</td>
</tr>
<tr>
<td>$2 off any Infuser Teapot!</td>
<td>Valid Saturday, October 10, 2009 only. One coupon per customer per booth.</td>
</tr>
<tr>
<td>3 off 3 bunches Asparagus – $6 (regular 9)</td>
<td>Valid Saturday, October 10, 2009 only. One coupon per customer per booth.</td>
</tr>
<tr>
<td>$1 off any item LOCAL ORGANIC VEGETARIAN FOOD</td>
<td>Valid Saturday, October 10, 2009 only. One coupon per customer per booth.</td>
</tr>
<tr>
<td>$2 off 1 lb. any fresh pasta</td>
<td>Valid Saturday, October 10, 2009 only. One coupon per customer per booth.</td>
</tr>
<tr>
<td>1 pack of pita bread for 99¢ with purchase of 2 hummus!</td>
<td>Valid Saturday, October 10, 2009 only. One coupon per customer per booth.</td>
</tr>
<tr>
<td>FREE treats or FREE can of food with purchase of a bag of dry pet food</td>
<td>Valid Saturday, October 10, 2009 only. One coupon per customer per booth.</td>
</tr>
<tr>
<td>FREE 1/2 pound squash with $10 purchase</td>
<td>Valid Saturday, October 10, 2009 only. One coupon per customer per booth.</td>
</tr>
<tr>
<td>Take advantage of all these amazing deals at the Little Italy Farmers’ Market every Saturday morning!</td>
<td>Visit the Little Italy Mercato at Date &amp; India Streets 9 am to 1:30 pm Saturdays year-round, rain or shine. <a href="http://www.littleitalymercato.com">www.littleitalymercato.com</a></td>
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</tbody>
</table>
What’s in the Red Zone?

Top 10 of the Week
Week 6 Top 10
Posted October 4, 2009, 5:29 p.m.
1. Oceanside (II) (5-0) – Rolled in Valley League opener
2. La Costa Canyon (I) (5-0) – Mavs have won 14 in a row
3. Cathedral Catholic (III) (5-0) – Dons riding 26-game winning streak
4. Escondido (I) (4-0) – Seale and Zier take on the Blackshirts this week
5. Eastlake (I) (3-0-2) – Won battle of the Titans
6. Helix (II) (4-1) – Last two wins have come by average of 20
7. Valley Center (IV) (4-0) – Week off to prepare for Valley slate
8. Lincoln (II) (3-0-1) – Face Mission Bay this week
9. Scripps Ranch (II) (3-1) – Fell out of section
10. Mission Bay (IV) (4-0) – Can anyone stop Dillon Baxter?

Game of the Week
Rancho Bernardo at Escondido
Posted October 3, 2009, 12:19 a.m.
On the first drive of Friday night’s game between Rancho Bernardo and Escondido, the Broncos shut down running back Ricky Seale and the Cougars’ offense…

Weekly Scoreboard
Week 5
Posted October 2, 2009, 11:10 p.m.
No. 1 Oceanside 56 at San Marcos 14
at No. 2 La Costa Canyon 38, Rancho Buena Vista 14
No. 3 Cathedral Catholic 48 at San Pasqual 6
at No. 4 Escondido 35, Rancho Bernardo 7…

Sound Off
Who is the most unlikely unbeaten of 2009?
Posted September 30, 2009, 9:36 p.m.
For a team that has finished 3-16 for the past two years and hasn’t won more than four games in the past five seasons, it seemed improbable that Orange Glen would do anything different to start this season. That’s why at 4-0, the Patriots are the most unlikely unbeaten of the early season…
"I mean a real break, like a whole week where we don’t think about any work at all."

"We’d have to go somewhere far away from civilization," I said, "I love technology, but we’re slaves to being connected. The one major downside to working from home is that you never get to go home from work." David nodded at my observation. Though we spend almost all of our time together, it’s rare for us actually to be together in that New-Agey presence-of-mind sort of way. At home, we are each at our respective desks from the moment we’re awake until we crawl into bed. As times have been getting harder (i.e., galleries closing and our home being worth less than we owe), David and I have been hustling with an ever-increasing intensity. Our "downtime" has been relegated to sharing short breaks throughout the day, during which we’re most likely thinking about what we should be doing instead of taking a break.

Over our anniversary weekend, David and I attended the reception for his exhibition, visited with a handful of friends, and drove to San Luis Obispo to deliver and install one of his pieces. By Sunday morning I began to stress the way I always do on the last day of any trip as I start to visualize the pile of bills, emails, and chores that await me at home.

We were going through our usual checkout checklist, first packing our toiletries, then sweeping the room for any forgotten chargers, when I stopped and said, "Forget about this. We have plenty of time. Let’s go have breakfast." I tossed a towel onto the bed to demonstrate my dedication to carefreeness and followed David out the door.

"I have an idea," said David. They were his first words since we were seated, and I was already on my second cup of coffee. I raised my brows in question. "We could make a ritual of doing the Sunday New York Times together — lots of people do it."

"Why would we do that? We can read the news on our laptops," I said.

"No, you're missing the point," David said, a frustrated edge creeping into his tone. "It’s not about reading the news. It’s about the Sunday magazine, the crossword —" David nodded at my hair, shook out my curls, and sat down beside him.

"Isn’t this a break? I mean, we’re out of town, away from our day-to-day responsibilities. It’s nice to be away."

"How are you feeling?" I asked.

"Good. Well, tired," said David. He sat on the bed and kicked off his shoes. "I was just thinking how nice it would be to have a break."

I removed the clip from my hair, shook out my curls, and sat down beside him.

"Isn’t this a break? I mean, we’re out of town, away from our day-to-day responsibilities. It’s nice to be away."

"Maybe you’re right," I said. "Maybe this is just one of those age things that I’m not going to get. You know, like Gilligan’s Island or WKRP."
“No, I like I Dream of Jeannie. Because there’s magic in it,” David chuckled and shook his head. “You haven’t read newspapers?” “My dad did,” I said. “Oh, wait, yeah, I can remember taking the funnies out on Sundays because they were in color. But I don’t understand what the difference is — if you want to read stories, we can read stories online. Heather and Sean have a Kindle. You can get email or other websites. We could focus on the one publication. You know, together.” “Right, while we’re popping our frozen entrees in the microwave,” David muttered. “What is that supposed to mean?” “People sometimes cook because the process is relaxing,” said David. “Not just to get to the final product. It’s not about ingesting the news like it’s a pill.” “But we could read our laptops in our pajamas,” I said. “First thing in the morning. And we have an instant espresso machine. I could make us coffee.” “No, no, no,” David said. “Spreading the New York Times out over the floor and sifting through the sections —” “Sounds messy,” David opened his mouth as if to argue, then dropped his shoulders in defeat and said, “Well, yeah. I guess it does.”

For more stories and videos by this author, go to sbordered.com.

The Women’s Overactive Bladder Study is a research study testing the safety and effectiveness of a new delivery method of an overactive bladder medication for women. Qualified participants:
- are women age 18 and older
- are experiencing overactive bladder symptoms with urgency for over 6 months
- have not had three or more urinary tract infections in the past year

Qualified participants will receive study-related exams, lab tests and study drug at no charge.

For more information please call Medical Center for Clinical Research 619-521-2841 mccresearch.com

Type 2 Diabetic Volunteers
Dr. Robert Henry and his associates at the VA Medical Center are looking for Type 2 Diabetic volunteers to evaluate the effects of dapagliflozin compared to placebo on insulin resistance and insulin secretion.

**Inclusion Criteria:**
- are experiencing overactive bladder symptoms with urgency for over 6 months
- are women age 18 and older
- are experiencing overactive bladder symptoms with urgency for over 6 months
- have not had three or more urinary tract infections in the past year

For more information, please contact Catherine DeLue at 858-552-8585 ext. 6740. Qualified participants will be compensated for participation up to $1,400.
Crasher

NO PICTURES, DUDE

by Josh Board

In L.A. at an autograph and collectors’ convention, I smiled at Playboy Playmate Candy Clark as I walked by her table. She was charging $25 for her autograph.

I glanced at her price list and she smiled. I read her bio. I didn’t want to seem rude by abruptly walking away. She didn’t try a sales pitch but made small talk. Because I’ve never seen the movie Decapitated II or Devil’s Blood, I had nothing to say and moved on.

As I was leaving, Lou Ferrigno sat down and began talking to her.

I waited in a long line of people to see Ami Dolenz, who’s been in many horror movies and mainstream films. In between fans, she hugged her boyfriend. We talked about her dad (who’s a Monkee), and then Epstein from Welcome Back, Kotter walked over. He interrupted, giving her his card and talking about his MySpace page.

I went back to the Autograph Magazine booth. An older guy came over and said he picks up the magazine once in a while. I said it could be conveniently delivered to his home. He replied, “You know what? I’ll get a subscription. I’d rather give my $29.95 to you than Horshack.”

Lou Ferrigno was back at his booth with a long price list: $25 for an autograph, $30 for a photo. Someone said it cost more if you asked him to flex his muscles. I said, “You sign autographs, but do you arm wrestle?” I slapped my elbow on the table. He looked at me like I was nuts. A few people laughed. I left.

“I’d rather give my $29.95 to you than Horshack.”

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A few people laughed. I left.

“Where else am I going to see them? And look at Jeff Conaway on that Rehab show? He might not be around much longer.”

I talked to Jamie Donnelly, who played Jan in Grease. I pointed to one of the cast members who had his T-birds jacket, and she said, “I asked for my Pink Ladies jacket. They said that stuff had to go back to wardrobe in case they needed to do a reshoot or for other promotional things.”

I walked by Annette Car- donna, who played Cha-Cha. I asked her if at that time her friends were jealous because she danced with Travolta. She said, “At that time? My friends now are, too!”

I ended up talking the longest with Barry Pearl, who played the role of Doody. He kept his leather jacket from the movie and jokingly said he’d sell it to the highest bidder. About them being hand-painted, he explained, “It looks more authentic for gangs to do that. I mean, the Jets and the Sharks? They had matching jackets. That would never happen.”

Pearl told me he was initially reluctant to do shows like this but that a friend said something that made him look at it differently. He told me, “I went to one, and it looked like a bunch of has-beens. She said I was a ‘has-is.'”

I went back to the Autograph Magazine booth and met some interesting people. One guy drove to the show from La Mesa, and we talked about his collection of sports autographs. I talked to another guy who bought a Wizard of Oz poster signed by the entire cast, including the paw print of Toto. It cost him over $50,000.

I talked to Leatherface — actor R.A. Mihailoff, from Texas Chainsaw Massacre III. I asked him what was the weirdest thing he’s ever signed. He said, “Nothing you can print in your paper.” We laughed about the body parts and things he’s signed, and he said, “My big pet peeve is napkins or something that doesn’t have value. Why would someone want to sign those?”

I glanced over at the Grease booth and saw Jeff Conaway walking with a cane, hunched over as if he were about to die.

I walked over, and he was involved in a conversation with Pearl. I don’t normally interrupt, but Pearl wouldn’t shut up. I told Conaway, “Taxi is the best sitcom ever. A few of my friends think Seinfeld is.” He replied, “You know why Taxi was better?”

Sprained ankle pain patch study

Local doctors are currently looking for adults who are experiencing pain due to a recent ankle sprain to help evaluate the pain-relieving capabilities of investigational medicated patches when applied directly to the injured ankle.

To be eligible for this study, you must:

• Be 18 years of age or older, AND
• Be experiencing pain from an ankle sprain that occurred within the past 48 hours, AND
• Not have taken any pain medication or used compression to treat your ankle sprain.

Qualified participants will receive study-related medical evaluations and study patches at no cost. Reimbursement for time and travel may also be provided.

To learn more about this local study, please contact:
San Diego Sports Medicine and Family Health Center • 619-229-3909

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 this research is to study the effect of potential medications on factors related to drinking.

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

This study does not involve taking a medication or placebo for one week.

To find out if you qualify for study participation, please call 858-784-7867 or visit our website at: www.pearsoncenter.org for more information.
Because *Seinfeld* was a show about nothing."

I walked over to take a picture of Tori Spelling. I figured she was the most famous person there. It would’ve been Paula Abdul, but she canceled at the last minute.

As I focused my camera, a tattooed arm blocked her face. I laughed, thinking the guy was just horsing around, but he wouldn’t move his hand. I put my camera down, and he said, “No pictures, dude.” I asked why and he said I had to pay for them. I said, “Isn’t that only if I want my photo with Tori?” She looked uncomfortable. He explained, “You have to pay either way.” I told him I was press. He said he didn’t care.

Someone who witnessed the incident said I had the right to take a picture of anyone I want out in public.

Back at the Autograph booth, one guy was purchasing a few back-issues. He was excited by one with James Dean on the cover. His friend had been talking about how expensive some of the autographs were. I said, “Well, I would be glad to sign that magazine for free.” The guy said, “Why? Are you in here?” I told him I wrote the story about David Crosby flipping me “the byrd” when I met him. He said, “Okay, cool.” As I wrote an inscription, I asked his name. He said Bob, and I asked him how to spell it.

Another person saw me signing and asked for my autograph. I signed for him, realizing there was a good chance he had no clue who I was…but I wasn’t charging $25.

I left before the show ended because I had to go to a fund-raising event the Grammys were having that included George Martin. It would be my last chance at meeting him.

I called my girlfriend from the road. She asked if anyone asked me for my autograph, and I said, “I signed a few.” She seemed excited.

I basked in that for a few minutes before explaining, “I’m embarrassed to say, I had to solicit the signatures.” She never stopped laughing long enough for me to tell the story.

Author’s note: If you go to the Reader website, you can read the rest of the story, which includes my conversations with George Martin, Tom Jones calling my mom, and what Joe Walsh bought for $15,000. ■

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**Diabetic Foot Ulcer?**

Therapeutics Clinical Research is currently looking for individuals with diabetic foot ulcers to participate in a research study of an investigational treatment.

**We need participants:**
- 18 years of age or older
- With a diabetic foot ulcer

**Qualified participants will receive:**
- Examinations by Dr. Dean Vayser
- Study-related evaluations and therapy at no cost
- Compensation for time and travel
- No health insurance required

Conveniently located in Kearny Mesa

**Call us at 858-279-SKIN (7546)**
Email: info@therapeuticsresearch.com
Website: www.therapeuticsresearch.com

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**FLU VACCINE Clinical Study**

For ages 65 +

As a study participant you will receive either an Investigational flu vaccine or an approved flu vaccine at no cost to you.

Compensation for time and travel may be available.

**To Learn More**
Call Toll Free: 1-877-500-eStudy
(1-877-500-3788)
To ex-wives and the IRS, they might as well be dead.

Not long after the New Year, my friend and neighbor here in Zacatitos, Marilyn Z, sent me an email saying that, at 81 years of age, she had lost her battle with cancer and had passed on to the other side. Marilyn went on to say that when she left her beloved home in Baja to see an oncologist in New York, he told her that although things looked bad, she still had two treatment options: chemo or radiation.

“Which would you recommend for your wife?” Marilyn asked.

“Well, my wife and I are divorced, I pay her huge sums in alimony, and I hate her dearly. So for her I would recommend both.”

continued on page 34

PLEASE DON'T TELL ANYONE THAT OLD SURFERS END UP HERE
“Then I don’t want either,” Marilyn said. “Good choice,” the doctor replied.

It was the first time I had ever received an email from the other side, the first time I had ever heard such a thing was possible, but it didn’t surprise me at all that it had come from Marilyn. She was always capable of surprises. I once watched her march bravely into surf higher than her head (she was only five feet tall), just for the pleasure of feeling the ocean toss her around. When people asked Marilyn why she painted her house in Zacatitos an outrageous purple and lime-green, she told them, “Because you can’t do that in the U.S.!” For her, Baja was a chance to get a little more fun out of life at a time when most people her age were resigned to the slow daily death of TV and trips to Walmart. Her courage was rewarded with a youthful, irreverent humor and a house full of friends to enjoy it with.

Besides sharing her cache of cold beer with me, when I had no means to keep a beer cold, and allowing me to beat her at Scrabble on peaceful Sunday afternoons, Marilyn taught me some of the fundamentals of surviving in Baja: where to buy drinking water safe enough for a gringo’s weak stomach; where to find good emergency medical care; where to get sopa de mariscos at Mexican — not tourist — prices; and where to get the best deal on Pacifico by the case. She told me her philosophy for living in Mexico was the same as living anywhere else: “Don’t hurt anybody, and try to help somebody if you can.”

And, she said, “Be sure to pay your property tax in January.”

So before the end of the month, I took my angelic friend’s advice and drove the 10 kilometers of dusty road into San José del Cabo to pay my annual tax.

At 500 pesos, or less than $50 per year, the property tax in Baja California Sur is so cheap that even unrepentant surfers like me, who squandered their youth on the beaches of San Diego, can afford to retire here with some hope of squandering their old age in a similar way. You might think of this place as another chance at the Leucadia of the ’70s, the place and decade my wife and I met. It’s beautiful, it’s peaceful, and it’s still the gun violence doesn’t exist here in Los Cabos.
nia, the violence and racial tension of Hawaii, and you can get here in just about any vehicle with a thousand miles of abuse left in it. If the Mexicans deported us and shut down the border, we would have to hire coyotes to smuggle us back in.

It’s not uncommon to see California’s newly arrived surf refugees, like dust-bowl Okies, camped along Baja’s beaches in broke-down, rusted-out vans, with an old gray-muzzled dog and a patched-up longboard. To ex-wives and the IRS, they might as well be dead. Their past may have been ugly, but for the first time in a long time they have a future.

As surfers who watched the California coastline ravaged in our lifetimes, we might prefer that people back in the U.S. go right on thinking Mexico is too dangerous for them to live here. Some surfers here will resent my even talking about how good conditions are, for fear the crowds will become as intolerable as they are in California. And maybe they’re right. If Americans prefer to keep their misconceptions about Mexico, maybe it’s better things stay that way. They watch way too much news on TV and think drug lords in black Escalades sweep through the streets every day, shooting and beheading people. When a friend heard we were moving to Mexico, he asked, “What in the hell inspired that? Insanity?”

“We just felt like somebody needed to move in the other direction,” I said.

This misconception of Mexico being more...
dangerous than the U.S. hurts Mexico, which depends on the tourist business for about one-third of its revenue. Every time Lou Dobbs, or any of the other angry and embittered commentators on TV news, opens his scowling mouth, a few more Mexicans lose their jobs. This is a very real problem here. The American media’s neurotic insistence on portraying Mexico as a more dangerous place than the United States serves no purpose other than to prop up Americans’ damaged self-confidence. It hurts hard-working people.

The good thing is, Mexicans always find a way to survive. If the hotel where you worked as a tour guide lays you off after the flu panic, you wash cars in the supermarket parking lot. If you lose your job as a waiter after the American banking crisis, you sell ice cream on the street. If your back gives out after 40 years of laying block, you bag groceries for tips. All Mexicans work.

At La Choya, I stopped for a minute to watch a crew of Mexican block-layers at work. Marilyn told me once, “Stop at any job site in Mexico and breathe the
High Blood Pressure? Overweight? Worried about Diabetes?
If you are between 18-80 years of age...
- We are conducting a research study, with medications that have been approved by the FDA, for the treatment of high blood pressure.
- Eligible participants for this study must:
  - have high blood pressure
  - be at risk for diabetes
Some risk factors for diabetes include:
- Family member with diabetes
- Elevated cholesterol levels
- Elevated blood sugar levels
- Obesity and/or low levels of physical activity
Qualified participants will receive study-related medication and doctor visits at no charge.
For more information, please call:
1-888-365-3203

Do you have TYPE 2 DIABETES?
We are looking for men and women between 18 and 70 years of age who have been diagnosed with type 2 diabetes.
If you have been on a stable treatment regimen for at least 3 months, taking only Metformin for your type 2 diabetes, you may qualify to participate in a clinical research study to test an investigational new study drug.
Qualified participants will receive at no cost:
- Study-related physical exams
- Study medication
- Study-related laboratory tests
- Compensation for time and travel
For more information, contact us at:
1-888-365-3203

Is DIABETES causing you PAIN in both legs or both feet... for at least the past 6 months?
If so, please contact us about our medical research study of an investigational medication for pain in both legs or both feet caused by diabetes.
Qualified participants:
- Are 18 to 70 years old
- Have pain in both legs or both feet caused by diabetes
- Have experienced this pain for at least the past 6 months
Qualified participants will receive all study-related care, evaluations and medication at no charge.
Participation is at no charge and compensation is available for time and travel.
For more information, call:
1-888-365-3203

Synergy Clinical Research Centers
A research study with a pharmaceutical company evaluating the safety and effects of an investigational drug for Type 2 Diabetes is being conducted.
- Type 2 Diabetes
- 18-80 years of age
- Currently treated with metformin
If eligible, you may receive at no cost, these items:
- Office study visits
- Study-related laboratory tests
- Study-related physical exams
- Diet and diabetes counseling
To learn more about the Diabetes research study, please call:
1-888-365-3203

FOR MORE INFORMATION CALL: 1-888-365-3203

1908 Sweetwater Rd., National City, CA 91950
www.synergysandiego.com
Are You a Restless Sleeper?

If you have chronic problems falling asleep and/or staying asleep, you may qualify for a research study and receive an investigational drug for poor sleep.

Qualified participants will receive at no cost:
• Compensation for time and travel
• Study-related drug and study-related medical care
• Medical evaluations

Call 858-ARTEMIS (278-3647) today to see if you qualify for this research study. Confidentiality is honored.

Sleeper?

Restless Qualified participants will receive at no cost:
• drug for poor sleep.
• a research study and receive an investigational and/or staying asleep, you may qualify for
• Study-related drug and
• Medical evaluations

No Insurance Required. Confidentiality Maintained.
Conveniently located in Kearny Mesa
9025 Balboa Avenue, San Diego 92123
Call us at 619-512-DERM (3376)
info@therapeuticsresearch.com
www.therapeuticsresearch.com

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Call us at 619-512-DERM (3376)
info@therapeuticsresearch.com
www.therapeuticsresearch.com

ReSearCh StudiEs

Parkinson’s Disease Patients Needed for Learning and Memory Research Study

Who can participate?
• Males and females between the ages of 55 and 80 with a medically confirmed diagnosis of Parkinson’s disease
• No other major medical or mental health problems
• No history of alcohol or drug problems

What is involved?
• Participants are asked to come to the San Diego VA Medical Center and take computerized and paper/pencil tests that will evaluate memory and attention
• Three appointments over 2-3 years; each appointment lasts approximately 2-3 hours
• Receive $10/hour for participation

When will this take place?
• Each appointment will be made to accommodate your schedule, including nights and weekends
• Please call for further information and to determine whether you are appropriate for the study

If interested, call Robin Ellam: 858-552-8585 ext. 5593
Principal Investigator: J. Vincent Filoteo, Ph.D.
VA San Diego Healthcare System and University of California San Diego

Do you experience Urinary Stress Incontinence?

Characterized by the loss or leakage of urine during activities such as:
• Coughing, laughing or sneezing • Climbing stairs or bending • Lifting, straining or other stressful activity

If you, or someone you know, are suffering from these symptoms, we are seeking women, 18 years of age or older, to take part in a post-approval study to evaluate the long-term safety and effectiveness of a treatment of stress incontinence. To learn more about the study, please contact:

Incontinence Research Institute
760-753-8373
think they are themselves but haven’t truly been for a long time.
My Mexican friend Francisco told me, “When I was growing up, Americans who came here were happy, fun-loving people. I thought I wanted to be like Americans. Now they are angry and afraid. What happened?”
I couldn’t really answer him. But I could as easily have asked why Mexico has to export 10 percent of its population to another country in order for them to earn a living. Mexico has its problems, too.
I started the truck and started to pull out onto the rutted road, when I heard a rooster crow. I slammed on the brakes, thinking the rooster was in front of me,

### RESEARCH STUDIES

**Congestive Heart Failure**

VA San Diego and UCSD researchers are conducting a new NIH gene therapy study in patients with congestive heart failure (CHF).

**3 Requirements for Participation**
- Active duty or retired military only
- 18-80 years of age (male or female)
- Diagnosed with heart failure (EF ≤ 35%)

Study-related medical care and tests will be provided at no cost. Participation is expected to last one year. You will receive $200 to cover travel.

For more information, khammond@ucsd.edu or call 858-642-3542 and Dr. Hammond’s research coordinator will contact you.

### RESEARCH OPPORTUNITY

**For Newly Diagnosed Type 2 Diabetes**

Robert R. Henry, M.D. and his associates at the Center for Metabolic Research at the VA San Diego Healthcare System are currently looking for patients to assess the safety, tolerability and effectiveness of an investigational drug in patients with Type 2 Diabetes.

You may qualify if you are:
- Male or female between the ages of 18 and 74, with Type 2 Diabetes
- Not currently taking diabetes medication or taking metformin (glucophage) only to control your diabetes
- Willing to participate in a research study for up to 5 years
- Are currently in good health (other than your diabetes)
- Not pregnant or planning on becoming pregnant
- Willing to receive study drug injections under the skin

If you are eligible and choose to participate, all study-related medical care and study drug will be provided at no cost. Compensation is provided at each study visit.

If interested please contact the Research Coordinator at: 858-552-8585 ext. 2884

### Does major depression change your outlook?

A clinical research study – STEP-D (Safety, Tolerability, and Efficacy Program) – is now underway to explore an investigational medication for major depressive disorder (MDD) to see if it may work when taken with an approved antidepressant.

You (or someone you know) may be eligible to participate in the STEP-D study if you:
- Are 18 to 65 years of age
- Have been told by your doctor that you have MDD
- Are experiencing depression lasting at least 8 weeks
- Have tried at least one antidepressant without success

In addition to receiving study-related physical exams and laboratory services at no charge, participants may receive the investigational medication and will be monitored by a medical team, including a study doctor. After the STEP-D study ends, some participants may be eligible to take the investigational medication as part of another research study.

Ask your doctor if the STEP-D study is right for you.

If you are interested in learning more about this study, please contact: (619) 688-6565

See our website: www.ari-inc.com

### Forgetting simple tasks? Memory fading?

**Can’t seem to complete projects?**

If you or someone you know is:
- Male or female • Between the ages of 45 and 90
- Experiencing memory loss? Unable to organize or plan? Forgetting simple tasks?
- In overall good health

If you answered yes to all of these questions, you may be eligible for our research study! If you qualify and choose to participate, you may receive an investigational study medication. You will also receive physician consultations, study-related medical examinations, laboratory evaluations and follow-up visits all at no charge.

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

### Do you suffer from Depression?

**Does it feel like nothing matters?**

**Do you feel lonely and sad most of the time?**

If you feel this way, and even if you’re on medication, we might be able to help.

Local researchers invite you to take part in a research study. Insurance is not required. Participants will receive treatment for depression and may receive compensation for time and travel. If you’re between the ages of 18 and 55 call the confidential recruitment line to learn more and see if you qualify. This may be your first step to feeling better.

If you are interested in learning more about this study, please contact: (619) 688-6565

See our website: www.ari-inc.com

### Is your current Schizophrenia medicine treating all your symptoms?

If you are still having trouble with expressing emotions, social interactions, finding motivation to complete tasks, or have a reduced interest in family and friends, consider this research study of an investigational medication that is taken with your current antipsychotic.

In recent years, schizophrenia treatments have improved significantly, however, to date, they’ve shown success in reducing some symptoms more than others. A study is being conducted to evaluate the effectiveness of an investigational medication for its ability to help reduce negative symptoms of schizophrenia, such as a loss or decrease in ability to express emotion or enjoy pleasures in everyday life.

To qualify for this study, you must:
- Be 18 to 55 years of age
- Have been diagnosed with schizophrenia for at least two years
- Have negative symptoms of schizophrenia
- Have been on a stable dose of antipsychotic medication for at least 12 weeks
- Not have notable positive symptoms (delusions, unusual thoughts or perceptions) of schizophrenia
- Have no history of psychotic crises, visits to the emergency room, hospitalization, or increased level of care for at least 12 weeks

If you are still having trouble with expressing emotions, social interactions, finding motivation to complete tasks, or have a reduced interest in family and friends, consider this research study of an investigational medication that is taken with your current antipsychotic.

If you answered yes to all of these questions, you may be eligible for our research study! If you qualify and choose to participate, you may receive an investigational study medication. You will also receive physician consultations, study-related medical examinations, laboratory evaluations and follow-up visits all at no charge.

Health insurance is not required and compensation for time and travel is provided.

If you answered yes to all of these questions, you may be eligible for our research study! If you qualify and choose to participate, you may receive an investigational study medication. You will also receive physician consultations, study-related medical examinations, laboratory evaluations and follow-up visits all at no charge.

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
Menstrual Migraine Headaches

Wishing your period would never come?

A medical research study is underway to evaluate an investigational oral medication for women 18-34 years of age with regular periods who have migraine headaches associated with their periods, in at least 2 out of the last 3 cycles. Periods are tough enough without adding a migraine headache.

To possibly qualify:
- Females, 18-34 years, with regular periods
- Have had migraine headache associated with 2 of your last 3 periods
- Can be using medication at present to treat migraine headaches at a stable dose for at least 2 months

Participants may receive at no cost:
- Study-related examination and consultation with a board-certified physician
- All study-related medications, labs, and Pap smear
- Compensation for your time and travel

Medical Center for Clinical Research
(619) 521-2841
www.mccresearch.com

Abdominal pain
Bloating
Constipation

Researchers are evaluating an investigational medication to see if it effectively treats irritable Bowel Syndrome with Constipation (IBS-C) in men and women. 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:
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The American cowboy may be the very image of Americans, but every-thing about him, from his hat to his chaps and saddle, came from Mexico. Without Mexicans, the American cowboy on a horse would look and act more like Prince Charles than John Wayne. And yes, Mexico has very good beef.

“But do they know how to butcher it?” my mother asked.

After a while, I parked outside the municipal office, in front of the fire station, where the firemen were selling T-shirts and empanadas to help pay for the cost of fighting fires. Then I took my place in line at the municipal office. It wasn’t a long line.

The municipal government in Los Cabos knows it needs to collect more property taxes in order to provide the basic services its citizens expect, like garbage collection, street repair, and a fireworks display every time Mexico wins a futbol match at the world cup. But Mexicans see that in California, where prop-erty taxes are one hun-dred times as high as they are here, the government still can’t balance its budget. When things get that bad, not even a movie-star governor can help you. So what would be the point of raising taxes?

To encourage people to pay property taxes on time, the municipal gov-ernment of Los Cabos offers a 10 percent dis-count if you pay in the month of January. We Americans like to pay our tax in January, not because we care so much about the $5 discount, but because that’s the way we are. We like to do things on time, or earlier.
as if the misunderstanding created by the Treaty of Guadalupe Hidalgo, which left Mexico without half its land, will be straightened out in due time, if they only have the patience to wait. And Mexicans do have the patience to wait.

The young clerk chose not to correct my poor sense of history by bringing up the subject of the Mexican-American War, in which American soldiers invaded San José del Cabo and established a garrison near the very place I was now standing and later killed one Mexican soldier, Lieutenant José Antonio Mijares, a hero who died defending his country and whose name is now borne by the boulevard out front, more commonly known as “hotel row,” where a hundred or more beefy, sunburned Americans now wandered timidly, ready to scatter at the sound of gunshots or the sight of a black Escalade.

“No,” the clerk said. “I mean before that.”

Now I was lost. I had no idea what he meant. This is the most frightening thing about being an

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immigrant, this moment when all communication falls apart. The problem wasn’t language — I understood his words well enough. Rather, I suspected, it was a failure to bridge some cultural gap. Was he ridiculing my immigrant status? Imagining I might be an illegal alien? No, he looked too sincere. Was he a Mexican evangelical, of which there are many, trying to tempt me into a religious discussion about where we come from and where we are going? No, he had no time for such nonsense. Besides, gringos are the world’s greatest exporters of evangelism, from Mormons to Mary Kay Cosmetics. It would be like trying to sell bananas to a Panamanian, and this young man looked too smart for that.

It’s disturbing to have somebody ask you where you come from and not be able to answer them, and it’s a question that is more confusing the older you get. If you’ve been to a lot of places, and lived in many of them, then you might have come from any one. The question raises vague anxieties about who you really are. In any case, wherever I came from, it was a place so different really was a rooster out on the street.

The clerk smiled at my confusion and raised his palm in a way that said he would clear up our misunderstanding in a moment. He took my 500 pesos, pushed a few keys on his computer, and

“We are both Vikings with the same name!”

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Nathaniel Hawthorne once wrote, of a garden, in his 1854 collection of stories *Mosses from an Old Manse*: “I used to visit and revisit it a dozen times a day, and stand in deep contemplation over my vegetable progeny with a love that nobody could share or conceive of who had never taken part in the process of creation.” A century and a half later, set against the desert backdrop of San Diego, rather than the damp of Salem, Massachusetts, local, avid gardeners are just as proud of their work. A handful of them, representing six public gardens throughout the city, sat down to talk plants, soil, and, most importantly, the bond forged between their communities and gardening.

A few scarecrows rise up from the plots.

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**Plants:** Vegetables and flowers, no tall trees
**Organic:** Yes

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Street.

A sandy walkway divides the garden. Plots lie on either side behind a mishmash of fencing, as the gardeners are responsible for enclosing their spaces. In the background, palm trees wave in the wind against a backdrop of blue sky.

Vegetables of all types are in the process of ripening here: greens, peas, even artichokes. Cacti are interspersed between plants, aloe and agave, too. Flowers, in vibrant pinks, oranges, and yellows edge the plots, adding a dash of color.

The garden is co-headed by City of Carlsbad Parks and Recreation supervisor Michael Bliss and his colleague Connie Kessler.

“It’s pretty pain free,” he says, of running the garden, as he sits on a picnic bench just outside it. “The gardeners that come out here really love what they’re doing, and many of these people have had these plots for years.”

The turnover isn’t high; there are currently 80 people on the waiting list, which, Bliss says, dates back to 2006. “I would say the average [time] could probably work out to be about ten years, easy,” Bliss says. “We’ve had some gardeners who have been here a long time. We’ve got 80 people on the waiting list, so people know, ‘Yeah, I want to garden,’ but you put them on a list and tell them ‘Oh, you’re the 81st…’ It’s tough. It shows how popular it is. It’s a shame. It would be nice if it were bigger.”

The city foots the bill for much of the garden, including water and trash pickup, and the Carlsbad parks department spreads the wood chips across the walkway. Whenever needed, an irrigation technician is on call as well. The city spends $2,000/month, according to Michael Bliss.

“There’s some staff involvement,” Bliss says. “You can’t let it completely go. You want to make sure it stays fairly maintained.”

As for rules, according to Bliss, it’s mostly “common sense stuff. You don’t want to keep a lot of junk in your little garden plot. You want to have it maintained, you want to continue on the upkeep, you don’t want to let it grow over with weeds. Once you have a garden plot, you don’t give it to someone else.”

Generally, he doesn’t have many problems with rule-breakers, and if someone inadvertently steps outside the boundaries, they are usually cooperative. At the time of this writing, there is a problematic tree that Bliss and his team have decided must be removed.

“We’ve just got to talk to the gardener,” he says. “One of the gardeners said, ‘It’s starting to shade my area a little too much,’ and the tree itself is getting to be too big, so we want to make sure we take care of that. We’ve sent her a letter, just letting her...
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All patients seen by the doctor.

know that we're going to have to take that tree out."
Aside from that, things are generally quiet around the garden. Bliss has noticed recently that a lot of neighboring cities want to start their own as well.

“I think it’s gotten a lot of press recently, more so because the Obamas in the White House are talking about having a vegetable garden,” he says. “Governor Schwarzenegger is trying to get something started around the mansion called a Victory Garden. People are jumping on the bandwagon — Shoot, if they’ve got one…”

He glances at the apricot tree.

“It’s a great community asset,” he says.

ESCONDIDO COMMUNITY GARDEN
LOCATION: Centre City Parkway between El North Parkway and Mission Ave, Escondido
PLOTS: 80+, 4’ x 20’
DUES: $20/6 months, $30/year
ELIGIBILITY: Public
WAITING LIST: 7 or 8
SOIL TYPE: Mushroom compost
IRRIGATION: Yes
PLANTS: Vegetables, fruit, and flowers
ORGANIC: Yes

The Encinitas Community Garden is hard to miss. It lines the side of Centre City Parkway, a main drag that leads to the 78 freeway, and tall plants and the roof of a red shed are visible from the road.

Cars race along Centre City Parkway as Beth Mercurio, the garden’s founder, sits under a trellis of wisteria.

“The garden was an idea that I had because of seeing the City Heights garden,” she says, referring to a now-defunct spot. “They had large, dancing wooden vegetables on the fence outside their garden. I was lost down in San Diego and that’s what I found. And I said, ‘What the heck is this? Let me write the phone number down. It started from there. I started contacting people, met a couple of people in the city who were willing to listen…”

Now, the garden, which sits on what Mercurio — her official title is Garden Manager — estimates to be just over two acres of land, is run by a board.

“We have master composters [and] we have gardeners here that just give us their input,” she says. “There are about eight people that run it, and we’re a well-oiled machine at this point. The garden’s been in existence for 15 years. Many of the people on the board have been on the board the whole time.”

The land belongs to the city, Mercurio says, and the Escondido Community Garden leases it from the city for a dollar-a-year type of agreement, which, according to Mercurio, is “periodically [paid] in vegetables.”
“They’re a very big supporter, and I’d like to think that they’re proud of us,” she says. “We feel really, really lucky right now. There’s a great big construction site next door, and that’s going to be a brand-new police and fire station. For most of the gardens that are on public land, when something like that happens, the community garden goes.”

The garden is laid out on a long stretch of land that is bordered on one side by a dead-ending gravel path. “No unauthorized vehicles,” admonishes a sign at the entrance, trying to keep intrusive car traffic to a minimum.

Each plot is lined with gray cinder blocks, some raised higher than others; tilled earth rises in neat rows within them. Some plants are just starting to sprout, while others are getting ready for harvest. They are well and carefully tended. Some gardeners employ creative means for staking and sheltering, for instance, using curved branches to create lattices for their growing vines.

This is, in part, Mercurio points out, due to the differing ethnic backgrounds of the gardeners who work here, many of whom have extensive experience in their home countries.

“We have people from China, from the Philippines, from Iran, from France, from Mexico, so they’re from all over the world,” Mercurio says. “Many languages are spoken out here. We have seniors that are living nearby in the Salvation Army residence, and they’re Chinese. So we have a group of Chinese men and women who walk over here each morning and each afternoon, and they’re probably the best gardeners out here.”

The cultural diversity, while a point of pride for the garden, at times causes tensions.

“The garden is a microcosm of the world, and the issues and the problems are the same,” Mercurio says. “People come from different countries, and perhaps those countries notoriously don’t get along, and I find they try to bring that into the garden.”

This was not always easily detected. Mercurio reports that, at times, the origin of a dispute would not be clear until it was pointed out that, perhaps, the individuals involved came from countries that have historically feuded with one another.

“I think the biggest issue is communication, because we have the different languages and the different culture,” she says. “What one person says is not what another person thinks they understand them to say.”

Another issue that has popped up, says Mercurio, is the use of space.

“In a lot of the Asian cultures, you don’t waste space,” she explains. “Space is at a premium, and the whole idea of these paths and these open areas is difficult for some of our Asian gardeners to understand. They tend to want to plant just anywhere. We try to keep rules — you stay inside your plot — and I turn around two days later, and I’ve got plants that are in spots where they’re not supposed to be. That type of thing.”

People garden for different reasons, Mercurio says. “It provides exercise for...
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NEW ROOTS COMMUNITY FARM
LOCATION: 54th Street and Chollas Parkway, San Diego
PLOTS: 80
DUES: Sliding scale
ELIGIBILITY: 20 plots will be available to the public
WAITING LIST: N/A
SOIL TYPE: Clay, but will be amended with compost/mulch/manure
IRRIGATION: Yes
PLANTS: Fruits and vegetables
ORGANIC: Yes

The New Roots Community Farm was, at the time of this writing, a project in process [The grand opening was September 10]. Just off of Chollas Parkway and 54th Street in City Heights, it’s currently being prepped for an irrigation line, and looks like a cleared lot with scattered tunnels of dug earth.

But, soon, says Amy Lint, Community Development Coordinator for the International Rescue Committee, it will be a full-scale organic garden designed to serve the growing refugee population of low-income, urban San Diego. Along with Bâbâ Muya, who works with the Somali-Bantu Organization, she and her team are laying the groundwork for the garden, which, she estimates, will all up costing around $200,000. The money comes from a surplus at the International Rescue Committee, an organization dedicated to resettling refugees from all over the world in San Diego, and, with an influx of people arriving from agriculturally centered countries, the need for a garden arose.

“There was some talk about ‘Well, what kind of support could we give this new [population] arriving to the United States? What kind of support could we give them in terms of food or nutrition?’” Lint says. “They come from an agrarian society and what they wanted was land [on which] to grow their own food. So we thought, ‘Okay, how would we do that?’ We can’t give people individual farms, they’re all resettled right in City Heights in dense area, but what we could turn this into is more of an urban farm or a community farm.” So that’s how this project got started.”

To use the land, which is city owned, Lint and the International Rescue Committee had to obtain a three-year permit, which cost $20,000.

The parcel — a little over two acres — will have 80 plots. Each plot will be 600 square feet, enough, Lint says, to grow about 40 percent of a food-stamp budget.

New Roots Community Farm
Location: 54th Street and Chollas Parkway, San Diego
PLOTS: 80
DUES: Sliding scale
ELIGIBILITY: 20 plots will be available to the public
WAITING LIST: N/A
SOIL TYPE: Clay, but will be amended with compost/mulch/manure
IRRIGATION: Yes
PLANTS: Fruits and vegetables
ORGANIC: Yes

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The idea, Lint says, is to create what she calls a "microenterprise," in which gardeners, who will mostly be recent and not-so-recent refugees from places like Somalia, will be able to grow enough food not only to feed themselves but to sell.

"We try and get people into the job market, and, of course, in this economy right now, it's even more challenging," Lint says. "But our organization is a partner in starting the City Heights Farmers Market, so if they're growing enough food, like small vegetables and such, and they have extra that they can't eat, they can actually take a small amount to the market."

Muya, who immigrated from Somalia four years ago, is also a driving force behind the project and plans to have a plot as well. He will, among other things, be growing sukuma wiki, a kale-like vegetable, which he grew in Somalia.

"I'm just going to grow the natural food I've been growing my whole life," he says. "I'll be helping the refugees who speak Swahili in my community, as well as try and learn the new way of growing in this urban garden... My whole life I have been a farmer. My father, my grandfather [too]. So it's kind of reminding me that I'm continuing the heritage that was given."
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**Ocean Beach**
- 4401 Ocean Beach Blvd., Ocean Beach
- **Ocean Beach Community Garden**
- 2351 Soto Street, Ocean Beach
- **Plot**
  - $31,200 square feet, some larger
- **Dues**
  - $45/6 months up to $50/6 months, depending on plot size
- **Eligibility**
  - Public
- **Waiting List**
  - 12
- **Soil Type**
  - Fine sand; amended by gardeners with chicken manure, topsoil, mulches, green sand, blood-meal, bonemeal, and compost.
- **Irrigation**
  - Yes
- **Plants**
  - Vegetables, fruit, flowers
- **Organic**
  - Yes

The Ocean Beach Community Garden is tucked at the foot of Collier Park on Soto Street, just past a storage shed and scattering of picnic tables. Fifty-one plots in all, it covers a considerable space, flowers and vegetables co-mining, some plots full, others just turning over after a recent harvest.

The roses in the rose garden, while not in full bloom at the time of this writing, cover a lattice-worked trellis, under which sit two benches for rose-viewing or lounging. A few scarecrows, one with the Chargers bolt emblazoned across its head, rise up from the plots, and they seem to work. There is not a crow in sight.

The garden itself is run by a board of directors, says Margaret Young, who is the community-coordinator contact for the garden.

The board consists of five members “in good standing,” and the official positions are chairperson, a vice chairperson, secretary, treasurer and Young’s own, community-coordinator contact.

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San Diego Reader October 8, 2009 55
municipal areas in that garden,” she says, of her position, as she sits on the couch in a house she is looking after for a friend. “I allocate volunteer work, which is mandatory for all gardeners to do at least once a month — they should [that is], but not all do, because they’re busy with their lives and work. Or I find somebody at a loose end, and I ask them, ‘Can you help out with this, can you help out with that?’”

Young has been gardening all her life. She started by watching and assisting her parents and grandparents in her hometown of Birmingham, England. Once she married and had children, she gardened an acre-wide stretch of land on her own. Now an Ocean Beach resident, she has her own private garden as well as a plot in the community space.

Many of the gardeners who currently have plots in Ocean Beach are experienced and have been there for a number of years. Some members have had their spaces since the early 2000s. Young has been on the board since 1995.

“In the ‘90s, there was a big turnover,” she says. “The people were of a caliber that thought they wanted a garden and then would give up quite easily and disappear. But not now. People are very settled. They’re the right type of people to be gardeners, I would say.”

The garden has had a few bumps in the road, including a recent theft of tools and supplies. Overnight, Young says, several people broke in and stole whatever was on hand.

“They were looking for tools, not particularly garden tools, but hammers, saws,” she says. “I think they had seen the progress of [our] greenhouse going up, so they were stealing screws and nails. They didn’t touch any of the spades in our tool shed, but they certainly went on a big rampage and even took some garden ornaments and a few plants. Worst of all, they, they uprooted two or three apple trees and stole those, and one gardener had two potted [citrus] trees, and they stole those too. They broke down the fence at the front, which we’ve repaired ourselves.”

Still, says Young, these incidents are infrequent, and the garden is mostly a jolly place. During her time, she has piloted several successful programs for the gardeners, their families, and friends, one of which is a garden contest. Judges, including a staff member from the Balboa Park nursery and two park rangers, observe the gardens in secret and vote on them based on plot number only.

Young tallies the votes for each category — Best New Garden, Best Salad Garden, and Gardener of the Year, for example — and the winners are announced at an annual party in October.

Last year, to bring everyone together even more, Young and the board threw a July garden party potluck-barbeque, complete with food contest. Each contestant brought a dish made with something from their garden, whether it was a side or a main meal.

“The treasurer brought along his barbeque pit, and we had the food contest,” she says. “We had the potluck, and a wonderful afternoon.”

While having a plot can be quite an undertaking, Young says her crop of gardeners is especially dedicated. “It’s a valuable resource to people, especially for apartment-dwellers and condo owners,” she says, of the garden. “They have this really big feeling for growing vegetables, but they don’t have the space to do it. Or they may have a shady balcony and then they get into problems trying to grow stuff.

“If you take a garden, be diligent,” she says. “We have a strict board with strict rules, so the city will not frown on us as an organization. That’s basically what we do, try to keep a good standing with the city so that the gate stays open.”

**VERA HOUSE COMMUNITY GARDEN**

**LOCATION:** Corner of 34th Street and North Mountain View Drive, San Diego

**PLOTS:** 200 square feet, about 10’ x 20’

**DUES:** 13

**ELIGIBILITY:** Normal Heights residents have first priority; public

**WAITING LIST:** 22

**SOIL TYPE:** Clay and mulch

**IRRIGATION:** Yes

**PLANTS:** Fruit, vegetables, and flowers.

**ORGANIC:** Yes

At the Vera House Commu-
nity Garden, the greeter on hand is a feline. A black-and-white longhair, her name is Harmony and she is, as Katherine Rotherham, one of the garden board members, describes, their “organic gopher catcher.”

There garden is small, with 11 individual plots and communal herb plot, located on a vacant parcel where 34th Street meets North Moun-
tain View Road in Normal Heights. The streets are tree-lined, picturesque. Neighborhood houses generally have their own well-tended gardens, creating an abun-
dance of plant life on the block.

The lot, according to Rotherham, was once occu-

pied by a small house that had fallen to ruin some time ago. After a fire in Normal Heights, the remains were burned to the ground. The lot remained empty until the garden went in nearly 20 years ago.

“Fran Wilcox started the first community gardens in Normal Heights,” Rother-
ham says, sitting at a small table in the center of the gar-
den. “She had a children’s garden at Adams Elementary School and a community gar-
den on Bonnie Court, which is where 1–15 is now. When that got taken away, she started looking for another one. She connected up with Lois Miller, who lives down the block here, and they found this place.”

The namesake for the garden, Rotherham says, was a neighborhood woman named Vera, who “always thought it would be nice to have flowers” growing on the lot. House died of cancer in the late ’80s, and when the garden went in not long after, it was dedicated to her memory.

Everything, Rotherham remembers, in the garden was put in for free by neigh-
borhood dwellers, but not everyone was happy about its progress.

“When it started out, there was a renter next door, and she was very opposed to this garden,” she says. “The city attorney had determined that this was an agricultural use of a residential plot, and it wasn’t okay. But he also told us that they were revising the zoning code, and that if we worked with them, we could get community gardens okayed in residential areas.”

Members of the Normal Heights community — and others — rallied together, getting petitions signed and attending meetings.

[TV weatherman] Loren Nancarrow said he’d come out and handcuff himself to a pepper plant,” Rotherham says with a smile. “Anyway, we got it into the zon-
ing, and then we were okay here.”

And in came the gardeners. “We have a postman, we have a county worker, we have four retired people, we have a San Diego State pro-
fessor, substitute teachers,” Rotherham says. “I’d say the ages range from the 80s down to the late 30s, early 40s. The college professor brings her two children down. The baby will be here, watching what’s going on.”

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EASTSIDE COMMUNITY GARDEN
LOCATION: Civic Center Drive and North Weitzel Street, Oceanside
PLOTS: 55, size varies
ELIGIBILITY: Public
WAITING LIST: no plots currently available
SOIL TYPE: Varies
IRRIGATION: Yes
PLANTS: Fruits and vegetables, some flowers
ORGANIC: Yes

The East Side Community Garden is enormous, as far as community gardens go. Pea plants stand tall on large plots, fenced in by strong string tied to posts, and corn stalks wave in the hot breeze, their husks browning slightly in the sun. The east edge of the garden, which overlooks I-5, is lined with cacti. Vine-traced trellises stand among the plots, shading plants from the elements, and rows and rows of ground-hugging plants sit in even, unbroken lines.

While Concha Greene, the chairperson for the Oceanside community organization, community assistant for the city of Oceanside, and one of the garden’s founders, is not sure of the exact dimensions, it could easily hold a decent-sized condominium complex. “This was an empty lot that the city owned, and the people in the community needed a garden,” says Green, who sits under a shady canopy in the center of the garden. “Most of them lived in apartments, and they didn’t have the space, so people in the community came together and cleaned up this empty lot and proceeded to make a garden for themselves. There were about 50 [people]. They were adults, families, and kids.”

They did all the work themselves, hauling out the rocks and debris left over when contractors destroyed the houses that once occupied the plot. “We had to clear all that stuff out of here,” Greene says. We did it with what we had, trucks from people in the community…The labor came from people in the community.

The garden was funded with part of a grant from the California Wellness Foundation, which poured $1.2 million into the then-struggling Oceanside neighborhood 15 years ago.

“People were able to come and get the vegetables and whatever the gardeners had grown, to help themselves get food on the table, sharing,” says Greene. “What they do is most of the residents that have a plot here in the garden have apartments, so when they pick their vegetables, they take it to the apartment complex, and they give them out to the people there.”

That’s the whole idea of the garden, which is restricted to vegetable- and fruit-growing only. Exchanging and gifting food is key. “Especially, now with the job market the way it is,” Greene says. “Plus it provides a little bit of food on the table for the ones that can’t really afford it.”

Historically, not everyone has followed this rule. One man, Greene reports, even started selling his harvest to a local grocery store.

“I trailed him in my car,” she says, with a sly grin. “Some of the gardeners told me [what he was doing], and that was a big no-no, because that’s not what we had built this garden for, for self-profit. We built it to help the community, but evidently this guy was helping himself.”

She followed him to the grocery store and watched him unload and make a sale.

“When he tried to deny it I told him ‘I saw it with my own eyes.’ So that [was] it. Of course, he made it worse for himself by threatening me…”

The man was removed from the garden, along with several others who were using the garden for drinking and parties. Greene, who took an 11-month sick leave from her position, returned to find that some gardeners were taking “women of the night” into the shed — which has since been taken down — after dark.

“What really got me upset was that they started to fight amongst themselves,” Greene says. “Because one was jealous of the other one. They would say, ‘Oh, your plot is bigger’ and blah, blah, blah, this and that. When I started back at work, and I called a meeting, we threw out the [offenders], [and] we reorganized. We made them sign a contract that all of the above they were doing was not going to be tolerated, no more excuses, they would be out on the first offense.

Since then, the garden has been peaceful. Greene says that the group handling the plots is now more diverse.

“Before, it was mostly people from the community, mostly Hispanics,” she says, “but now that we have some people from the area north of here, we have Vietnamese, we have Japanese, we have Caucasians, we have Mexicans, and we have a few black people who are involved in the garden, which is great to me. Because that’s the way it should be.”

The garden, she says, helped the community come together at a time when it needed it most, 15 years ago.

“We’re still fighting the gangs and we’re still fighting the drugs, which we’ll always be,” Greene says, “but at least now it’s livable.”

Several garden contacts did not return calls for comment. Others preferred not to be included in this article.

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**TAKE THE HAUNTED TRAIL**
When darkness falls, Marston Point in Balboa Park is filled with creepy ghouls and goblins. This “all-outdoor haunted attraction” follows a mile-long trail through a twisted grove of pines and gnarled oaks. Be afraid, very. See SPECIAL, page 66.

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Saturday | 10

**ROBOTS IN YOUR FUTURE?**
Ethicists are discussing “robot rights” in anticipation of an automated world, and with all the recent advances in science, it’s easy to see why. At the Robotic Education Expo held at Cuyamaca College, see engineering presentations, exhibits, and competitions such as Botball, iARoC, autonomous underwater vehicles, SeaBotix, and the Robo X Chess Team. See SPECIAL, page 66.

**NEW DISCOVERIES IN DEEP-SEA ANIMAL DIVERSITY**
Scripps biological oceanographer Greg Rouse unveils his latest findings on some of the ocean’s most intriguing and least-studied creatures for their Perspectives on Ocean Science lecture series. Learn about the sophisticated tools oceanographers employ to unravel the mysteries of the evolution of life…in the deep. See LECTURES, page 71.

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Sunday | 11

**LITTLE ITALY FESTA**
Celebrate all things Italian at the Italian-American festival in the one neighborhood in San Diego that provides chairs on the sidewalks for pedestrians to sit and watch the goings-on. Food, art, retail vendors, entertainment stages, bocce ball tournament, stickball game, and more, plus the featured Gesso Italian Chalk Painting Contest. See SPECIAL, page 65.

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Monday | 12

**THE WEDDING SINGER**
The Pearl Hotel’s “dive-in theater” event combines “eclectic film choices,” food, drink, and light conversation at its poolside lounge and outdoor theater. Feel free to bring a swimsuit, and if you feel like making a night of it, keep in mind that local residents get a discount on rooms. See FILM, page 68.
### MINE CANYON

Tranquil Mine Canyon and its several tributaries slash deep into the Pinyon Mountains of central Anza-Borrego Desert State Park. Day after day, year after year, the parched ravines and boulder-splintered hillside lie open to the searing rays of the sun. Once every several years or so, rain pours in buckets, and a fresh layer of sand, left behind by receding floods, coats the bottoms of the ravines and washes. Some of the water borne sediment is carried down past the mouth of the canyon, where it accumulates on a broad, tilted alluvial plain, about four square miles in extent, known as Mescal Bajada. On this bajada (the Spanish word meaning “down-slope”), desert agave plants (a.k.a. century plants or mescal) grow in particular abundance.

The next blooming phase of desert annual and perennial plants in Mine Canyon is some months away, so the current appeal of the place centers on its warm, dry weather and the nearly complete absence of sound. Winds tend to be gentle or absent this time of year, and there’s hardly a buzzing insect to be found. Only the distant hiss of an occasional high-flying airliner interrupts the silence.

Anza-Borrego has a free-of-charge “open camping” policy that allows you to stay overnight along any park roadway or in any wilderness area. There are limitations, of course. You’re not allowed to drive your vehicle off of approved roads, no ground fires are permitted, and you must not establish camp near to water sources (in deference to the watering rights of the local wildlife).

Mine Canyon has plenty of small road side spaces for parking for the day or for overnight camping. If you plan to camp in October, try arriving in the later afternoon and departing the next morning before the sunshine gets too intense. Regardless of how long you plan to stay, be sure to bring along plenty of drinking water.

The unpaved road into Mine Canyon (which may not be suitable for low-slung passenger cars) intersects Highway 78 at a point about 16 miles east of Julian. More specifically, the intersection is 2.7 miles east of Tananark Grove Campground. Look for a sign, on the south side of the highway, designating “Mine Wash,” which is the name of the lower part of the canyon. Work your way up the gently corrugated surface of Mescal Bajada for 1.6 miles to a parking area and interpretive plaque at the foot of a rocky ridge. Scattered amid the eroded granitic boulders and ironwood trees here you’ll find old morteros, or mortar holes, a sure sign of prehistoric occupation by ancestors of today’s Kumeyaay Indians.

As you drive farther along Mine Wash toward the Pinyon Mountains, notice how the vegetation changes from low-desert types, such as the smoke tree, to agaves and later junipers, Pinyon pines, the namesake of the mountains, grow at still higher elevations.

There’s a short spur road on the right at a major fork in the wash at 3.9 miles from Highway 78. This is an especially nice spot for car camping. From there, the road into Mine Canyon continues uphill a final 0.7 mile south-southwest, and a narrow fork of Mine Wash ascends gently south-southwest. The latter wash, along with its several branching tributaries, is wonderful to explore on foot — especially when long shadows fall across the sands at the beginning and the end of each day.

Stoic Mormon tea shrubs poke up amid the rock rubble and bold specimens of Teddy Bear and Buckhorn Cholla cactus glister in the low-angle sunlight.

This article contains information about a publicly owned recreation or wilderness area. Trails and pathways are not necessarily marked. Conditions can change rapidly. Hikers should be properly equipped and have safety and navigational skills. The author and Jerry Schad assume no responsibility for any adverse experience.
The Tawny Hues of the black oak tree are just beginning to highlight the slopes of San Diego County’s highest mountains. Named for the dark coloring of its bark, especially when wet, the black oak is the only deciduous oak native to the county. Associating with pines, firs, cedars, various evergreen oaks, and occasionally chaparral, the black oak lends a true autumn coloring to popular areas such as the Cayucosca, Laguna, and Palomar Mountains.

Dense Ground Fogs are a trade-mark of the onset of autumn along San Diego’s coastal strip. Fog materializes during the night and early morning hours when moist marine air that has settled in valleys and low areas is chilled below the dew point. These ground fogs are distinct from the low overcast that usually blankets the coastal strip on late-spring and summer mornings. Spider Webs, decorated with myriad of tiny dew droplets, are a beautiful sight on foggy autumn mornings. Look for them in San Diego’s wild canyons and park areas, or in your own backyard.

The Planet Jupiter Gleams high in the southern sky after dark during the entire month of October, Jupiter’s Galilean satellites, the four largest and brightest moons circling the planet, can be easily observed this month using equipment as simple as firmly supported, high-power binoculars.

First noted by Galileo in 1609, these satellites noticeably change their configuration from night to night as they swing around the planet.

“Global Warming — The Future at Daley Ranch” Naturalist Dorothy Kittling leads roughly three-mile hike over many trails, talking about global warming and its effect on our resources. 760-839-4680. Saturday, October 10, 8:30am.


Blooms, Bugs, Butterflies, Birds Connect to local biological and natural resources during trail guide-led informative walk “through history and nature” at historic Old Mission Dam. 619-668-3281. Saturday, October 10, 8:30am. Free. Kumeyaay Lake Campground entry station, Two Father Junipero Serra Trail. (81010.

Discover Magnificent Beauty! Nature walk and meditation. Marvel at the reawakening vegetation throughout the reserve and be enchanted by fabulous flowers along the trails. 760-436-3944. Saturdays, 10am. San Elijo Lagoon Ecological Reserve, 2710 Manchester Avenue. (72020).

Help in Sheppard Canyon Volunteers needed to help with restoration projects at Sheppard Canyon, including invasive plant and tree removal, native plant rescue, more. Some tools available, bring yours if you have them. RSVP: 619-627-0682. Saturday, October 10, 8am. Free. Sheppard Canyon habitat restoration site, 5687 Santo Road. (72050).


Palm Walk (Olmsted Tours offers its monthly hour-long guided stroll exploring structure, growth habits, landscape value of palm trees. 619-235-1122. Saturday, October 10, 11am. Balboa Park Visitors’ Center, 1549 El Prado. (72010).


San Diego Field Ornithologists Expert birders lead bird walk on easy trail winding along Tecolote Creek. Bring binoculars, drinking water. 858-381-9944. Saturday, October 10, 10am. Free. Tecolote Nature Center, 5180 Tecolote Road. (72010).

Tracking Walk Easy tracking walk for everyone (beginners and intermediates), starting at Los Penasquitos Canyon Preserve. Learn to track animals, discover their environments. 858-484-3219. Saturday, October 10, 8am. Free. Los Penasquitos Canyon Preserve, 12020 Black Mountain Road. (72010.)

SPECIAL

“Art at the Creekwalk” Enjoy a walk along creek, meet local artists displaying and selling their art. Workshop for kids. Find event next to Wave Waterpark. 760-224-8737. Sunday, October 11, 10am; free. The Wave Waterpark, 101 Wave Drive. (72050).

“Art, Music, and Wine Festival” Experience art by over 50 artists, live music by five bands, fine wines poured by various wineries and food vendors. 866-843-9946. Sunday, October 12, 10am; free. 2319. Valley View Casino, 16300 Nenni Pass Road. (72010).

“Chad — The Japanese Tea Ceremony” Museum presents “program to animate the implements of the tea ceremony featured in ‘Rite and Ritual’ exhibition.” Demonstration of tea ceremony and contextualizing of it in the history, philosophy, contemporary understanding of Japanese culture. Seasonally appropriate tea and sweets served. Required reservations: 619-239-0003 x045. Saturday, October 10, 2pm; $13-$25. Mingei International Museum (72010)

“Concentration, Visualization, Meditation” Learn techniques for stress reduction, relaxation during meditation classes, as well as advanced breathing techniques, “essence of yogic philosoph.” 619-640-4438. Tuesdays, 7-30pm, through Thursday, December 31, free. Pilgrimage of the Heart Yoga, 3301 Adams Avenue. (72010.

“Messages with Love from the Other Side” Clairvoyant medium readings by Reverend Robby Warren, who “will commnunicate with your loved ones who are no longer with you.” Offering. 858-320-0990. Wednesday, October 14, 7pm. Celebration Center for Spiritual Living, 5820 Oberlin Drive #104 (72050).

“Onions and Ogres” Chef Eliz-abeth — a.k.a. the Opera Singing Chef — shares some of her favorite onion recipes such as onion focaccia (from scratch), caramelized onion and garlic bisque with sour-look two breadsticks, more. Fee includes recipes, tastings with each dish. Required reservations: 760-436-3036 x226. Saturday, October 10, 11:30am; $25-$30. San Diego Botanic Garden, 230 Quail Gardens Drive. (72010).

“Room for One More” Monster Manor returns, with visits to the Ghastleys’ haunted family home in their Victorian mansion during the night haunts (for those 13 and older). Manor transforms...
**Baskets and Botany 2009** Celebrate traditions of Southern California Native Americans with performances by local storyteller Abel Silvas, Nyemii Wildcat Singers, Jon Mecz Cuero and the Aukas. Basket weaving demonstrations, bird walk, tribal song presentations by Native Kumeyaay people, Sky Hunters raptor education. Food for sale. 858-581-9944. Saturday, October 10, 10am; free. Tecolote Nature Center, 5180 Tecolote Road. (CLAIREFONT)

**Bugs and Crime!** Forensic entomologist David Faulkner plans slide-illustrated presentation about crime investigation using insects for clues and information. 619-588-3718. Saturday, October 10, 2:30pm; free. El Cajon Library, 201 East Douglas Avenue. (EL CAJON)


**Check-In Time at Haunted Hotel** Experience all kinds of scares in this hotel. Closed Mondays and Tuesdays except October 26 and 27. 619-696-SCARE. Thursdays, 7pm; Fridays, 6pm; Saturdays, 6pm; Sundays, 7pm; Wednesdays, 7pm; through Saturday, October 31, 8:14-8:24. 10 and up. Haunted Hotel, 424 Market Street. (DOWNTOWN)

**Designing a Garden?** Professional landscape designer Jude Mendez offers personalized, 45-minute landscape design consultation. Bring photograph of your area, ideas from magazines, project dimensions for practical advice and suggestions for creating a low-water landscape. Required reservations: 619-660-0614 x110. Friday, October 9, 5pm; $60-$85. Water Conservation Garden, 12122 Cuyamaca College Drive West. (CUYAMACA COLLEGE)

**Enjoy your visit to San Diego with Pacific Skydiving**

- **$125* Tandem**
  - *Scenic flights over the ocean and downtown San Diego*
  - *Jump from altitudes over 2 miles above the ground*
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Call or go online for reservations.
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**Free Saturday at Lux** Art lovers and their families invited to open house with studio tours, refreshments, live music by Zach Ashton. View marble sculpture and paper works by Elizabeth Turk, the most recent resident artist. 619-436-2100. Saturday, October 10, 10am; free. Lux Art Institute, 1550 South Ocean View marble sculpture and paper works by Elizabeth Turk, the most recent resident artist. 619-436-2100. Saturday, October 10, 10am; free. Lux Art Institute, 1550 South Ocean

**Free Test Drive**

- **Must purchase $70 video ($195 total cost). Weekdays only.**
- **Add $20 for weekend jumps.**

**La Jolla Art and Wine Festival** Party celebrating La Jolla’s artist colony roots promises juried art exhibit, live music and entertainment, gourmet food vendors, libations from local wineries and breweries, children's art center. 858-454-1669. Saturday, October 10, 9am; Sunday, October 11, 9am; free. $125. La Jolla Art and Wine Festival, Girard Avenue at Pearl Street. (LA JOLLA)

**Little Italy Festa** Italian American festival promises food, art, tail vendors, two entertainment stages with array of musicians and performers; bocce ball tournament; stickball exhibition game; children’s area. Also planned “Gesso Italian Chalk Painting Contest.” 619-233-3898. Sunday, October 11, 10am; free. Little Italy. (LA JOLLA)

**Middle-Eastern Drum and Belly-Dance Class** Dismork Drumming class for all levels taught by Frank Lazzaro (6-7pm), followed by tribal belly-dance class taught by Sabrina Fox with live drumming (7-8pm). $12 per class. 760-703-1487. Monday, October 11, 10am; free. Little Italy. (LITTLE ITALY)

**Music and Dances of the World** Free live music and dance show promoting world music, folkloric and ethnic cultural traditions. Drumming (7-8pm). $12 per class. 619-703-1487. Monday, October 11, 10am; free. Little Italy. (LITTLE ITALY)

**Sundae Social** Annual picnic meet and greet. Sing-a-long, live music and entertainment. Food for sale. 760-672-9650. Sunday, October 11, 2pm; $6-$7. La Jolla Community Church, 6855 La Jolla Boulevard. (LA JOLLA)

**Arts and Crafts Fair** Craft vendors, community group exhibits, live music, ethnic dancing, children’s area. Also planned “Gesso Italian Chalk Painting Contest.” 619-233-3898. Sunday, October 11, 10am; free. Little Italy. (LITTLE ITALY)

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  - *Jump from altitudes over 2 miles above the ground*
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**Sunset Celebration**

- **Tattoo Art and Competitions**
  - *Contests for all ages, backgrounds, cultures*
  - *Singing, teaching part-singing*
  - *French Horn student recital presented by the San Diego County community*

*Free Saturday at Lux Art Institute*

- **Knit Night** Gather with fellow fiber artists for social knitting, crochet, spinning. 760-806-6744. Tuesdays, 7pm; free. 18 and up. Clever Knits, 214 South Indiana Avenue. (CLAIREFONT)

**For Costco Members Only**

**Martha Stewart’s Dinner at Home**

- 52 Quick Meals to Cook for Family & Friends

Martha Stewart invites you to meet

**Martha Stewart**

at a book signing of

**Martha Stewart’s Dinner at Home**

**Sunday October 18 • 3 p.m.**

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Carlsbad, CA 92009

FOR COSTCO MEMBERS ONLY
Robots in Your Future?

Rev It Up and Go!

8708. Saturday, October 10, 1pm; Mexico. Registration: 619-282-6700. Celebrations in Latin America and which have long been a staple of (NORMAL HEIGHTS) 8570. Saturday, October 10, 10am; free. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

Sweet Skulls! Maryann Luera and Ana Barra lead class, promising Brief Day of the Dead history, symbolism of sugar skulls, and their use in art, hands-on crafting and decorating sugar skulls, each student leaves with completed sugar skull. Required reservations 619-280-8080. Thursday, October 8, 2pm; Saturday, October 10, 10am; Sunday, October 11, 1am, free. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

The Haunted Trail This "all-outdoor haunted attraction," follows mile-long trail through twisted grove of pines and gnarled oaks. Closed Mondays and Tuesdays except October 26 and 27. Thursday, October 8, 7pm; Fridays, 7pm; Saturdays, 7pm; Sundays, 7pm; Wednesdays, 7pm; through Saturday, October 31, 14, 24-27. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

Torch-Worked, Etched, Fused... All manner of items on offer during ninth annual patio show and sale hosted by Art Glass Guild and Art Glass Association of Southern California in studio 25. 702-816-7008. Saturday, October 10, 10am; Sun- day, October 11, 10am. free. Spanish Village Art Center, 1770 Village Place. (LA JOLLA)

Train Song Festival San Diego Folk Heritage event promises traditional music inspired by history and culture surrounding railroads. Enjoy performances by Trails and Rails, Baja Blues Boys, Ken Graydon, Tanya Rose, Patty Hall, others. Also planned: kids' railroad costume contest (12:30pm), train stories by Steve Gregory (3:45pm), train-related vendors. 858-668-4576. Saturday, October 10, 10am. free. Old Poway Park, 14134 Mid- land Road, poway

Ukes and Hula ukulele Society of America gathers to play, teach UKulele. People hula as well. 760-729-4331. Thursdays, 6pm, free. Oceanhouse, 300 Carlsbad Village Drive. (CARLSBAD)

Velvet Cat Home Tour This year's tour offered by Fullbrook Woman's Club includes a 908-square-foot tree house built sometime in the 1920s, a Southwesten estate, an "upside-down house," and a Mediterranean-style home. 760-728-6090. Saturday, October 10, 10am. $15. Fullbrook Woman's Club, 238 West Mission Road, ENCINITAS.

What is Wrong with Congress? Can it be fixed? Consider topic with PBR Discussion Group. 619-370-1027. Thursday, October 8, 7pm; free.Filter, 4096 30th Street. (NORTH PARK)

What's the "Hydropionic Wick Method"? Find out when AgPALS lead workshop to help participants "Build a Sustainable Grow Box." Learn principles of applying hydropionics as a sustainable agriculture and landscape method, then set up grow box with fall veggies, herbs. Required ad- vance registration: 760-436-3036 x206. Saturday, October 10, 9am, $70-80. San Diego Botanic Gar- den, 230 Quail Gardens Drive. (ENCINITAS)

Wolf Awareness Week 2009 Celebrate "recovery of the Yellowstone ecosystem" when Emmy Award-winning wildlife cine- matographer Bob Landis pre- mieres new footage, speaks about wolf behavior and its impact on Yellowstone National Park. Tick- ets $35 for noon program, $80 for 4:30pm program. Required reser- vations 619-234-WOLF, Saturday, October 10, noon and 4:30pm; $35-60. California Wolf Center, 18457 Tall Pine Road. (ALAMO)

CALESSICL MUSIC

"Angelus Sacred Music Series" Solo organ recital featuring Los Angeles-based artist Andrea An- derson in Founders Chapel, Founders Hall. 619-360-4771. Fri- day, October 9, 8pm. $8-12. Uni- versity of San Diego, 5998 Alcala Park. (UPCA)

"Invisible Architecture" USCD pianist Katalin Lukacs performs pieces by Sciarrao, Lizst, and USCD composer Philippe Manoury. 858-534-3229. Thursday, October 8, 8pm. free. Conrad Pre- bys Music Center at UCSD, Russell Lane at Gilman Drive. (LA JOLLA)

"The French Harpsichord" Blandine Rannou plays selections by Louis, Francois d' and gear," "Tribute to the Masters" tion paying homage to legendary surfers, "All-outdoor haunted attraction," 2-for-1 lesson $38 (Advance reservation required)

$35-$80. California Wolf Center, 18457 Tall Pine Road. (ALAMO)

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Club Sycuan card and/or valid photo ID required for return rides. Signup for your free Club Sycuan card upon arrival at Sycuan Casino.
DANCE

"Belly Dance Nights" Belly dance showcase featuring Sabrina, Dilik, Heather, Maha Dansuri. Live drumming by Frank Lazzaro and Cairo Beats. 619-282-0437. Wednesday, October 14, 9pm; $5. Lestar’s Coffee House, 3433 Adams Avenue. (NORMAL HEIGHTS)

"Surface Tension" Malashock Dance presents “short pieces that are both physically challenging and emotionally arousing.” Program includes: After Du, Apologies from the Lower Deck, and Wayward Glances. 619-544-1000. Thursday, October 15, 10:30am; $12-15. Liberty Station, 3801 32nd Street. (MISSION VALLEY)

Ballroom and Latin Dance Classes Classes meet for ballroom dance (7pm), Latin dance (9pm). Beginners welcome. Fee: $10 per class, $50 if paid monthly. 858-881-0593. Tuesdays 7pm–8:15; $10. City of San Diego, Central Resource Center, 3050 Waterfront Park Drive. (NORMAL HEIGHTS)

Time to Swing Dance! Firehouse swing school’s classes include "Lindas Hop's Round" (9pm) routines taught by Joel and Emily (7-8pm). Fee: $15 per class or $50 for four weeks. Firehouse Swing Dance. 858-454-0808. Wednesday, October 14, 4pm; $8-10. Contra Costa swing, country and western, and jazz standards from Beston Jones (4-4:30pm), followed by swing dance party. 858-454-0808. Wednesday, October 14, 7pm-10:30pm. First time is free. 619-699-0263. North County, 535 Encinitas Blvd., Suite 100. (POMONA HILLS)

Firehouse Swing Matinees Women's class with DJ'd swing music (3-4:30pm). Beginning swing lesson (4:30pm), followed by swing and jazz music from Beston Barnett and the Zunday Quartet (4:30-7pm). Swing dance contest with winners awarded tickets to Big Bad Voodoo Daddy show (October 23, 8pm) at the Balboa. 619-828-3736. Friday, October 16, 5pm-8pm. The Balboa, 5200 Avenue of the Arts, San Diego. (SOUTHBAY)

Hustle Dance Party Hustle workshop for intermediate/advanced dancers with Melanie Down (9:30pm) and Vincent Wong (10:30pm). Hustle dance party follows 8pm-midnight ($5 members, $7 nonmembers), with beginner lesson 8:30-8:45pm (included in admission). 619-803-9982. Saturday, October 17, 9pm; $5-15. Dance North County, 535 Encinitas Blvd., Suite 100. (POMONA HILLS)

FILM

"Art 21 — Art in the Twenty-First Century" sneak preview of season 16 of PBS series. See episode 2: "Fantasy" (6:30pm) and episode 3: "Transformation" (8pm). Informal discussion led by Karen Loom following each episode. Required reservations: 760-436-6611. Thursday, October 8, 6:30pm and 8pm; free. Lux Art Institute, 1550 Bard Avenue, Encinitas. (POMONA HILLS)

Buongiorno, Notte (Good Morning, Night) Marco Bellocchio's 2003 film is based on true story of kidnapping of Aldo Moro by Brigate Rosse (Red Brigades). Film Forum screening in Italian with English subtitles. 619-236-5800. Monday, October 12, 6:30pm; free. San Diego Public Library, 2225 Park Boulevard. (MISSION VALLEY)


Motorcycle Diaries International Film Series continues with story of Che Guevara, who motorcycled across South America with his friend Alberto Granado in 1951-52; odyssey crystallized Guevara’s budding revolutionary beliefs. Screening takes place in room 204; film repeats at 7pm on Oceanide campus in room 8001. 760-944-4449 x7758. Friday, October 9, 1pm; free. Miramar-College Campus, 3333 Mesan Avenue. (ENCINITAS)

My Dear Enemy This 2008 South Korean film from Tibe Film Festival screens for ArtPower! Film series. 858-534-TIXS. Tuesday, October 13, 8pm. The Loft, 9500 Gilman Drive. (LA JOLLA)

The Color of Freedom Joseph Finesses and Dennis Haybert star in this film telling story of a white prison guard who helped incarcerate Nelson Mandela for 27 years. Fee: £8.50. 858-581-9637. Wednesday, October 14, 7:30pm. free; 17 and up. North University Community Library, 8820 Judicial Drive. (UNIVERSITY CITY)

The Wedding Singer "Die-in theatre" combines "eclectic film fragments, food, drink, light, conversation at hotel's poolside lounge and theater (outdoors). Reservations: 619-229-6100. Wednesday, October 14, 8pm. Pearl Hotel, 1410 Rosecrans Street. (POINT LOMA)

Why Worry? Silences on Sundays series curated by Kellee AndONO continues with films from 1925 including: Rythmus 23. Catch flick in Seuss Room. 858-344-5011. Sunday, October 11, 7pm; free. UCSD Arts Library, Geisel Library, 9500 Gilman Drive. (LA JOLLA)

Zoo You (In Love We Trust) This 2007 tale of love, loyalty, and responsibility among China's middle-class family's relations — in Mandarin with English subtitles — for Sunday Matinee series. 619-236-5800. Sunday, October 11, 2pm; free. San Diego Public Library, 2225 Park Boulevard. (MISSION VALLEY)

Celebrate the Spooky See Calendar when Carlsbad Library film series continues. Evenings include free film (5:30pm) and post-film discussions. 760-602-2286. Wednesday, October 14, 5:30pm. free. Schulman Auditorium at Carlsbad City Library, 1775 Dove Lane. (CARLSBAD)
What's Cooking?  
Culinary arts students host five-course dinners in the Culinary Arts patio dining area near student center. Dinners include appetizer, intermezzo, entree, dessert, coffee service, vegetarian meals available. Dinners are fundraisers for students to compete in state and national culinary competitions, as well as in kitchen maintenance, equipment, supplies.

Thursday, October 8, 5:30pm; $50. Reservations: 858-755-4844.

Solana Beach Chamber of Commerce and the San Diego Coastal Restaurant and winery showcase the Wine and Food Festival "What's Cooking?"

"Witches Brew, Tales & Tidbits" presented by the San Diego Junior Theatre, 2130 Pan American Plaza, 4548 Sweetwater Road. (BALBOA PARK)  
Thursday, October 8, 6:30pm; $12-$53. San Diego Sports Arena, 3500 Sports Arena Boulevard. (MEADOWS DISTRICT)

All Aboard! Chula Vista Live Steam Club provides train rides. Donation: 50 cents. Children under 48” must be accompanied by an adult. 619-421-5227.

Bats: Frightful Faces! Preschoolers (2-5) and parents learn fun facts, take short hike, make craft during Ant-Sized Adventures led by Linda Hawley. 619-582-6261.

"Dreams Do Come True!" Disney on Ice presents "Princess Classics," combining "exceptional moments from Disney's Cinderella, Aladdin, The Little Mermaid, Sleeping Beauty, Beauty and the Beast, Mulan, and Snow White and the Seven Dwarfs." Tale of triumph against evil is told through eyes of seven princesses. 619-220-TIXS. San Diego Zoo, San Diego Natural History Museum, 1788 El Prado. (BALBOA PARK)  
Sunday, October 11, 1:30pm and 5:30pm; $17-$53. San Diego Sports Arena, 3500 Sports Arena Boulevard. (MEADOWS DISTRICT)

Early Ecologist  
Budding naturalists invited to preschool story time. "Enjoy an imaginative journey into nature through dynamic readings and visits to exhibitions." Recommended for ages 1-5. Includid in museum admission ($15 adults, $7 children). 619-255-0203.

Saturday, October 9, 11am and 7:30pm; Sunday, October 11, 11am, 1pm and 7:30pm; Monday, October 12, 11am; Tuesday, October 13, 11am; Wednesday, October 14, 11am, free-$5. 2 and up. Mission Trails Regional Park, One Father Junipero Serra Trail. (SAPORO)

FOR KIDS

"An Unsacary Story" Millie Paterson's Weaver's Tales present Witches Brew, a Halloween tale told with hand puppets. 619-544-9203.

"Green Skills for Life" Environmentally themed family day promises a range of activities to help children learn skills to help save money, energy, the environment. Exhibitors presenting hands-on activities include Sally Ride Science, San Diego Zoo, San Diego Natural History Museum, Reuben H. Fleet Science Center, Sierra Club, San Diego Junior Theatre, Ripper surfboards. Up to 3 kids under age 12 are free with paid adult admission ($15). 619-234-8291.

"Seeing Spots and Stripes" Take bus tour of zoo, on look-out for zebra stripes, giraffe spots, other animal patterns. Make spots and stripes cookies, hear Ziggy the Zebra story. Fee does not include admission to zoo. Required reservations: 619-357-3969.

"Lego" Luke, I Am Your Father! Put on your Star Wars costume (if you have one) and enjoy "all things Lego Star Wars." On tap: costume contest, activities, food, more, all in celebration of launch of DK's Lego Star Wars: The Visual Dictionary. 858-454-0347.

"Snow White and the Seven Dwarfs" You're invited to shows by Gaston's Puppets. 619-544-9203.

"Seeing Spots and Stripes"  
"Green Skills for Life"  
"Lego" Luke, I Am Your Father!  
"Snow White and the Seven Dwarfs"  
"Seeing Spots and Stripes"  
"Green Skills for Life"  
"Lego" Luke, I Am Your Father!  
"Snow White and the Seven Dwarfs"  
ONLINE Articles  

Teen Art Cafe Teen artists invited to meet other teen artists, take part in art-making activities in conjunction with "Calder Jewelry" exhibition. 619-232-7931. Monday, October 12, 6pm; free. San Diego Museum of Art, 1450 El Prado. (BALBOA PARK)  
Tuesday, October 13, 10:30am; free-$15. Alliance for the Arts, 4830 Kearny Mesa Road. (KEARNY MESA)

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**NEWSDAY**

**LOCAL EVENTS**

**GALLERIES**

**“Art of Nature”** Reception for exhibit by 22 PhotoArtists Group members. Through Friday, November 6. 760-480-4101. Saturday, October 10, 10:30am; free. Art Produce Gallery, 3139 University Avenue. (NORTH PARK)

**“Imaginary Project, Ball!”** Reception, auction for photographic images taken by underprivileged children in Southeast Asia. “Image-in Project travels to underdeveloped regions with gathered resources, including donated digital cameras, to provide orphaned and/or abandoned children with the opportunity to experience the artistic and creative art of photography.” 760-230-2680 or 817-235-2404. Saturday, October 10, 10:30am; free. Spanish Village Art Center, 1770 Village Place. (SAN DIEGO)

**First Lesson just $10**

**“A Night of Comedy and Wine”** Comedy show with headliner Tom Segura, feature act Eddie Grace, host Mal Hall benefitting Leukemia and Lymphoma Society. 619-892-0637. Thursday, October 8, 8:30, 8:45. 760-434-0347. Wednesday, October 14, 7, 7:30pm; free. Schulman Auditorium at Carlsbad City Library, 1775 Dove Lane. (CARLSBAD)

**“Legend”** Opening reception for exhibition of work by Angela Picard, who “slathers paint deep into the canvas, as thick and delicious as a dolce de leche coating.” Wow! Artists reception follows on October 10. Through October. 619-297-9663. Thursday, October 8, 7pm; Saturday, October 10, 7pm; free. Planet Booth Gallery, 3811 Ray Street. (DOWNTOWN)

**“Nature’s Bounty”** Reception for Marylivon Dorsey and Carole Mathies, whose exhibition of paintings in oil, acrylic, mixed media is on display through Thursday, October 15, in Gallery B. 219-232-3522. Saturday, October 10, 1pm; free. Spanish Village Art Center, 1770 Village Place. (SAN DIEGO)

**“Strong Seat”** Opening reception for work by seven artists “focusing on the beautiful female form through a variety of interpretations of the burlesque/pinup theme.” Guests encouraged dress in burlesque style; prize for best dressed! Closed Saturday, December 5. 760-781-5779. Saturday, October 10, 6pm. District Gallery, 317 East Grand Avenue. (DOWNTOWN)

**“Super Fun”** Opening reception for exhibit of work by Tony Larson. 858-792-9885. Saturday, October 10, 10pm; free. Project X: Art, 320 South Cedros Avenue. (OLD TOWN)

**Pre-Katrina Paintings** Opening reception for artist Judith Jacob, displaying paintings from her New Orleans series created before Hurricane Katrina hit. Through Saturday, November 28. 619-462-5760. Friday, October 9, 6pm; free. Gallery La Mesas, 8080 La Mesa Boulevard. (LA MESA)

**“On the Beat”** Reception for exhibition of work by Tony Larson. 858-792-9885. Saturday, October 10, 10pm; free. Project X: Art, 320 South Cedros Avenue. (OLD TOWN)

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**“Everyone Is an Athlete”** Fitness trainer Paul Chek discusses obstacles “that need and can easily be overcome in training and conditioning any type of person.” Paraplegic athlete Briana Walker explains her desire to “Dance Anyway”; she is training with C.H.E.K. Institute to climb Mt. Kilimanjaro in January 2010. Donation: $25, benefiting Fit 4 Kili Climb Project. 800-552-8789. Friday, October 9, 8pm. Carlsbad Village Theatre, 2808 State Street. (CARLSBAD)

**“How to Get Thousands of Dollars of Free Money for College”** Workshop divulging information “regardless of your income level or how good a student you have been.” Pizza provided. 760-438-9095. Thursday, October 8, 7-7:15pm, free. Round Table Pizza, 1161 East Washington Street. (ESCONDIDO)

**“Latina Success Conference — Mujeres Con Exito 2009”** MANA de San Diego hosts workshops on topics including housing, finance, jobs, leadership, health. Registration 619-287-0115. Wednesday, October 14, 7:30am, $30. 17 and up. Joan B. Kroc Institute for Peace and Justice, University of San Diego, 5998 Alcalá Park. (LINDA VISTA)

**“Memory, Longing, Desire”** UCSD visual art professor Ernest Silva talks about his painting and sculpture for Bronowski Art and Science Forum, offering "a format for intellectual discourse on the commonalities of art and of science." 858-442-3030. Thursday, October 8, 7pm; free. Burnham Institute for Medical Research, 10905 Road to the Cure. (LA JOLLA)

**“New Discoveries in Deep-Sea Animal Diversity”** Scripps biological oceanographer Greg Rouse unveils latest findings on some of the ocean’s most intriguing and least-studied creatures for “Perspectives on Ocean Science Lecture Series.” Learn about sophisticated tools oceanographers use to understand evolution of life in ocean. Reservations: 858-534-5771. Monday, October 12, 6:30pm; $5-$8. Birch Aquarium at Scripps, 2300 Expedition Way. (LA JOLLA)

**“Now Is the Time to Plant!”** Designer Jan Tubiolo shares secrets of proper planting techniques and teaches why now is the time to plant water-smart gardens. 619-660-0614 x10. Wednesday, October 14, 6pm. Water Conservation Garden, 12122 Cuyamaca College Drive West. (CUYAMACA COLLEGE)

**“Petition and Protest in Authoritarian Egypt”** Over past 15 years, Egyptian citizens have been increasingly resorting to courts, street protests to demand citizenship rights. What explains rise of street protest, legal mobilization in contemporary Egypt? Mona El-Ghobashy, assistant professor in department of political science at Barnard College, focuses on this question in Eleanor Roosevelt Col-
The Haunted Trail Park

Calendar Local Events

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A Skirmish Through Shad-ows: Trespassing Through Shadows’ book, topics from her recently published book, Trespassing Through Shadows, shedding light on "process by which we remember the Holocaust and the critical role that photographs play in stirring and shaping our memory." 760-435-3720.

Thursday, October 8, 6-8pm; free.
$5. Oceanside Museum of Art, 704 Pier View Way. (OCEANSIDE)

“Seeds of Success” Brian Endress focuses on “Securing San Diego’s Incredible Plant Diversity” during talk for San Diego Horticultural Society. Endress is from San Diego Zoo’s Institute for Conservation Research. Plant forum follows. 760-295-7089. Monday, October 12, 6pm; free. $5. Tariff Race Place at Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

“Solar/Sustainable Energy Plans and Rebates for Chula Vista Residents” City of Chula Vista’s Department of Conservation and Environmental Services director Michael Meacham and others discuss options available for Chula Vista residents and the city’s recent and upcoming efforts, during NorthWest Civic Association’s monthly town hall meeting. 619-307-3460. Monday, October 12, 6pm; free. Jimmy’s by the Park Restaurant, 333 Third Avenue. (CHULA VISTA)

“Space Race Triumphs and Tragedies” Francis French, director of education at San Diego Air and Space Museum, commemorates 40th anniversary year of first moon landings with details of human achievements by both USA and Soviet Union. Talk for LIFE learning group in room 1068 starts at 1pm. Celebrate “Leif Erikson Day at LIFE” when Roy W. Tobin discusses first recorded Nordic explorer to have visited New World, technical aspects of open-ocean voyaging of Viking Age (2:30pm). 760-721-8124. Friday, October 9, 1pm; free. MiraCosta College, One Barnard Drive. (OCEANSIDE)


The Magic of Turning Underwear Into Ostrichwear” San Diego Creative Stitchery Guild gathers for lecture and trunk show by Bonnie Casey, who will demonstrate “how to take your undies and make them beautiful outerwear.” 619-993-0599. Monday, October 12, 6-8pm; free. Al Bahar Shrine Center, 5337 Kearny Mesa Road. (KENNY MESA)

“The New CD Entertainment Summit!” Event to “educate artists, labels, producers, songwrit-ers, and other members in the entertainment industry,” with many panel discussions planned. 619-567-3413. Saturday, October 10, 8am; Sunday, October 11, 9am; 757. Hilton Del Mar, 15375 Jimmy Durante Boulevard. (DEL MAR)

“Van Gogh and Cézanne!” Art history lecture series with Linda Blair focusing on “the art, the meaning of art in their lives, and the possible relationship between their burdened personalities and the art they produce.” 858-434-5872. Tuesdays, 7:30pm; through Tuesday, October 13, 512-817. Athenaeum Music and Arts Library, 1008 Wall Street. (LA JOLLA)

What’s New at Ancestry.com? Randy Seaver examines the popular subscription genealogy website which is available free at many public libraries” for Computer Genealogy Group of North San Diego County Genealogical Society. Non-members welcome. 760-967-8635. Tuesday, October 13, 10am; free. Carlsbad City Council Chambers, 1200 Carlsbad Village Drive. (CARLSBAD)

“Exploring Our Spiritual DNA through Vedic Astrology” for San Diego Astrological Society. 619-993-0599. Monday, October 12, 6-8pm; free. Al Bahar Shrine Center, 5337 Kearny Mesa Road. (KENNY MESA)

“Photography, Post-Witnessing, and the Holocaust” CSU San Marcos faculty member, Holocaust scholar Andrea Liss examines a talk for San Diego Creative Stitchery Guild. (CHULA VISTA)

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AIDS/HIV Education Medical library faculty from Pacific College of Oriental Medicine lead instructional workshop to teach patrons skills to access information about HIV/AIDS online. Learn to use widely available and authoritative online resources to answer questions about HIV/AIDS, gain information about clinical trials, current treatment and guidelines, alternative therapies, FDA-approved and investigational drugs, other news. 619-527-3405. Wednesday, October 14, 6pm; free. Malcolm X Library, 5148 Market Street. (OCEANSIDE)

Art Rite: Professional Artist Lecture Series continues when Laurie Ramsey of SCORE San Diego presents “Learn What It Takes to Start Your Art Business.” 619-236-0011. Wednesday, October 14, 6pm; $5-$10. San Diego Art Institute: Museum of the Living Artist, 1439 El Prado. (BALBOA PARK)

Banish Stress of the College Variety! College Assistance Plus offers workshop entitled “How to Take the Stress Out of Planning and Paying for College” for parents of college-bound students. RSVP: 858-395-6125. Saturday, October 10, 10:30am; free. Encinitas Community and Senior Center, 1401 Oak Crest Park Drive. (ENCINITAS)

Early San Diego Conference Take in panel discussions on Spanish and Mexican history of San Diego by descendants of Old Town’s pioneers, local historians. Entertainment, exhibits. 619-709-2862. Saturday, October 10, 8:30am; free. Old San Diego Cultural/His-
**Every Drop Counts!**
Bill Toone, Edith Foundation executive director, shares options for rainwater harvesting for homeowners. Learn about current and future water scarcity issues on local, national, and global levels. Registration: 619-660-0614 x10. Saturday, October 10, 10am; $20-$30. Water Conservation Garden, 12122 Cuyamaca College Drive West. (Cuyamaca College)

**Extreme Entrepreneurship Tour**
National collegiate entrepreneur tour featuring many young entrepreneurs who made their mark before age of 30, as well as successful local businesspeople. Workshop is designed to provide inspiration, practical advice for emerging entrepreneurs, students. Keynote speakers: Raj Lahoti and Shira Lazar. Panel discussion with local entrepreneurs Ralph Rubio and MiraCosta student Mary Tam sin Thorren, winner of the spring National collegiate entrepreneur tour. Registration: 760-331-3173. Wednesday, October 14, 11am; free. MiraCosta College, One Barnard Drive. (OCEANSIDE)

**Planning for the Future**
Jonathan Brindle, Escondido director of community planning, presents “Escondido’s General Plan Update: The Community’s Opportunity to Shape Its Future” for Escondido Democratic Club. Open to all. 760-740-8595. Thursday, October 8, 7pm; free. Joslyn Senior Center-Escondido, 210 Park Avenue, Escondido. (ESCONDIDO)

**Prepared to Pay?**
College financial aid planning workshop. Suggested reservations: 800-739-1752. Tuesday, October 13, 6:30pm; free. 4S Ranch Library, 10433 Reserve Drive. (RANCHO SAN DIEGO)

**Sogetsu School Ikebana**
Learn basics of Sogetsu style Ikebana (Japanese flower arrangement) from Yumi Rakers. Materials list upon required advance registration. Fee: $15 per session, or $40 for three sessions. Registration: 619-232-2721. Tuesdays, 9:30am; through Tuesday, October 27, $15. Japanese Friendship Garden, Pan American Road. (MIRAMAR)

**Write Technology**
Panel of technology experts examines ways for writers and illustrators to use technology to get and stay connected with editors, agents, writers, illustrators, readers. Society of Children’s Book Writers and Illustrators gathers in Hahn School of Nursing. 619-713-5462. Saturday, October 10, 2pm; $7-$9; University of San Diego, 9998 Alcala Park. (LINDA VISTA)

**Early Childhood Literacy Week**
Shira Lazar. Panel discussion with editors, agents, writers, illustrators to use technology experts examines ways for writers and illustrators to use technology to get and stay connected with editors, agents, writers, illustrators, readers. Society of Children’s Book Writers and Illustrators gathers in Hahn School of Nursing. 619-713-5462. Saturday, October 10, 2pm; $7-$9; University of San Diego, 9998 Alcala Park. (LINDA VISTA)

**You Are Getting Healthy!**
Barbara Cox plants “seeds in your subconscious mind that will grow joy, optimism, health, and wellness” during “Self-Hypnosis for Optimal Health.” Donation. 619-298-9978 during “Self-Hypnosis for Optimal Health.” Saturday, October 10, 8am; Sunday, October 11, 7am. First Unitarian Universalist Church of San Diego, 4190 Front Street. (HOLLEST)

**DISCOVER THE TOOLS OF YOUR TRADE.**
Senior Saturday Workshops - Saturday, October 24, 2009
Check-in begins: 9:30 AM • Workshops begin: 10:00 AM

If you think you belong at The Art Institute of California — San Diego you may be right.

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Jim Beam Surf Tag
Eight to 16 surf teams compete in tag-team tournament format to determine which club has best team of surfers. Free for spectators. 424-653-1900. Saturday, October 10, 7am; free. Oceanside Harbor, 1540 Harbor Drive. (OCEANSIDE)

Oktoberfest Ride
Join knuckle-bikers bicyclists for 25-mile ride out to El Monte Park and then to the German American Club’s seasonal festivities (bring money). 619-562-7677. Sunday, October 11, 9:30am. SanTEE Trolley Square Town Center, 9884 Mission Gorge Road. (SANTEE)

Pedal a Metric Century
Little Italy Festa Metric Century prom-ises wave starts from 7-8am, with 25-, 48-, and 60-mile route options towards Otay Lakes. Saturday, Oc-tober 10, 7am; $95. County Administration Building, 1600 Pacific Highway. (DOWNTOWN)

Poker Ride and Stride
Twin Oaks Valley Equestrian Association hosts annual fundraiser open to walkers and horseback riders. Horseback riders check in at 8am, walkers check in at 9:30am. Fees for non-poker participant: $35; regular poker participant: $100; high-stakes poker participant: $500. Pony rides, petting zoo, line dancing, music by the Wild Oats. Registration: 760-744-9128. Sunday, October 11, 8am; $35-$500. Walnut Grove Park, Olive Street at Sycamore Drive. (SAN MARCOS)

San Marcos Blast
Take an “easy” 65-mile bicycle adventure with Bicycle Touring Society riders. 619-255-5360. Sunday, October 11, 6:45am; free. Doyle Park, 4175 Regents Road. (SAN MARCOS)

Showpark Fall Festival Horse Show
838-481-9085. Thursday, October 8, 8am, Friday, October 9, 8am, Saturday, October 10, 8am; Sunday, October 11, 8am, free. Del Mar Horsepark, 14350 El Camino Real. (OCEANSIDE)

Walk on the Wild Side
Funds raised during this 2.5-mile walk benefit zoo’s polar bear conservation efforts. Route inside zoo passes flamingos, big cats, elephants, polar bears. After event, animal encounters presented by SD Zoo’s conservation ambassador Joan Embry, keeper talks, live entertainment, vendor booths. Walkers receive free zoo admission for that day. 619-231-1515. Saturday, October 10, 7-8am; $20-$50. San Diego Zoo, 2920 Zoo Drive. (BALBOA PARK)

World’s Longest Mountain-boarding Race!
Riders bomb, carve, “try to stay in one piece as they compete for the fastest run down Nate Harrison Grade, a seven-mile fire road.” Last year’s winning time was under 19 minutes. Can anyone beat Kody Stew-art? To reach Nate Harrison Grade, take I-15 towards Highway 76,
San Diego Maritime Museum “The Ship that Could Not Fail” opens October 10 based upon same name written by Bruce Linder, is said to be “the only comprehensive exhibit depicting the extraordinary contribution the Navy has made to the history of the San Diego region.”

The museum features permanent exhibits documenting the history of San Diego’s waterfront and the building of the West Coast by sea, the old San Diego-Coronado ferryboats, the fishing industry, and the military. The museum fleet consists of the 1863 bark Star of India, the 1898 San Francisco ferryboat Berkeley, and the 1904 Scottish steam yacht Meduza. The HMS Surprise, used in film Master and Commander, is permanently on exhibit; see artifacts, costumes, props used in making of the film.

Also open for touring is the USS Dolphin, also known as the “world’s deepest-diving submarine,” and a B-39 Soviet attack submarine, among the largest conventionally powered submarines ever built. This Price-241E class diesel-electric submarine was designed to track U.S. and NATO warships throughout the world’s oceans. There are also nautical exhibits, ship carpenters, model building, ships in bottles, wood carvers, complete research library. 1306 North Harbor Dr., 619-234-9153. (Schooner)

San Diego Museum of Man “Skull Stories: The Art of Ancient Surgery” marks “the first time the museum will use an entire collection of its own artifacts for an exhibit display.” Trephining, or removing a piece of bone from the skull, is oldest surgical procedure known from antiquity; skulls exhibiting different degrees of healing after trephination will be displayed, as well as skulls that have been trephined using different techniques. Trephination tools, instruments such as obsidian blades, tusks, chips also displayed.


Patterson Air Force Base, which “saw action over the Balkans in the late 1990s,” a replica of Spirit of St. Louis, a Fokker S.100 (or S.40), E.5, I, a World War I Spad VII, flight deck of the USS Yorktown, and a Lockheed Blackbird X-15 airplane, 1400 scale models, 16,000 aviation-related items, and memorabilia from Montgolfier hot-air-balloon era to Space Age, along with an International Aerospace Hall of Fame. 2001 Pan American Plaza, 619-234-8291. (Museum)


San Diego Historical Society Museum The museum offers informative displays on the North County coastal history including Native Americans, early homesteaders, and recent times, as well as photographic collections and archives.

San Elijo Lagoon Ecological Reserve Nature center’s building is a “green” facility made from recycled materials, using solar panels, irrigated roof plants, recycled water. Facility features an array of interactive exhibits exploring the natural and cultural history of the San Elijo Lagoon, one of the few remaining coastal wetlands in our area. Guided nature walks offered every Saturday (10-11am); 2710 Manchester Ave., 619-436-3944. (Schooner)

San Marcos Historical Society Museum 270 West San Marcos Blvd., 760-744-9025. (Museum)

San Pasqual Battlefield State Historic Park “Comrades in arms” commemorates the clash (on December 6, 1846) during the Mexican War between the U.S. Dragoons, bolstered by sailors and volunteers from San Diego, and California milita. Narrated slide-show screens throughout the day; telling the story of the war in Mexico and California. Self-guided tour recounts the events of the battle and profiles the leaders of the forces and also describes the lives of the Indians indigenous to the valley. 1666 San Pasqual Valley Rd., 760-737-2201. (Schooner)

Timken Museum of Art Permanent collection includes European old master paintings, 18th- and 19th-century American paintings, and Russian icons. Sargent Bartolomew’s, the only Rembrandt painting on public display in San Diego, is featured. 1500 El Prado, 619-239-5548. (Museum)


LOCAL EVENTS

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La Jolla Marriott

Singles Parties for 30+

Check-in 7 pm, event 7:30 pm

DJ Smooth-Juan & Dancing • $11 Admission

4240 La Jolla Village Dr.

350 Quail Gardens Dr., 760-632-9711. (Museum)

San Diego Museum of Man

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KEITH HAMAN & THE TRANSCONTINENTAL SINGERS

WEDNESDAY, OCTOBER 14

Never Say Die presents
OPIUM BRIDE
CITRADORA
ANA KEFR
DOWNSERVE

FRIDAY, OCTOBER 9

ROOKLAHMA
REVIVAL THE HOOGLINS

THURSDAY, OCTOBER 15

Glassjaw presents
KILLAH
MAYER HAWTHORNE
FASHAWN
DUFFY & YET

SATURDAY, OCTOBER 17

FRIDAY, OCTOBER 16

Sean Healy presents
SEAN NEWBOY 2
DA GRIZZLY • DA FUNKYARD THE POSTMEN BLACK RESUME

BROTHER ALI
EVIDENCE
TOHI WRIGHT • BIC-ONE

SUNDAY, OCTOBER 11

SEPTION 1986
www.secondwindbars.com

Classic Rock

Navajo
8515 Navajo Road • 619-465-1730
(Albertsons shopping plaza at Navajo & Lake Murray)

Thursday, October 8

Southern Storm • Ancient Astronaut
Friday & Saturday, October 9 & 10 • 9 pm

Sunday, October 11

Three Fifths Human • Eken is Dead
Dive Bombers
Monday, October 12

Karaoke
Wednesday, October 14

Sergulath • Diabolic Slaughter
Ruins Ov Abaddon • Within the Swarm

Santee
8528 Magnolia Avenue • 619-596-8350
(Corner of Prospect & Magnolia)

Thursday, October 8

Downfall 2012 • Industry • Old Man
Friday & Saturday, October 9 & 10 • 9 pm

Monday, October 12

Karaoke
Wednesday, October 14

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October 17  DJ Solomon
October 24  DJ Homicide
October 30  Customer Appreciation Night!
            Free admission and fun SURPRISES!
October 31  DJ Mel

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Experience an unprecedented fusion music concert by the Orchestra of Baja California and Nortec Collective Bostich + Fussible on Sunday, October 4th.

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www.entijuanarte.org
The 15-watt speakers also work with portable DVD players, Walkmans, and other devices, but Livespeakr ($79.99 retail) was specifically designed for Apple products such as the iPhone, iPhone 3G, iPhone 3GS, iPod Touch, iPod Touch 2G, and iPod Classic. “We met with Apple up in Cupertino,” says DeFay, “but we chose not to do the [license] certification for this product. So, we can’t put that it’s made for iPod or say it’s an Apple-licensed product or put certifications on our boxes, so that hurts us in a way…. Licensing didn’t make sense financially, and we wanted to be first to market with a portable speaker system that worked with the iPhone.”

“I had gone with the Apple licensing, it would have taken another year. But we have some other products in development that we hope to work with them on.”

Investor DeFay spent several years as a professional poker player, and betting on Livespeakr seems to have paid off. Even without Apple’s seal of approval, the duo’s company was already one of five nominees in Wired magazine’s Small Business Program, and Groset has been inducted into the Young Inventor’s International Hall of Fame.

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**Earp’s Fourth-Place Plaque Is Microwaveable**

Finger-Pickin’ Good

Local acoustic picker Jim Earp went to the annual Walnut Valley Music Festival in Winfield, Kansas, this year, and came home with honors. Earp says he tied for fourth place in the International Finger Style Guitar Championship out of a field of 40 competitors from around the globe. Did he win a prize? No, he says. “First-, second-, and third-place winners take home guitars and trophies. I got a nice little plaque that doubles as a microwave hot plate. In fourth place you’re an also-ran,” he says, “but it’s nice.”

Earp says that he finds the friendly. In contrast, when I do an acoustic showcase in San Diego and there are singer-songwriters onboard, I can usually muster up friendly conversation before the show. But, I am hard-pressed to see those same formerly talkative folks saying so much as a word to me after the show. I chalk it up to the general strong competitiveness that’s intrinsic to singer-songwriters and the fact that there isn’t always a lot of friendliness from singer-songwriters toward acoustic artists who approach things differently than they do.”

What song did Earp play that caught the judges’ ears at Winfield? “I performed a hymn, an arrangement of ‘Jesus Loves Me’ from my third collection of hymns. I turned it into a Celtic dance piece. I’ve made the finals twice with that song.”

And as for the local attitude? “Suffice it to say, I prefer setting up my own local acoustic-music showcases these days,” Earp says. “I just make sure the local songwriter- ers I bring in — most of which are below the local-scene radar — are pretty secure in what they do and don’t carry around a lot of the aforementioned baggage,” Earp will host Rebecca’s Presents: Acoustic Friends Showcase with Chris Del Priore, Brian Aker, Christiane Lucas, and Jared Lawrence on October 24 at Rebecca’s Coffee House in South Park.

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**Anthology Hits the Airwaves**

Starting on October 9, Little Italy venue Anthology will join forces with KPRI (102.1 FM) to broadcast a live, two-hour music show, Homegrown Fridays Live. Airing from 10 p.m. to midnight, additional concerts will take place on October 23, 30 and November 6 and 27. Then, starting in January 2010, the program will become a weekly affair. The first program is set to feature Endoxi, Nova, and Tori Roze.

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**Don’t Sit Under the Apple Tree…**

“We’re not an Apple licensee, so we have to be careful how we market them,” says Digital Group Audio president Erik Groset, creator of the portable Livespeakr system, designed (but not licensed) for iPhones and iPods. The tiny speakers are built onto a protective cradle that holds the device and flips to both portrait (upright) and landscape (horizontal) modes for movie viewing, to provide a sound system that Apple and its many licensees have so far overlooked. “We saw an empty niche,” says Groset, “but the first hurdles were technical, like shielding the speakers from interference noise that most speakers make when they get near a cell phone.”

Based in Carlsbad, Groset and company vice president Robin DeFay (both aged 25) grew up as friends in San Marcos. “For Livespeakr,” says Groset, “we had no background in manufacturing or engineering, and we did a lot of our own guerilla marketing, like going out to local malls and sitting in front of Apple stores, showing it to people.”

The 15-watt speakers also work with portable DVD players, Walkmans, and other devices, but Livespeakr ($79.99 retail) was specifically designed for Apple products such as the iPhone, iPhone 3G, iPhone 3GS, iPod Touch, iPod Touch 2G, and iPod Classic. “We met with Apple up in Cupertino,” says DeFay, “but we chose not to do the [license] certification for this product. So, we can’t put that it’s made for iPod or say it’s an Apple-licensed product or put certifications on our boxes, so that hurts us in a way…. Licensing didn’t make sense financially, and we wanted to be first to market with a portable speaker system that worked with the iPhone.”

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**ERIK GROSET, YOU’RE ON LIVESPEAKR**

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(continued on page 84)
Though Anthology books a variety of music, it is known primarily as a jazz club. Michael Pritchard, the venue’s director of music operations, sees this program as a way to alter that perception. “It’s a way to expand our audience base,” he said. “But, it’s also a way to showcase what we have to offer here, musically, in San Diego.”

Pritchard notes that Anthology and KPRI have co-promoted concerts in the past. “We’ve been associated with them for various events since we opened two years ago. Basically, we really wanted to partner more with them and do something special on a regular basis. In fact, we initially talked about this idea a year and a half ago, but the timing wasn’t right.”

Pritchard will be working with Cathryn Beeks, host of KPRI’s Saturday-night Homegrown Hour, to book performers. As for the type of music to expect, “We’re looking for bands that fit into the KPRI AAA [adult album alternative] format; though, down the line we may expand that,” Pritchard says. “The first few dates will feature three bands, and then in January, we’ll go to two groups per show.”

According to Beeks, the program is open to all genres, but a performer’s draw is a consideration. “There are a lot of artists that want to play on-air, and it’s not that they’re not great live, but for this, I’m really trying to get the higher-drawing bands so we can keep the thing going.”

While the show will be a live concert broadcast, there will be commercial breaks between bands to be essential. “During that time, we’ll be doing interviews and background stories on the performers,” he says.

According to Pritchard, setting up the venue for a radio broadcast wasn’t difficult. “Anthology is a state-of-the-art [venue] and was constructed with this sort of thing in mind. All we had to do was add one piece of equipment, and we were good to go.” — Bart Mendoza

Norton’s Infinite Adventure “I moved to Paris to pursue my own music as a composer,” says San Diego singer-guitarist Nick Norton (a Park Tradition, Honest Iago), who last year was awarded a scholarship by the European American Musical Alliance to study composition at the Ecole Normale de Musique in France. “I got to experience adventures like having to sleep outside a train station, in pouring rain, in a little town in northern France, where Radiohead and Sigur Rós had played, until after the last train back to Paris, where my apartment was.”

Improved public transport and budget accommodations were among the perks behind his relocation to London. “The modern classical music scene here is unbelievable. Concerts of music by Messiaen, Xenakis, and many lesser-known composers of the 20th Century and today are extremely well attended. There’s an attitude that truly progressive music is a worthwhile thing to spend time on. People in London tend to hate that term — to be more important than we do at home.”

“Part of that is the price of tickets. Seeing the L.A. Philharmonic starts at $50, while the London Symphony Orchestra has concerts for five bucks. That’s why I moved here.” Booming nu-classical aside, Norton reports, “The British music industry doesn’t seem all that different from America, but the average Brit seems to have less knowledge of underground bands. I think my view might be a bit skewed from America, but the commercialism seems to have run rampant, but the best local scenes here are in the small towns.”

Norton is returning soon to San Diego, having made the most of his low-budget overseas adventures. “I once flew to Iceland, on a whim, right after their economy crashed, because I knew that would be the only time I could afford it. I ended up riding a horse through a lava field. That was pretty surreal.” — Jay Allen Sanford

CONTRIBUTORS William Carr, Dave Good, Larry Harmon, Ken Leighton, Bart Mendoza, Jay Allen Sanford, David Stampone
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Lessons @ 8:30 pm
by Valerie

SUNDAYS
Best DJ’s in Southern California
Dance lessons @ 8:30 pm
DJ @ 8:45 pm

MYSPACE.COM/CAFESEVILLASALSA
Thursday 8

“Sick cholo” Kid Congo will have his Pink Monkey Birds at appropriately enough, Bar Pink tonight. Kid Congo Powers is the stage name of journeyman guitarist Brian Tristan, former Cramp, former Gun Club, former Bad Seed. Taste the Space takes off his latest in the Red voodoo rocker Dracula Boots. Creepy, gimp goffer guts, yo. Garage-stomp numerologist Drug Wars will set the stage for this gig to get to.... Texas trio Reverend Horton Heat preaches to the rock-roller choir at House of Blues. The psychobilly saint is out to tout his Atlanta barroom band to get to....

Friday 9

Former Luna leaders Dean & Britta have returned to Earth with a whole new electron-folk arrangement: just two. And they do a lot of covers. Wareham fans know it’s all lush and lifting and thoroughly engaging. And Britta Phillips... OMG!!! Anyone interested in the Boston/NYC art-rock scene surrounding Galaxy 500 and Luna should check out Wareham’s title Black Postcards. Really good read. They play the Loft at UCSD Friday night. You should go.... More of the lush stuff at Bar Pink, as Tucson chanteuse Marianne Dissard plays the Francophile fare off debut L’entredeux, a Calexico-curated collection.... For those thinking misty, beaty, big, and bouncy, Austreites... And You Will Know Us by the Trail of Dead roll their latest, The Century of Self, through Casbah behind the Future of the Left.... Soda Bar fills a pop-rock bill with the Hot Toddlers, the Modulins, and Poas... And local hit Eddie Vedder returns with his band Pearl Jam, which slams on SDSU’s Viejas Arena. Ben Harper opens, and there’s a Target near you if you want to pick up either of their new discs.

Saturday 10

“Twelve songs, 12 months, 1 goal.” reads the Maa website. The Virginia alt-rock trio is releasing a song a month, each a buck, and all proceeds go to “humanitarian aid.” They’ll visit Soma Saturday night with Lockley, Dead Vail, and Good Morning Milo.... Dead revivalists Dark Star Orchestra hit Mission Beach’s Wave House Saturday night. Doors at 11p.... The Rumble: San Diego hits Casbah with Fitz & the Tantrums, Lady Dottie & the Diamonds, and the Blakes. Smart money’s on Lady D. More at myspace.com/thrumumbleh.

Sunday 11

“Punk as F**k” Andrew Kenny of indele- tastic Texans American Analog Set has a new joint called Wooden Birds. Their Baruk debut is called Magnolia, and it’s got that Amoeba vibe, which is a good-to-great thing. The Birds land at Bar Pink with Portland rap-rock trio the Quick and Easy Boys.... Seattle math punks These Arms Are Snakes stiffer into Casbah with like-minded locals Fever.

Monday 12

Melodic minimalists Christmas Island will drop their in the Red debut disc Blackout Summer at Casbah’s Anti-Monday meet-up this week. Check the indie kids’ sunny punk sounds at myspace.com/emasland. The Intelligence and Wounded Lion are also on the bill.... Outlaw poet Steve Earle will play a solo show at Belly Up. The Grammy winner’s last studio gig was playing on and producing Joan Baez’s comebacker Day After Tomorrow. A real cool covers collection for folk-rock fans.... Monday-night mentions: Electronical Moby hits House of Blues... and NYC band Bowery Boy Blue joins Hey! Let’s Go at Ruby Room.

Tuesday 13

British trip-hopper Mike Skinner brings the Streets to Belly Up Tuesday night. The artist has had a bit of a critical and commercial slide since his ‘04 hit A Grand Don’t Come For Free, and word is he’s got something “ravey” in the works. Oh, Mike. Nosaj Thing and Hey Champ will set the Solana Beach stage.... Death-metal dudes the Black Dahlia Murder bury Soma Tuesday night hot on the heels of their new Metal Blade record Deteriorate. It means deflower... And Nomeansno. The Canadian math-core crew joins fellow Canuck garage-punks Pack A.D. and like-minded locals Long and Short of It at Casbah.

Wednesday 14

Still 8x at this typing for the Jesus Lizard at Casbah. Un-freaking-believable, San Diego. Last Tuesday Touch & Go released a remas- tered Down. With bonus tracks. Why don’t you go wrap your mitts around that piece of art-punk perfection, clear Wednesday night, and get on the stick for a ticket? Jesus Lizard. Casbah. Nothing else matters. Oh, except that the ripping, Model/Actress opens the show, and they are also Club Crawler-tested, Club Crawler-approved. — Ramahy Moon

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Keep Life Punk Rock

“There are so many bands who have forgotten what rock and roll is.”

Electro-dance-punky quartet the Attack! was founded in 2008 by singer-guitarist Ivan Tamayo (Kiss Me Kate,lynn, Suspect Jones) and drummer Bryan Famous (London Ghost Show). After playing their first gig at L.A.’s Viper Room, they were joined by guitarist Mitch Scott and bassist Ken Lindstrom.

The band self-released their debut single “Dancelloo” earlier this year, and they’re currently working on an EP. They appear with Irradio (taken from the Creep Show). After playing their first gig at L.A.’s Viper Room, they were joined by guitarist Mitch Scott and bassist Ken Lindstrom.

WHAT’S IN YOUR CD PLAYER?

Ken Lindstrom
1. The Postal Service, Give Up. “These tunes start the day off right.”
2. Glassjaw, Everything You Ever Wanted to Know about Silence. “Wakes me up better than a double shot of espresso.”
3. Detektivbyrån, Wermland. “Makes me think of hard times in the old country.”
5. The Ramones, Loud, Fast. “Keeps me to keep life punk rock — dirty and simple.”

Ivan Tamayo
1. Johnny Cash, Greatest Hits. “Every track hits you like a rock.”
2. Pink Floyd, Dark Side of the Moon. “Above-average effort of creativity, almost indescribable.”

Mitch Scott
1. Does It Offend You, Yeah! You Have No Idea What You’re Getting Yourself Into. “I make an ass out of myself to this album.”
2. Pink Floyd, Dark Side of the Moon. “Above-average effort of creativity, almost indescribable.”

Jay Allen Sanford
1. Silversun Pickups, Swoon. “Beautiful, dirty, and rocking all at once.”
2. Castles, Shouting at Mountains. “Reminds me of autumn leaves falling in Wisconsin.”
3. Miles Davis, Kind of Blue. “You can’t fool me with the classics.”

MOST-VISITED WEBSITES?

Tamayo: “This is the strangest life I’ve ever known.”
Lindstrom: “When the going gets weird, the weird turn pro.”
Scott: “I hope life isn’t a big joke, because I don’t get it.”

WHAT PISSES YOU OFF?

Lindstrom: “People who talk on cell phones while driving. I guess it’s more important to some people to schedule an appointment for a butt wax than to pay attention to the road and not kill the bicyclist next to them.”
Tamayo: “Where music is heading. There are so many bands who have forgotten what rock and roll is.”
Scott: “Lack of support for local bands. Seems nowadays everybody wants a DJ.”

WHAT’S YOUR POISON?

Lindstrom: “Rum ‘n Coke.”
Scott: “Newcastle.”
Famous: “Cerveza and Smartwater.”

SOMETHING ABOUT YOU FEW WOULD KNOW OR GUESS?

Tamayo: “I grew up in Ensenada, Mexico.”
Scott: “My age, especially when clean-shaven.”
Famous: “I love to cook.”

Friday, October 9

PLANET ASIA
CHASE • ENO
THE EVEN KEEL
OUT OF ORDER

KITTIE
SOIL • ARKEA
STRAIGHT LINE STITCH
DESPITE THE WOLVES
SEASONS AFTER

Saturday, October 17

GRANDVIEW • MANIC DIFFUSION
LISTEN ON MUTE

Thursday, October 15

MARK MALLMAN
HELLO DRAMA
TAN SISTER RADIO
NO LONGER ATLAS
FAT CITY REPRISE

LED ATOMICA • ON THE LINE
AMBROSE

Sunday, October 18

THE GET DOWN AUTOMATIC
FLOATER

Wednesday, October 14

THE DEVIL MAKES THREE
OLD MAN MARKLEY

Saturday, October 17

12/1 The Adolescents • Channel 3 • Negative Trend • D.P.I.
12/12 The Business • Control • Reservoir Tips
1/13 Allan Holdsworth • Terry Bozzio • Tony Levin • Pat Mastelotta
Thursday, October 8
8 pm • Original Rock

Band Showcase Competition

Friday, October 9
5 pm • Irish Folk

Skelpin
9:30 pm • R&B/Dance

Federal Funk

Saturday, October 10
9:30 pm • Latin Rock

Viva Santana

Sunday, October 11
6 pm • Smooth Jazz

Matt Marshak

Monday, October 12
7 pm • Blues

Nathan James Trio

Tuesday, October 13
7 pm • Jimmy Buffett Tribute

Trade Winds

Wednesday, October 14
9:30 pm • R&B

Stelita

UPCOMING

Saturday, October 24
Laurie Morvan & Ronnie Baker Brooks

Sunday, October 25
Michael Ward

Friday, October 30
Coco Montoya

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The Burning of Bums - Inside-
Reagan the Citizen - The Saints - Stomp and Shout - Head of Change

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Friday & Saturday
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23rd • The Basin - Dance and R&B
24th • Knights of Monte Carlo - All the Soft Rock hits from the 70s
30th • 80's All Stars
31st • Platinum Rockstars - Metal hits from the 80's
HOW TO SUBMIT A MUSIC LISTING: Call 619-233-3000 ext. 605, night or day by 5pm Friday, the week prior to publication. To send weekly or monthly schedules, fax to 619-231-0489 or mail to Reader Music Scene, P.O. Box 80818, San Diego, CA, 92186. You may also submit information online at SanDiegoReader.com.

San Diego Reader
4th&B:

LISTING: HOW TO SUBMIT A MUSIC

online at SanDiegoReader.com

San Diego, CA, 92186. You may also submit information online at SanDiegoReader.com by clicking on the music section.

THIS WEEK’S SHOWS

4th&B: 345 B St., Downtown, 619-231-4343.
Saturday, 9pm — Rodrigo y Gabriela. Pop/rock. $35. 21 and up.
Saturday, 7:30pm — Willy Porter. Acoustic/alternative/rock. $20.
Sunday, 7:30pm — Eliza Gilkyson. Acoustic/folk. $22.
Anthology: 1337 India St., Little Italy, 619-231-0300.
Thursday, 7:30pm — Shawn Colvin. Acoustic/covers/folk. $45.
Friday, 9:30pm — Endosol. With Nova and Tori Ronz. Reggae/rock.

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Saturday, 7:30pm and 9:30pm — Mindi Abair. Jazz. $22-$28.
Sunday, 7pm — The Anthology House Band. Jazz. $5.
Wednesday, 7:30pm — Randy Pinkoll. With Larry Mitchell. Pop/rock. $18.
Bar Pink: 3829 30th St., North Park, 619-564-7194.
Sunday, 8pm — The Quick & Easy Boys. Funk/punk/rock. 21 and up.
Saturday, 9pm — Top Shelf. With Lil Hutt. Reggae. $8-$21 and up.
Belly Up Tavern: 143 South Cedros Ave., Solana Beach, 858-881-8140.
Thursday, 9pm — Groundation. Reggae. $20-$21 and up.
Friday, 9pm — Super Diamond. A tribute to Neil Diamond. $18-$20.
Saturday, 4pm — Soulfuls. With Danielle La Piere & the Masses.
Indie. $15-$21 and up. 9pm — Cool&D! Out. A tribute to Johnny Cash. $15-$17.
Sunday, 4pm — The Zymurgy Quartet. Jazz. 18-$30. 21 and up.
Tuesday, 8pm — The Streets. With Nosi Thing and Hey Champ. Hip-hop/rap. $23-$25. 21 and up.
Thursday, 9pm — The Minor Keys. With the Paragraphs and guests. Rock. 21 and up.
Thursday, 7pm — Mark Mallman. With Hello Drama, No Longer Atlas, Fat City Reprize, and Tan Sitar Radio. Indie/rock. $10. 21 and up.
Friday, 8pm — Planet Asia. With Chase, Eno, Even Keel, and Out of Order. Hip-hop/rap. $12-$15. 21 and up.
Saturday, 9pm — Leda Atomica. With On the Line. Alternative/indie/rock. $8-$21 and up.
Sunday, 8pm — Floater. With the Get Down Automatic. Rock. $10.$21 and up.
Calvin’s Sports Bar and Restaurant: 2841 Old Highway 80, Alpine, 619-473-1266.
Friday, 9pm — Majid and His Majik Guitar. Covers/standards.
Canes: 3105 Ocean Front Walk, Mission Beach, 858-488-1780.
Thursday, 8pm — Keith Hanan and His Transcontinental Singers. With Self Preservation, 321 Stereo, and Mandy Bullets. Rock.
Thursday, 8:30pm — Swing Party. With Low Low Land, This Is Not My Life, and Roxy Jones. Acoustic/alternative/rock. $6. 21 and up.

$1.75 tacos & enchiladas
$6.95 fajitas $5.95 burritos
$2.50 Mexican beers
1/2 price Mexican entrees

give a year of free gas!"
Friday, 8:30pm — ...And You Will Know Us by the Trail of Dead. With Future of the Left, and guests. Alternative/rock. $18-$20. 21 and up.

Saturday, 8:30pm — The Bumble San Diego. With Fitz & the Tantrums, Lady Dottie & the Diamonds, and the Blakes. Blues/seed/rock. Free. 21 and up.

Sunday, 8:30pm — These Arms Are Snakes. With Airborne/psy and Fever Stereo. Indie/punk. $10-$12. 21 and up.

Monday, 8:30pm — The Intelligence. With Christmas Island and Wounded Lion. Pop/rock. $8. 21 and up.

Blues/soul/rock. Free. 21 and up.

Tantrums, Lady Dottie & the San Diego. With Fitz & the Barnett.

Wednesday, 8:30pm — These Arms Are Snakes. With Airborne/psy and Fever Stereo. Indie/punk. $10-$12. 21 and up.

Thursday, 8:30pm — Davina’s Cabo Grill: Brett Dennen and Bushwalla. Sunday, 8pm — Marco Antonio Solis y Pepe Aguilar. Latin. $35—$116.


Davina’s Cabo Grill: 212 North Trimont St., Oceanview, 760-637-2450.


Dizzy’s: 201 Harbor Dr., Downtown, 858-270-7467.

El Cajon Grand: 351 W. Main St., El Cajon, 619-444-4049.

San Diego. With Fitz & the Barnett.


Epicentre: 8450 Mira Mesa Bl., Mira Mesa, 858-271-4000.

Sunday, 6:45pm — Horse the band. Electronic/hardcore. $12.

Estancia La Jolla Hotel and Spa: 9700 North Torrey Pines Rd., La Jolla, 858-550-1000.

Sunday, 3pm — Gregg Karkunas. Jazz. $37.


Friday, 9pm — Dark Possession. Rock. Free. 21 and up.

Saturday, 9pm — Aokif in the Sunday. With the Fucklords, Hocus, and Dead Days. Punk/rock. Free. 21 and up.

Four Points by Sheraton: 8110 Aero Dr., Kearny Mesa. Saturday, 9pm — 5AM: Feng Shui. Punk. $8-$10.

Wednesday, 7pm — Kashourse. Jazz/rock. $5.


Friday, 7pm — Tom Smerk. Acoustic/indie/rock.


Sunday, 7pm — MuteMath. With As Tall as Lions. Indian. Monday, 7:30pm — Mobyle. Electronic/poptop. $27-$45. 21 and up.

Korean Bar & Grill: 212 North Trimont St., Oceanview, 760-637-2450.


House of Blues: 1055 Fifth Ave., Downtown, 619-299-2843.


Kit Carson Park: 3333 Bear Valley Parkway, Escondido. Sunday, 4pm — Hot Blues Engines Festival, featuring Otis Taylor and more. Blues.


The Loft: 9500 Gilman Dr., UCSD, 858-534-8497. Thursday, 8pm — Metronomy. Pop. $5-$8.

Friday, 8pm — Dean & Britta.

Electronic/indie. $10.


Manhattan Cocktail Lounge: 400 Broadway, Chula Vista, 619-422-6641. Friday, 9pm, Saturday, 9pm — Tommy Bud’s Windy City. Blues/funk.


Ocean Beach Farmers’ Market: 4900 Newport Ave., Ocean Beach, 619-279-0032. Wednesday, 6:30pm — Tony Tonarella. Jazz.

Ocean Beach: 900 Carlsbad Village Dr., Carlsbad, 760-729-4113. Saturday, 9pm — Audiphoria. With Jet West and Razi Muzik. Reggae/rock. $10. 21 and up.


The Sky Box Sports Grill: 4095 Clairemont Dr., Clairemont, 858-274-7285. Friday, 9pm — Drive By Jones. Reggae/rock. $5.


Thursday, 7pm — Mac. With Lockley and Deus Vail. Indie/pop/punk. $16.

Sunday, 6pm — A Day to Remember. With Parkway Dr, In Fear and Faith, and I See Stars. Hardcore/punk. $16.


Wednesday, 9:30pm — Justin Newman. Blues/jazz.

Make It a Double

CD Review by Michael Caldwell

Few could accuse San Diego metal-core stalwarts Mower of playing it safe. Half of their latest album, Make It a Double, is performed as Slowcore, the group’s lounge-inspired alter-ego. “Road Rage” — a punishing blast on their previous effort, Not For You — loses none of its impact slowed and turned down here. Yet, other tracks, regardless of speed or amplification, feel incomplete. “Sicko” is a dizzying 1:50 minute smack upside the head of double-bass drum over shouted lyrics like “The Hippocratic oath buried under fiscal growth.” Despite its brevity, the song feels too long.

Mower’s sense of humor and sociopolitical lyrics remain intact here, but Make It a Double might have been more interesting if the band’s split personalities overlapped, maybe by adding more melodic vocals to the heavy tracks. The band remains a brooding storm cloud that has all of the potential to unleash a devastating lightning strike, but too often settles for a rumble.

ARTIST: Mower
LABEL: Suburban Noize

Music Reviews from Our Readers

Old Crow Medicine Show

Concert Review by Earl Dove

Friday night, September 22, Old Crow Medicine Show took the stage at 4th & Jay with a driving set of bluegrass, folk, and rock. I first saw these guys in Nashville in 1999, transitioning, at that time, from street performers into the current touring act. They have not lost their roots or energy over the years.

Chuck Mead, lead singer for alt-country act BR549, opened the show with a stripped-down set — just himself and a standup-bass player. Mead ran through a collection of solo and BR549 material and several classic country covers.

Old Crow charged the stage with a flurry of banjo, fiddle, and guitar-infused hillbilly music. The crowd’s energy level soared when fiddle player Ketch Secor broke into solos. Vocalist Willie Watson entertained the crowd with an energy and intensity you simply would not expect from such a frail guy.

Chuck Mead joined OCMS on stage for the Moon Mullican classic “Cherokee Boogie.” Other highlights included their dedication of the song “Methamphetamine” to the city of El Centro and when the crowd sang along to a rousing version of OCMS hit “Wagon Wheel.” For their encore, the band took the stage with electric instruments in a Dylan-esque transition. They played the melancholy and heartfelt “We’re All in This Together,” followed by covers of the Beatle’s “Get Back” and the Waylon Jennings classic “You Are Ready for the Country.”

For full reviews, go to sdreader/critic.com
as i hear it

Artist: Derren Raser
Song: “Home in This Direction” (from the CD Home in This Direction)

Artist: Jason
Song: “Crashing into Walls” (from their two-track sampler CD)

Artist: Migu
Song: “Lovesick” (from the CD Love of My Life)

The song had a lot of warmth and immediacy to it. It was almost like he was performing that in a bedroom for you. Typically, it’s not what I’m into as far as that softer style goes, but he at least has a good ear for melody. Some of the tones on it were really nice. There was some percussion and a good twang on the guitar. There’s a fraction of alt-country in there, but overall, it’s singer-songwriter stuff. The lyrics were about running away and escaping and figuring out if that’s the course of action for him. There were certain moments that made it worthwhile, but, ultimately, it’s tough for me to get into stuff like that.


Way into the song an 8 out of 10. Typically, it’s not what I was performing, but I’m pretty sure there were certain moments that made it worthwhile, but, ultimately, it’s tough for me to get into stuff like that.

University Christian Church: 990 Cleveland Ave., Hillcrest, 619-295-4146.

Saturday, 7pm — Jeff Davis, Pianist. $10.

Valley View Casino: 16300 Nymus Pass Rd., Valley Center, 858-843-9946.

Friday, 8pm — REO Speedwagon. Back.$45-$55.

Viejas Arena: 5000 Canyon View Dr., SDSU, 619-594-9847.

Friday, 8pm — Pearl Jam and Ben Harper. With the Relentless 7.

WaveHouse Bar & Grill 3125 Ocean Front Walk, Mission Beach, 858-226-4280.

Saturday, 8pm — The Dark Star Orchestra. Grateful Dead tribute band. $25.

Wine Cabana: 5339 Congress St., Old Town, 619-574-9383.

Sunday, 8pm — The Elder Dyngurrr Trio.


Tuesday, 7pm — The Eldar Djangirov Tigers.

The bar with a definite beach atmosphere. 6 TVs • 2 Satellites

The Casbah:

4650 Mansfield St., Normal Heights, 619-595-0300.

Friday, 8pm — The Dark Shadows.

UPCOMING SHOWS

4th&B: 345 B St, Downtown, 619-231-4345.

Thursday, 8pm — Labor of Love. A tribute to UB40. Covers/reggae. Free. 21 and up.

AcousticMusicSanDiego:

4650 Mission St., Normal Heights, 619-303-8176.

Wednesday, 8pm — The Relentless 7. $27.

Wine Cabana:

5339 Congress St., Old Town, 619-574-WINE.

Saturday, 8pm — The Thunderbirds. With the Relentless 7.

SNOTTO: 1921 Bacon St., Ocean Beach, 619-222-6022.

Thursday, 8pm — The Tres.

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Oct. 1: Rodrigo y Gabriela • Oct. 6: La Mejor Radio Party
Oct. 17: Gogol Bordello with Apostle of Hustle • Oct. 18: Old School Funk
Oct. 22: Dos XX The Most Interesting Show in the World
Oct. 24: Mandy Lion Filming and Pre-Halloween Party
Oct. 30: Benny Benassi • Oct. 31: La Mejor Radio Station Party
Nov. 6: Hellville de Tour with Enrique Bunbury

Tickets available at:
ticketmaster
www.ticketmaster.com
or box office for upcoming events 619-231-4343
345 B STREET, DOWNTOWN
4thandbevents.com

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www.viejasonera.com
October 24 — Tech N9ne.
October 25 — Rick Ortiz.
October 26 — Regina Spektor.
October 28 — Flóra Radu.
October 29 — The Bouncing Souls.
October 31 — The Halloween Block Party.
November 1 — Deadmau5.
November 2 — The Airborne Toxic Event.
November 4 — Boys II Men.
November 5 — Robert Randolph and the Family Band.
November 6 — All Time Low.
November 7 — Matt Kearney.
November 8 — Hanson.
November 9 — Paul Williams.
November 14 — Julian Plenti.
November 15 — GWAR.
November 18 — Peter Bjorn & John.
November 22 — Say Anything.
November 23 — The Ian Tordella Trio.
November 24 — The Airborne Toxic Event.
November 25 — Loggins & Messina.
November 29 — The Ian Tordella Trio.
November 30 — Michael Sellers.
December 1 — Yasmine Levy.
December 2 — Us The Duo.
December 3 — Jenny Scheinman.
December 4 — The Angry Samoans.
December 5 — McLovin.
December 6 — Deadmau5.
December 7 — The Black Keys.
December 8 — The Ian Tordella Trio.
December 9 — The Ian Tordella Trio.
December 10 — Trans-Siberian Orchestra.
December 11 — The Ian Tordella Trio.
December 12 — Attack Attack.
December 13 — The Ian Tordella Trio.
December 14 — The Ian Tordella Trio.
December 15 — The Ian Tordella Trio.
December 16 — The Ian Tordella Trio.
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December 28 — The Ian Tordella Trio.
December 29 — The Ian Tordella Trio.
December 30 — The Ian Tordella Trio.
December 31 — The Ian Tordella Trio.

**Comedy Store**

**The Comedy Store**

**Friday & Saturday • Oct. 9 & 10 • 8 & 10:30 pm**

Steve Byrne
From The Goods: Live Hard, Sell Hard

Whitney Cummings
From The Comedian Central Roast of Joan Rivers

**Argus Hamilton** — A Hollywood Comedy Store Favorite

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TONIGHT
No cover Tuesday, Wednesday, Thursday.

10/11

10/8

10/10

10/9

Tonight
10/15 + 9 PM

TONIGHT

10 AM: Skin or Cloth
Hosted by Joe Sinatra

9 pm to close

TONIGHT

6-9 PM

Dance Party

NIGHT

5-7:30 PM:

Art Dub with Guse
National Touring Artist

10/16:

C. Money and the Player Inc.

10/22:

Tomorrows Bad Seeds

10/25

Salsa Sunday feat.
Orquesta Primo

10/27

KAF Radio presents The Soul
Shakedown w/Diversified, Self
Made Man, Pau Hana, Almost
Islanders & DJ Kingsley

10/28

The Tragically Hip

10/29

Gift of Gab (of Blackalicious)
How to submit a DJ listing: Call 619-235-3000 x405, night or day. Fax to 619-231-9560. E-mail: Reader Music Scene, P.O. Box 85803, San Diego, CA, 92138. You may also submit information online, get directions, maps, event alerts, RSS feeds, club coupons, and more at sandiegoobserver.com.

Bar & Grill: Wednesday, 1-5 pm: Live DJ. Hip-hop/rock. 21 and up. 10330 Black Mountain Road, Poway. 92064. Featuring DJ Ironic and guests.

DJ Digital Opinion: Thursday, 9pm-11pm: Live DJ. Top 40, techno, and ’80s. 15 and up.

Relax at the air-conditioned AERO Club “Where bartenders come for a cold beer”

90 Vodkas
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45 Beers

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The Filling Station: Fridays, 9pm; Saturdays, 9pm — live dance Party. 9522 Miramar Rd., Mira Mesa. 650-578-0737.

The Flamer: Wednesdays, 9pm: Cookies with Dj Dirty Karty. 3780 Park Bl., Hillcrest. 619-295-4163.


Gaslamp Tavern: Thursdays, 9pm; Fridays, 9pm, Wednesdays, 8pm; C-Phish, 868 Fifth Ave., Downtown. 619-239-3339.


Inferno Young Adult Nightclub: Fridays, 9pm; Saturdays, 9pm; Dj Koel T. 5pm Top 40, techno, and ‘90s. 15 and up.

You may also submit information online, get directions, maps, event alerts, RSS feeds, club coupons, and more at sandiegoobserver.com.


Belso: Saturday, 9pm: Epic. Saturday, 9pm. Club ’20s. Featuring Dj Ironic and guests. Electronic. 21 and up. 904 Fourth Ave., Downtown. 619-696-8888.

The Coyote Bar & Grill: Thursdays, 8:30pm: Dj Earl Henry. Fridays, 10:30pm: Dj Steve Haney. Saturdays, 10:30pm, Wednesdays, 10pm: Dj Paul Demorl, 300 Carmel Valley Dr, Carmelbad. 760-729-4695.


El Cajon Grand: Fridays, 8:30pm: Dj Neko. Spins classic rock and other hits. Saturdays. 8:30pm: Dj Chuck. Spins classic rock and other hits. 351 W. Main St., El Cajon. 619-446-0949.


The Quarter Bar: Fridays, 8pm: Dj Earl Henry. Fridays, 10:30pm: Dj Steve Haney. Saturdays, 10:30pm, Wednesdays, 10pm: Dj Earl Henry. Fridays, 10:30pm: Dj Steve Haney. Saturdays, 10:30pm, Wednesdays, 10pm: Dj Paul Demorl, 300 Carmel Valley Dr, Carmelbad. 760-729-4695.


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Metcalf St., Escondido. 760-741-1271.
The Ivy Hotel: Thursday, 10pm: Buck & 4t; DJ Nate, STH, and Dirty Doe. Electrhouse. 760-21 and up, 600 F St., Downtown. 619-814-1000.
Pacific Beach Bar & Grill: Wednesdays, 10pm: DJ Tony. Pacific Beach. 858-272-7278.
Pierview Pub/Onyx: Saturday, 10pm: Metal Mondays. With Harmony Park. Electronic. $10. 21 and up. 600 F St., Downtown. 619-814-1000.
Pierview Pub/Onyx: Saturday, 9:30pm: Electronic Oktoberfest. Featuring DJ Ciel and Hession. Electronic. 21 and up. 852 Fifth Ave., Downtown. 619-235-ONYX.
Pacific Beach Bar & Grill: Wednesdays, 10pm: DJ Tony. Pacific Beach. 858-272-7278.
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Oktoberfest

Upcoming Event

Have you been tagged by the Reader Street Team? See your photos on www.sdreader.com/scene


Stingaree: Fridays, 9pm: Live Fridays. Featuring DJs Sanjay and Jorge Luna. 21 and up 414 Sixth Ave., Downtown. 619-544-0876.


Tavern at the Beach: Thursdays, 10pm: DJ Skiz. Fridays, 10pm: DJ BDP. Saturdays, 10pm: DJ RED. With DJ MCC. Wednesdays, 10pm: DJ WHO. Hip-hop/rock. 1200 Garnet Ave., Pacific Beach. 858-272-6366.

Tiki House: Tuesdays, 9-10pm: Times by Trent. Every Tuesday. 1152 Garnet Ave., Pacific Beach. 858-273-9734.


U-31: Thursdays, 8pm: DJ Artistic. With Croz 1 '80s and '90s hip-hop. 21 and up. Fridays, 9pm: Fred the Noise. With Gabe Vega and Saul Q. Dance/indie/rock. 21 and up

Whiskey Girl: Fridays, 9pm, Saturdays, 9pm: DJ Marc Thrasher. Mixes music videos. Sundays, 9pm: U-Call-It


Upcoming Event

Little Italy Festa Metric Century Bicycle Ride Saturday, October 10 7am Post-ride pasta, veggies & fruit buffet in Little Italy. www.shadowtour.com

For more information on upcoming events visit sdreader.com

San Diego Reader October 8, 2009
HAPPY HOUR

More information about these establishments can be found online at SDReader.com/drinks, including driving directions, coupons, food specials, and more.

HOW TO SUBMIT A DRINK SPECIAL: Call 619-235-3000 x700, night or day by 5pm Friday, the week prior to publication. You may also fax to 619-231-0489, mail the week prior to publication. You may also fax to 619-231-0489, mail or submit information online at SDReader.com/drinks.

ALLIED GARDENS
Pal Joey’s: 7pm- close $1 shots.

ALPINE
Alpine Inn: Monday-Friday, 3-7pm: $2.50 drafts, $3.75 wells, house wine, $4.75 calls.

BALboa PARK
The Prado: Tuesday-Friday, 4-6pm, 8-10pm: $3.50 wells, pint, house wine, house margaritas. Lounge only.

BANKER’S HILL
Bertrand at Mister A’s: Monday-Friday, 2-6pm: Specialized priced cocktails, beer, wine, small plates on patio. Pizzeria: Every day, 3-7pm: $3 pizzas, house wine; $6 pizza slice + pint or wine.

BAY PARK
Offshore: Tuesday-Friday, 3-7pm: $2 domestic, $3 sangria, well and micro imports, $3 Tommy Bahama mojitos.

CARLSBAD
The Alley: Every day, 11am-7pm: $2.75 wells, domestics. Boar Cross: Thursday-Saturday, 8pm: $1 Bud & Bud Light.

CARMELO VALLEY
Tio Leo’s: Monday-Friday, 3-7pm: $5 pits, $4 wells, house margaritas.

CLAREMONT
Viva Vino: Monday-Saturday, all day: 3.99 domestic beer.

COLLEGE AREA
Casa Machado: Monday-Friday, 4-7pm: $2.75 domestic, $3.75 margaritas, wells, free nachos and specials.

DEL MAR
Shimibashi Izakaya: Monday-Friday, 4-7pm: $3 draft beer, $5 cocktails, $5 glass of wine, $3 draft beer. Jake & appetizer specials. Saturday-Sunday, 12-7pm: $5 cocktails, $5 glass of wine, $3 draft beer, $0.50 off sake & sapporo. Jake & appetizer specials.

DOWNTOWN
Downtown Johnny Brown’s: Monday-Friday, 4-6pm: $3 domestic bottled beer, $1.50 pints of the day. 40% off appetizers. The Local: Monday, 4pm-close: $3 Bud Light, Miller Lite, 64 burgers. Tuesday, 4pm-close: $3 Corona, Pacifico, Dos Equis. $2.50 chicken/street tacos, $3 lobster/lamb tacos. Wednesday, 4pm-close: $10 big pitchers. $2 BBQ pork sliders, corn dogs. Thursday, 4pm-close: $3 jager, wells, drafts, bottled beer. $3 lobster tacos. Friday, 3-7pm: $1 off wells, wine, drafts. Saturday, 8-10pm: $5 premium beers.

Mc Cormick & Schmick’s Seafood Restaurant: Every day, 3-7pm, 9-11pm: Wine and drink specials, 2-12 lb. cheddarburgers $2,95, other $1.95 specials. Join us for Padres games, next to Petco Park.

Sally’s Seafood on the Water: Monday, 2-65-5:30pm: $3 local beer on tap. Tuesday, 2-30-5:30pm: $4 margaritas, $3 Mexican bottled beers. Wednesday, 2-30-5:30pm: $3 hot saki, $3 Japanese bottled beers. Thursday, 2-30-7pm: $3 drafts, $5 wells/house wine.

Tivoli Bar: Every day, 4-7pm: $1 off pitchers, $0.50 off liquor.

Xavier’s Bar & Grill: Tuesday-Saturday, 4-8pm: $3 wells, drafts. $2 off wine.

EAST VILLAGE
East Village Tavern and Bowl: Monday-Thursday, 3-7pm: $3 drafts, wells, wine. $4 premium drafts, margaritas, $4 jager, bacardi, svodka.

Filling Station

Daily Happy Hour
11:30 am to 7 pm

Nightly Drink Specials

2 Pints & 4 Pitchers after 7 pm
FREE Pool at 7 pm

Halloween Party!
Call for details.

FRIDAY & SATURDAY NIGHTS
DJ Dance Party
Karaoke 9 pm-1 am

SUNDAY THRU THURSDAY
Karaoke 9 pm-1 am

9522 Miramar Rd.
858-578-0757
Northeast corner of Miramar Road & Black Mountain Road

Jewel Box: Monday, $2 PBR drafts. Wednesday, 4pm-7am: $5 jager bombs w/military ID. Thursday, 8pm-2am: Industry Night $3.75 calls. Must show apron/pay stub.

EL CAJON
Double D’s on Broadway: Every day, 10am-noon, 4-7pm: $2.50 domestics, 4/$5 off mixed drinks. $1 off shots.

Thomson’s Irish Pub and Grill: Wednesday-Sunday, 11-4pm: $2 wells, $3 drafts.

SECONDIO
Tango Restaurant & Lounge: Every day, 4-7pm: $1 off all drinks, 1/2-off bar menu.

GOLDEN HILL
Turf Supper Club: Friday-Sunday, 12-4pm: $5 lunch: 1/2-lb. burger, chicken sandwich, or 2 Louisiana hot links + bag of chips. 12-4pm $1 off all beer/wine/spirts. All day: $1 off se- lein steaks, surf and turf.

GRANTVILLE
Tio Leo’s: Monday-Friday, 5-7pm: $3 wells, domestic drafts. $5 margarita (keep shaker).

MILLCREST
Cafe Eleven: Every day, 2-7pm: $4 house margaritas, $3 wells, house wine, bottled beer. $3 appetizers: shrimp cocktail, stuffed mushrooms, thin chicken skewers, more. Cafe Bleu: Every day, 3-7pm: $5 wines, specialty cocktails, $6.50 specialty martinis, food specials. 

KEARNY MESA
94th Aero Squadron: Monday-Friday, 3-10-6:30pm: $2.75 Bud Light on tap, $3 wells. Sunday-Saturday: U2-prize bottles of wine.

Khan’s Cave Grill & Tavern: Monday, Friday, 3-6:30pm: $1 off draft, $1 off glass of wine. Tuesday, 3-6:30pm: $1 off draft, $1 off glass of wine. 3:30- 1/2-off bottles of wine.

KENSINGTON-TALMADGE
The Kensington Club: Every day, 10am-4pm: $2.50 wells, drafts, domestic bottles.

LA Jolla
La Jolla Brew House: Monday-Friday, 7-7pm: $3 wells, house draft, $4 house wine. $3 premium.

Lupi’s Italian Restaurant: Tuesday-Sunday, 3-7pm: $3.50 martini, beer, wine. Free doggie treats. 

The Melting Pot: Every day, 3-7pm: 1/2-off fettuccine fonduta, salads, chocolate fonduta.

HAPPY HOUR IN THE GASLAMP DAILY TILL 8 PM

BOTTLED BEERS $2.50 • WELLS $3
DRAFT PINTS $3 • CALLS $4
MARGARITAS $4 • BLOODY MARYS $4

TUESDAYS: HAPPY HOUR ALL NIGHT!

ALL NIGHT DRINK SPECIALS
JAGER BOMBERS $5
IRISH CAR BOMBS $5

LSD & HOUSE WEED

3428 F Street • (619) 233-3077
www.patrickscii.com

Host Ashley
9 pm-1 am

Host Jesse
9 pm-1 am

Michele
428 F Street • (619) 233-3077

Host Ashley
9 pm-1 am

Host Jesse
9 pm-1 am

Michele

Family Funk

Live Music – No Cover

Friday 10/9 • Night Shift

Saturday 10/10 • Slight Return

Friday 10/14 • Funk’s Most Wanted

Saturday 10/17 • Beta Max

Sam Diego Reader October 8, 2009 103
MISSION BEACH

Guava Beach Bar & Grill: Monday-Friday, 2-7pm. 2-for-1 cocktails, beer, shots. Saturday-Sunday, 12pm. Biionic Beavers, $2.50 kamikazes, $8 Bud/Bud Light pitchers.

MISSION HILLS

The Aero Club: Every day, 2-7pm. $4 drafts, $3 bottles.

Starlite: Monday-Saturday, 5-7pm. $3 drafts, $1 of other. Sunday, all night: $5 mules. $15 off wine bottles.

MISSION VALLEY

950 Lounge: Wednesday, 3 wells, beer, house wine.

NATIONAL CITY

Lai Thai Restaurant: Every day, 4-5pm. $2 Thai beer.

NORMAL HILLS

Blind Lady Ale House: Tuesday-Friday, 5-9pm. $20 64-oz. pitcher local beer and margherita pizza. Saturday-Sunday, 11am-7pm. $20 64-oz. pitcher local beer and margherita pizza.

NORTH PARK

Aperitivo: Tuesday-Friday, 5-9pm. $4 glass of wine, imported beers. Sunday, all day: $2.75 glass of wine.

Redwing Bar & Grill: Monday-Thursday, 11am-6pm. $2.75 wells, domestic bottles. Friday-Saturday, 11am-10pm. $2.75 wells, domestic bottles.

Toronado: Monday, 11:30am-5pm $1 off drafts. Tuesday-Sunday, 11:30am-5pm. $1 off drafts.

OCEAN BEACH

Winstons: Monday-Saturday, 1-3pm. $1 off beer/wine.

OCEANO

The Flying Bridge: Every day, 4pm-7pm. $3 beer, $4 wine, 20% off appetizers.

Hana Japanese Restaurant: Big Kahuna: Monday-Friday, 3-7pm. $2.75 beer, 1/2-off cocktails.

OLD TOWN

Wine Cabana: Monday, till close: $1 off Malbec. Tuesday, till 7pm: $2.50 price appetizers. Wednesday, Girl’s Night Out complimentary chocolate fondue. Thursday, till 7pm: $3 beers, 1/2-price appetizers. Friday, Cabana Magic Show (usually monthly). Saturday, 11pm: $3 beers, $30 with DJ & PJ. Sunday, till close: $4 Sangria, live jazz at 5pm.

PACIFIC BEACH

The Australian Pub: Monday-Friday, 7-9pm. $3 Long Island. Saturday, $2.50 Karl Strauss. Sunday, $3 Bloody Marys.

Big Kahuna: Monday-Friday, 3-7pm. $2.75 beer, wine.

The Dog: Monday-Thursday, 4-6pm. $2 well, street tacos.

Miller’s Field: Monday-Friday, 3-7pm. $1 well, street tacos.

Sinbad Cafe: Every day, 4-8pm. $1 drafts, $1.50 wells, shots, $2 imports. $3.50 appetizers. 11am-8pm. $12-$15 more.

POINT LOMA

The Boathouse: Every day, 2:45-5pm. $1.99 house margaritas ($3 Caesars Gold), $3 beer of the month, $4 wine of the month.

C-Level: Monday-Friday, 3:30-5:30pm. $3.50 Bud Light, Karl Strauss, Stone IPA, $3 specialty drinks, wells, house wine. $3 crispy calamari, ali pana poke, steamed Fish Pier moss, more.

Point Loma Sports Grill & Pub: Monday-Friday, 4-7pm. $1.50 price appetizers. Riley’s Music Lounge: Monday-4pm, $4 calls. Monday-Thursday, 5-7pm: $3.50 pints, $4 Jager bombs. Thursday, 4-7pm: $3 kamikazes, $4 Jager bombs. Friday, 4-7pm: $3 kamikazes, $5 Long Island/Long Beach.

POWAY

Phileas Fogg’s Bar & Restaurant: Monday-Friday, 4-7pm. $2.50 domestic pints/$7.95 piper, $3.50 domestic pints/$11.95 piper. $2.95 cheese quesadilla, $9.50 chicken wings, more.

RANCHO BERNARDO

Cafe on the Park: Monday-Friday, 5-6pm: $4 glasses, $3 house margaritas, 1/2-off house wine by the glass, $1 off beer. Complimentary cheese & crackers, 1/2-off appetizers.

RANCHO SAN DIEGO

Cottonwood Golf Club Bar & Restaurant: Every day, 3-7pm. $2 wells, street tacos.

SAN MARCOS

The Jumping Turtle: Monday, 11am-close. $2.50 Asahi, $6.75 pitcher. $5 cheeseburger w/ fries or salad. Tuesday, 11am-close: $2 Corona, Pacifica, margaritas, 3pm-close: $2 tacos. Wednesday, 11am-close: $4 drop drinks. $6 monster sandwich w/ fries or salad. Thursday, 7pm-close: $3 Jager, $2.50 Bud Lite. 3-11pm: $3.50 chicken wings. Friday, 5pm-midnight: $3 Long Island, $5.12 inch two-topping pizza. Saturday, 11am-close: $3 Orange Patron, Tamarqy, $5.75 Reden sandwich w/ fries or salad. Sunday, 11am-close: $2.50 Bloody Marys. $5 Holo-In-One ham sandwich w/ fries or salad.

SERRA MESA

Channel 1 Sports Bar and Grill: Monday-Friday, 8am-11am: $1.50 drafts, wells.

SOLANA BEACH

The Fish Markets: Monday-Friday, 3-6pm: $3.50 domestic pints/$7.95 piper, $3.50 domestic pints/$11.95 piper. $2.95 cheese quesadilla, $9.50 chicken wings, more.

RANCHO SAN DIEGO

The Boathouse: Every day, 4-6:30pm in our Tapas Bar. EVERY DAY UNTIL 7 PM!

VIBRANT "GREAT SANGRIA? GET SANGRIA"

SOUTHPARK

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Trekking in Nepal involved 25 grueling vegan days of rice, lentils, mustard greens, noodles, barley stew, and boiled potatoes (and one glorious night of smoky yak steak and real mashed potatoes from the best darned Sherpani innkeeper in all of Sagarmatha National Park). When my partner and I returned to Kathmandu, we did what Americans do: we ate thin, well-done buffet-burgers at the Thamel branch of Neroli’s famous Indian burger and ice cream chain. Unfortunately, the water buffalo must have been local, made from the hunks of carcasses sitting out on the street at the nearby butcher’s, covered with flies. We both caught vile cases of salmonella. In the 20 years since then, I’ve eaten maybe ten burgers.

On October 4, the New York Times carried an exhaustive report on a virulent strain of E. coli in American ground beef. (The U-T reprinted a short excerpt. This type of bacteria comes from cow poop (not flies): most cattle are fattened up standing cheek-by-cud in crowded feedlots, up to their knees in manure. An FDA honcho quoted in the story was doubtful that the usual health procedures used at home (e.g., cooking the meat well-done and washing the chopping board) were sufficient — this strain of E. coli is so evil, it infects even aprons and towels in the same kitchen.

The villain — nearly unavoidable in supermarket ground beef — is mass-produced meat coming from multiple sources, including low-on-the-cow “spare parts” that are most vulnerable to contamination from manure. The parts are all ground together at a mass slaughterhouse/meat processor.

Scariest yet, there’s no way consumers can know how thoroughly the mass processors clean their grinders of clinging, germy meat. The FDA is not standing by to inspect the equipment at every slaughterhouse and processor; in fact, as the Times revealed, they are as protective of the meat industry as they are of the public. When my friend Bruce Aidells was starting up as a sausage-maker, he used a fine, ethical local German sausage processor to mix his sausage meats — but for uncured (raw meat) sausages like his chicken-apple breakfast links, he had a smaller, separate grinder on the premises reserved for this use alone.

How To Be Safe(r)

If you regularly eat “burger joint” burgers — well, now you know the risk, even if you choose well done. But if you love burgers, you lower the risks by choosing single-sourced, branded, “free-range,” “natural,” or “grass-fed” ground beef, and/or going to burger joints that grind their own from scratch. At home, you can buy ground meat that’s inspected for E. coli after grinding, or grind the beef yourself from a single hunk of solid meat. (The specific victim the story cited had eaten frozen patties with the classically sounding “Angus Burgers” label, but Angus is merely a popular breed, not a specific ranch.)

For cooking at home, Costco is the only mass-market retailer that actually inspects and tests its meat for E. coli after grinding. Their ground beef is most likely to be worth a gamble for home-made burgers.

In restaurants that don’t grind their own, look for a brand name or for guarantees of organic, “natural,” “free-range,” or grass-raised beef. For instance, local Brandt Beef in Imperial County does herd together their free-range cattle to be finished off on grain, but their feedlot (at least, per their online videos) still leaves room enough for the animals to prance around (so, less filth on the ankles). Better yet, they use a small meat processor in L.A. — the only other client is Matt Riemel’s pristine grass-fed Palomar Mountain Beef.

Whether “free-range,” “grass-fed,” or “Kobe,” branded high-class meats can’t risk contaminating their names with grinder remnants of meat contaminated by mass-produced beef. Hence, I’ve trusted Snake River Kobe and ground bison burgers to make Ethiopian raw-beef “tartare,” kitfo. Never any ill effects.

DIY Ground Meat

Regular readers may have noticed that I regularly eat raw beef in restaurants as carpaccio, steak tartare, and kitfo. The secret is that none of these is made from ground beef; all are made from a single piece of steak, sliced or chopped just before serving. A well-cleaned, refrigerated slab of muscle (that hasn’t been sitting out on the hot streets of Kathmandu) is fairly unlikely to harbor serious bacterial contamination.

My friend Teresa, a former restaurateur and cooking teacher from Haiti, taught me an invaluable lesson in cleaning animal proteins, whatever you mean to do with them. (This technique is common all over the Caribbean and throughout West Africa — a brilliant remnant of prerefrigeration eras. If only they’d used it in Nepal!) Cut a lemon or large lime in half (or two, for a larger piece). Lay the meat (or poultry or fish) on a cutting board and, using heavy pressure, rub half the cut citrus all over it, scrubbing hard. Flip and repeat, using the other half of the citrus. Then rinse the meat under very hot tap water until the surface turns gray. (For fish, use cool water.) This procedure removes all traces of the surface moisture that’s liable to harbor contaminants.

For burgers, start with a cheap steak (e.g., round, chuck, top sirloin) and trim off silverskin around the edge and excess fat. (Save some fat to add back in; burgers need about 20 percent fat.) After cleaning the meat as above, cut it into manageable chunks. Grind (with some fat) in a meat grinder or run in a food processor until minced. If food-processed, spread meat on a clean cutting board. Quickly, with fingers or tweezers, pull out and discard all the silvery pieces of gristle you can find. (If using an extra-lean cut, you can melt a little butter and mix it into the meat…or, you can

**SAFE DINING**

**NAOMI WISE**

**DIY Ground Meat**

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- Stuffed French Toast
- Chicken Strips Cordon Bleu Sandwich
- Half-Pound Old-Fashioned Patty Melt

Complete menu available at www.Brians24.com
plant a pat of butter in the center of your patty.) Season meat as desired. If not using immediately, refrigerate until ready to use.

With these precautions, your risks from a rare or medium-rare burger are minimized (but don’t sue me — this is no guarantee). As for sous chefs, many of your favorite chefs donate their time, and these dinners leaked out late because Nepal. And when I do use supermarket ground beef, I still buy it from time to time to use for long-cooked dishes like Latin American picadillos and stews. Never for burgers — not since Nepal. And when I do use supermarket ground beef from now on, afterward I will sterilize my cutting board with bleach.

Chef Celebration Dinners
The annual Chef Celebration fundraising dinner series is back for its 14th year, with extraordinary dinners hosted by Pamplemousse, 1540 Kitchen, Cowboy Star, Cucina Urbana, and Terra Restaurant. The way these work is: The chef at each restaurant invites guests. Each dinner requires a $65 donation per person (plus beverages and tips), with $35 tax-deductible going toward the nonprofit scholarship fund. (The other $30 goes to such food vendors. Many of your favorite chefs donate their time, and these dinners are unique: The result: fabulous dinner series takes place every Tuesday in October. Each dinner requires a $65 donation per person (plus beverages and tips), with $35 tax-deductible going toward the nonprofit scholarship fund. (The other $30 goes to such food vendors.)

For menu information and to make reservations, please contact host restaurants directly by phone or email. For complete details visit chefcelebration.org. Unfortunately, word about these dinners leaked out late this year, so you’ve already missed the first couple of dinners. Believe me.) The last course of each dinner is no guarantee.) As for sous chefs, many of your favorite local “top toques” benefited from these scholarships back when they were line chefs or sous chefs.

The dinner series takes place every Tuesday in October. Each dinner requires $650 donation per person (plus beverages and tips), with $35 tax-deductible going toward the nonprofit scholarship fund. (The other $30 goes to such food vendors. Many of your favorite local “top toques” benefited from these scholarships back when they were line chefs or sous chefs.

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**Dessert Oasis**

“Rolando” was dreamed up by developers in the 1920s, to combine “rolling” and “land.”

Anchors: “And now for a special live report from the border, here’s our border-affairs reporter, Ed Bedford. Ed!”

 Cue Ed: “Yes, Cindy. I’m actually standing on the border. One foot on either side, my right planted squarely in El Cerrito, my left in Rolando. You may hear some banging in the background. That’s the sound of, uh, pots and pans. Because the extraordinary fact is that this line passes through the entrance of San Diego Desserts. We have Mark here — step a little closer, into the shot, Mark, thanks. Now, you’re the owner of San Diego Desserts. It’s a question of identity, isn’t it? Mark, the world wants to know: What are you, an El Cerritan or a Rolandian?”

“’Scuse me. You okay?”

Oh Lord, it’s Mark. He’s shaking my shoulder. Fantasizing again. Been a long day:

“Uh, you were saying...” I ask.

“Only that the demarcation line between El Cerrito and Rolando runs through our front entrance.”

I’m at 60th and El Cajon because I needed to refuel, fast. Just finished an all-day job up here. Dizzy in the heat. No lunch. Now it’s nearly 8:00 p.m. Saw this low building with a big sign on its roof: “King Prawn.” For a moment I thought it said “King Prawn.” No such luck. But underneath is another sign that says “Desserts.” So I come up, have a look-see, and yes! They’ve added “…and local bistro!” to the menu. Guess they are a oasis — heh-heh — this far up El Cajon.

The meat loaf is comfort food, but no way boring. It has bacon on top and good cheesy mashed potatoes. Trouble is, I’m distracted, rapping with the folks next door. Started when I took their picture for them. Turns out, Charlie’s been a clarinet player with orchestras around the world. Elisa, his wife, is a teacher. Sue’s just spent four years out in the Nicaraguan boonies, helping educate women about preventing cervical cancer. And Tanja, who’s, like, still a wild woman at 84, runs something called the Peace and Democracy Action Group. “It’s simple,” she says. “We’re trying to stop goddamn war.”

After the gang has left, I ask Mark, “So, really, what’s this about being on the border?” That’s when he tells me about the invisible line. And how El Cerrito means “Little Hill,” and the name “Rolando” was dreamed up by developers back in the 1920s, to combine “rolling” and “land.” They gave it a romantic Spanish twist by adding an o at the end.

Who knew? Meantime, I go completely over the top and order a tres leches cake ($4.75) before I’ve finished the meat loaf, seeing as how Mark’s fixing to close. It’s sponge, with layers of that wicked vanilla-fudge-tasting filling that’s addictive like caramel. I never miss getting a stick of it when I’m in TJ — even if I’m there to see Dr. Solorio, the dentist. This has a less intense taste but makes a nice light end to the meal.

Outside, I cross back into El Cerrito territory and head for the 15 bus stop. Already decided what I’ll have when I bring Carla here. Glass of port (‘cause they have that) and a chocolate-caramel bombe, which I almost got instead of the tres leches. Oh, man. That should cost about $12. And if Tanja and Sue and Elisa and Charlie are there, that’ll be the icing on the cake.
tables, daily made-on-the-premises sommelia pasta — and dog-friendly, too, plus a nice wine list. A good vegetarian special: zucchini pasta, with artichoke hearts, spinach, capers, mushrooms, onions, and olives. Inexpensive.

**Lil’ Piggy’s Bar-B-Q**
1201 First St., Coronado, 619-435-0327. They call themselves “Memphis style” and indeed cook their meats and tender chicken in a hickory-fueled smoker. Consistency problem — some days you taste smoke, other days not a whiff. Local delivery available. Moderate.

**Mexican Village**
126 Orange Ave., Coronado, 619-435-3111. Old restaurant revives with new (Mexican) owner. Old Coronadans say the signature burritos filled with tripe, pork and potato, chorizo and eggs, etc. match even their gilded Korean- and Vietnam-era memories. Inexpensive to moderate.

**Primavera Ristorante**
932 Orange Ave., Coronado, 619-435-0834. Classic fine Italian cooking with creative nightly specials. Stuffed pastas are made in-house and rolled thin, gnocchi are expertly crafted, and entrées are more interesting than the appetizers. The osso buco is outstanding, as is a summertime special of white king salmon. Expensive.

**Village Pizzeria**
1206 Orange Ave., Coronado, 619-435-0440. Monti’s Creamery owner David Spatafore decided to set up a cheap, back-east Italian, red-and-white tablecloth, dingy-Chianti-bottle eatery where local families and amateur sports teams can come in and pig out on great pizza and calzone. Inexpensive.

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**Del Mar**

**Il Fornaio**
1535 Camino del Mar, Del Mar, 858-755-8876. Also 1333 First St., Coronado, 619-437-4911. Regional Italian dishes range from filetto con forzatina (thin grilled steak on a baguette with creamy Dijon and salad) to a mesquite-grilled 22-ounce borrea alla diavola. Great breads, of course. Moderate.

**Anthony’s Fish Grotto**
1360 N. Harbor Dr., Downtown, 619-232-5103. Additional locations in La Mesa and Chula Vista. 18 fish to choose from, available seasonally, most prepared simply. Mediterranean.

**Anthony’s Fishette**
1360 N. Harbor Dr., Downtown, 619-232-5103. Fast fish, many sauces, but the clam chowder — New England or Fisherman — is fresh, thick, tasty. Inexpensive.

**Brickyard Coffee and Tea**
675 G St., Downtown, 619-696-7220. You sit under poplar trees in a brick patio — under the 805 overpass) — and drink espresso or wine or macchiatos or sandwiches (filled with tripe, pork and potato, chorizo and eggs, etc.) matches even their gilded Korean- and Vietnam-era memories. Inexpensive to moderate.

**Buster’s Beach House & Longboard Bar**
802 W. Harbor Dr., Downtown, 619-233-4355. The real Buster surfed the world — Baja, Oahu, Fiji, Naples, Okaloosa, Phuket. How there’s a surf-pub dish from each of these waters, not one of them authentic. Bay view. Prices cover the waterfront.

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**October 8, 2009**

**Union-Tribune**
Readers’ Poll 2009: Voted one of San Diego’s Best Japanese/Sushi Restaurants for the past 10 years! -Union Tribune Readers’ Poll

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especially. Grazing meals moderate to expensive.

**Hacienda Casa Blanca** 700 N. 11th St., Downtown, 619-269-3999. Standard North Indian Sikh menu. The lunch buffet boasts a bit more rock bottom, yet it's a decent deal if you care about flavor — some of the dishes here do dazzle at harvest prices that make cheaper buffets.

**Operacaffe** 413 2nd Ave., Downtown, 619-239-6388. Pleasant dishes include mustard mushrooms, Cajun seafood paella, seafood penaut, and Fanny Bay oysters on the half-shell. Or try the oyster shooters.

**Karen's Cafe** 401 W. Main St., Downtown, 619-515-3003. Chef-chef Christopher Lee officially presides — plonk it in from Manhattan. Cocktails are more creative than the corporate, Vegas-created "pick hit" menu. Fine rare but "not too fussy" won't rock your world.

**Bubby's Galatoire** 935 S. Coast Hwy. 101, Encinitas, 760-436-3563. Sandwiches include intriguing Mediterraneography, including as rich as Haig-Dasz and feature unusual components like crimson and chocolate cinnamon. Inexpensive.

**Restaurant La Siren** 42 E. Main St., Encinitas, 760-436-1282. Local Vietnamese house specials and seafood also includes a whopping 45 vegetarian dishes.

**Side & Tunnel Hotel** 56, Downtown, 619-515-3003. Ceft chef Christopher Lee officially presides — plonk it in from Manhattan. Cocktails are more creative than the corporate, Vegas-created "pick hit" menu. Fine rare but "not too fussy" won't rock your world.

**Encinitas**

**El Cajon**

**Al Basha** 421 E. Main St, El Cajon, 619-440-3622. Chaldean specialties served until midnight, in a huge, encyclopedic platter of sushi, grilled foods, with a focus on lobster. Inexpensive.

**Hillcrest**

**Aladdin's Mediterranean Restaurant** 220 Cleveland Ave., Hillcrest, 619-294-9407. Royal Indian House, 207 Fifth Ave., Downtown, 619-515-3003. The focus is vegan and vegetarian, but they're also fished and a generously portioned fish. Most popular item: falafel (bread of garbanzo beans) on a bun with melted cheese.

**Swami's Cafe** 1135 S. Coast Hwy. I, Encinitas, 760-946-4612. There are standard dishes, like egg Benedict or Jack's famous corned beef hash. Health is try. The protein veggie wrap, with avocados, grilled cheddar, red pepper, and the Indian curry with tofu.

**Swami's Cafe** 1135 S. Coast Hwy. I, Encinitas, 760-946-4612. There are standard dishes, like egg Benedict or Jack's famous corned beef hash. Health is try. The protein veggie wrap, with avocados, grilled cheddar, red pepper, and the Indian curry with tofu.


828 Fifth Ave., Downtown, 619-446-0002. This mainly male-serviced, fast-paced, casual dining, with a "pick hits" menu. Fine rare bar and seats are terrific, on a par with Baja's best.

**Grazing meals moderate to expensive.**

**Maryjane's Coffee Shop** Hard Rock Hotel, 305 Fourth Ave., Downtown, 619-296-9050. Back to the ’70s with frozen peas and instant-mashing mash. The hearty meat loaf may improve on Monte, but the chicken pot pie is just barely better than Morton's. Moderate.

**Ocean Room and Lounge** 630 Fifth Ave., Downtown, 619-591-4850. Pleasant dishes include meatless vegetable over Omelet. Other choices: Portuguese sausage frittata. Inexpensive.

**Escondido**

**Golden Egg Omelet House** 5 W. Mission Ave., Escondido, 760-489-6130. Omelets are light, thin crepes like eggs wrapped around mounds of elaborate fillings. Thick waffles can be topped with fresh fruit. And then there are eggs, hash, crapes, potato caserones, hamburgers, and sandwiches.

**Hernandez’ Hide-Away** 1920 Lake Dr., Escondido, 760-744-1444. The margaritas (rocks, not sluts-dr) are terrific, on a par with Baja's best.


**Kous Kous Moroccan Bistro** 3640 Fourth Ave., Hillcrest, 619-235-5944. Whittystairs treat you like dinner. Natural food on display or Dinner. Start with dishes like boar and buffalo, grilled salmon, and salad. Better yet: get a half of pound shrimp and salad, and the half-pound shrimp and salad.

**Miz-Miz Sea Bistro** 757 25th St., Golden Hill, 619-235-3009. Also 5420 Mission Blvd., Kearny Mesa, 858-505-8700. Try the fried fish, with just-right sauce and crust then enough to find in a Y and out on the run. Better yet: get a whole price to enjoy at leisure. Neighborhood delivery available.

**San Diego Reader** 1990 Market St., Kearny Mesa, 858-505-8707. Try the Korin BBQ marinated short ribs or thick marbled slices of sirloin, which come with a broil of small accompaniment dishes. Adventurous! Go for the meat hot pot or Korean steak tartar (yukhoe). Moderate.

**Shanghai City Restaurant** 3800 Convoy St., Kearny Mesa, 858-505-8707. The Korin BBQ marinated short ribs or thick marbled slices of sirloin, which come with a broil of small accompaniment dishes. Adventurous! Go for the meat hot pot or Korean steak tartar (yukhoe). Moderate.

**Spice House Café** 9033 Clairemont Mesa Blvd., Kearny Mesa, 858-504-3028. Greek-American cuisine. We don't know if it's the chilies or Jack's famous corned beef hash. Mildly, otherwise moderate/ expensive.

**French Acme Market** 505 25th St., Kearny Mesa, 858-360-6711. Built to mimic a French farmer’s market, taken over by Yankee flying aces, offers classic American fare and mimicking American cockerels. Moderate.

**Karezza Cafe** 2246 El Cajon Blvd., Kearny Mesa, 858-505-8707. Try the Korin BBQ marinated short ribs or thick marbled slices of sirloin, which come with a broil of small accompaniment dishes. Adventurous! Go for the meat hot pot or Korean steak tartar (yukhoe). Moderate.


**Hillcrest Market** 8825 Villa La Jolla Dr., La Jolla, 858-588-8228. By day, the focus is vegan and vegetarian, but they're also fished and a generously portioned fish. Most popular item: falafel (bread of garbanzo beans) on a bun with melted cheese.

**Nijiya Market** 3860 Convoy St., Kearny Mesa, 858-360-6711. Built to mimic a French farmer’s market, taken over by Yankee flying aces, offering classic American fare and mimicking American cockerels. Moderate.

**Kaiseki Restaurant** 8635 La Mesa Boulevard, La Jolla, 858-461-4434. Prime-grade bone-in rib eye, plus good choice of sauces and heavy cream-drenched mashed potatoes and gravy. Moderate to very expensive.

**Whole Foods Market** 711 University Ave., La Jolla, 858-294-2800. Also 8825 Villa La Jolla Dr., La Jolla, 858-642-6700. Gourmet organic grocery and some amazing specials like Emerald Mushrooms salad and conch,水墨 and conch, and saucy, scrambled egg, and veggie. Inexpensive to moderate.

**Imperial Beach**

**Ponderosa Bassett** 600 Palm Ave., Imperial Beach, 619-425-7601. In pizza, no matter how you slice it, no one can match the big, wide, long, loaded pizzas. The fish 'n' chips dish is generous, they make a large lasagna with garlic bread and salad, and the half-pound shrimp and salad, and the half-pound shrimp and salad.

**M2M Sea Bistro** 875 Sea Dr., Imperial Beach, 619-424-5480. Serious gastronomy, low price. Weekend breakfasts tend to be simple but sophisticated, like frittata with Poli-

**Korean BBQ Market** 401 W. Howard St., Imperial Beach, 619-239-7647. Cocktails are more creative than the corporate, Vegas-created "pick hit" menu. Fine rare bar and seats are terrific, on a par with Baja's best.

**Downtown, 619-595-7959. The glory days are past, but supermarkets (mor- sausages and mashed potatoes) with melted cheese.

**Mandarin House** 801 61st St., Kearny Mesa, 858-505-8705. Try the seafood, with a focus on lobster. Inexpensive.

**Mozzarella Sticks** 1135 S. Coast Hwy. I, Encinitas, 760-946-4612. There are standard dishes, like egg Benedict or Jack's famous corned beef hash. Health is try. The protein veggie wrap, with avocados, grilled cheddar, red pepper, and the Indian curry with tofu.

**San Diego Reader** 1990 Market St., Kearny Mesa, 858-360-6711. Built to mimic a French farmer’s market, taken over by Yankee flying aces, offering classic American fare and mimicking American cockerels. Moderate.

**Karezza Cafe** 2246 El Cajon Blvd., Kearny Mesa, 858-461-4434.
Adobe el Restaurante 9700 N. Torrey Pines Rd., La Jolla, 858-530-1000. California-Mediterranean creative seasonal dishes with local produce and something for every taste. Moderately expensive.

Bull and Bear Bar and Grill 1271 Prospect St., La Jolla, 858-451-5477. Bond-trader atmosphere, pricey. Best bang for the buck: the Hot Stove Burger, a half-pound patty with a split.
**Lincoln Park**

**Magnolias** 1426 Euday Ave., Lincoln Park, 619-262-6005. Soul food from Louisiana: the fried chicken is beyond compare, the jambalaya well-impreg- nated, and the BBQ shrimp, crawfish bisque, and tasso are outstanding. Great side dishes include candied sweet potato rounds and cornbread dressing. Low-moderate.

**Little Italy**

**Just Burgers** 2043 Ketteri Bl., Little Italy, 619-238-9400. Open until 24 hours on weekends, this restaurant serves both Mexican and Anglo food. Good Western omelet breakfast, great Mexican seafood soups, and now here. Meals are mostly salad through desserts. Inexpensive.

**Logan Heights**

**La Fachada** 28 25th St., Logan Heights, 619-231-5666. Open until 24 hours on weekends (11 am-2 am). Inexpensive.

**Mira Mesa**


**Mission Beach**


**Mission Hills**

**Gathering Bar and Grill** 902 W. Morena Bl., Midway District, 619-261-9040. Familiar comfort fare, like the slow-cooked beef (avocado, Jack cheese, and salsa) or the Monte Cristo sandwich. Owner does magic card tricks around town some evenings. Inexpensive.

**Midway District**

**Bull’s BBQ** 1229 W. Moreno Bl., Midway District, 619-276-2850. Open until 3 am (and 24 hours on weekends), this restaurant serves both Mexican and Anglo food. Good Western omelet breakfast, great Mexican seafood soups, and now here. Meals are mostly salad through desserts. Inexpensive.

**National City**

**The Barbecue Pit** 902 E. Plaza Blvd., National City, 619-472-2244. Rustic wooden fibers, chicken, steak, lamb, and potato burrito, another good vegetarian choice. Inexpensive.

**National City**

**China Super Buffet** 1995 4th Ave, National City, 619-299-0333. The deep-fried taquitos are their top-selling item. But try Burrito Indian, a large wheat tortilla stuffed with marinated chicken, corn, beans, onions, cheese, and tomato, and the potato burrito, another good vegetarian choice. Inexpensive.

**Mission Valley**

**24-Hour Valley Kitchen Family Restaurant** 875 Hotel Circle South, Mission Valley, 619-431-1017. Hot French dips are great and burgers are genius. Better yet, breakfast around the clock. Inexpensive to moderate.

**North Park**

**Aperto** 3926 30th St., North Park, 619-297-7399. Wine-bar of- fers tapas of scaled-down Italian classics, including tasty prosciutto-wrapped shrimp, eggplant rollatini, lemon cheese tomato mozzarella. Noisy, no reservations, packed on weekends. Inexpensive.

**October Feast**

**Order Saska’s** 9747 Black Mountain Road, 619-226-0888. Keep the feast going all month long! Order the traditional BBQ platter with all the fixings, and your platter will be stuffed with smoked BBQ, tender meats, and poultry dry-rubbed with spices, wood-kissed applewood chips, lightly seasoned. (Okay, I’m getting hungry.) Master-piece dish: dark, spicy, filet gumbo, so they can help prep sa- cieties, and beverages. Great side dishes include candied sweet potato rounds and cornbread dressing. Low-moderate.

**Lau’s** 1301 S. Coast Hwy., Oceanside, 760-438-7311. Executive Sushi Chef, Cafe Japengo

**Mira Mesa**


**Mission Beach**


**Mission Hills**

**Gathering Bar and Grill** 902 W. Morena Bl., Midway District, 619-261-9040. Familiar comfort fare, like the slow-cooked beef (avocado, Jack cheese, and salsa) or the Monte Cristo sandwich. Owner does magic card tricks around town some evenings. Inexpensive.

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**Ocean Beach**

**ROOTS** 1250 Jetty Ave., Ocean Beach, 619-226-9000. Tiny veggie-or- ganic eatery offers crunchy wraps like the Thai Peanut and the Arhi (artichoke hearts, feta cheese) on fresh tortillas. Interesting sand- wiches include portobello mushrooms with tomato and provolone on ciabatta or the Are (avocado, onion, and tomato). Inexpensive to moderate.

**Sapporo Japanese Restaurant** 5040 Newport Ave., Ocean Beach, 619-222-6686. Lunchtime specials give you a miss soup, salad, and a combo like chicken teriyaki and California rolls and white rice. Other specials include

**What the Chef Eats**

**Suziyo Sushi** 3900 30th St., North Park, 619-226-6171. The sushi is well made and based on seafood from the same fishmonger used by Ota and Nobu. The party rolls (like Stuffed Tomato or Honeymoners) may not be original, but they’re delicious fun. Moderate.

**Oceanside**

**Azafran** 1901 S. Coast Hwy, Oceanside, 760-435-0035. Cuban cui- sine. Try the house-baked breads, the tender roast pork with garlic mayo sauce, or the traditional Cuban pressed sandwich oozing ham, roast pork, cheese, mustard, pickles. Inexpensive.

**Hill Street Cafe & Gallery** 524 S. Coast Hwy, 101. Oceanside, 760-966-0885. Organic in Oceanside, including Cali- star Beach for lunch and grilled fresh fish sandwiches with crunch and sprouts and sun- lish fit right in. When I started at Japengo, I was a little tempura boy in the back of the restaurant and the sushi chef bossed me around. But I worked my way up the ranks and now I’m the executive sushi chef at Japengo. I love the inter- action with people in the restaurant. I ask, “Hey, what do you like?” and when they tell me, I make new combinations of sushi for them.
Pacific Beach

The French Gourmet 960 Turquoise St., Pacific Beach, 858-480-7232. Classic French dishes — paté, ratatouille, café-lait — in a homey atmosphere. Start off with escargots or muscles and hope that the soup de jour is gingered cream of carrot. Fine dessert pastries and three plate. Moderate to expensive.

Great Moon Buffet 1800 Garnet Ave., Pacific Beach, 858-273-6888. Classey Chinese all-you-can-eatarama offers great surf 'n turf possibilities, that goes with baba ghanoush (egg-plant dip) and foul madamas (fava and garbanzo stew). Must-haves include beef hashkova, sidedish wrap, and savory meat pie. Inexpensive.

Kono’s 704 Garnet Ave., Pacific Beach, 858-485-1669. Chose down on a patio at the pier at this inside-outside café, the prototypical California surfer hangout. Tourists and locals alike flock here for generous breakfasts and burgers. Inexpensive.

World Famous 711 Pacific Beach Dr., Pacific Beach, 858-272-3101. Right on the boardwalk with sea views, the prime rib, surf 'n turf, and tournedos are fine. To beat the big prices, try the beach burger or seared ahi Caesar salad. Breakfast and lunch inexpensive; dinner moderate to expensive.

Zanelbar Café 976 Garnet Ave., Pacific Beach, 858-272-4762. Also 107 G St., Downtown, 619-230-0125. Casual food until 1pm or later. The three-egg breakfast scramble is great. So are the brocoli-fenria cheese omelet and egg frites with non-Canadian bacon, and the indignant blueberry buttermilk pancakes. Inexpensive.

Point Loma

Roseville 1125 Rosencranz St., Point Loma, 619-456-6000. Chef Amy Dilli- ave invokes French classics but with meats and local produce, e.g., asparagus omelet with in a bistro salad with pancetta and egg or flawless duck conf. Expensive.

Tender Greens 2400 Historic Dzr., Point Loma, 619-228-6254. This “health food” chain features great soups, desserts, and local, organic pro- duce served californina style with or without mosquite-grilled natural beef, free- range chicken, or local tuna in salads or chubanta sandwiches. Inexpensive.

Kountry Kitchen Ramona 216 Main Pl., Ramona, 615-789-3240. They still open at 5am for the farmers. Try the Italian Sunday breakfast, a sausage with a rich, sharp flavor, with eggs and hash browns. Or the Countryside Special, a buttermilk short stack with eggs and sausage or bacon. Inexpensive.

Ramona

Scripps Ranch

Chez Nous Gourmet Deli-Café 9821 Carroll Canyon Rd., Scripps Ranch, 858-666-4726. Their roast beef with ginger-garlic and Djion sauce, spicy chicken melt, or the leg of lamb

University City

University Heights


San Diego

Khan’s Cave Grill & Tavern

San Diego Reader, October 8, 2009 115
Ken Carpenter doesn’t look like a dramatic lead. Soft-spoken, bespectacled, a slight humble stoop in the shoulders, the 57-year-old’s a successful insurance salesman in Lincoln, Nebraska. He’s been with one woman for the past 40 years, and on his own just once in the past 20. In the first few scenes of Tracy Letts’s Man From Nebraska, Ken and wife Nancy have such ingrained routines that lengthy pauses engulf the few words they utter. They’ve lived this way for decades and will, they’re certain, forevermore. The opening scenes are so dull — deliberately — that neither we nor Ken see it coming.

Was it sudden, triggered by his mother’s terminal illness, or building up for years? Ken doesn’t say. But one night the gravest anxiety attack of all throws him to the floor: “I don’t think…there’s a God,” he tells a stunned Nancy. Asked what he believes in, Ken can only reply, “I don’t know.”

Though Ken has spasms, the attack isn’t physical. Nor is it the sexual yearning of a midlifer bemoaning lost youth. It wasn’t even a “decision,” he says. Flashes came on him. Now his head is “clear” and he “can’t understand the stars.” He hasn’t just tumbled outside the box. The box has disappeared.

On the advice of his preacher, Ken takes his crisis of faith to England, where he joins up with Tamyra and Harry, artists living, most likely, a permanent economic crisis in London’s East End. (“I don’t believe in God,” he says, “Join the club,” says Tamyra.) A kind of cultural exchange takes place: Ken, the emotionally blank have-everything learns from the creative have-nothings.

Man From Nebraska joins a long line of lost-mooring dramas — David Mamet’s Edmond among them. What separates it from most: Ken really falls hard, his whole existence gouged of meaning; and the playwright pens a subplot you could call Woman From Nebraska, since Letts includes wife Nancy’s crisis. She too plunges like Icarus, and compared to Ken, her options are less than zilch.

Letts adds drama by creating leads barely able to articulate their pain (they’re most eloquent when rendered speechless). For Cygnet Theatre, Brian Redfern’s minimal set creates visual silences. Enhanced by Eric Lotze’s excellent lighting, the stage can be dead blank or brimming with stars. George Ye’s sounds and Jason Connors, combined with Jessica John’s detailed costumes, demarcate two worlds: steel guitars and cotton prints for Nebraska; scat and jazz, florid reds and Bo-hunk mufti for England.

Ken Falls Hard

“I don’t believe in God,” he says. “Join the club,” says Tamyra.

THEATER REVIEW
JEFF SMITH
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The Savannah Disputation by Evan Smith
Old Globe Theatre, S. Edna Elliot Centre for the Performing Arts, Balboa Park
Directed by Kim Rubinstein; cast: Nancy Robinette, Mikel Sarah Lambert, James Sutorius, Kimberly Parker Green; scenic design, Deb O; costumes, Judith Dolan; lighting, Alan Burrett; sound, Paul Peterson
Playing through November 1; Sunday, Tuesday, and Wednesday at 7:00 p.m. Thursday through Saturday at 8:00 p.m. Matinee Saturday and Sunday at 2:00 p.m. 619-234-5623.
The supporting cast brims with sharp cameos, among them: Sandra Ellis-Troy’s Cammie, the mother on life-support reduced to begging for food; Jeffrey Jones and Monique Gaffney as the tweaking Brit artists; Amanda Sitton as purse-lipped daughter Ashley; and Linda Libby, a hoot as a pleasure-loving, modern Wife of Bath.

Michael Rich Sears takes a while to empty Ken convincingly. Gestures indicate but feel unconnected to actual hurt. Once inside, though, Sears expresses how it feels to lose one’s sense of permanence.

As Nancy, an almost wordless Robin Christ fights that loss harder in each new scene. She struggles to keep her world from breaking and herself from breaking down.

Melissa’s a “Catholic missionary” — she tries to convert them — from the Evangelical Church of the Holy Spirit Alliance Church. She goes door-to-door in Savannah, Georgia, dropping off booklets and praying for lost souls. Melissa hits pay-dirt with Margaret, a lapsing Catholic who’s so cranky she “slams the door on Girl Scouts selling dry little cookies for seven-fifty.”

Melissa’s chipper proselytizing offends Margaret a
hundredfold, in part because Melissa's religion uses the word “church” twice in its name. Margaret's quick to shoo Melissa away. You have to, she says, otherwise missionaries like her keep coming back. They're like...cannons.

Obviously Melissa's got her hands full and knows it: her cell phone plays the theme from Mission Impossible.

Evan Smith's Savannah Disputation creates the illusion of one. Melissa squares off with Margaret, her sister Mary, and Father Murphy, their priest. The play takes potshots at religious rigidities. Some strike home (the Father Murphy, their priest. The Margaret, her sister Mary, and one. Melissa squares off with phone plays the theme from away. You have to, she says, other-

THEATER SAVANNAH DISPUTATION

剧场

THEATER

Savannah Dis-
Ruthless
Vista’s Broadway Theater presents a musical comedy spoof of the entertainment world. When young Tina
musical comedy spoof of the enter-

Samantha Merritt
The Old Globe Theatre presents the world premiere of a musical bi-
gography of Samantha Davis Jr., book, music, and lyrics by Leslie Bricusse, directed by Keith Glover.

The Side Man
The Old Globe Theatre presents Evan Smith’s comedy about the day Margaret’s faith began to waver.

The Tempest
Grossmont College Theatre presents Shakespeare’s late comedy about a fantasy island where realitythreatens to intrude. Beth Duggan directed.

Seems We Want
Consensus College Theatre Arts presents Shakespeare’s late comedy about a fantasy island where realitythreatens to intrude. Beth Duggan directed.

The Old Savannah Disputation
The Old Globe Theatre presents Evan Smith’s comedy about the day Margaret’s faith began to waver.

The Side Man
The Old Globe Theatre presents Evan Smith’s comedy about the day Margaret’s faith began to waver.

State of the Art
Old Globe Theatre presents a trio of characters wrestle in the mind of the playwright wanting to get what they do, done... do-

Who’s Afraid of Virginia Woolf?
Compass Theatre stages Edward Albee’s emotional steeplechase, in which George and Martha wind up after a long night. Shana Wylie directed.

THURSDAYS, 7:30PM FRIDAYS, 8PM, 2PM SUNDAYS, THROUGH OCTOBER 24.

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Baja in October in order to finalize the deal with the governor and initiate construction of the observatory that will house the satellite-tracking superscope.

By T.B. Beauden, 10/2

No Nonsense Padre Tijuana — A priest and a sacristan fought off and subdued a would-be robber at María Madre de la Iglesia parish in Colonia Jardines del Ribe neighborhood on Wednesday night, September 30, according to a municipal police report.

Father Francisco Javier Montes Ramirez, who is pastor at the church, and sacristan José Alfredo Espinoza Corona told officers they surprised the would-be thief in flagrante delicto and that even though the crook threatened to slice up the priest with a pair of scissors, the two men were able to overpower him.

By the time police arrived, Father Montes and Espinoza had subdued Álvaro Domínguez Villa, 30, and then they turned him over to the officers.

The incident at the Catholic church is at least the second in recent weeks in which crime victims have fought back against their attackers.

On the night of September 21, two armed men tried to rob a tobac-llería in the Lomas de Amistad neighborhood — only to find any angry employees and neighbors not in the mood to be victims. Neighbors were able to subdue the pair before they could get away. One of the thieves pulled out and fired a revolver, but the bullet hit the thief in his own foot.

Officers said the 160 pesos taken in the robbery (about $123) was recovered from the thieves.

By Bob McPhail, 10/2

Pork Peddler in the Parque Tijuana — An alleged sex offender on the lam from California since 2007 was captured by Baja California state police Tuesday morning, September 30, in front of Parque de Amistad in the Mesa de Otay neighborhood.

A special unit of the San Diego County Sheriff’s Office, whose members specialize in satellite-tracking, recovered vehicle keys, credit cards and even a cell phone from the suspect.

The man, identified by police as 37-year-old John Harris, was under supervision by the U.S. Immigration and Customs Enforcement for violation of the terms of his supervised release.

He was being held at the San Diego County Jail for a parole violation and is awaiting extradition to California to face charges of violating his supervised release and failure to report to the federal probation office.

The Baja California state police confirmed the man is a U.S. citizen.

The police said Harris is wanted in connection with a California sexual assault. The man’s whereabouts were unknown until he contacted his probation officer on September 28.

An investigation revealed the man was in Baja California.

On September 29, a man was arrested in Mexicali and it was confirmed the suspect was Harris. The man was released as the arrest could not be confirmed.

The Baja California state police requested Harris be relocated and a warrant was obtained.

The suspect was eventually located and arrested.

The Baja California state police confirmed Harris is wanted on a warrant out of California for violation of parole and federal immigration violations.

The suspect is accused of violating his parole for not reporting to his parole officer on a previous date.

The warrant states he should be considered a flight risk.

According to the Baja California state police, Harris has a prior domestic violence conviction.

The suspect is scheduled to appear in court on October 26.
Baja California department of public security arrested Thomas Michael Benhoff, 53, “thanks to an anonymous tip,” according to Tijuana news outlets.

Mexican authorities earlier had been advised by U.S. officials that Benhoff might be living in Baja California. He faces a California arrest warrant as a “sexual offender.”

State police officers who apprehended Benhoff confirmed he was a fugitive from justice in the U.S. at the time of his arrest. The officers said they found Benhoff carrying a small suitcase containing two hard discs with child pornography, 29 compact discs with child pornography, a camera, some marijuana, and a folder outlining his criminal record.

Investigators said Benhoff told them he had more pornographic material at his home in Ensenada and allegedly offered to pay a bribe of about $85 for his release.

By Bob McPhail, 10/1

Blood and Ghosts

Norma Heights — On Thursday, October 1, at the Soda Bar, Los Angeles-based synthpop duo Forer Ghosts played their first-ever San Diego show. At some point during the band’s set, a man ran into the bar covered in blood, screaming that someone was trying to kill him.

An ambulance and five police cars responded to the scene. Later, someone said that the bloody man was the victim of a bar fight down the street.

By Karen Guarnotta, 10/2

Tsunami Facers

Cardiff — After the earthquake in Samoa on Tuesday, September 29, the Tsunami Warning Center in Palmer, Alaska, at 7:24 p.m., issued its sixth update for the California and Oregon coast.

The advisory specific for the Southern California area stated, “A tsunami has been generated which could impact the advisory region. Low-lying coastal areas should be alert to instructions from their local emergency officials. Persons in tsunami advisory areas should move out of the water...off the beach and out of harbors and marinas.”

The advisory stated that the “six to eight inches” of tsunami waves should hit La Jolla at 9:16 p.m. At 9:40 p.m., I parked on the beach-view bluff on San Elijo Avenue, overlooking the reef at Cardiff. I placed myself well east of the tsunami evacuation zone signs permanently posted at the corner of Coast Highway 101 at Chesterfield Drive.

The floodlights from the Chart House restaurant lit up the shoreline. For 25 minutes, I watched the gently rolling one-to-two-foot waves with no notice of increased tidal or wave action. There was, however, very light traffic on the Coast Highway, unusual for that time of night.

At 9:25, I headed for the beach parking area south of the Chart.
CITY LIGHTS

STRINGERS
continued from page 123

House to watch the ocean with 15 other tsunami observers. They said nothing had changed in the past half hour.

By Ken Harrison, 9/30

Train Chatter
Sorrento Valley — An Amtrak passenger train operating from San Diego to Los Angeles Sunday night, September 27, experienced a delay near Sorrento Valley that may have been due to an engine fire.

At about 8:45 p.m., a train dispatcher from the Metrolink San Diego division asked Amtrak train number 595, via a railroad radio frequency, if they needed the fire department to respond. A crewmember from the train reported they were told train personnel that the fire department was on the way.

An elderly male passenger at the Solana Beach train station who was traveling to Fullerton said an employee at the station announced that “Train 595 had a major mechanical problem and would be delayed. There will be another train in about an hour and it should be about on time.”

Shortly after 9:00 p.m., the station employee announced that train 595 and 597 would “hook up together” and go to Los Angeles as one train. At about 9:50 p.m. he made an announcement stating, “All passengers should go to track two for Orange County and Los Angeles stations. The train left San Diego at 9:30 and should arrive shortly after 10:00.”

By T.B. Weipert, 9/29

Psych!
City Heights — A patient who reportedly escaped from a nearby psychiatric facility was successfully apprehended by San Diego police officers late Sunday night, September 27.

Police dispatchers first reported that the patient was sighted on the 4000 block of 52nd Street near University Avenue just before 10:30 p.m. The escapee tried to evade incoming police units by running back and forth near University Avenue between 52nd Street and Shiloh Road. According to police radio chatter, the man was jumping fences in order to avoid being caught by authorities.

By Nathaniel Up, 9/29

Triad to Die
San Diego State — At 7:51 a.m. Monday, September 28, SDSU police were contacted by an individual who claimed that he was losing a lot of blood from a suicide attempt. The subject — described by police reports as a man in his mid-30s — was in Parking Structure I, located on College Avenue.

Several units, including San Diego police, fire engines, and paramedics responded to the scene to assist SDSU campus police with the incident.

According to police radio chatter, the subject’s self-inflicted injuries continued on page 125

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SECURITY GUARDS

SECURITY GUARDS
Highway Administration revised its inspection standards to identify any bridge without enough existing foundation information to be evaluated as a "scour critical" structure. Since the existing bridge was completed in 1939 and evaluated as having an unknown foundation, the administration deemed it as "scour critical."

According to state bridge maintenance engineer Barton Newton, "More than half of all bridge failures in the United States are caused by scour, where flowing water erodes supporting material from bridge piers and abutments."

The new two-lane bridge will be built next to the existing bridge and will have a foundation that meets federal bridge standards, be wider, and have sidewalks. Demolition of the old bridge will be completed when the new one opens to traffic.

The estimated total project cost is $6,316,062 and will be funded by the Federal Highway Administration and gas-tax revenue. The project is expected to be completed in early spring 2011.

By FT Yoshida, 10/9

Diverted City Heights — On Friday, September 25, the San Diego Police Department conducted a curfew sweep in the Mid-City area. Forty-three juveniles under the age of 18 who violated the 10 p.m. to 6 a.m. curfew were picked up and brought in to the command post set up at Fay Elementary School on 52nd Street. After processing, approximately 95 percent of those detained were deemed "divertible" and placed in diversion programs offered by various community and faith-based organizations, thereby avoiding court and fines. The remaining curfew violators were considered "not divertible" due to prior criminal records, outstanding warrants, or a history of non-compliance with diversion-program policies.

By Elizabeth Salam, 9/29

Comments
1. What time were they picked up — 10:05? You know how hot and stifling it was that evening. You think these kids parents have air conditioning. It doesn’t even cool down during the heat wave till 12:00 a.m.

By whygotahatv 9:32 p.m., Sep 29

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RULES OF THE GAME:
1) Submit your completed puzzle to the Reader each week for our ongoing contest. We keep track of each puzzle you successfully complete and the results are posted online each week to sandiegoreader.com. But your submission will only be counted when you successfully complete a puzzle AND get it to us by 7 a.m. Monday.
2) Be one of the first 100 people who submit the correct answers to the puzzle and we will print your name in the paper along with your brief message (10 words or less, no URLs or phone numbers). This is optional, but it's a great way to express yourself. You may submit a new message each week. We reserve the right to edit or reject inappropriate text.
3) The puzzle-contest ranking, shown online and in the paper, will begin anew every three months beginning October 1, 2009. Complete the journey four times a year.
4) Entries must be faxed to 619-231-0408 or 619-231-7907 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@sandiego.com. Submissions by e-mail must be attached in PDF format, 800 by 800 pixels. Maximum file size of PDF submissions that don't fit the format will not be counted or reviewed.
5) 5 Reader T-shirts are awarded weekly to contenders chosen randomly!
6) And now for the really small print:
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THE SOLUTION TO LAST WEEK'S PUZZLE:

Richard Chapat, San Diego, 1.
Never a winner.
Richard Chapat, San Diego, 1.
Never a winner.
Leslie Chance, Campo, 1.
Opening it - 1 orange October.
Glen and Tesi Chavira-Bernardo, 1.
Thanks for the tee!
Mary Arana, Encinitas, 1.
Happy you're back on the day shift.
Sara Khwaja, Poway, 1.
Birthday to me!
Bernardo, 1.
Happy 20th Birthday, Liza. Love you.
Ron Hootman, Santee, 1.
That was fun!
Jan Dawson, North Harbor, 1.
Happy Birthday, 2005 Pussycat Dolls hit
Ben Espe, Mission Valley, 1.
It's Autumn in Santee.
Ron Hootman, Santee, 1.
I'm working on it! It's Autumn in Santee.
Esteem. 1.
“Yeah ... whatever!”
Harry Engel, La Jolla, 1.
“Yeah ... whatever!”
Emily Marie, North Park, 1.
Term limits for US Congress!
Ron Hootman, Santee, 1.
We need a bye week!
Michael McGriffin, Bay Park, 1.
Bodo! Back in action!
George Herman Ruth, Jr.'s nickname
So let's do this again, reds.
Kyle Matzke, Vista, 1.
Birthday, Liza. Love you.
Dennis Beabout, Temecula, 1.
“Sophie’s Choice” author
Shannon Barry, Pine Valley, 1.
Oh Law, you got - gypsy
James Esquivel, Point Loma, 1.
Gym prices will drop
Nissan model
2. “Yeah ... whatever!”
Chargers! 1.
“Yeah ... whatever!”
Eric Cash, Encinitas, 1.
Princess Leia got her huge brain from her Daddy.
Thomas Baggett, Carlsbad, 1.
Learn tolerance. Love diversity. Protect nature. Respect each other. Change!
Mary Araña, Encinitas, 1.
Happy you're back on the day shift.
Olga Betteridge, Ocean Beach, 1.
The summer is over...
George Herman Ruth, Jr.’s nickname
What the odds?
Dennis Beabout, Temecula, 1.
“Sophie’s Choice” author
Mary Araña, Encinitas, 1.
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Olga Betteridge, Ocean Beach, 1.
The summer is over...
George Herman Ruth, Jr.’s nickname
What the odds?
This Week’s Contenders Continued:

Thomas McVeagh, Lakeside, 1. The belt is always free.
Ron Mayer, Santee, 1. Hungry. Happy Birthday Monty!
Douglas Meyers, La Mesa, 1. Great tasting puzzle and a shout out to UCSD!
Susan Soray, Little Italy, 1. Anyone remember Danis Gibson?
Ken Musser, Enchanted, 1. Naah! to be stared with than to arrive - Bulb!

Sunny Nelson, El Cajon, 1. Wel- come autumn - cooler weather!
Margie Mello, El Cajon, 1. Yippee! We start one!
Robert Ott, Mira Mesa, 1. Very nice.
Lisa Orient, Spring Valley, 1. With much thanks to Lat!
Michael Nold, Point Loma, 1. Themes hello!
Burr Passenheim, Linda Vista, 1. Thank you for the Tu!
Carly Perna, San Diego, 1. Why wary?
Claire Phillips, Clairemont, 1. Neat player!

Bill Pichko, Ramona, 1. Orange you glad we met?
Dan Rodriguez, Oceanside, 1. Todd Bawley Autor Past. Wonder at the best. LXX!
Jana Rodriguez, El Cajon, 1. Thank you for the game!
Jerry Ricin, Rancho Bernardo, 1. Hope to hear from you.
Jack Rolaver, Clairemont, 1. J. J. Smith. Please draft some stud- ent.
John A Ruell, San Diego, 1. Pick me!
Henry Romero, San Diego, 1. Go Boost!

Don Romero, Ramona, 1. King in their, sweet Melo!{}
Matthew Rosello, San Diego, 1. It is gone.
Eric Sandquist, Allied Gar- dens, 1. Messy.
Ted Scalfi, Hillcrest, 1. Happy 103rd and Carolin! Stay cool!
Walter Schuh, Ocean Beach, 1. No references or ad- ditional info.
Tom Seaman, Alpine, 1. So long and thanks to all others.
Richard Silver, Ocean Beach, 1. Great Job Tuens, but no champion- ship.
Clayton Smith, La Mesa, 1. Ian’s fraudulent election reveal the country’s weakness to the world.

Thea Stickland-Hicks, Del Mar, 1. Happy Birthday Mercy, Get Near. Canon is blessed by you.
Gayle Studer, Mission Valley, 1. Danged, blown, and boomed, but it probably bad is.
Em Summers, Santee, 1. A cool bee, a good friend, a nice chat.
Duane Tremaine, East Village, 1. Amazing, Melly - the nice myl; you both Ni with you.
Andrea Volyn, Vista, 1. Cute! Stink!
Glenn Walker, Pacific Beach, 1. Cool, oky Jacob.

Susan Williams, North Park, 1. Autism at last!
Norman Williams, San Diego, 1. What do ya?
Ric Witt, Clairemont, 1. My 16- year old will eat this wun.
M. Zimmermann, Vista, 1. Peace is Liberty in Tranquility - Citron.
Patsy and Leah, El Cajon, 1. San Diego Web Divers rule the roost.
Samantha Loveira and Matt Palmer, College Area, 1. Thrash meat forever!
The Reader Sudoku Puzzles:

Rules of the Game:
1. Send one completed puzzle of any difficulty level (Easy, Medium, Hard) or Evil to the Reader each week for our ongoing contest! We keep track of each puzzle you successfully complete and the results are posted online at sandiegoreader.com. But your submission will only be counted when you successfully complete a puzzle AND get it to us by 7:00 a.m. Monday.
2. Be one of the first 100 people who submit the correct answers to one of the puzzles and we will print your name in the paper along with your brief message (10 words or less, no URLs or phone numbers). This is an optional, but it’s a great way to express yourself. You may submit a new message weekly. We reserve the right to edit or reject inappropriate text.
3. The puzzle-contest ranking, shown online and in the paper, will begin anew every three months beginning October 1, 2009. Complete the puzzle four times a year.
4. Entries must be faxed to 619-233-7907 or mailed to Reader Puzzle, P.O. Box 85883, San Diego, CA 92138-8883, or delivered through our mail slot at 1703 India Street in Little Italy, or scanned and e-mailed to SudoKu@sandiegoreader.com. Submissions by e-mail must be attached in JPG format, 800 by 800 pixels, maximum file size of 1MB. Submissions that don’t fit the format will not be counted or scored!
5. 5 Reader T-shirts are awarded weekly to contenders chosen randomly.
6. All answers must be legible and entered in the spaces provided.
7. Late entries will not be considered.
8. One entry per person per week or you will be disqualified.
9. Employees of the Reader and their immediate families are not eligible.

We cannot accept your entry without the following:
Name:
_____________________
Address:
_____________________
Neighborhood/City:
_____________________
State: _____ Zip Code: _____
Circle T-shirt size: L XL
Personal Message: ___________________________

Easy:

1) 1 2 3 4 5 6 7 8 9
2) 3 4 5 6 7 8 9 1
3) 5 6 7 8 9 1 2 3
4) 7 8 9 1 2 3 4 5
5) 9 1 2 3 4 5 6 7
6) 1 2 3 4 5 6 7 8
7) 2 3 4 5 6 7 8 9
8) 4 5 6 7 8 9 1 2
9) 6 7 8 9 1 2 3 4

SOLUTION TO LAST WEEK’S SUDOKU PUZZLES:

Easy:
2 9 3 7 4 8 6 5 1
9 8 4 3 5 1 2 6 7
5 1 2 9 8 7 3 4 6
4 6 9 1 3 2 8 5 7
3 8 1 7 2 6 4 5 9
7 3 8 4 5 9 2 1 6
8 4 6 5 9 3 1 7 2
5 7 3 6 1 2 8 4 9
1 2 5 3 8 4 9 6 7

Medium:

Hard:

Evil:

See your ranking online!
Now you can go online to check your ranking and communicate with other! Simply visit: www.SDReader.com/puzzle. The new ranking is posted each Wednesday. To use the “comments” feature, you must be a registered site member.

This Week’sContenders:

Robert Crumrine, Downtown, 1. If it’s a rubbing us Thomas Daley, San Diego, 1. Never give up! Roger Doughtman, San Diego, 1. Search-find-celebrate luke 15 Robb Dusa, Rancho Penasquitos, 1. Where has Gay gone? George Elom, Vista, 1. Evil is evil Go Charged! D. Faulkner, University Heights, 1. Here we go again Rick Gilderleeve, La Mesa, 1. Too little too late Padres B. Grady, San Diego, 1. Life is rash of your own decision- not your conditions Linda I. Hall, La Mesa, 1. Thank you Ruben’s for the fantastic party at RCH Dan Holihan, San Diego, 1. Evil in easy, but good is hard Zdenek Hostomsky, La Jolla, 1. Staring the quarter oh-oh, but still awesome Eden Iordoiu, La Mesa, 1. Evil- I’m back Steve Kecenig, Bay Park, 1. Love you- ball of good

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4) 7 8 9 1 2 3 4 5
5) 9 1 2 3 4 5 6 7
6) 1 2 3 4 5 6 7 8
7) 2 3 4 5 6 7 8 9
8) 4 5 6 7 8 9 1 2
9) 6 7 8 9 1 2 3 4

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**Body, Mind & Spirit Rejuvenation**:
- Sun., Oct. 11, 1-3pm
- Parmeela Sankey, MD, board-certified holistic practitioner, teaches ancient, natural Ayurveda Anti-Aging secrets to wellness and beauty. Cynthia Mendola, certified yoga instructor - bring yoga mat, eye mask or towel, two blankets, one pillow. $35 pre-registration, $40 same day.
- Family Gym, 1033 8th Avenue, top floor, Coronado.
  619-435-4488, 619-495-8646.

**“Telepathic Communication with Animals”**:
- Thurs., Oct. 15, 6:30-8pm
- Ever wondered what your pet was thinking or feeling? Learn about telepathic communication with animals from renowned animal communicator/author/teacher Brigitte Noel. Cost $12 per person, includes materials, light snacks, non-alcoholic refreshments. Note classes are for people only; please leave your pets at home. Register: 619-234-3424.

**Healing Roundtable with Jeff Abbott**:
- Mon., Oct. 12, 7:30-9:30 pm
- Bring your specialty of healing modality. Request and exchange healings and move out those issues that seem to be stuck. Learn which modalities are having the most success and how others are healing similar issues. $20 Intuitive Insights, 4455 Morena Blvd, Suite 108, San Diego 92117. Call 858-509-7582 to RSVP.

**Sound Meditation Concert**:

**You Are Getting Healthy!**
- Tues., Oct. 13, 6:30pm
- Barbara Cox plants “seeds in your subconscious mind that will grow joy, optimism, health, and wellness” during “Self-Hypnosis for Optimal Health.” Donation. First Unitarian Universalist Church of San Diego, 4190 Front Street. 619-298-9978 x8014.

**The Karmic Code**:
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**Events Calendar**

<table>
<thead>
<tr>
<th>Event</th>
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<td></td>
<td>w/ kids' Yoga program <a href="http://www.SnatamTickets.com">www.SnatamTickets.com</a></td>
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<tr>
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<td>For our first 25 clients</td>
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CABIN, $450, 1 bed, 1 bath, kitchen, bath. Microwave, refrigerator, laundry, cable, internet, utilities, garage. No smoking/drug pets. 619-331-6213.

CABIN, $450-495, 1 bed, 1 bath, kitchen, bath. Microwave, refrigerator, laundry, cable, internet, utilities, garage. No smoking/drug pets. 619-331-6213.

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I'm guessing you don't mean actually — it seems they have a lot more rules in California than the other states they're located in. And someone in Ohio was using, saying they didn't get all their breaks. A lawsuit was filed and they called me up asking about my breaks. I told them I had them all. I don't know if it's just easier for companies to set. I told them they didn't owe anyone, but they called back a few weeks later saying all the employees that worked a certain time would be getting a $200 check. They told me they gave me extra even though I was refusing it. I was contacted later by the IRS for not paying taxes on it, and I owed them $700.

The clothing company I work for. It seems they have a lot more rules in California than the other states they're located in. And someone in Ohio was using, saying they didn't get all their breaks. A lawsuit was filed and they called me up asking about my breaks. I told them I had them all. I don't know if it's just easier for companies to set. I told them they didn't owe anyone, but they called back a few weeks later saying all the employees that worked a certain time would be getting a $200 check. They told me they gave me extra even though I was refusing it. I was contacted later by the IRS for not paying taxes on it, and I owed them $700.

I bought a munt-condition Mickey Mantle baseball card for a dollar that was a kid. The same person I got that from... I also got a few other players from the '60s that were all-stars — Hank Aaron and a Pete Rose rookie card that I thought he showed me and another player. He wanted all my Padres cards. So, he got an Ozzie Smith, Randy Jones, and Dane Wiefeld. I made out in the deal. I sold the collection ten years later and got around $10,000.

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LEAD STORY
— Lonely Japanese men (and a few women) with rich imaginations have created a thriving subculture of "otaku" in which they have all-consuming relationships with figures that are based on popular anime characters. "The least," says Ayako New York Times writer Julia Lohmann, "is obsessed with collecting the dolls. The hardcore otaku actually believes that a lumpy pillow with a drawing of a (teenage character) is his girlfriend" and takes her out in public on romantic dates. "She has really changed my life," said "Nisan," 37, referring to his female Nemanot. (The otaku dolls are not for be confused with the life-size, anatomically correct dolls that other lonely men use for sex.) One foton "2-D" (so named for preferring relationships with two-dimensional dolls) said he would like to marry a real 3-D woman. "[He] look at me. How can someone who carries this [doll] around get married?"

Cultural Diversity
— Thousands of Koreans and some tourists join in the messy events of July's Boryeong Mud Festival, which glorifies the joy of an activity usually limited to pigs. Mud-wrestling, mud-sliding, a "mud prision," and colored mud baths dominated the week's activities, but so unfortunately did dermatological maladies, which hospitalized 200 celebrants.

Nationalistic Pride
— Nationalistic pride reared its head in May, Singapore's Olympic Council, finding no athlete good enough, declined to name a national Sportsperson of the Year. (2) A survey of individual national sports organizations for Economic Cooperation and Development revealed that Japanese and Koreans slept the least, while the French spend the most time at both sleeping and daydreaming. (3) A Tokyo passenger company, Keihan, installed a face-scanning machine recently so that employees, upon reporting for work, can tell whether they are sleeping broadly enough to present a good impression.

Latest Religious Messages
— The director of a child advocacy group told the Associated Press in June that, since 1975, at least 274 children have died following the withholding of medical treatment based on religious doctrine. In one high-profile case this year, the father of a girl said turning her over to doctors would violate God's word (she died), but in another, a Minnesota family that had trusted their son's cancer to prayer, based on advice from someone called the Nemenah Band, course and allowed chemotherapy, which so far appears to have prolonged the boy's life.

Questionable Judgments
— Maryland corrections officials, hoping to improve juvenile rehabilitation by a gentler approach already proposed in New Beginning Center in May. The lockdown facility had declined to use razor wire, instead merely landscaping its chain-link fences with thorny rose bushes. After one inmate easily escaped on the second day of operation, razor wire was installed.

— Britain's National Health Service of Sheffield issued a "guidance to schools" this summer to encourage teaching students alternatives to premarital sex, including masturbation. According to the Daily Telegraph, the slogan "[A]n orgasm a day keeps the doctor away" and likens the health benefits of eating fruits and vegetables and exercising to the benefits of masturbating twice a week.

Rocky Weather
— (1) Chicago police arrested motorist Daniel Phelan, 27, in August and charged him in connection with a three-week spree of drive-by rock-throwing at other cars. Officers discovered ordinary nary road rage as a cause, in that Phelan appeared to have been driving around during that time with an arsenal of rocks in the passenger seat. (2) 22-year-old Bill was arrested in August, charged with having a bazooka in his possession. After confessing to having a bazooka in his possession, preparing to enter ultimate fighting championship tests but had never actually been in a fight and wanted experience at getting beaten up.

Least Competent Cops
— (1) The supreme court of Spain tossed out assault charges against Henry Osagie in August because of unfairness by Madrid police. Osagie, a black man, was convicted after the victim identified him as her attacker from a lineup in which he was the only black man. (2) Six Ormond Beach, Fla., motorcycle officers, detailed to chaparone the body of prominent Harley-Davidson dealer Bruce Rossmeyer from the funeral home to the cemetery, accidentally collided with each other en route, sending all six riders and their bikes sprawling.

Send your Weird News to Chuck Shepherd, San Diego Reader, P.O. Box 85803, San Diego, CA 92186 or to WeirdNewsTips@Yahoo.com

**PACIFIC BEACH.** $2500. 3 bedroom, 2 bath, ocean view, 3 blocks from Ocean Beach, 2nd floor unit, walk to beach, no pets. 4413 Dawes Street #3. 858-483-3534.

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**PACIFIC BEACH.** $575. 1 bedroom, 1 bath. Clean, bright upper studio. Peek view of ocean. 2112 Moorland Drive #5. 858-483-2821.

**Mission Beach.** $1095. 1 bedroom, 1 bath corner unit. Patio, ocean view. Available 11/10/09. 1180 Grand Avenue. 619-279-0031.


**PACIFIC BEACH.** $1395. 1 bedroom, 1 bath. Upstairs studio and 1 bedroom downstairs. Available now. 4413 Dawes Street #2. 858-483-3534.


**PACIFIC BEACH.** $705. 1 bedroom, 1 bath apartment. 4th floor unit. Beautiful ocean view, no pets, close to shopping center. 4510 Imperial Beach Boulevard, 858-594-8351.


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"I put a pork shoulder or a Boston butt in there. The leftovers make great sandwiches."

Y ou are Crocktastic!

"Well, they don't call me Crocktacular for nothing." This back-and-forth at our family reunion happened between hubby Pat and sis Meg, aka Crock-Pot Queen. The Kelly home doesn't even own a Crock-Pot. Dinner prep here is at a more traditional hour, six o'clock, stomachs growling while we search the fridge for the meal options. That has to change. The Kelly kitchen needs a slow cooker.

Of course, I started my info quest with Mrs. Crocktacular herself. "I own a Hamilton Beach Deluxe Stay or Go," offered Meg (Target: $41.29 for the six-quart crock). "It latches; that's the 'stay or go' part, so when I travel with it, it doesn't spill anywhere. It seals nicely so it cooks better — it's not letting out any warmth on the sides like other pots. It comes with a plastic serving spoon that can snap into the lid handle; it has high, low, and warm settings; and there's a stoneware bowl that you can take out and wash so you don't have an electrical wire issue in your sink."

Meg's hubby likes "the dried Italian soup mix Tuscun bean soup. I whip that up in the Crock-Pot. I also make beef stew. Throw in some raw meat, potatoes, a package of beef stew seasoning, and call it a day. It's nine a.m., and I couldn't be happier."

Friend Katie was certain about what she didn't like — the Rival Six-Quart Crock-Pot with a Little Dipper ($39.99 from Costco). "It's stainless steel with the black inside, oval shaped, and it comes with a side Crock-Pot. It's really too cook too fast, and overcooks everything. I put frozen meat in, and it would be done within just a couple of hours. And it would burn stuff — like the chili, it would burn it on the bottom. That defeats the purpose of slow cooking."

Another dilemma with the Costco Crock-Pot — it sits up too high. "It's very prone to tipping out the week on buns. "It's stainless steel, and it doesn't spill anywhere. It seals nicely so it cooks better."

Bernice's pot — a stainless steel GE six- to seven-quot slow-cooker ($38.99 at Walmart) gets a bit in the way in the kitchen. "It takes up a lot of surface space on the counter. Ideally, I would have my Crock-Pot stored up high for when I do reheat; it comes with chicken and keep a round four- to five-quart pot for the chili, soups, and stews on the counter."

Bernice likes to make shredded pork in the Crock-Pot. "It's really hot, cooks too fast, and the meat doesn't fall apart like other pots. It has high, low, and warm settings; and it has a timer. "It's very Crocktastic!"

Another dilemma with the Costco Crock-Pot, depending on what you are making. If you put a medium-sized recipe in a large Crock-Pot, it changes it a little bit. So, if you have a bigger Crock-Pot than the recipe calls for, you might need to add more liquid."

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Katie's hubby bought her a six-quart Cooks Slow Cooker ($49.99 at CPMoney). "It has a stoneware bowl that comes out, and it's just off, low, and high, really simple. But it works well. I do a lot of soups in it, and chicken dishes. I put in frozen bone-in chicken breasts and then a little bit of juice, and it makes its own broth. All the leftovers I shred up and put them in the freezer for case- role-type dishes."

Bernice loves her Not Your Mother's Slow Cooker Cookbook ($15.16 at barnesandnoble.com). "The recipes are updated for the modern time. The book does say that you really need a certain size Crock-Pot, depending on what you are making. If you put a medium-sized recipe in a large Crock-Pot, it changes it a little bit. So, if you have a bigger Crock-Pot than the recipe calls for, you might need to add more liquid."

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TEN YEARS AGO

Unlike a lot of my classmates, I don’t practice law anymore. I stay at home with my kids. On a good day, I’m happy about my decisions. I wouldn’t trade Johnny’s smiles and Rebecca’s first word and Angela and Lucy’s make-believe games for the billable-hour grind most lawyers endure.

— KID STUFF “A LONG WALK DOWN A NARROW CORRIDOR,” Anne Albright, October 7, 1999

FIVE YEARS AGO

Sunday’s startling endorsement by the Union-Tribune of Democrat Mike Aguirre for San Diego city attorney seems to have turned conventional wisdom on its head. But there is a big reason behind the U-T’s seeming madness, according to newspaper insiders: the death of publisher Helen Copley.

Though Republican, David Copkey, 52, quietly gave $5000 to left-leaning gubernatorial candidate Arianna Huffington, even as his mother’s paper was endorsing Republican movie star Arnold Schwarzenegger.

— CITY VIDEO “OVER MOM’S DEAD BODY,” Matt Peters, October 7, 2004
As my eyes adjusted to the half-light of the church and my ears absorbed the happy boom of the band, I thought, that is the theme from Friends!

It was. A little ways into the service, the Friends-ball sounded again as the choir and congregation chanted: “I am a friend of God! I am a friend of God! I am a friend of God! I am a friend of God!”

Kuehl told the story via video, played on one of the huge screens suspended over the semicircular stage. He stood beside a freight on the beach, and then seemed to pass video answers through culinary images tied to sanctified living. Sample from Sunday’s bulletin: “Eating fish is an essential part of a healthy lifestyle, but eating fish with friends is the recipe for a fully delicious life!”

The theme of Sunday’s service was “sushi with friends,” a reference to John 21, Jesus newly risen from the grave, calls out to His disciples from the shore as they are fishing in their boat: “Friends! Have you caught any fish?” John recognizes Him and tells Peter; Peter swims ashore to find Jesus cooking fish over an open fire. As Pastor Kuehl put it, “Jesus is the best friend to deal with a problem...and says, ’Peter, come and have breakfast with me...Jesus slips away from His own cosmic party...’ in heaven, following His resurrection...” and so you’re looking for real change in your finances, for solid biblical answers, then now is the time to begin your journey to financial freedom.

Recipe ingredient number one: friends book and release. “The three most important words in the language of friend...‘let it go,’ ” said Kuehl. “If you want friendship, then you will pay a high price called forgiveness. Jesus teaches us how to do that.” His own friends abandoned Him, but “on the cross, He whispered, ‘Father forgive them; You see, Jesus loved these guys.’”

Ingredient number two: friends swim in deep waters. “When you walk through deep troubles with a friend, you develop a bond that transcends the differences you have. Suffering unites.” To demonstrate, Kuehl asked everyone who had ever somehow been affected by cancer to stand. (Nearly everyone stood.) He asked them to shake hands in silence. “A cosmic moment,” he said. This is when the简单 outside the faith?”

What happens when we die?

“Well,” said Kuehl, “if you’ve invited Jesus Christ to be the savior and lord of your life, you’ll go straight to heaven — and if you haven’t, you won’t.” But I would add to that: we will be blown away by how gracious a God we serve. People you don’t think will be there, will be there.”

— Matthew Lickona

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**TRAVEL STORIES AND TIPS FROM OUR READERS**

**Sognefjord, Norway**  
**By Derek Ray**

A trip to Norway is incomplete without getting out on the water to experience the fjords. The sea plays an essential role in the history of Norway, exemplified by some of its most notable museums: the Viking, the Fram, the Kon-Tiki, and the Norwegian Maritime Museum. But inland waterways and fjords reveal the country’s essence and striking beauty.

After experiencing Oslo, one of the most underrated cities in Europe, I made my way to Bergen on the west coast. From Bergen I booked a one-day cruise on the Sognefjord, considered one of the most spectacular fjords in Norway. The first train from Bergen to Myrdal had some lovely scenery, but views were simply amazing on the second leg, Myrdal to Flam, as we descended into the valley. The train stopped briefly at a waterfall and other scenic locations for picture-taking.

The weather was a bit gloomy as I climbed aboard a crowded vessel with tourists from all over the world, but the spectacular nature of the fjords revealed itself despite the clouds. I wandered inside the ferry as a light rain began to fall and was puzzled by the sight of a few tourists who were oblivious to the surrounding wonder, particularly one Japanese gentleman sleeping like a baby. Why would somebody come so far to take a nap amidst this beauty? I decided that despite the drizzle and wind, outside was the place to be. This is Norway, after all; you can’t expect the same skies as the Italian Riviera.

As we rounded each bend, our view opened up to awe-inspiring green cliffs and valleys. I occasionally spotted a little farm dwarfed by the mountains. Eventually the sun poked through the clouds, producing magical vistas.

After the boat docked, a beautiful rainbow graced the countryside — a fitting way to cap off the journey.

**Zacatecas, Mexico**  
**By Ana Forsythe**

Our plane flew into Zacatecas in the midst of rainfall. The airport had one runway surrounded by red unpaved dirt, the smallest baggage claim I’d ever seen, and the most charming people I’d ever met. You may not be blown away by your first impression of Zacatecas, but once you make your way into the city and experience it, you find it has much more to offer than you expected.

From nightly “tequila marches” to weekly band performances, the city loves to have fun and entertain. Its museums are also a must-see, many displaying pieces from the Mexican Revolution. The architecture around Zacatecas is art itself — beautiful arches, elaborate cathedrals, and flat-roofed adobe houses scattered across hillsides.

Though the hike to the top of Cerro de la Bufa may sound unappealing, the view at the top is well worth it. If hiking’s not for you, a tramway that runs over the city takes you to the same view.

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**World Famous Puerto Nuevo Lobster Village Celebrates With Lobster Festival This Sunday**

There this Sunday you can get a plate of perfect Puerto Nuevo-style lobster and three drinks for $15, while enjoying Mexican mariachi and dazzling dancers in a seaside setting.

We could say a lot more about the event that celebrates the start of fresh lobster season. But just come and see for yourself.

If a picture’s worth a thousand words, the taste of Puerto Nuevo-style lobster is worth at least a million — and that’s about how many are served each year along the Rosarito coast.

Most of that glorious consumption is because of Puerto Nuevo, which began its life about 60 years ago as a modest fishing village, perched on the cliffs near a road with a Newport cigarette billboard.

(The billboard --- Newport translates into Puerto Nuevo --- gave the village its name. Back then, the billboard was the easiest way to find it.)

In the late 1940s and early 1950s, local fishermen in their small panga boats would take to the Pacific for the day to harvest lobster and other delicacies of the sea.

(For the uninstructed, these are Pacific lobsters. Unlike their New England counterparts, they have no claws but a larger tail. A pound is typical.) When fishermen returned, their wives often prepared them meals of the freshest fried lobster, rice, beans and delicious homemade tortillas. In days before refrigeration in the village, it was an easy meal to make.

Fishermen’s wives also served this flavorful meal to many Americans who came down for the day to fish. Fame and demand for luscious lobster prepared Puerto Nuevo-style grew.

In the early 1950s a small lobster stand opened near that Newport cigarette billboard and many restaurants opened soon thereafter. That Newport cigarette billboard is long gone but more than 30 restaurants and many shops now dot what has become one of the most famous lobster destinations in the world. Six will participate in the festival.

“We want to show our visitors the real Rosarito: its food, colors, culture and warmth of our people,” said Daniel Cotes, President of the Rosarito Chamber of Restaurants, one of the festival sponsors.

The family friendly festival will include Baja wine tasting, Baja beer breweries and traditional Mexican candies. And did we mention fresh lobster, prepared Puerto-Nuevo style?”

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**Other Adventures**

**Mango:** A stunning glass mosaic inside the mid-century modern Valley Station of the Palm Springs Aerial Tramway

**sans066:** The Greeks would interrupt wars with each other to compete peacefully on this field in the ancient Olympics.

**BonnieMaffei:** Clay relief of the Palio, Siena, Italy, by sculptor Marco Zeno