

SAN DIEGO WEEKLY

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Reader

399
COUPONS
INSIDE



EX Pros

They can't go forward, they can't go back

November 5, 2009

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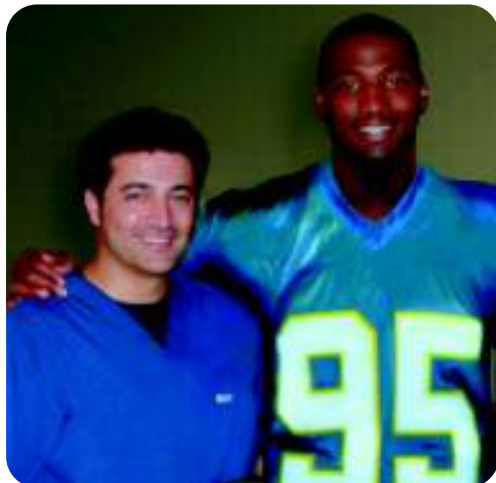
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 Per eye – any nearsighted prescription with no astigmatism. Additional \$8 per month per eye for astigmatism (for \$300 per eye).

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Per eye – any nearsighted prescription

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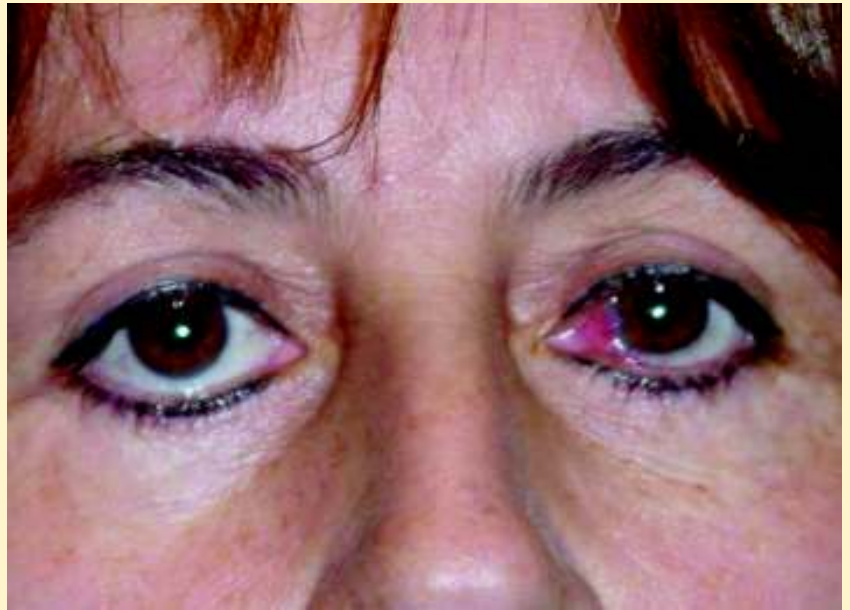
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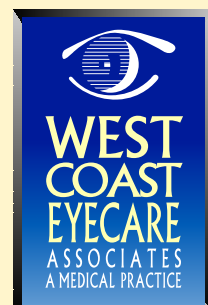
from Guide To America's Top Ophthalmologists

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Schedule a consultation to see if you qualify.

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Did Dominelli Study Ponzi?

By Don Bauder

J. David “Jerry” Dominelli is famed in San Diego lore for one thing: his 1980s Ponzi scheme that bilked Southern Californians

of \$80 million. A full 24 years after Dominelli was sentenced to prison, and more than three months after he died at age 68, new information has suddenly surfaced: Dominelli heard about Charles Ponzi, the Boston swindler whose name adorns the scam, in a political science class in the late 1960s at what is now the coeducational University of San Diego.

Steven E. Schanes (pronounced Shay-ness), 85, taught political science and was the academic dean at the men’s college between 1966 and 1969.



Steven Schanes

It was merged with the women’s college in 1972 to form the university. Schanes, who received a Ph.D. in constitutional and international law from Cornell, was teaching a basic poly sci class of about 15 students. One was Jerry Dominelli. “He was very withdrawn, very quiet. He did not take part in class,” recalls Schanes, who

is retired in San Diego. Dominelli graduated in 1969 with a C-plus average and a major in poly sci.

Schanes was discussing how, in order to “get at criminal activity,” the federal gov-

ernment creatively uses its powers, such as the interstate commerce clause of the Constitution and the power of the post office. Students really perked up, says Schanes, when he used the example of Chicago hoodlum Al Capone (finally nabbed on violation of Internal Revenue Service laws) and Ponzi, who caused a sensation in the early 1900s promising investors a 50 percent return in only 45 days.

Ponzi had convinced investors that he could make a 400 percent profit by buying postal international reply coupons in a country whose currency had collapsed and redeeming them in a strong-currency country. In actuality, he was not buying the coupons, but ignorant Bostonians bought into the tale and showered money on the cocky Italian immigrant. The U.S. Post Office quickly pointed out that these coupons were not being bought in quantity—domestically or internationally. The Massachusetts U.S. attorney tried to audit Ponzi’s nearly nonexistent records. Finally, the federal government charged Ponzi with 86 counts of mail fraud, and he pleaded guilty in 1920.

Ponzi went to prison, then went to Florida, where he sold people land that was under-

water and promised investors 200 percent returns in two months. He went to prison again, then got into more trouble and returned to Italy, where he worked for Benito Mussolini. But after he pilfered some loot from the Italian

everywhere in San Diego. Among other things, J. David was a major sponsor of the San Diego Symphony as well as other cultural and educational organizations.” When someone told him that J. David was an investment company

as Dominelli and Hoover went on a spending spree with investor funds. “The two of them were in la-la land,” says Gay Hugo-Martinez, who prosecuted Hoover.

Along with several other people who studied the J.



J. David Dominelli and Nancy Hoover

FROM CAPTAIN MONEY AND THE GOLDEN GIRL. PHOTOGRAPH BY DENNIS HULLS

treasury, he fled to Brazil. All this time, he maintained he was innocent, but on his deathbed he admitted to knowingly pulling the swindle, boasting, “It was easily worth fifteen million bucks to watch me put the thing over.”

After 1969, Schanes went to Washington, D.C., where he held distinguished posts. He was an assistant to the secretary of the Commerce Department, involved in the enactment of the Employee Retirement Income Security Act of 1974 (ERISA). He became the first executive director of the U.S. Pension Benefit Guaranty Corporation from 1974 to 1976.

Then he returned to San Diego, where he handled a number of matters for the Commerce Department, including the highly publicized tuna/porpoise controversy. He was also a pension consultant and head of several national pension-related organizations.

Upon his return, he noticed that “the J. David logo was

headed by Jerry Dominelli, Schanes was incredulous: “You mean little Jerry Dominelli...the stooped-over, thin boy wearing eyeglasses?” Schanes was astounded when he learned that Dominelli represented himself as a genius in trading foreign currencies who could earn investors 40 to 50 percent a year.

Schanes remembers that Dominelli had worn Marine fatigues to class. True. He had been in the Marines. Later, Dominelli regularly bragged about his military heroics, but there had been none. He also boasted of Chicago mob connections; the mention of Capone may have interested him too.

As Schanes points out, Charles Ponzi had charisma. Dominelli did not, but he had Nancy Hoover, his lover and the company’s second-in-command. Hoover was tanned, fit, and hyper-ebullient. With the help of George Mitrovich, J. David money was spread around the community (such as to the symphony),

David scam, Hugo-Martinez doesn’t think Dominelli launched his company with Ponzi’s paradigm in mind. She says he had made several good trades while working at one brokerage house. While there, he showered Hoover with gifts; she divorced her tightfisted husband and joined Dominelli in his new firm. (Early on, however, investment companies with which J. David was doing business questioned the investment track record that Dominelli boasted of.)

“He wasn’t a dumb cluck,” says Hugo-Martinez. However, trading currencies is a highly complex and volatile business. Ph.D.s with banks of computers still don’t know why currencies move the way they do. “He realized it was way beyond him. He started to lose money.” But Dominelli was totally captivated by Hoover. She was luxuriating in the money he lavished on her. There was only one way he could keep it coming in.

continued on page 8

SDG&E Lobbyist Reinstated Then-Assemblyman Mike Duvall bragged about his sexual conquests — captured on a microphone...

U-T Owners Understate Claimed Readership The paper asserts that 1.15 readers look at its printed edition each week...

Read Don Bauder news updates like these every day at SDReader.com

Neal Obermeyer



Local Fish Eat Our Sunblock, Deodorant, and Valium

By Dave Gregovich

The dolphin skimmed down the face of a cresting wave mere feet from where I sat on my surfboard. Then, circling around,

it joined up with three friends outside where the waves were breaking. The small pod lingered near Scripps Pier, to the delight of the surfers lined up off the beach, before it moved south along the shore.

It was the third time I'd had a dolphin experience, and it left me flush with adrenaline. A glow stuck with me through the workday. I had recently moved from Juneau, Alaska, to La Jolla, and although I was generally happy with my life in SoCal, at times a vague lethargy had overcome me. But this was a place I could go to feel engaged and rejuvenated. It was about the surfing, but also about the natural beauty and the dolphins.

I don't think I'm



Dave Weller

nants into rivers and creeks. Where the creeks flow into the ocean, water quality is suspect, especially after it rains. In

addition, every day the City pumps 175 million gallons of treated sewage four and a half miles off Point Loma. In North County, treated sewage is pumped only a mile and a half offshore.

While humans are recreational ocean users, dolphins are exposed to the water 24/7. They cannot leave during the 72-hour water-quality advisory after it rains. Recent scientific research is examining the contaminants in our

cent of coastal bottlenose dolphin sightings are within one kilometer of shore, and the vast majority of these sightings are within 250 meters of the beach," says Dr. Dave Weller from his La Jolla office at the National Oceanic and Atmospheric Administration. Other dolphins are often found miles offshore. Our local coastal bottlenose population — estimated to be 350 individuals — ranges between Monterey Bay and Ensenada, according to Weller. This makes them vulnerable to human pollution.

"We know that the Southern California Bight is a

taining DDT and PCBs into the Los Angeles sewer system. Tons of these chemicals now contaminate ocean sediment in the L.A. area. "The home of our coastal bottlenose dolphin largely coincides with this hotspot of poor water quality and high levels of pollutants," says Weller. "This proximity with human activities and development raises a red flag of vulnerability."

Contaminants settle into ocean-bottom sediments, where they're taken up by mussels, sea urchins, crustaceans, and other bottom-dwelling organisms. From there, the pollutants proceed up the food chain to fishes and then to dolphins.

Although dolphins are likely vulnerable to pollution, scientists do not know how much the health of San Diego dolphins is affected. To help figure this out, Weller and his colleagues, collaborating with scientists at the Scripps Institution of Oceanography, have collected tissue samples (using a small bow and arrow) from over 30 dolphins swimming in the area between Scripps Pier and Swami's, in Encinitas. The samples are being analyzed for over a dozen chemical contaminants as well as potentially harmful bacteria. The results should be ready by the end of the year. The samples will be used as a baseline. Any future degradation of the aquatic environment can be tracked via

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alone in these sentiments. In a typical year, beach visits in San Diego are estimated to be around 20 million, according to the City of San Diego's Lifeguard Services. But going in the water comes with a risk. The city's storm drains convey runoff with biological and chemical contami-

ocean water, seeking to discover how they affect the health of dolphins and other coastal creatures.

The dolphin that's seen playing in the San Diego surf — the coastal bottlenose dolphin — is unique in that it resides only in waters close to shore. "Ninety-five per-

cent of coastal bottlenose dolphin sightings are within one kilometer of shore, and the vast majority of these sightings are within 250 meters of the beach," says Dr. Dave Weller from his La Jolla office at the National Oceanic and Atmospheric Administration. Other dolphins are often found miles offshore. Our local coastal bottlenose population — estimated to be 350 individuals — ranges between Monterey Bay and Ensenada, according to Weller. This makes them vulnerable to human pollution.

STRINGERS

Jumper Slips

La Mesa — At about 1:45 p.m. on Wednesday, October 28, I was driving northbound on SR-125 and



Stopped traffic on SR-94

noticed a curious sight: traffic on the westbound 94 connector ramp was stopped, with a California Highway Patrol car parked diagonally in front of the vehicles. Traffic was moving slowly on the eastbound side of the freeway. A CHP officer was directing cars to make a sharp turn onto the eastbound 94 connector ramp. Just then, I heard on the radio that traffic on the 94 was closed in both directions due to a possible "jumper" on the Lemon

like it if that was you? Would you want someone taking pictures?"

After some mild protest on my part, including the mention of a dear friend that jumped from a bridge

several years ago, the policeman pretty much ended it by saying, "So, why don't you take your camera and go somewhere else?"

According to other news reports, the woman later slipped and fell onto the freeway, where

she was attended to by medical personnel and then taken to a hospital.

By Peter Ervid Tsae, 10/30

Crazy Crime

Imperial Beach — On Wednesday, October 27, a shirtless man attacked a green waste container full of palm fronds in the 1100 block of Grove Avenue. An 11-year-old boy walking home from school with his 10-year-old cousin witnessed the event.

"I saw this man grabbing the stuff out of the



Tossed green waste, Imperial Beach

Grove Avenue bridge.

After driving to Riviera Drive near High Street for a closer look, I noticed a La Mesa police officer standing next to his patrol car, watching the scene. Holding my camera in my hand, I approached him to ask what was going on. He spoke first, however, saying, "How would you

trash can and throwing it around. His mouth was moving, but I didn't hear any words. After throwing everything on the ground, he ran down the alley."

Three San Diego sheriff cars responded to a nearby homeowner's call.

The homeowner told

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Dominelli

continued from page 6

Hugo-Martinez believes that if Hoover had not been in the picture, the Ponzi scheme would not have taken place. Others question that: after all, Dominelli, like Ponzi, was a notorious liar.

Michael Aguirre, who filed lawsuits against firms and individuals that had helped Dominelli pull off the scam, says, "I don't think he started off with the idea of doing a Ponzi. He was mesmerized by Hoover." However, Aguirre thinks it is possible that once Dominelli knew he was in over his head and couldn't bear to cut off the money flow to Hoover, he may have recalled that poly sci class and studied Ponzi further. After all, he copied Ponzi's techniques: spending money conspicuously, employing money finders who would get fat commissions for recruiting investors, and hiring a public/community relations director to lend the firm respectability (Mitro-

vich). But just as Ponzi was not actually dealing in postal coupons, Dominelli was not trading currencies. Early investors were being paid with money from later investors; as soon as the money stopped coming in, the game was over. That's a Ponzi.

Hoover landed on her feet. Twice. She married a Montecito multimillionaire, Ken Hunter, who spent \$2 million on her defense. She was sentenced to ten years but spent only 30 months in prison. She got out because she supposedly provided evidence in the trial of a former J. David salesman. At that trial, Hoover tearfully admitted that she had lied in her trial when she said she had not thrown canceled checks in the fireplace and, crucially, had not knowingly invented false monthly returns for Dominelli to send investors.

After Hunter's death, she married Eugene Fletcher of the illustrious Fletcher family and is once again living

in luxury. "She should write a book on how to catch a man and get him to heel," says Hugo-Martinez. Hoover/Hunter/Fletcher and her husband spend much time in Mexico but are frequently back in the San Diego area.

The final irony is that Schanes does not know if Dominelli paid any attention to the lectures that described Ponzi and his scheme. Dominelli seldom said a word in class. The truth may have gone to his grave. ■

Dolphin danger

continued from page 7

trends in contamination found in the dolphins.

Bottlenose dolphins in other parts of the world, especially the Southeastern United States, show significant levels of many chemicals in their tissues, as do seals, sea lions, elephant seals, porpoises, whales, and sea otters. A study conducted by Dr. Gwen Goodmanlowe of Cal State Long Beach and her graduate student Mary

Blasius on stranded harbor seals and California sea lions in Southern California found some of the highest levels of DDT and PCBs ever reported in marine mammals. The levels were above those required to cause adverse health effects. Pacific sardines, Pacific chubs, mackerels, and northern anchovies all have been shown to contain detectable levels of DDT.

Another potential threat comes from bacteria and protozoa from human and domestic animal sources. Some bacterial strains found in marine mammals display antibiotic resistance.

Sea otters living north of San Diego, between Santa Barbara and Half Moon Bay, have washed up onshore showing evidence of toxoplasmosis. Caused by the protozoan *Toxoplasma gondii*, toxoplasmosis can be transmitted in cat feces, or, as Dr. Patricia Conrad of the UC Davis School of Veterinary Medicine and her colleagues put it, "The most likely source of infection [of sea otters] is by infectious, environmen-

tally resistant oocysts that are shed in the feces of felids and transported via freshwater runoff into the marine ecosystem." Conrad's group goes on to say, "Toxoplasmosis is a major cause of mortality and a contributor to the slow rate of population recovery for southern sea otters in California."

Cat poop is a threat to sea otters? It might seem preposterous, but there are more than 84 million of our feline friends in the United States, according to Euromonitor International, and scientists estimate around 73 million feral cats in our country. The number of California cats is unknown. However, a rough estimate (by the author), based on the land area and population of California, suggests around 14 million cats in the state.

Okay, so cats and sea otters don't mix. What about dolphins? On the East Coast, Dr. Ronald Fayer of the USDA Environmental Microbial and Food Safety Lab reports, "I found evidence of *Toxoplasma* infection in 100 percent of the dolphin samples I analyzed from Florida." Other scientists studying dolphins in the southeastern United States have found a suite of perfluoroalkyl compounds (PFCs), which are used in nonstick kitchenware, paints, polishes, and adhesives, among a wide variety of other applications.

At the Southern California Coastal Water Research Project, based in Costa Mesa, Steven Bay and his colleagues have identified a poster child for food-web contamination, a flounderlike fish called the hornyhead turbot. If life on the bottom of the ocean weren't bleak enough, the hornyhead turbot has our pollution to contend with. Specifically, turbots have been found to bioaccumulate a variety of different man-made chemicals.

In 2006 and 2007, Bay collected tissue samples from the hornyhead turbot, as well as samples of ocean sediment, seawater, and effluent at the

outfall of the Point Loma Wastewater Treatment Plant and at three other sewage outfalls off the coast of Los Angeles and Orange counties.

The study looked for and found 85 hormones, industrial/commercial compounds, pesticides, and pharmaceutical/personal-care products in the samples. All the samples of treated sewage contained ibuprofen, naproxen and the lipid-lowering drug gemfibrozil. Among the 37 chemicals found in the hornyhead turbot were Galaxolide (used to scent laundry detergent), three different antibiotics, oxybenzone (sunblock), triclosan (an antibacterial agent found in soaps, deodorants, and trash bags), PBDEs (flame retardants used in clothing and electronics), and DDT. Bay's group has found evidence that this chemical uptake may disrupt proper endocrine functioning in the flatfish. "We have found some evidence that levels of thyroid hormones are reduced in turbot that carry a higher level of contaminants," says Bay. "While it is too early to say for sure, there is also evidence of hormone imbalances indicative of chronic stress."

Two of the chemicals found in the fish's tissue are diazepam (Valium) and carbamazepine, used as a mood stabilizer in humans.

In dolphins, the health effects may be greatest in the babies, according to Dave Weller. Every time a female dolphin gives birth, she transfers contaminants to her calf. "Transfer of contaminants from mother to calf occurs in utero and through the mother's milk," says Weller. "Some contaminants may disrupt the endocrine system of the young calves. Other chemicals may have an effect on the immune system."

California bottlenose dolphins need healthy babies to sustain the population. Weller and his colleagues plan to compare the amount of contaminants found in the nearshore population

continued on page 10



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Dolphin danger

continued from page 8

of dolphins with dolphin populations found in off-shore waters. "We hypothesize that the coastal population will have much higher contaminant loads than the offshore dolphins."

Some consolation can be found in the fact that dolphins are not likely killed outright by pollutants. "There is a public misconception that contaminants can kill marine mammals by themselves," says Dr. Keith Maruya, one of Bay's colleagues, "but this is likely not true. However, dolphins and other marine mammals face many risks in their environment that may have a combined effect." Maruya cites changing ocean climate and domoic acid, a naturally occurring toxin, as environmental stressors that might conspire with contaminants to reduce dolphin survival.

Dr. Kelly Goodwin, at the National Oceanic and Atmospheric Administration, is focusing on the bacterial risk to dolphins. She isn't convinced that all the observed antibiotic resistance seen in marine animals can be linked to a human source. "Antibiotics are produced by microbes, and bacteria respond by developing resistance naturally. We don't know enough about these populations to say for sure that all of the resistance comes from human-produced antibiotics," Goodwin says.

But she doesn't want to understate the potential for adverse health effects either: "Coastal bottlenose dolphins spend all of their time in the nearshore environment. They are sentinels for environmental health and for our own health." Goodwin cautions that we need to take care of our nearshore environment: "What rolls downstream can also come back and bite us in the butt." ■

STRINGERS

continued from page 7

the deputy, "I'm not going to clean it up. I already paid someone to clean it up." As more debris flew from the trees, the deputy told her, "It is pretty windy, and your trees are nicely pruned, but fronds are still falling, but we'll see what we can do."

The deputies drove around the neighborhood and did make contact with a suspect, but the palm fronds are still in the street.

By Peter Salisbury, 10/28

Jetty Fix

Ocean Beach — For the past week and a half, work on the Mission Bay channel entrance has been under way. Visitors and locals have watched a 350-ton crane capacity derrick barge with two support tugs labor at placing loads of jetty rock along the southern jetty. So far, most of the work — funded by federal



Ocean Beach jetty

"stimulus" money — has been done inside the channel, from the beaches eastward.

Over the years, storms and tides have caused shifting of the rocks that make up the jetties. Another problematic issue is sand buildup inside the channel.

A main area of concern is the tip of the southern jetty. This area takes the brunt of the big winter swells that hit our coast.

The southern tip was repaired in the recent past with an extension southward to help absorb wave energy and buttress the area with more rock. It appears now that this last repair has sloughed off, creating a rock-strewn sandy area that is a hazard to navigation, especially at low tides. Breaking surf can be seen there almost always from the Ocean Beach side.

Surfers who frequent the jetties, either Mission Beach or Ocean Beach, are concerned about the effects the repairs will have on the surf breaks. Their concerns are that the swells could be blocked or refracted away.

By Stephen Scatolini, 10/29

Phone Rescued

Pacific Beach — On Friday, October 23, I was at the Paradise Point Hotel in the dining area that overlooks the water. A small crowd had gathered on the balcony.

Apparently, a guest had dropped her BlackBerry into the water. A kayaker was passing by, and the woman asked if he could retrieve it. The phone was still bubbling in about five feet of water. The kayaker attempted to pick up the phone with his paddle, only to have it slip deeper. With a little coaxing from the crowd above, the kayaker jumped into the water and came up with the phone.

The kayaker paddled over to the nearby shore to hand the woman her phone. She offered him a \$20 reward. He stated that he is unemployed and the money really made a difference. The woman handed him another \$20.

By Robert Terra, 10/30

Poor Pauly

Ocean Beach — On Friday, October 23, Pauly Johnston came back to his campsite to find all his possessions gone. According to an area resident who lives in the apartments overlooking the area where Pauly sleeps, SDG&E had hired a contractor to clear brush in the area. In doing his job, the worker apparently tossed Pauly's belongings into a trash receptacle.

Pauly had been gathering warm clothes for the winter, and his belongings included a new pair of shoes that had never been worn and were still in the box. Another homeless friend found the shoes in a nearby alley and gave them back to him. Pauly laughed because a bag of rolls he had among his possessions were tossed onto the ground so the birds could eat them.

By Robert Terra, 10/30

Whoa!

UCSD — A student reports via e-mail that on Tuesday, October 27, at the vendors' market on UCSD's Library Walk, she was

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Thankth

The gopher on the front page (October 29) is missing his or her two front teeth.

Don D'Ercole
via email

How Silly Of Us

Re "The Scariest Part of Halloween" ("City Lights," October 29).

Note about line in article "Ghosts with names like carbon black and terephthalate haunt us all year long."

The name "terephthalate" is a misnomer, as it is not really a "phthalate." Terephthalate is actually polyethylene terephthalate, or polyester, a plastic used to make all soda and water bottles. Again, it does not contain phthalates (if anything it contains aldehydes).

The bad phthalates you can read about on the EU RAPEX website, where you can see all this junk coming in from China.

Name Withheld
by Request
via email

No Negativity, Please

I'm startled that the article on my brother, Robert Campos, and his celebration of life party ("Crasher," Octo-

ber 15) confused Mr. Darrell Gentry ("Letters," October 29). The article was written by a "party crasher." He wasn't there to do an in-depth report and personal interviews. In fact, it was a last-minute decision to attend. Perhaps some people were not pleased that not enough was written about them.

Mr. Josh Board showed a lot of heart by crashing and writing about my brother's special gathering. It was a kind gesture. I was touched by the way he made the connection between my brother and little Elmar. That was the most special moment of the entire evening. Also, the description of Roberto, reminding him of a Mexican Jim Morrison, was right on!

Let's please stop bashing the author and understand his true intentions. Any negativity goes against all the positive energy we're trying to surround Robert with. I see and hear so many things that are so contradictory, but this is a time to focus on my brother's needs and not our own. It is wrong to do otherwise. I thank Mr. Gentry, Mr. Board, and everybody that was there for having taken part in Roberto's celebration... it was truly special.

Angela C. Armstrong
via email

Love It, Hate It

I loved the *Reader's* prize-winning tamales story ("Tamales, Tacos, Flies," Feature Story, October 15) by Ms. Lopez (the "caregiver") and Mr. Sorensen's pitch-perfect appreciation for living among Mexicans in Baja ("Please Don't Tell Anyone That Old Surfers End Up Here," Cover Story, October 8). I also loved the cover photo of horrified fans fend-

ing off a broken baseball bat in Matthew Lickona's piece on our loser ball club ("Foul Ball," October 15), but I have to cavil with his prissy dissection of objectionable lyrics in great anthems like "We Are the Champions" and "Hells Bells" and "My Sharona." It ain't the words, Matthew, it's the music.

Monaghan
via email

Anonymous Clarification

I want to clarify my letter "Clown Council" dated September 17. All the info I provided was from the *U-T* paper from over the last one to two years. First of all, I am a non-smoker and quite honestly could give a hoot about the law in general. I do care about the way it was passed. Some people don't realize that the rough draft of the smoking ban included private backyards, which they omitted from the law. Even Mr. Kendrick stated in the *Reader* article ("I Blow Smoke on Your Law," "City Lights," August 27) that he wanted to pass a ban on smoking at apartment complexes (in- and outside).

Now, to clarify "religious fanatics." A year or so ago the El Cajon City Council allowed Bible history programs to be aired on their public-access station (it wasn't a leased time slot). The city attorney at the time recommended pulling it, and they did. During public-comment time at city council meetings, a city councilman gave Bible history speeches (all of this can be found in the *U-T* archives).

My main intention of writing the first letter was to highlight the failures and misdeeds this city council

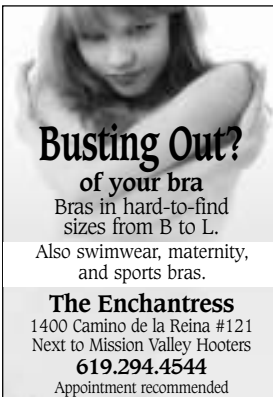


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has done to its citizens. Again, El Cajon needs leaders on its city council with their own ideas, not followers, and unfortunately there are some of both. There are far more important problems in El Cajon than a need for a smoking ban that has no teeth and is hard to enforce.

Name Withheld
via email

Comments from Reader Website

Comments are not edited for spelling, punctuation, or grammar.

Movie Review Published Oct. 28

By Alias_Jabez_Goethe
5:13 p.m., Oct. 28, 2009

The *Beaches of Agnes* is certainly the pick of the week. On the *Film Club of the Air* this morning (a show KPBS runs on the last Tuesday or Wednesday of the month at 10 a.m.), the team of Accomando and Marks gave such short shrift to it, I couldn't understand what they were talking about. They spent much more time talking about *Antichrist* and *Bronson*, which they gave approving remarks to, whereas all that I got out of their Agnes comments were: Beth apparently doesn't know of any Agnes Varda films made prior to 1983, didn't know anything about this one, and Scott saw maybe one Varda film more than Beth and is a WHOLE HELL of a lot more opinionated about the film clips of movies he never saw than he is of *The Beaches of Agnes* as a whole. He must have said "pretentious" about 7 or 8

times, without ever explaining WHAT was pretentious, let alone why it supposedly was... then he goes on to praise *Bronson*, again professing his love for things like *Fight Club* and *Irreversible* (which Marks never thinks of as pretentious, because -?- like *Die Hard* or *Mission Impossible 2*, they get him all lathered up??).

None of his equal-parts arrogant/ignorant comments would bother me if he didn't drag Duncan Shepherd into it as well. He claimed that after the screening, Duncan agreed that Varda was a highly uneven director and that Duncan supposed the only good ones she did were the ones released here.

Please tell me this is only yet another instance where Duncan Shepherd is misrepresented by a fellow film reviewer?

By Alias_Jabez_Goethe
5:57 p.m., Oct. 28, 2009

So many disparaging things Mr. Shepherd's "colleagues" have said about him!...as if the lamebrains from the letter-to-the-editor weren't enough! It's been quite a record I've heard over

continued on page 64

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STRAIGHT FROM THE HIP BY MATTHEW ALICE

Matt:

Does San Diego's hard water cause any problems in a person's body? Sometimes when I'm forced to drink tap water, it's like drinking Clorox and rocks. I mean, people aren't dropping left and right from drinking water, but are there long-term problems?

— Tom, via email

Maybe if you drink too many of Grandma's Cleantinis (aka Granitinis). She shakes 'em with tap-water cubes especially for the aftertaste. Otherwise, we scoured our sources (with biodegradable cleanser, of course) and we think your pipes are pretty safe. Biologically speaking, anyway, maybe not plumbingologically. You see, Tom, we live in a hard-water area.

Heard that one before? Water that makes it to our taps has

flowed over, around, and through such stuff as limestone, maybe chalk, maybe iron. Maybe other stuff. And ions of calcium, magnesium, and whatnot peel off into our water. Yes, we've got rocks in our water. Good for us! Good for us?! you ask-claim? (The ?! is an ask-clamation mark.) Yes, good for us.

Because water is so basic to all life around the globe, don't be surprised that many, many organizations have their thumbs on the pulse of our plumbing. And absolutely no testing organization or ecology group has suggested that hard water builds up calcium layers in our digestive tracts the way it does in the household pipes and water heaters. Hard water doesn't even build up any gravelly junk in our bloodstreams!

Oh, yeah. The lucky-duck part about having hard water... First, it might, just maybe, help lower the incidence of cardiovascular problems. Scientists are wavery on this point. But lucky duck the second is that hard water is alkaline; so-called "soft" water is acid. Tests show that acidic water can etch metal pipes, and stuff like lead and copper end up in the water system.

But wait. Let's be fair about this. Many of my statistical numerical factoidlets are from the World Health Organization. Check in with our own EPA, and they don't even set hardness or pH levels for drinking water. (They do, however, suggest that pH 6.5–8.0 would be best. Midpoint in the scale is 7, so note how the EPA has a secret fondness for hard water. Yay for us.)

So, Tom, if you've stopped fretting about your Clorox water and maybe are beginning to sweat out, oh, seawater, maybe? Seawater's pH is a toe-breaking 8.3. Milk? 6.4. Beer? 4.5, aver-

age. Human blood, for any of you leftover Halloniens, about 7.5 pH. And, leading doctors agree, the human body does a terrific job of keeping its own pH in line, no matter what you might drink.

Matthew:

What is the best question you have ever been asked? Also, how do you feel about parentheses?

— Frequent Caller,
University City

Mr. Alice:

When I get to the end of this sentence, why will I use a question mark?

— !, @ home

Once upon a time all text looked like this. Easy to write, no fun to read. Of course, before we had punctuation, someone had to invent at least the space between words. First things first. So, once that was handled, a Greek librarian on one slow day, with nothing to do but roll manuscripts down the hall, devised a system of marks to help lecturers properly read texts aloud. (Maybe a library student intern? Sick of listening to professors going, "Once upon a time all text... er, koff, koff, harumph, I mean, On ceuponat I meal..."?) I digress. Punctuation began as a guide for speakers to properly read texts aloud, not as a guide for readers or for something to get wrong on English tests.

Originally, one dot meant a short pause, two a medium pause, and three, you could go out for a sandwich. Soon the period, colon, and semicolon were not enough. Someone invented the / (virgule), indicating a very quick pause, which mutated into our comma. By the 12th Century, tired of inventing things, scribes began to borrow from musical notation in Gregorian chants. One mark, a sort of seven with a dot under it, told a chanter to elevate his intonation at the end of a phrase, as a speaker does when asking a question. Parentheses were added in the 1400s; and apparently no one exclaimed before the 1700s (!).

So, how do I feel about parentheses? Regular visitors know I'm fascinated by their power and simplicity. A writer can proclaim any nonsense as long as it's encased in parens. And readers know they can skip it. Nothing in parentheses was ever on a final exam.

Best question? "Where, exactly, Matthew, would you like us to mail your very large check?"

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

Got a question you need answered? Send an email to heymatt@cts.com or fax to 619-231-0489 or mail to Matthew Alice, c/o the Reader, Box 85803, San Diego, CA 92186.

SportingBox

BY PATRICK DAUGHERTY

Get Out There and Try It



I've been surf kayaking for 12 years," says Dan Carey, 60, owner of Carlsbad Paddle Sports in Oceanside. "There are guys who have been at it since the 1940s and '50s. The sport didn't sweep up the population like golf or bicycling, but there's a small group of people who are definitely into it."

I've arrived at this second paragraph by way of life accomplice Magali Noth, who clipped a surf-kayaking article with me in mind, followed by an internet info dip, finishing with a telephone call to Oceanside. When operating from a position of ignorance, I'll often start with a compare-and-contrast banality: "What advantages and disadvantages does surf kayaking have compared to surfing?"

Carey laughs, "Disadvantages? Surfers."

"They don't get along?"

"If you know what you're doing, and you can show that, surfers don't bother you," Carey says. "But, if you get in their way or cut them off, you'll never hear the end of it."

Still looking for a way in, I ask, "What's the difference between surfing a wave and surf kayaking a wave?"

"You're sitting down in a kayak, so the wave looks bigger," Carey says. "You can do everything a surfer can do. You can catch waves, you can get off the lip, you can do all that, but you don't do it the first time out. It's like surfing: you have to learn how to do it, learn where the wave breaks, how to get into it, how to ride it, which way to lean."

I'll try a gentle thump on this door: "How about length of the ride? Are surfing and kayak surfing similar?"

"As long as the wave is breaking, you can ride longer on a surf kayak," Carey says, "because you can get in the whitewater, which will propel you."

"Is there a pro circuit? Can Surf Kayaking Guy make a living going from tournament to tournament?"

"It's not as popular as surfing," Carey says. "It's a somebody-puts-up-ten-thousand-dollars-for-the-winner kind of thing. Guys can make money, but most people do it because it's fun."

Here's what I really want to know: "How did you wind up selling kayaks?"

"I've been involved in programs dealing with the outdoors for the past 35 years. I was the director of the Boojum Institute for 15 years. We provided private schools with outdoor education. We'd take the ninth grade from La Jolla Country Day to Joshua Tree [National Park] for five days, camp out, teach them environmental education, backpacking, and rock climbing."

I knew it. "Sounds like a great job. What happened?"

"You can tell when your time comes. I moved on and found a kayak store for sale. I had some land I'd accumulated over the years and traded for this store. I've been in business 12-years-plus, and now my store is for sale. I'm going to retire."

I laugh, "Then what?"

"If you asked a surfer that, he'd say he's going to surf."

I sigh and return to the interview. "How would I go about learning to surf kayak?"

"I'm the only gentleman in San Diego with a kayak store who runs surf-kayaking classes. I do that on Sunday mornings at the Warm Water Jetties in Carlsbad. Come into my store and take a lesson, see what kayaking is all about. Learn how to turn the kayak, how to recuperate, how you get back into the kayak if you fall out."

"Okay, I've taken my first lesson, now what?"

"If you got excited about it, you'd probably want to rent a boat or buy a boat."

"Let's say I rent a boat. I've had one lesson. Time to go kayak surfing?"

"Sure, you could," Carey says. "You're probably going to go out and have a good time. Learn by doing, not by watching movies about it or having someone tell you how great they can do it. You get out there and try it."

We chit, we chat, we swap stories. I ask Carey if he's been surf kayaking outside the U.S.

"Sure, I've been around the world kayaking: Thailand, Panama, Honduras, Belize, Mexico."

Carey is married, "going on 20 years." No kids. He was raised in Jeannette, Pennsylvania, went to Edinboro State Teachers College. Taught school for awhile and then "went back to college at Prescott College in Prescott, Arizona. They have an outdoor program. From there I went to Outward Bound, and then I started working for companies that ran outdoor programs, was a guide and educator..."

Everything fits, save for one anomaly. "What happened that got you from Pennsylvania to Prescott, Arizona."

"Luck. Being in the right place at the right time. Just like kayak surfing, just like surfing."

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MOVIES

MOVIE LISTINGS

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

Amelia — Punishingly dull biopic on history's most fabled aviatrix, Amelia Earhart (portrayed by Hilary Swank, with traces of Katharine Hepburn rather than of Kansas wheatfields in her speech), her final flight endlessly interrupted by how-she-got-there flashbacks. The only suspense is in whether the film is going to offer an ending or an enigma. With Richard Gere, Ewan McGregor, and Christopher Eccleston; directed by Mira Nair. 2009.

● (CARMEL MOUNTAIN 14; FLOWER HILL 4; GASLAMP 15; GROSSMONT CENTER 10; LA COSTA 6; LA JOLLA VILLAGE; MISSION VALLEY 7; MISSION VALLEY 20; PALM PROMENADE 24; RANCHO DEL REY 16; TOWN SQUARE 14)

Antichrist — Lars von Trier's psychological horror story starring Willem Dafoe and Charlotte Gainsbourg.
(KEN, 11/6 THROUGH 12)

The Beaches of Agnes — French documentary for a highly select audience, film aficionados with an affection for the one-time New Waver, Agnes Varda, now a gnomish octogenarian: “I’m playing the role of a little old lady, pleasantly plump and talkative.” She travels the entire length of Memory Lane (a block or two of which she has travelled in her previous documentaries, the Rue Daguerre in *Daguerreotypes*, for instance), revisiting the locales of her childhood, digging up black-and-white photos of her little self in a swimsuit, in addition to the locales of her films, digging up abundant clips from them, including a rarity of the very young and skinny Gerard Depardieu as a bearded beatnik. Self-indulgent, self-affectionate, informal, playful, sometimes silly, sometimes painful (the death by AIDS of her husband and fellow New Waver, Jacques Demy), the film constitutes a true test of your affection. *Cleo from 5 to 7*, for anyone who has seen it, ought to be enough to pull you through, even to leave you hungry for more. 2008.

★★★ (KEN, THROUGH 11/5)

The Box—Richard Kelly's adaptation of a Richard Matheson supernatural tale, with Cameron Diaz, James Marsden, Frank Langella.

(CARMEL MOUNTAIN 14; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GASLAMP 15; GROSSMONT CENTER 10; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 20; OCEANSIDE 16; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RANCHO DEL REY 16; RIVER VILLAGE 6; SANTEE DRIVE IN; TOWN SQUARE 14; FROM 11/6)

Bright Star — As recounted by Jane Campion, 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 look 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 — 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. 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 to-day goes blushingly by the name of True Love. 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 butterflies, a human nest in a treetop, and while the inevitable Vermeery white light is nothing to get excited about, the color loses none of its vividness and precision for its paleness and delicacy. But the expressions of passion per se have been strictly limited to things like tender touches, first kiss, love letters, fetishistic fondling, and the physical pain of separation. The dirty deed is never approached, unless you can see a symbol in the needlework of the heroine, a cutting-edge fashionista of the early 19th Century, inspiration for some delightful period costumes. Abbie Cornish, Ben Whishaw, Paul Schneider, Kerry Fox, Edie Martin, Antonia Campbell-Hughes. 2009.

★★★★ (CARMEL MOUNTAIN 14; LA JOLLA VILLAGE)

Capitalism: A Love Story — Michael Moore's overview of the American economy is, needless to say, not a love story. "Capitalism is an evil, and you cannot regulate evil." In other words, Capitalism: A Horror Story, the moral of which might best be summed up as capitalism, no; democracy, yes — a tricky distinction for simpletons who think the only alternative to capitalism is totalitarian communism. Moore's shtick as the schlumpy crusader, the Lieutenant Columbo of the Radical Left, has gotten a little tired, or maybe it's just Moore himself who has gotten tired, but in any case he now seems less funny and less inclined to be so than in the past. And as the wit and the invention have thinned, the whine and the sneer in his voice have proportionately thickened. He has still dug up some treasures of found footage (an educational documentary on the fall of Ancient Rome, a Ronald Reagan cowboy film, a newsreel of the near-death FDR proposing his Second Bill of Rights), and he engineers some amusing juxtapositions in the editing room, yet the vast bulk of his movie divides into arbitrary anecdotes of human interest, on the one hand, and on the other a rehash of a subject already well and recently covered, the Melt-down and the Bailout. More simply, economics is by nature a dull subject on screen, and Moore has managed insufficiently to enliven it. 2009.

★ (HORTON PLAZA 14)

Casablanca — The City of Intrigue is converted into a large Camp ground, as Bogart feigns broken-heartedness and moral rehabilitation in this feminized thriller. Directed by Michael Curtiz, lushly. Ingrid Bergman, Paul Henreid, Claude Rains, Peter Lorre, Sidney Greenstreet, Conrad Veidt. 1942.

★ (CINEMA UNDER THE STARS, 11/5 THROUGH 7, 7:30 P.M.)

A Christmas Carol — Robert Zemeckis's computer-animated retelling of the Dickens classic, with the voices of Jim Carrey, Gary Oldman, Colin Firth.

(CARMEL MOUNTAIN 14; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GROSS-MONT CENTER 10; HORTON PLAZA 14; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OCEANSIDE 16; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14;

POWAY 10; RANCHO DEL REY 16; RIVER
VILLAGE 6; SANTEE DRIVE IN; TOWN SQUARE 14;
FROM 11/6)

Cirque du Freak: The Vampire's Assistant — Competition for *Twilight*, assimilated vampires who protect the status quo by reducing their blood intake to moderate sips, precisely the cultural subgroup to embrace the misfit teen. (There are also bad, gluttonous vampires known as Vampaneze: "Vampires suck. Vampaneze rule.") Competition, sure, but weak competition, self-consciously jokey, storybooky, winky. With Chris Massoglia, John C. Reilly, Josh Hutcherson, Jessica Carlson, Ken Watanabe, Salma Hayek, and Willem Dafoe; directed by Paul Weitz. 2009.

● (CHULA VISTA 10; HORTON PLAZA 14; MISSION MARKETPLACE 13; MISSION VALLEY 20; OCEANSIDE 16; OTAY RANCH 12; PALM PROMENADE 24 PLAZA BONITA 14; POWAY 10; RANCHO DEL REY 16)

Coco before Chanel — Well-dressed tedium. Writer and director Anne Fontaine presumes your interest on the grounds that the dark-eyed orphaned heroine will go on to renown as Coco Chanel. With Audrey Tautou, Benoît Poelvoorde, Alessandro Nivola, and Emmanuelle Devos. 2009.

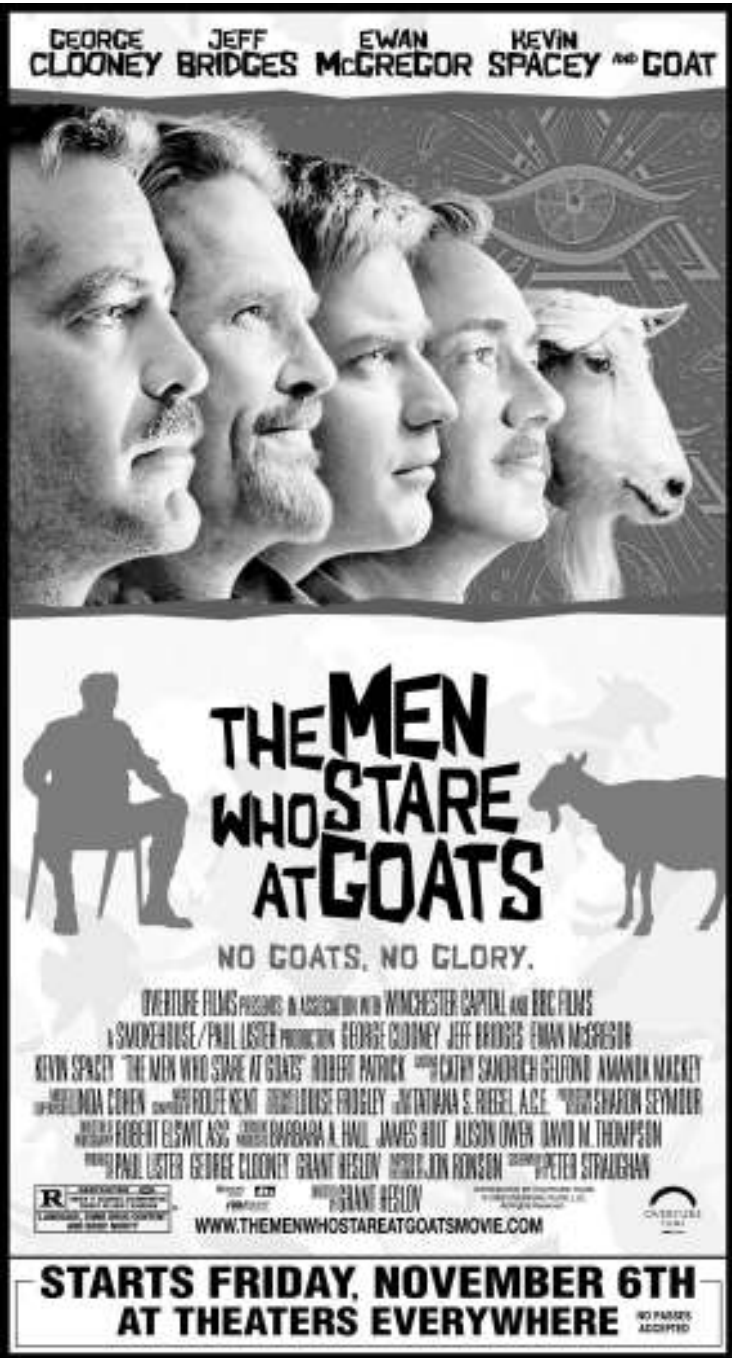
★ (FLOWER HILL 4; HILLCREST CINEMAS)

Couples Retreat — New Age relationship counseling in a tropical paradise, a stale, routinized, loveless marital comedy. With Vince Vaughn, Jon Favreau, Jason Bateman, Malin Akerman, Kristin Davis, Kristen Bell, Faizon Love, Kali Hawk, and Jean Reno; directed by Peter Billingsley. 2009.

● (CARMEL MOUNTAIN 14; FASHION VALLEY 18; FLOWER HILL 4; HORTON PLAZA 14; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 20; OCEANSIDE 16; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RANCHO DEL REY 16; SANTEE DRIVE IN; TOWN SQUARE 14)

Disgrace — Adaptation of a J.M. Coetzee novel of South African politics, starring John Malkovich, directed by Steve Jacobs. (GASLAMP 15, FROM 11/6)

An Education — A precocious English schoolgirl of 1961 (a cellist, a Francophile, a devotee of the Pre-Raphaelites, a sneaky smoker for sophistication), on track for Oxford, gets rerouted by a shady older man



Calendar MOVIES

who shows her the finer things of life: a Ravel concert, a Christie's auction, night-clubs, Paris. The foreseeable end is a bit of a slog, but the film in the early stages is very good on the pretensions of intelligent youth, and very good on the heady intoxication of growing up fast. Peter Sarsgaard's British accent is hit-and-miss; and the prim schoolmarm of Olivia Williams, a beauty disguised in eyeglasses and pulled-back hair, is strictly stock; and the comic portraits of the heroine's hidebound dad, a same-aged fumbling suitor, and a blond bimbo (Alfred Molina, Matthew Beard, Rosamund Pike, in order) are sharp but narrow. Keeping things fully alive throughout, however, is Carey Mulligan in the lead, showing off, among her other talents, the freshest smile since Eleanor Powell: plenty of teeth with a demure downturn at the corners of the mouth. And Sally Hawkins, back to reality from the giddy heights of *Happy-Go-Lucky*, has a tiny but vital part to play. With Cara Seymour, Dominic Cooper, Emma Thompson; directed by Lone Scherfig. 2009.

★★★ (HILLCREST CINEMAS)

The Fourth Kind — Science-fiction thriller with Milla Jovovich, Elias Koteas, and Will Patton, written and directed by Olatunde Osunsanmi. (CARMEL MOUNTAIN 14; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GROSSMONT CENTER 10; HORTON PLAZA 14; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 20; OCEANSIDE 16; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RANCHO DEL REY 16; RIVER VILLAGE 6; TOWN SQUARE 14; FROM 11/6)



This Is It

Good Hair — Bad camerawork, no worse than the documentary norm these days, rough, shaky, often out of position, but the film is nevertheless an engrossing and entertaining investigation of the “problem” of African-American hair, the size of which problem may hitherto have eluded you. Our on-screen investigator is a bemused, amused, nonjudgmental, and generally dialled-down Chris Rock, father himself of two young girls, one of whom posed the instigating question, “Daddy, how come I don’t have good hair?” Two main solutions to the problem are gone into in depth or anyhow at length: first the relaxer, a/k/a a “nap antidote,” a/k/a the “creamy crack,” and second the weave, the latest innovation

evidently in what used to be called a fall. The solution of the whole-hog wig gets ignored altogether, as do a couple of silently beckoning topics, a retrospective, for one, on the Black Is Beautiful movement of the Sixties (whatever became of that?), and for another, just for contrast, a fashion show of *au courant* “natural” hairstyles. Among the talking heads on parade (Al Sharpton, Ice-T, Maya Angelou, Nia Long, Meagan Good, Raven-Symoné, many more) is noteworthy the author A’Leia Bundles, who could well serve as poster girl for a natural solution. There must be others like her. Directed by Jeff Stilson. 2009.

★★ (HORTON PLAZA 14; MISSION VALLEY 20; PALM PROMENADE 24; THROUGH 11/5)

The Hangover — Sledgehammer comedy about four buddies (Bradley Cooper, Ed Helms, Zach Galifianakis, Justin Bartha) who go to Vegas for a bachelor party and wake up the morning after with no memory of the night before, a tiger in the bathroom, a baby in the closet, and the mystery of a missing bridegroom. Boys will be bores. With Heather Graham, Ken Jeong, Jeffrey Tambor, and, as himself, Mike Tyson; directed by Todd Phillips. 2009.

● (GASLAMP 15)

The Informant! — Steven Soderbergh, working from fact, details an impenetrable case of corporate skullduggery blown open by an ambiguous black-hatted whistle-

blower: 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 meandering stream-of-consciousness narration (“I like my hands. I think they’re my favorite part of my body”) gives us constant clues as to the variety of nut we are dealing with; and the exclamation point in the title, the anachronistic Groovy Sixties lettering, and the chipper Marvin Hamlisch 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 crimped 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. 2009.

★★★ (GASLAMP 15)

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 everyone by nature tells the brutal truth (even advertisers: “Pepsi, When They Don’t Have Coke”), until the brutalized short portly hero, unable to make his rent, makes an evolutionary leap to deceit, and goes on from there to invent religion. The concept is certainly cheeky, if uncertainly funny, but the *de rigueur* romance takes it into sappy platitudes on skin-deep beauty and inner worth. With Jennifer Garner, Rob Lowe, Tina Fey, Louis C.K., Jonah Hill, Ja-



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Calendar MOVIES

son Bateman, Jeffrey Tambor, and uncredited cameos for Philip Seymour Hoffman and Edward Norton. 2009.

★ (FASHION VALLEY 18)

Julie and Julia — As per its punchy sub-head, this is “based on two true stories,” parallel stories of feminist self-determination, set half a century apart, then and now. One focuses on Julie Powell, self-made blogger, daily chronicler of a year-long project 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 aforesaid cookbook, Julia Child. Though each story in turn gets equal time, back and forth, the film suffers from a built-in imbalance. The women, no need to be overly polite about it, are not equal pioneers. The one — the ear-

lier — the pathfinder — was, in her own humorously grandiose phrase, out to “change the world,” while the other — the follower — the copier — the coattail rider — 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 heavier 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 stylized self-parodist parodied to perfection, but softened and molded into a rounded, humanized, full-service screen character. We want at all times, not just half the time, to be with Julia; and we should probably be grateful to writer-director 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 less. Stanley Tucci, Chris Messina, Jane Lynch. 2009.

★★ (CARMEL MOUNTAIN 14; GASLAMP 15; LA PALOMA, 11/9 THROUGH 12)

Law Abiding Citizen — Disgust with the justice system drives a “brain,” a diabolical omnipotent technological wizard, to punish the people who insufficiently punished the people who raped and murdered his wife and daughter. The humble flatfoot hits the nail on the head: “Un-fucking-believable.” With Jamie Foxx, Gerard Butler, Bruce McGill, Colm Meaney, Leslie Bibb, and Annie Corley; directed by F. Gary Gray. 2009. ● (CHULA VISTA 10; FASHION VALLEY 18; HORTON PLAZA 14; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 20; OCEANSIDE 16; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RANCHO DEL REY 16; RIVER VILLAGE 6)

The Men Who Stare at Goats — Espionage comedy with George Clooney, Ewan McGregor, Jeff Bridges, and Kevin Spacey, directed by Grant Heslov.

(CARMEL MOUNTAIN 14; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GASLAMP 15; GROSSMONT CENTER 10; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OCEANSIDE 16; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RANCHO DEL REY 16; TOWN SQUARE 14; FROM 11/6)

More Than a Game — Less than a movie, a rah-rah sports documentary of ordinary but not extraordinary interest, just about adequate to fill up two hours of Sunday-afternoon television while waiting for the NBA playoffs. Through home video, TV broadcasts, and reminiscing talking heads, it traces the amateur career of LeBron James and his membership since the fifth grade in a basketball brotherhood dubbed the Fab Four, expanded to the Fab Five in his senior year at St. Vincent-St. Mary High School in

his native Akron, Ohio. The chronicle has its share of up-close-and-personal poignance to go along with its share of the thrill of victory and the agony of defeat, with matching music in each instance. (The hand-me-down terminology in that sentence is solely to suggest the hand-me-down template copied by the film.) Some of the footage is so out of focus as to be all but unwatchable, and the switching back and forth between that sort of footage and crisper, more watchable footage can knock you woozy. Directed by Kristopher Belman. 2008.

★ (GASLAMP 15, FROM 11/6)

My Best Girl — Thoroughly charming romantic comedy, excepting the slightly miscalculated and labored climax, about a five-and-dime stock girl (Mary Pickford) and the incognito heir of the company (Charles “Buddy” Rogers, who in real life would marry his co-star a decade later, upon her divorce from Douglas Fairbanks). Director Sam Taylor, better known as a scriptwriter, displays a rich cinematic vocabulary, a supple syntax, a deft manner of expression. One among the innumerable inventive details: the shopgirl, taken to dine at the magnate’s mansion, instinctively wipes the silverware on her napkin prior to use. 1927.

★★★★ (LA PALOMA, 11/6, 7 P.M.)

New York, I Love You — *Paris, Je T’Aime* crosses the pond. A multi-director box on bonbons, undeveloped little vignettes of male-female relations in the Big Apple. The ghostly segment by Shekhar Kapur stands out from the rest for stylistic reasons, the pallid palette, the persnickety compositions, the oval mirror frame within the frame. Natalie Portman, Hayden Christensen, Rachel Bilson, Andy Garcia, Bradley Cooper, Orlando Bloom, Robin Wright Penn, Chris Cooper, Ethan Hawke, Maggie Q, Julie Christie, Shia LaBeouf, Olivia Thirlby, Anton Yelchin, James Caan, Drea de Matteo, Eli Wallach, Cloris Leachman; directed by Fatih Akin, Yvan Attal, Allen Hughes, Shunji Iwai, Wen Jiang, Joshua Marston, Mira Nair, Brett Ratner, and Portman. 2009.

★ (HILLCREST CINEMAS; LA JOLLA VILLAGE)

Paranormal Activity — Young San Diego couple purchase a camcorder to document the “entity” — diagnosed by a psychic as a demon, not a ghost — that has haunted the female on and off since girlhood. Dirt-cheap digital horror film builds, not too high, to some effective *frissons*. The fixed-position camera during sleeptime approaches almost a structuralist rigor. Capably acted by Katie Featherston and Micah Sloot (in the roles of “Katie” and “Micah”); written and directed by Oren Peli. 2009.

★★ (CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GROSSMONT CENTER 10; HORTON PLAZA 14; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OCEANSIDE 16; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RANCHO DEL REY 16; TOWN SQUARE 14)

Paris — Multiple storylines encircle many facets of the French capital. The city looks splendid; the not very compelling characters (the brink-of-death Romain Duris excepted) keep getting in the way. Several liberating bits of dance, strictly gratuitous. With Juliette Binoche, Fabrice Luchini, Albert Dupontel, François Cluzet, and Mélanie Laurent; directed by Cédric Klapisch. 2008.

★ (LA JOLLA VILLAGE)

A Serious Man — At bottom, the Coen brothers’ most “personal” work. To be sure, they’ve never been reduced to hired hands. They’ve always had the good fortune to be able to make the films they wanted to make, films that reflected their personal tastes and personal attitudes and personal interests and personal viewpoints. Still, in the strict auto-

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Disneyland

biographical sense, this one must be acknowledged as extra personal, set as it is in the Minneapolis suburb of their adolescence (Jefferson Airplane on the soundtrack to fix the date, 1967), in a Jewish household headed by a university professor with a son on the brink of his bar mitzvah. The filmmakers bring to their subject the unkind eye of the caricaturist. They demonstrate an acute and excruciating body awareness, the girth, the ear hair, the sebaceous cyst on the neck, the protagonist's half squat at the classroom blackboard, his outthrust butt, his pant cuffs riding up to his calves. And their subtly bulging face shots and torso shots, fronted and centered, approach the freak-show aura of the photographs of Diane Arbus. The parade of surnames has a Dickensian grotesquerie all its own: Gopnik, Finkle, Marshak, Nachtnert, Schlutz, seldom a simple Shapiro. And the three rabbis of three different generations are hilariously ineffectual in three different ways. But to complain that the character portraits are not rounded, are slanted, would be to complain that a caricaturist is not a classicist, that Daumier is not Ingres. This is, it bears stressing at this point, a personal film. It is also — unexpected-

edly enough, as unexpected as the superstitious Old Country folk tale of the prologue and its old-fashioned 4:3 aspect ratio — a religious film, a film concerned not just with the specific religion of Judaism and its whole exotic lexicon, but with broader religious questions, universal inquiries into life's mysteries: what have I done to deserve this? what have I done with my life? what ought I to do? what am I here for? Joel and Ethan Coen have long and lately devoted themselves to the vast panoply of human stupidity. Stretching out now, stretching back to *Barton Fink*, they have chosen to reassure us, although "reassurance" doesn't sound quite right, that an intelligent, educated, well-meaning, and would-be serious man is no less at a loss. Michael Stuhlbarg, Sari Lennick, Richard Kind, Aaron Wolff, Fred Melamed. 2009.

★★★★★ (FLOWER HILL 4; HILLCREST CINE-
MAS; LA JOLLA 12)

Skin — Sophie Okonedo as the dark-skinned offspring of white Afrikaners, Sam Neill and Alice Krige, directed by Anthony Fabian.

(LA JOLLA VILLAGE, FROM 11/6)

The Stepfather — Over-obvious suspense film, resurrecting the unctuous psycho from the 1987 original, tips its hand immediately and slows its predictable progress (to a dissatisfying new ending) only to ogle the body of the husky-voiced sex doll, Amber Heard. With Dylan Walsh, Sela Ward, Penn Badgley, Paige Turco, and Jon Tenney; directed by Nelson McCormick. 2009.

● (FASHION VALLEY 18; HORTON PLAZA 14; MISSION VALLEY 20; OCEANSIDE 16; PLAZA BONITA 14; RIVER VILLAGE 6)

This Is It — This is curtains, much sooner than Michael Jackson meant when he announced a series of comeback concerts cancelled by his sudden death: “This is the final curtain call.” The rehearsal footage for that event, intended for Jackson’s “personal library,” has here been assembled not with journalistic purpose (so to put it) but rather eulogistic, a best-case scenario, essentially a sequence of planned song-and-dance numbers pieced together from different rehearsals, with different costumes within a single number. As Jackson himself murmurs at the end of the “Billie Jean” routine:

MOVIE SHOWTIMES

Showtimes subject to change.
(Bargain showtimes in parentheses.)

CENTRAL

CARMEL MOUNTAIN

Carmel Mountain 14
 11620 Carmel Mountain Road (800-326-3264
 #2704)
Amelia (PG) Fri.-Sat. (11:20, 2:05) 4:45, 7:10,
 9:35 Sun. (11:20, 2:05) 4:45, 7:10; **Astro Boy**
 (PG) Fri.-Sat. (10:55, 1:30, 3:05) 5:05, 7:10,
 9:30 Sun. (10:55, 1:00, 3:05) 5:05, 7:10; **The**
Bog (PG-13) Fri.-Sat. (11:05, 1:40) 4:25, 7:00,
 9:45 Sun. (11:05, 1:40, 3:15) 4:25, 7:00; **Bright Star**
 (PG) Fri.-Sat. (11:25, 1:50) 4:15, 7:05, 9:40 Sun.
 (11:25, 1:50) 4:15, 7:05; **Couples Retreat** (R)
 Fri.-Sat. (11:35, 2:10) 4:50, 7:25, 9:55 Sun.
 (11:35, 2:10) 4:50, 7:25; **Disney's A Christmas**
Carol (PG) Fri.-Sat. (12:00, 2:30) 5:00, 7:20,
 9:40 Sun. (12:00, 2:30) 5:00, 7:20; **Disney's A**
Christmas Carol in Disney Digital 3D (PG)
 Fri.-Sat. (11:00, 1:20, 3:40) 6:00, 8:15, 10:30
 Sun. (11:00, 1:20, 3:40) 6:00, 8:15; **The Fourth**
Kind (PG-13) Fri.-Sat. (11:00, 1:10, 3:30) 5:45,
 8:00, 10:20 Sun. (11:00, 1:10, 3:30) 5:45, 8:00;
Julie and Julia (PG-13) Fri.-Sat. (11:15, 1:55)
 4:35, 7:15, 10:00 Sun. (11:15, 1:55) 4:35, 7:15;
The Men Who Stare at Goats (R) Fri.-Sat.
 (11:40, 1:45, 3:50) 6:00, 8:10, 10:25 Sun. (11:40,
 1:45, 3:50) 6:00, 8:10; **Where the Wild Things**
Are (PG) Fri.-Sat. (11:10, 1:15, 3:25) 5:35, 7:50,
 10:05 Sun. (11:10, 1:15, 3:25) 5:35, 7:50

CLAIREMONT

Town Square 14
4665 Clairemont Drive (800-326-3264 #2722)
Amelia (PG) Fri.-Sun. (11:25, 2:10) 4:35, 7:20, 9:50; **Astro Boy** (PG) Fri.-Sun. (10:55, 1:15); **The Box** (PG-13) Fri.-Sun. (11:40, 2:15) 4:50, 7:25, 10:05; **Cloudy with a Chance of Meatballs** (PG) Fri.-Sun. (3:30) 5:45; **Couples Retreat** (R) Fri.-Sun. (11:05, 1:35) 4:10, 7:30, 10:10; **Disney's A Christmas Carol** (PG) Fri.-Sun. (12:00, 12:40, 2:20, 3:00) 4:40, 5:20, 7:05, 7:40, 9:20, 10:00; **Disney's A Christmas Carol in Disney Digital 3D** (PG) Fri.-Sun. (11:00, 1:20, 3:40) 6:05, 8:20, 10:30; **The Fourth Kind** (PG-13) Fri.-Sun. (11:20, 1:50) 4:25, 7:10, 9:40; **The Men Who Stare at Goats** (R) Fri.-Sun. (10:50, 11:50, 1:05, 2:05, 3:15) 4:15, 5:25, 7:00, 8:00, 9:15, 10:15; **Paranormal Activity** (R) Fri.-Sun. (11:35, 1:45, 3:50) 6:10, 8:25, 10:20; **Where the Wild Things Are** (PG) Fri.-Sun. (11:15, 1:30, 3:45) 5:55, 8:10, 10:25; **Zombieland** (R) Fri.-Sun. 8:00, 10:20

DOWNTOWN

Gaslamp 15
701 Fifth Avenue (800-326-3264 #2709)
Amelia (PG) Fri.-Sun. (11:40, 2:35) 5:20, 7:50,
10:25; **Astro Boy** (PG) Fri.-Sun. (11:55, 2:10)
4:20; **The Baader Meinhof Complex** (R) Fri.-

Sun. 6:30, 9:30; **The Box** (PG-13) Fri.-Sun. (11:35, 12:30, 2:30, 2:55) 4:40, 5:30, 7:10, 8:00, 9:45, 10:35; **The Boys Are Back** (PG-13) Fri.-Sun. (11:45) 4:55, 10:15; **Disgrace** (Not Rated) Fri.-Sun. (11:45, 2:20) 5:05, 7:40, 10:15; **Five Minutes of Heaven** (Not Rated) Fri.-Sun. (11:40, 1:45, 3:55) 6:05, 8:15, 10:20; **The Hangover** (R) Fri.-Sun. (1:15, 3:25) 5:35 Sat.-Sun. (11:5, 3:25) 5:35, 7:45, 9:55; **I Hope They Serve Beer in Hell** (R) Fri.-Sun. (2:50) 8:05; **The Informant!** (R) Fri.-Sun. (12:10, 2:40) 5:10, 7:35, 10:05; **Julie and Julia** (PG-13) Fri.-Sun. (2:15) 7:25; **The Men Who Stare at Goats** (R) Fri. (1:00, 3:50) 6:05, 8:20, 10:30 Sat.-Sun. (11:30, 1:40, 3:50) 6:05, 8:20, 10:30; **More Than a Game** (PG) Fri.-Sun. (12:20, 2:45) 5:15, 7:30, 10:05; **Ong Bak 2: The Beginning** (R) Fri.-Sun. (12:15) 5:25, 10:30; **White on Rice** (PG-13) Fri.-Sun. (11:50, 1:50, 3:45) 5:50, 7:55, 10:00; **Zombieland** (R) Fri.-Sun. (12:00, 1:00, 2:00, 3:00) 4:05, 5:00, 6:10, 7:00, 8:10, 9:00, 10:10

Horton Plaza 14

Horton Plaza (619-444-FILM)
The Metropolitan Opera: Aida Encore (NR) Wed. 630; **The Metropolitan Opera: Turandot** (NR), Sat. 1000; **A Christmas Carol 3D** (PG), Fri. (1145 210 435) 700 925, Sat. - Sun. (1145 210) 435 700 925, Mon. - Tue. (1145 210 435) 700 925, Wed. (1145 210) 435 700 925, Thu. (1145 210 435) 700 925; **A Christmas Carol** (PG) Fri. (1215 1245 240 310 505 535) 730 800 955 1025, Sat. - Sun. (1215 1245 240 310) 505 535 730 800 955 1025, Mon. - Tue. (1215 1245 240 310 505 535) 730 800 955 1025, Wed. (1215 1245 240 310) 505 535 730 800 955 1025, Thu. (1215 1245 240 310 505 535) 730 800 955 1025; **The Fourth Kind** (PG-13) Fri. (1150 225 445) 710 930, Sat. - Sun. (1150 225) 445 710 930, Mon. - Tue. (1150 225 445) 710 930, Wed. (1150 225) 445 710 930, Thu. (1150 225 445) 710 930; **This Is It** (PG) Fri. (1200 100 235 410 510) 715 745 950 1020, Sat. (1200 235) 510 745 1020, Sun. (1200 100 235) 410 510 715 745 950 1020, Mon. - Tue. (1200 100 235 410 510) 715 745 950 1020, Wed. (1200 235) 510 745 1020, Thu. (1200 100 235 410 510) 715 745 950 1020; **Paranormal Activity** (R) Fri. (1210 1240 220 250 430 500) 705 735 915 945, Sat. - Sun. (1210 1240 220 250 430 500) 705 735 915 945, Mon. - Tue. (1210 1240 220 250 430 500) 705 735 915 945, Wed. (1210 1240 220 250 430 500) 705 735 915 945, Thu. (1210 1240 220 250 430 500) 705 735 915 945; **Cirque du Freak: The Vampire's Assistant** (PG-13) Fri. (1225 255 525) 755 1030, Sat. - Sun. (1225 255) 525 755 1030, Mon. - Tue. (1225 255 525) 755 1030, Wed. (1225 255 525) 755 1030, Thu. (1225 255 525) 755 1030; **Saw VI** (R) Fri. - Thu. (245) 725; **The Stepfather** (PG-13) Fri. (1220 500) 940, Sat. - Sun. (1220) 500 940, Mon. - Tue. (1220 500) 940, Wed. (1220) 500 940, Thu. (1220 500) 940; **Law Abiding Citizen** (R) Fri. (1230 405) 655 1000, Sat. - Sun. (1230) 405 655 1000.

Mon. - Tue. (1230 405)655 1000, Wed.
(1230)405 655 1000, Thu. (1230 405)655 1000;
**(Where all the Wild Things Are (PG) Fri. (1155
215 440)705 935, Sat. - Sun. (1155 215)440 705
935, Mon. - Tue. (1155 215 440)705 935, Wed.
(1155 215)440 705 935, Thu. (1155 215
440)705 935; Couples Retreat (PG-13) Fri.
(1215 250 520)755 1030, Sat. - Sun. (1215
250)520 755 1030, Mon. - Tue. (1215 250
520)755 1030, Wed. (1215 250)520 755 1030,
Thu. (1215 250 520)755 1030; **Capitalism: A
Love Story (R) Fri. (1235 415)720 1010, Sat. -
Sun. (1235)415 720 1010, Mon. - Tue. (1235
415)720 1010, Wed. (1235)415 720 1010, Thu.
(1235 415)720 1010****

KENSINGTON

Ken
4061 Adams Avenue (619-819-0236)
Antichrist (NR) Fri., Mon.-Thu. (4:40) 7:15,
9:50; Sat. & Sun. (2:05) 4:40, 7:15, 9:50

LA JOLLA

La Jolla 12
8657 Villa La Jolla Drive (888-262-4386)
The Box; A Christmas Carol; Couples Re-
treat; The Fourth Kind; Law Abiding
Citizen; The Men Who Stare at Goats;
Paranormal Activity; A Serious Man; This
Is It; Where the Wild Things Are; Zom-
bieland

La Jolla Village

8879 **Villa La Jolla Drive** (619-819-0236)
Scin (PG) Fri., Mon.-Thu. (2:05, 4:45) 7:25,
 9:55; Sat. & Sun. (11:25) 2:05, 4:45, 7:25, 9:55;
Amelia (PG) Fri., Mon.-Thu. (1:55, 4:35) 7:15,
 9:50; Sat. & Sun. (11:15) 1:55, 4:35, 7:15, 9:50;
New York, I Love You (R) Fri., Mon.-Thu.
 9:40; Sat. & Sun. 9:40; **Paris** (R) Fri., Mon.-
 Thu. (1:40, 4:20) 7:00; Sat. & Sun. (11:00) 1:40,
 7:00; **Bright Star** (PG) Fri., Mon.-Thu. (1:45,
 4:25) 7:05, 9:45; Sat. & Sun. (11:05) 1:45, 4:25,
 7:05, 9:45

MIRA MESA

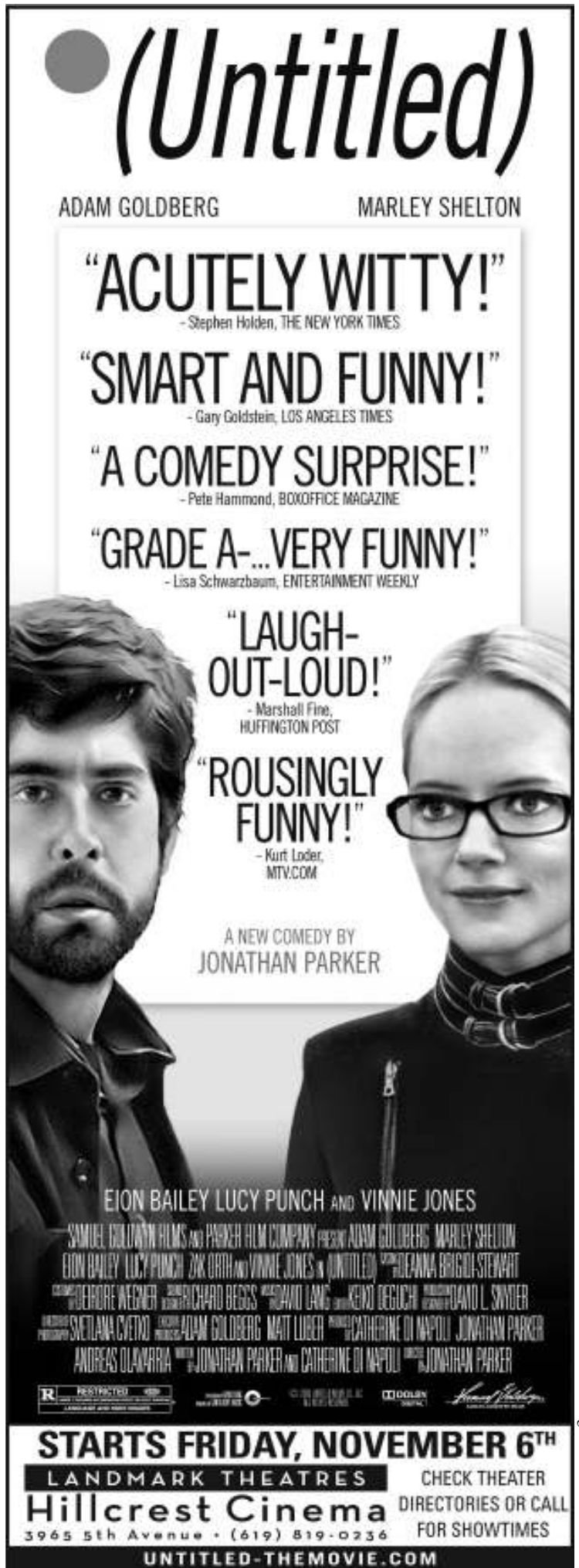
Mira Mesa 18
10733 Westview Parkway (800-326-3264)
Disney's A Christmas Carol in Disney Digital 3D (PG) Fri. (12:15, 2:40) 5:05, 7:30, 9:55, 12:15

MISSION HILLS

Cinema under the Stars
4040 Goldfinch Street (619-295-4221)
Casablanca (PG) Thu.-Sat. 7:30

MISSION VALLEY

Fashion Valley 18
7037 Friars Road (888-262-4386)
Astro Boy; The Box; A Christmas Carol;
Couples Retreat; The Fourth Kind; The In-
vention of Lying; Law Abiding Citizen; The
Men Who Stare at Goats; Paranormal Ac-



tivity; **Saw VI**; **The Stepfather**; **This Is It**; **Where the Wild Things Are**; **Whip It**; **Zombieland**

Mission Valley 7

7510 Hazard Center Drive (619-685-2841)



A Christmas Carol 3D (PG) (10:00 12:30 3:00) 5:30 8:00 10:30; **The Men Who Stare At Goats** (R) (10:15 12:45 3:15) 5:45 8:15 10:45; Will play at 10:00 am on Thu. only; **Perro Come Perro** (R) Fri., Mon., Thu.: 10:30, 6:00; Sat.: 3:30, 10:45; Tue.: 3:30; Sun., Wed.: 1:00, 8:30; **Voy a Explotar** (R) Fri., Mon., Thu.: 1:00, 8:30; Sat. & Tue.: 10:30, 6:00; Sun., Wed.: 3:30; **Fermat's Room** (PG-13) Fri.: 3:30, 10:45; Mon., Thu.: 3:30; Sat. & Tue.: 1:00, 8:30; Sun., Wed.: 10:30, 6:00; **This Is It** (PG) (12:00 2:30) 5:00 7:45 10:30; **Amelia** (PG) (10:15 1:15) 4:15 7:00 10:00; Mon 7:00 Thu.; **Where the Wild Things Are** (PG) (11:45 2:15) 4:45 7:15 9:45; No 11:45, 2:15, 4:45 Sat.; No 11:45 Sun.; No 7:15 Thu.; **Paranormal Activity** (R) (10:00 12:15 2:45) 5:15 7:30 9:30; **My Little Pony: Twinkle Wish Adventures** (G) 10:30 am Sat.-Sun. only; **A Midsummer Night's Dream** 10:30 am Sun. only; **Eugene Onegin Opera** 7:00 pm Thu. only
No 9 pm-10:45 pm shows Sun.-Thu.

Mission Valley 20

1640 Camino Del Rio North (888-262-4386)
Amelia; **The Box**; **A Christmas Carol**; **Cirque du Freak: The Vampire's Assistant**; **Couples Retreat**; **The Fourth Kind**; **Good Hair**; **Law Abiding Citizen**; **The Men Who Stare at Goats**; **Paranormal Activity**; **Saw VI**; **The Stepfather**; **This Is It**; **Where the Wild Things Are**; **Zombieland**

UPTOWN

Hillcrest Cinemas

3965 Fifth Avenue (619-819-0236)
(Untitled) (R) Fri., Mon.-Thu. (2:30, 5:00) 7:40, 10:10; Sat. & Sun. (12:00) 2:30, 5:00, 7:40, 10:10; **New York, I Love You** (R) Fri., Mon.-Thu. (2:00, 4:30) 7:10, 9:40 No 7:10 pm show Mon., 11/09; Sat. & Sun. (11:30) 2:00, 4:40, 7:20, 9:50; **A Serious Man** (R) Fri., Mon.-Thu. (2:20, 4:40) 7:20, 9:50; Sat. & Sun. (11:40) 2:10, 4:40, 7:20, 9:50; **An Education** (PG-13) Fri., Mon.-Thu. (2:20, 4:50) 7:30, 10:00; Sat. & Sun. (11:50) 2:20, 4:50, 7:30, 10:00; **Coco before Chanel** (PG-13) Fri., Mon.-Thu. (1:50, 4:20) 7:00, 9:30; Sat. & Sun. (11:20) 1:50, 4:20, 7:00, 9:30

Reuben H. Fleet Science Center

1875 El Prado, Balboa Park (619-238-1233)
Adventures in Wild California (Not Rated) Fri. 3:00p.m. Sat. 11:00, 3:00, 7:00 Sun. 11:00,

3:00; **Amazon (2007)** (Not Rated) Fri.-Sun. 12:00, 2:00, 4:00, 6:00; **Coral Reef Adventure** (Not Rated) Fri. 7:00p.m.; **Under the Sea** (G) Fri. 1:00, 5:00 Sat. 10:00, 1:00, 5:00 Sun. 1:00, 5:00; **Whales** (Not Rated) Fri. 8:00p.m.

EAST COUNTY

EL CAJON

Parkway Plaza 18

405 Parkway Plaza (619-401-3456)
A Christmas Carol 3D(PG) Fri. (1145 1245 210 310 435 535)700 800 925 1025, Sat. - Sun. (1145 1245 210 310)435 535 700 800 925 1025, Mon. - Tue. (1145 1245 210 310 435 535)700 800 925 1025, Wed. (1145 1245 210 310)435 535 700 800 925 1025, Thu. (1145 1245 210 310 435 535)700 800 925 1025; **A Christmas Carol** (PG) Fri. (1215 240 505)730 955, Sat. - Sun. (1215 240)505 730 955, Mon. - Tue. (1215 240 505)730 955, Wed. (1215 240)505 730 955, Thu. (1215 240 505)730 955; **The Men Who Stare at Goats** (R) Fri. (1205 225 445)710 930, Sat. - Sun. (1205 225)445 710 930, Mon. - Tue. (1205 225 445)710 930, Wed. (1205 225)445 710 930, Thu. (1205 225 445)710 930; **The Box** (PG-13) Fri. - Thu. (100 355)720 1005; **The Fourth Kind** (PG-13) Fri. (1250 315 545)815 1045, Sat. - Sun. (1250 315)545 815 1045, Mon. - Tue. (1250 315 545)815 1045, Wed. (1250 315)545 815 1045, Thu. (1250 315 545)815 1045; **Amelia** (PG) Fri. (1220 255 530)805 1040, Sat. - Sun. (1220 255)530 805 1040, Mon. - Tue. (1220 255 530)805 1040, Wed. (1220 255)530 805 1040, Thu. (1220 255 530)805 1040; **Astro Boy** (PG) Fri. (1235 305 540), Sat. - Sun. (1235 305)540, Mon. - Tue. (1235 305 540), Wed. (1235 305)540, Thu. (1235 305 540); **Cirque du Freak: The Vampire's Assistant** (PG-13) Fri. (1215 245 520)755 1025, Sat. - Sun. (1215 245)520 755 1025, Mon. - Tue. (1215 245 520)755 1025, Wed. (1215 245)520 755 1025, Thu. (1215 245 520)755 1025; **Cloudy with a Chance of Meatballs** (PG) Fri. (1225 240 455), Sat. - Sun. (1225 240)455, Mon. - Tue. (1225 240 455), Wed. (1225 240)455, Thu. (1225 240 455); **Couples Retreat** (PG-13) Fri. (1200 235 510)745 1030, Sat. - Sun. (1200 235)510 745 1030, Mon. - Tue. (1200 235 510)745 1030, Wed. (1200 235)510 745 1030, Thu. (1200 235 510)745 1030; **Law Abiding Citizen** (R) Fri. - Thu. (1245 350)700 1005; **This Is It** (PG) Fri. (1200 130 245 410 520)740 805 1020 1040, Sat. - Sun. (1200 130 245)410 520 740 805 1020 1040, Mon. - Tue. (1200 130 245 410 520)740 805 1020 1040, Wed. (1200 130 245)410 520 740 805 1020 1040, Thu. (1200 130 245 410 520)740 805 1020 1040; **Paranormal Activity** (R) Fri. (1155 110 320 435 540)215 655 750 915 1015 Sat. - Sun. (1155 110 320)215 435 540 655 750 915 1015, Mon. - Tue. (1155 110 320 435 540)215 655 750 915 1015, Wed. (1155 110 320)215 435 540 655 750 915 1015, Thu. (1155 110 320 435 540)215 655 750 915 1015; **Saw VI** (R) Fri. - Thu. 800 1020; **The Stepfather** (PG-13) Fri. (1205 230 500)740 1010, Sat. -

Sun. (1205 230)500 740 1010, Mon. - Tue. (1205 230 500)740 1010, Wed. (1205 230)500 740 1010, Thu. (1205 230 500)740 1010; **Where the Wild Things Are** (PG) Fri. (1230 300 525)750 1015, Sat. - Sun. (1230 300)525 750 1015, Mon. - Tue. (1230 300 525)750 1015, Wed. (1230 300)525 750 1015, Thu. (1230 300 525)750 1015; **Zombieland** (R) Fri. - Thu. 710 930

LA MESA

Grossmont Center 10

5500 Grossmont Center Drive (800-326-3264 #2710)
Amelia (PG) Fri.-Sun. (11:30, 2:00) 4:30, 7:00, 9:30; **The Box** (PG-13) Fri.-Sun. (11:40, 2:20) 4:55, 7:30, 10:05; **Disney's A Christmas Carol** (PG) Fri.-Sun. (12:20, 2:40) 5:00, 7:20, 9:40; **Disney's A Christmas Carol in Disney Digital 3D** (PG) Fri.-Sun. (11:00, 1:20, 3:40) 6:00, 8:20, 10:40; **The Fourth Kind** (PG-13) Fri.-Sun. (11:15, 1:30, 3:45) 6:05, 8:25, 10:45; **The Men Who Stare at Goats** (R) Fri.-Sun. (11:10, 1:25, 3:35) 5:45, 8:00, 10:20; **Paranormal Activity** (R) Fri.-Sun. (12:15, 2:15) 4:15, 6:15, 8:15, 10:15; **Where the Wild Things Are** (PG) Fri.-Sun. (10:55, 1:05, 3:15) 5:25, 7:40, 9:50

RANCHO SAN DIEGO

Rancho San Diego 15

2951 Jamacha Road (800-326-3264)
Disney's A Christmas Carol (PG) Fri. (10:05, 12:30, 2:55, 5:20) 7:55, 10:20 Sat.-Sun. (10:05, 12:30, 2:55) 5:20, 7:55, 10:20; **Disney's A Christmas Carol in Disney Digital 3D** (PG) Fri. (9:45, 12:10, 2:35, 5:00) 7:25, 9:50 Sat.-Sun. (9:45, 12:10, 2:35) 5:00, 7:25, 9:50

SANTEE

Santee Drive In

10990 Woodside Avenue (619-448-7447)
The Box (PG-13); **A Christmas Carol** (PG); **Couples Retreat** (R); **Where the Wild Things Are** (PG)

SOUTH BAY

CHULA VISTA

Chula Vista 10

Broadway between H and I (619-338-4214)



A Christmas Carol 3D (PG) (11:30 2:00) 4:30 7:00 9:30; **A Christmas Carol** (PG) (12:30 3:00) 5:30 8:00 10:30; **The Box** (PG-13) (11:15 1:45) 4:15 7:15 10:00; **The Fourth Kind** (PG-13) (12:15 2:45) 5:15 7:45 10:15; **The Men**

Who Stare At Goats (R) (11:00 1:30 3:45) 6:00 8:15 10:30; **This Is It** (PG) (11:45 2:30) 5:00 7:30 10:00; **Saw VI** (R) (3:30) 8:00 10:15; **Astro Boy** (PG) (11:00 1:15) 5:45; **The Vampire's Assistant** (PG-13) (2:15) 7:15; **Paranormal Activity** (R) (11:30 1:45 4:00) 6:15 8:30 10:45; **Where the Wild Things Are** (PG) (11:45) 4:45 10:00; **Law Abiding Citizen** (R) (11:15 2:15) 5:00 7:45 10:45; **Thomas and Friends: Splish, Splash, Splosh** (G) 10 am Sat. only; **My Little Pony: Twinkle Wish Adventures** (G) 10:30 am Sat.-Sun. only
No 9 pm-10:45 pm shows Sun.-Thu.

Otay Ranch 12

Eastlake Parkway (at Olympic) (888-262-4386)
Astro Boy; **The Box**; **A Christmas Carol**; **Cirque du Freak: The Vampire's Assistant**; **Couples Retreat**; **The Fourth Kind**; **Law Abiding Citizen**; **The Men Who Stare at Goats**; **Paranormal Activity**; **This Is It**; **Where the Wild Things Are**

Palm Promenade 24

770 Dennerly Road (888-262-4386)
Amelia (PG); **Astro Boy** (PG); **The Box** (PG-13); **A Christmas Carol** (PG); **Cirque du Freak: The Vampire's Assistant** (PG-13); **Couples Retreat** (R); **The Fourth Kind** (PG-13); **Good Hair** (PG-13); **Law Abiding Citizen** (R); **The Men Who Stare at Goats** (R); **Paranormal Activity** (R); **Saw VI** (R); **This Is It** (PG); **Where the Wild Things Are** (PG); **Zombieland** (R)

Rancho Del Rey 16

1025 Tierra del Rey (off East H Street) (619-216-4707)
Amelia (PG); **Astro Boy** (PG); **The Box** (PG-13); **A Christmas Carol** (PG); **Cirque du Freak: The Vampire's Assistant** (PG-13); **Cloudy with a Chance of Meatballs** (PG); **Couples Retreat** (R); **The Fourth Kind** (PG-13); **Law Abiding Citizen** (R); **The Men Who Stare at Goats** (R); **Paranormal Activity** (R); **Saw VI** (R); **This Is It** (PG); **Where the Wild Things Are** (PG); **Zombieland** (R)

IMPERIAL BEACH

South Bay Drive In

2170 Coronado Avenue (619-423-2727)
Call theater for program information.

NATIONAL CITY

Plaza Bonita 14

3030 Plaza Bonita Road (888-262-4386)
Astro Boy (PG); **The Box** (PG-13); **A Christmas Carol** (PG); **Cirque du Freak: The Vampire's Assistant** (PG-13); **Couples Retreat** (R); **The Fourth Kind** (PG-13); **Law Abiding Citizen** (R); **The Men Who Stare at Goats** (R); **Paranormal Activity** (R); **Saw VI** (R); **The Stepfather** (Not Rated); **This Is It** (PG); **Where the Wild Things Are** (PG)

NORTH INLAND

ESCONDIDO

Escondido 16

350 West Valley Parkway (760-291-0119)
A Christmas Carol 3D (PG) Fri. 1145 210 435 700 925, Sat. - Sun. 920 1145 210 435 700 925, Mon. - Thu. 1145 210 435 700 925; **The Men Who Stare at Goats** (R) Fri. (115 345)715 1000, Sat. - Sun. (1010 115 345)715 1000, Mon. - Thu. (115 345)715 1000; **A Christmas Carol 3D** (PG) Fri. (1210 1230 235 255 500 520)725 745 950 1010, Sat. - Sun. (945 1005 1210 1230 235 255)500 520 725 745 950 1010, Mon. - Thu. (1210 1230 235 255 500 520)725 745 950 1010; **The Box** (PG-13) Fri. (1130 215 455)755 1040, Sat. - Sun. (1130 215)455 755 1040, Mon. - Thu. (1130 215 455)755 1040; **The Fourth Kind** (PG-13) Fri. (1205 240 525)805 1035, Sat. - Sun. (930 1205 240)525 805 1035, Mon. - Thu. (1205 240 525)805 1035; **This Is It** (PG) Fri. (1140 125 230 515)410 720 800 1015 1045, Sat. - Sun. (1250 300)520, Mon. - Thu. (1250 300 520)515 1045; **Saw VI** (R) Fri. - Thu. 750 1025; **Law Abiding Citizen** (R) Fri. (1255 400)705 1015, Sat. - Sun. (1255)400 705 1015, Mon. - Tue. (1255 400)705 1015; **Where the Wild Things Are** (PG) Fri. - Thu. (1155 220 505)740 1005; **Couples Retreat** (PG-13) Fri. - Thu. (1215 350)645 955; **Paranormal Activity** (R) Fri. (1250 110 330 420)710 745 945 1020, Sat. - Sun. (1030 1100 1250 110 330)420 710 745 945 1020, Mon. - Thu. (1250 110 330 420)710 745 945 1020

FALLBROOK

River Village 6

5256 S. Mission Road (760-945-8784)



A Christmas Carol 3D (PG) (11:30 2:00) 4:30 7:00 9:30; **The Box** (PG-13) (11:00 1:30) 4:15 7:15 10:00; **The Fourth Kind** (PG-13) (11:30 2:15) 5:00 7:45 10:15; **This Is It** (PG) (12:45 3:15) 5:45 8:15 10:45; **Where the Wild Things Are** (PG) (12:00 2:30) 8:00; **Law Abiding Citizen** (R) (11:00 1:45) 4:45 7:30 10:15; **The Stepfather** (PG-13) 5:15 10:30; **Thomas and Friends: Splish, Splash, Splosh** (G) 10 am Sat. only; **My Little Pony: Twinkle**

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Del Mar Highlands

12905 El Camino Real • San Diego

Poway Creekside Plaza

13475 Poway Rd. • Poway

River Village

5256 S. Mission Rd. • Bonsall

La Costa

6941 El Camino Real • Carlsbad

Flower Hill

2630 Via de la Valle • Del Mar

Chula Vista

555 Broadway #2050 • Chula Vista

Mission Marketplace

431 College Blvd. • Oceanside

Calendar MOVIES

"At least we get a feel of it." (Kenny Ortega, who directed the stage production, also directed the film.) The well-drilled dancing from the stick-thin star — and company — is unfailingly crisp, the sound is unfailingly not. One is left primarily with the impression of the amount of work that went into these preparations, and that thanks to the film did not go completely to waste. 2009. ★ (CARMEL MOUNTAIN 14; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GROSSMONT CENTER 10; HORTON PLAZA 14; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OCEANSIDE 16; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RANCHO DEL REY 16; RIVER VILLAGE 6; TOWN SQUARE 14)

Untitled — Art-world comedy with Adam Goldberg, Marley Shelton, and Vinnie Jones, directed by Jonathan Parker. (HILLCREST CINEMAS, FROM 11/6)

Where the Wild Things Are — A very realistic live-action little boy, acting out at supertime and running away from home in a Halloween animal costume, sails across the sea to an all-brown imaginary land of giant hirsute Muppets, where he confronts hard truths about his own irrationality and impracticality. Spike Jonze's free-hand adaptation of the sketchy Maurice Sendak children's picture book is aimed more at the knowing adult than at the tot, but even the knowing may gag on icky imagery that, for all its painstaking detail and unstinting production, continually recalls such indigestibles as *The Neverending Story* and *Labyrinth*. With Max Records, Catherine

Keener, and the voices of James Gandolfini, Chris Cooper, Catherine O'Hara, Paul Dano, and Forest Whitaker. 2009.

★ (CARMEL MOUNTAIN 14; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GROSSMONT CENTER 10; HORTON PLAZA 14; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OCEANSIDE 16; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RANCHO DEL REY 16; RIVER VILLAGE 6; SANTEE DRIVE IN; TOWN SQUARE 14)

Whip It — Petite, apathetic Ellen Page finds a new calling — as "Babe Ruthless" — in the rough-and-tumble of Austin roller derby, leading to a calendar conflict between the championship game and, her mother's dearest dream, the Bluebonnet Beauty Pageant. Drew Barrymore, who plays a minor supporting part, takes to the director's chair, a bully pulpit from which to spread the gospel of cuteness: a feeble feminist fable, all sugar, no spice, with nice photography by Robert Yeoman but unexciting, unconvincing sports action. Marcia Gay Harden, Daniel Stern, Alia Shawkat, Landon

Pigg, Andrew Wilson, Kristen Wiig, Juliette Lewis, Jimmy Fallon. 2009.

● (FASHION VALLEY 18)

White on Rice — Culture-clash comedy of a forty-ish Japanese in America, with Hiroshi Watanabe, directed by Dave Boyle. (GASLAMP 15, FROM 11/6)

Zombieland — Nerdy, neurotic Jesse Eisenberg, the unluckiest Texan, narrates a postmodern post-apocalyptic road trip through a population of secondhand flesh-eating zombies, in the company of the only three surviving humans east of Bill Murray's mansion in Beverly Hills: the Twinkie-craving Woody Harrelson and two scamming sisters, Emma Stone and Abigail Breslin. Smart-ass comedy, not to say smart, forgetful as it is of its own rules and logic. Directed by Ruben Fleischer. 2009.

● (FASHION VALLEY 18; GASLAMP 15; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 20; OCEANSIDE 16; PALM PROMENADE 24; RANCHO DEL REY 16; TOWN SQUARE 14)

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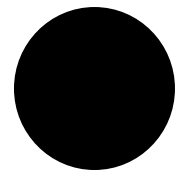
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the red zone

By Anthony Gentile



Point Loma linebackers Anthony Joyner (68) and Ikeem Wright drive back Serra running back Tirrell Williams

Game of the Week: La Costa Canyon at Escondido

Posted October 31, 2009

On a night that was supposed to belong to Escondido's Ricky Seale, La Costa Canyon had other plans. The Mavericks remained perfect with a convincing 44-24 win on Friday night, overshadowing Seale's becoming the section's all-time leading rusher.

Seale became the section's career rushing leader with a 28-yard scoring run on the game's opening drive. The previous record of 5650 yards belonged to Cathedral Catholic's Demetrius Sumler (2002-2005). Seale said he was happy to set the record but that it definitely would have meant more in a win.

La Costa Canyon (8-0, 3-0 Avocado League) answered Seale's record-breaking effort just more than a minute later when back Weston Manor ran for a 31-yard touchdown. While Escondido punted on their next two drives, La Costa Canyon found the end zone on each of theirs, and led 20-7 at the end of the first quarter.

"We've got weapons. We've got a great offense," said La Costa Canyon head coach Darrin Brown. "We didn't punt tonight."

Manor finished the game with 166 yards and three touchdowns on 16 carries and Hansen chipped in with 163 yards and a touchdown on 14 carries to pace the Mavericks offense. Seale ended up with 209 yards on 39 carries. His career total is now 5810 yards, with at least three games left in his senior season.

Game of the Week, Pt. 2: Francis Parker at Santa Fe Christian

Posted November 1, 2009

In a matchup between two of the best small schools in the section, Francis Parker used a big third quarter to topple previously undefeated Santa Fe Christian 31-20. With the win, the Lancers have the inside track to the state bowl bid.

"We sure do, but we can't take any games

lightly from here on out," said Francis Parker quarterback Deon Randall. "We know what we have to do to go to state."

Santa Fe Christian came into the game with heavy hearts. On October 25, Eagles junior receiver Will Wardrip died in a car accident.

"It's been a hard week," said Santa Fe Christian head coach Nick Ruscetta. "It was just such a full week of things in remembrance of Will."

Both defenses came out strong in an even first half. Francis Parker (7-1, 3-0 Coastal) opened the scoring with a Kenny Brookins two-yard touchdown run late in the first quarter. Midway through the second quarter, Santa Fe Christian running back Sam Hoekstra tied things up with a two-yard touchdown and the teams went into the half tied 7-7.

"I thought the first half was as hard as we could play," Ruscetta said.

After halftime, the Lancers raced out to a huge lead with three touchdowns in five minutes. The first of those scores came on the opening kickoff, which Roland Jackson returned untouched for a score. That return followed by a Randall rushing touchdown and a Brian Levett 12-yard fumble return gave Francis Parker complete control of the game.



Francis Parker quarterback Deon Randall stiff-arms a Santa Fe Christian defender

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Unusual Suspects



by Barbarella

I have never smuggled anything in my life. Why, then, do I feel an uneasy sense of guilt on approaching a customs barrier?
— John Steinbeck

It was 10:30 p.m. on Friday night, and the line at the northbound border wasn't bad. In fact, border agents were in the process of closing two inspection booths; they used their flashlights and bodies to merge cars into the remaining open lanes. A man with roses caught my eye through the windshield and raised his brows. He turned his gaze to the driver, my friend Josue, and, in a practiced gesture, proffered his flowers. Josue dismissed him with a shake of his head, but the man outside did not abandon his mission until he searched my face and deduced he could not use me as leverage.

A moment later, a woman appeared at my window. She held a long stick, off of which hung red hats made of felt with buglike antennae and the letters "CH" emblazoned in yellow on the front. "El Chapulín Colorado," Josue explained when I asked what it meant. "He is a very famous comedian in Mexico. It means 'the red grasshopper.'"

"There's a Simpsons character based on him," David said from the backseat. Because he was facing me, Josue didn't see the new face that appeared at his window. I had watched, unconcerned, as the man in the camouflage outfit and matching helmet approached. He clutched an automatic rifle to his chest and rapped on the glass with his flashlight. Startled, Josue pressed a button to lower the window. Words were exchanged in Spanish, Josue showed the man his green card, and the next thing I knew, Josue's door was being opened from the outside and he was getting out of the car.

It took ten car lengths before Josue triumphed in the glacial game of chicken.

"Do we get out?" I asked, but no one seemed to

be listening. David's door was also opened from the outside, and he got out, as did two other friends who'd been sitting in the back. No one came to my side of the car. I opened my door and asked again, "Am I supposed to get out?" Rather than wait for an answer, I stepped onto the pavement and joined the guys.

Four men in fatigues surrounded the vehicle, one with a golden, drug-sniffing mutt. David and Josue quietly made cracks about the doddering dog, how the mangy thing was less than regal and far from foreboding. That didn't stop me from being nervous. Not that I thought I was going to get caught for breaking any law — there's just something unsettling about being suspected of criminality.

I yawned, as if to signify to the inspectors that I was more bored than fearful. But they weren't paying attention to me. Their focus was on the monstrous Chevy Tahoe. I'd heard Josue facetiously refer to his black-painted, tinted-windowed, chrome-wheeled car as the "narcomobile," but I didn't really know what that meant. Now it was becoming clear.

Nine hours earlier, we were pulled over for secondary inspection just after entering Mexico. The most intrusive it got was when an

officer opened David's door and peered into the backseat for a moment. Through my open window, the uniform asked Josue where we were going, and Josue answered, "CECUT" — Centro Cultural Tijuana — and we were waved through. The inspection was over in 30 seconds.

Now that the sun had been long set, I rubbed my arms for warmth against the night chill and watched as the trunk door was opened and the mongrel was made to stand on its hind legs and stretch its neck to sniff the contents. When the dog was led into the backseat, two thoughts gnawed at my brain. First, I worried the animal might get excited when it smelled evidence of Josue's dog Chucho and that officers might mistake their dog's enthusiasm for a potential play pal as proof that we were perps. Second, I was indignant over the fact that the military men allowed their dog up and into the car — what if I were allergic to dogs? The rest of the drive home would have been unbearable after the sniffer shed all over the interior of my ride.

As the car was being rifled through, I wondered why the gregarious Josue didn't strike up a conversation with one of the foragers; why he didn't mention that his new collection of photographs was being displayed in the "Cube" — the recent addition to the city's museum. If we told them we were there to sample the town's delicious cuisine and contribute to its art scene, I wondered, might they be more inclined to leave us alone?

After minutes of standing around, I interpreted the guards' grunting to mean we could return to our seats. The search had delayed us at a crucial moment mid-merge, and we were now trapped between lanes of cars whose drivers were blatantly ignoring our massive SUV. Despite my imploring smiles and waves, it took ten car lengths before Josue triumphed in the glacial game

of chicken and was able to move his Tahoe into the line. "I'm getting rid of this car as soon as I can," he said.

I was about to ask why when it hit me that we'd been profiled. None of the sedans around us were being searched. I'd been pulled over before — for making an illegal U-turn or entering an intersection as the light was blushing — but never had I felt I was being picked on for looking suspicious. On the contrary, I've often been amazed by the disparity between my naughtiness and The Man's assumption of my purity.

When I was 19, a San Diego police officer pulled me over for an expired registration. I'd renewed it and had received the sticker, which I had tossed into my car with the intention of applying it to my license plate at my earliest convenience.

At the time, I drove a "sunfire red pearl" Toyota Corolla. I was a young obese woman wearing a flower-print dress and brown wire-framed glasses. I apologized to the polite cop, explaining that I had the sticker in the car and just needed to find it. He shined his flashlight inside to help as I rummaged through plastic bags in the glove box and prodded my fingers between papers and a glass bottle in the console beside my seat. After a few minutes of searching, the policeman let me go but urged me to locate and affix the sticker right away. It was only when I arrived home and searched more calmly that I found not only the sticker but enough illegal substances to put me away for life.

It was then that I realized you're not hassled if you don't look like trouble — even if you are. There was a time I wanted to seem dangerous. I used to have a keychain that read, "I'm not as innocent as I look." But as we made our way up I-5, it occurred to me that looking innocent is not so bad. ■

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EX Pros

If ever there were a San Diego Charger whose postcareer success has matched his years spent on the field, it's the great Ron Mix. Mix's glory years came in the 1960s, when the Chargers were in the American Football League.

They can't go

Back in the day, Mix was listed at 6' 4" and 250 pounds, known as a weight lifter long before football players commonly pumped iron, and nicknamed the "Intellectual Assassin."

continued on page 32

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On the field, he achieved something that's never been equaled: in ten seasons, he had *two* holding calls against him. Off the field, he blazed a trail by becoming one of the few players to earn a law degree — he graduated from the University of San Diego law school in 1969 — and one of the very few who got the degree during his career, not after he hung up his cleats.

Today, at 71, Mix still practices — law, that is, not football. From new offices in Mission Valley, Mix displays only one football memento: high up on a bookcase is his white helmet, emblazoned with the yellow bolt and his number, 74, on the side. It's safe inside a plastic box, not only heralding an illustrious career, which got him elected to the Pro Football Hall of Fame in 1979, but also reminding us that there is life after sport.

Mix says that too many athletes today have “dismal postcareer lives.” There's a touch of anger if not frustration in his voice. He calls their troubles “startling, sad, pathetic, and outrageous.” He's speaking of the rise in bankruptcies, marital infidelities, and divorces, as well as legal and personal screwups, the sordidness exposed

by our gotcha media. The names in the circus of ex-football clowns are legend: Lawrence Taylor, Ryan Leaf, O.J. Simpson.

How much has changed since his playing days? Nothing and everything. In the 1960s, Mix tells me, athletes prepared for life after football. Unlike today's players, they worked in the off-season, usually “part-time for a company and setting the foundation to build a career. Or they attended school.” It was, he says, “commonly accepted” that you'd be moving on. Back then, the money was good, “more than the average person made. But we probably spent more too.” After retirement, Mix says, even those who'd saved their money had only enough to live on for a year. Eventually, everyone needed a job.

Among the Chargers he played with, several got law degrees, one became a dentist, others earned degrees in business and education. Perhaps his most famous teammate was Jack Kemp, who died earlier this year and who had a short-lived career with San Diego. Kemp demonstrated an ability to mediate conflicts, helping, along with Mix and others, to establish a players' association. Within a year of leaving

the Buffalo Bills, he was swooped up by New York's Republican Party, put on the ballot, and elected to Congress.

But then again, the culture of football hasn't changed much; its problems are perennial. The socioeconomic profile of players, Mix notes, remains the same. Mostly low-income kids, raised by single mothers, with few differences between blacks and whites. Mix grew up in the Russian-Jewish ghetto of Boyle Heights in East Los Angeles. His parents divorced early, and his mother raised the children. “Most of our time was spent on welfare.” Coming from poverty, he says, no one had “business sophistication in my family or in my circle of friends.” Another constant among players: young fatherless men value male role models, especially “coaches. So they grow up to trust adult supervisors.” They learn from these men that “sportsmanship — integrity and fair play — is at the root of the game.” But “the athlete becomes too trusting; he thinks people *can* be trusted. But that's not the way of the business world. So he's susceptible to being fooled and cheated.” Players are an “easy touch” for family and friends, Mix says, because the player is sympathetic to those who are stuck behind in the poor neighborhood.

What's more, then as now, “Athletes don't receive a good education in college.” And it's not because they're being *denied* one. Rather, Mix says, “Playing a major sport at a major university is more difficult than if the athlete is working a full-

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time job and going to school. They take up so much of your time: practice, meetings, games, travel. And injury treatment. If you're a football player, you semi-live in that training room, before and after practice. Weekends for study? No, there's a game to be played. What about Sunday? No, there's injury treatment."

Without an education, athletes, he says, have no "skills to offer an employer once they retire." Even if they got their degree, after a pro career they've forgotten what they learned, and they're at a disadvantage, starting out in a field where most of their competition is five to ten years younger.

When Mix retired from football, he practiced civil litigation. Six

years ago, a friend, a former National Basketball Association player, told him that he'd been at a conference of retired NBA players and noticed most were limping. His friend asked the wounded warriors why they hadn't filed workers' compensation claims. "That was a foreign word to them," his friend said.

The following year Mix was invited to speak. Recalling the confab now in a slow-measured cadence, the epitome of "don't get excited," Mix remembers telling the men that every team buys workers' compensation insurance. Ex-players who have ongoing injuries can file claims against the team and its insurance carrier. "Nobody gets rich, but it can be significant

money. Second-chance money." An injured ex-pro may receive a tax-free award for permanent disability; a lifetime pension if he is 70 percent or more disabled, roughly \$5000 to \$10,000 a year; or lifetime medical care focused on the particular hurt. Mix signed up 100 players and came away from that convention "with a law practice," "a nice little niche." Since then, he has won every case he's filed.

One case Mix is working on is that of former Charger star Eric Parker. The agile wide receiver and punt returner signed a five-year deal in 2006 that would have paid him \$1.85 million in 2008. But a painful injury to his big toe — requiring three surgeries, and even then a bone in the

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ball of his foot refused to heal fully — forced him last year “to hang it up.” An end, he tells me by phone, he doesn’t regret. During a short but intense career (between 2003 and 2008, he was third in receptions, with most of his catches from Drew Brees), “I had nothing but smooth sailing with the Chargers.” Parker recalls two concussions as well as injuries to his ankle, back, and shoulder. “Nothing uncommon,” he says. He retired because, as a receiver, “I couldn’t take off on the foot or stop on it like I used to.” He’s hoping his claim will pay for a trauma he’ll always need to nurse, especially in his new job as wide receivers’ coach at Helix High School. The hardest part of retiring for Parker was

being unable to compete, which he’d done since age three. “It’s over so fast. Imagine a musician who can’t play anymore, can’t do what he’s so good at. I feel just like that.”

In addition to position-related injuries, Mix says, “All players — and notice I didn’t say ‘some,’ but *all* — have early degenerative arthritis in all their joints and spine. It comes from what we call ‘cumulative trauma,’ which means wear and tear over their career.” (Eric Parker says he was told at various Charger seminars that most guys would develop arthritis from playing in the NFL.) “The body is subjected,” Mix continues, “to thousands of mini-traumas when players hit and get hit, run, jump, lift weights. Lift-

ing heavy weights is a major contributor.

“Those who play sports that involve head contact,” football and soccer (heading the ball), “often have neurological problems. Diminished memory. Inability to focus or concentrate.” Those with head trauma or concussions have, Mix says, “a much higher incidence of early Alzheimer’s disease than the general public.” Confirming this is a just-released study, commissioned by the NFL, that Alzheimer’s and other memory-related diseases occur in ex-players aged 30 to 49 at 19 times the normal rate.

In addition, Mix continues, all players take a lot of anti-inflammatory drugs and pain medications, and “when

these are ingested regularly, they can lead to gastrointestinal problems and kidney irregularities.” All these conditions greatly “diminish their ability to compete in a marketplace” against guys who have not endured the battles of the professional athlete.

Mix filed and won his own claim for injury. And, he insists, every player has a “legitimate claim.” All of them *should* file a claim within a year of retirement. Sadly, he says, the majority don’t. Making it tougher is that none of the players’ associations in the major sports have created programs to help retired players. They have made the financial and medical benefits of active

players sweeter. But that’s it. Mix says that current players have no “legal responsibility” to help their ex-brethren. “But they do have a moral responsibility.”

the American belief that “all exercise is good for us” and that a life spent conditioning and training for sport will spell continued health. Not true for the

“Once you start playing in the NFL, your body will never be the same.”

He says it’s wise for players now to plan their postcareers. “They may spend 10 years as a player, but they’re going to spend 40 years as a retired player. They’re one injury away from retirement.”

One final myth that Mix likes to deflate is

pro. It’s a myth that victimizes athletes the most. They “figure that once they stop playing, the pain will go away,” he says. “But it doesn’t. Degenerative arthritis is progressive. Many of them are surprised when they take a few months off, do noth-

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Eczema Paid Research Study

**Do you have Atopic Dermatitis, also known as Eczema?
Have you had enough of all the itching?**

The UCSD Division of Dermatology is enrolling patients with Atopic Dermatitis (Eczema) who have moderate to very severe itching on arms, legs or torso in a research study of an investigational medication.

Participation involves 7 morning study visits over 11 weeks, which include questionnaires, examinations and blood tests.

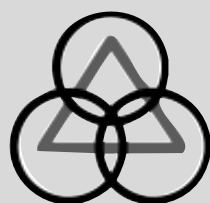
You will be required to enter data on an electronic diary twice daily. Financial compensation for time and travel is available for qualified participants.

Interested? Please call for more details, and spread the word.

858-657-8014 or 858-657-8390

or by email at: ucsddermstudies@gmail.com





SYNERGY CLINICAL RESEARCH CENTER

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

High Blood Pressure? Overweight? Worried about Diabetes?

If you are between 18-80 years old...

- 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 contact:

1-888-365-3203



SYNERGY CLINICAL
RESEARCH

DIABETES 24,000,000 reasons to begin **TODAY**

Consider volunteering for a clinical research study.

You may qualify if you:

- Are at least 18 years of age
- Have lived with type 1 diabetes for at least a year or type 2 diabetes for at least 6 months
- Take oral medication, insulin or both to control your diabetes

As a qualified participant, you will receive study-related care, study medication and diabetes supplies for up to one year at no cost and may be compensated for time and travel.

Please call:

1-888-365-3203

www.newdiabetesstudy.com



SYNERGY CLINICAL
RESEARCH

Clinical Research Study for Birth Control

Synergy is conducting a clinical research study of an investigational oral medication for birth control.

Qualified participants will receive at no cost for up to 12 months:

- Periodic gynecological exams
- Investigational oral birth control medication

Females that are 18-40 years of age, sexually active, and have regular menstrual cycles may be eligible for participation. Compensation up to \$450 is available for time and travel.

For more information about this study please call

1-888-365-3203

Participation is completely voluntary.



SYNERGY CLINICAL
RESEARCH

MAJOR DEPRESSION

If you are one of the 15 million adults affected by depression, you may be eligible to participate in a research study of an investigational depression medication now being studied. You must be:

- 18-65 years of age
- Currently diagnosed with depression
- Symptoms greater than 2 months

Qualified participants will receive at no cost:

- Study-related exams
- Investigational drug or inactive placebo
- Compensation for time and travel

For more information, call:

1-888-365-3203



SYNERGY CLINICAL
RESEARCH

Are you suffering from sciatica pain?

If you have **low back pain** combined with a pain through the buttock and down **one leg**, you may be eligible to participate in a clinical research study of an investigational medication.

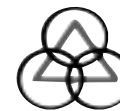
Eligibility requirements include (but are not limited to):

- Ages 18 to 65
- Pain present for at least 2 weeks but not lasting for more than 12 weeks

Qualified volunteers may receive the study medication and any study-related procedures at no cost.

To learn more about this study, please call:

1-888-365-3203



SYNERGY CLINICAL
RESEARCH

Have you or someone you love been diagnosed with Alzheimer's disease?

Synergy Research is participating in a nationwide study evaluating the effects of a once-a-day nutritional drink on individuals with mild-to-moderate Alzheimer's disease.

What is the purpose of this study? The purpose of this study is to test whether a nutritional drink is effective and safe for the dietary management of Alzheimer's disease.

What will you be asked to do? You will be asked to consume a nutritional drink once every day for a period of 6 months. During this time, you will be regularly monitored and tested by study staff for any changes in your memory and thinking abilities.

To be eligible to participate in this study, you must be:

- Clinically diagnosed with mild-to-moderate Alzheimer's disease
- Taking an FDA-approved medication for Alzheimer's disease (Aricept, Exelon, Razadyne, and/or Namenda) for the past 4 months
- 50 years of age or older
- Not previously diagnosed with vascular dementia, Huntington's disease, Parkinson's disease, or seizures
- Not living in a nursing home
- Able to have a caregiver or study partner be with you during all study visits and telephone calls

1-888-365-3203



SYNERGY CLINICAL
RESEARCH

1908 Sweetwater Rd., National City, CA 91950
www.synergysandiego.com

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

ing, and then feel worse.”

Talk About Feeling Worse

The ongoing effects of wear and tear in the NFL have certainly surprised former Tampa Bay Buccaneer Todd Washington. Though he's employed as the offensive coordinator with the University of San Diego football program, Washington's retirement involves much more than simple

nostalgia for a career that culminated in a Super Bowl ring. He's still amazed that he survived eight years as an NFL lineman, where, as one savvy observer put it, every time the ball is snapped, the collision of opposing players is no different from a car crash.

In August, Washington took time out to speak with me just before opening camp for the Toreros. He's still a big guy, not quite the

317 pounds of his playing days. Once with hair, now without, Washington played from 1998 to 2005. He spent his last three seasons with the Houston Texans. He retired during training camp with the Cleveland Browns in 2006. His first five years (1998–2003) came with the Tampa Bay Buccaneers. He was on the 2002 team that beat the Oakland Raiders in Super Bowl XXXVII. Local fans recall that

RESEARCH STUDIES

Avoiding Relationships?

Trouble with dating? Parties? Public speaking?
Starting conversations? Speaking to authority figures?
Always worried about what other people think of you?



Confidential help is available.
You may be eligible to

Receive Free Treatment

with computerized therapy as part of a research program.

No medications!

Call: 619-229-3740 or e-mail:

SDSU.CUTA@gmail.com

http://nas.psy.sdsu.edu

CENTER FOR UNDERSTANDING AND TREATING ANXIETY

6386 Alvarado Court, Suite 301, San Diego

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 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.

CLINICAL RESEARCH

SCHIZOPHRENIA • DEPRESSION • BIPOLAR DISORDER

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

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

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

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

Clinical
Research Center
SHARP Mesa Vista
Hospital



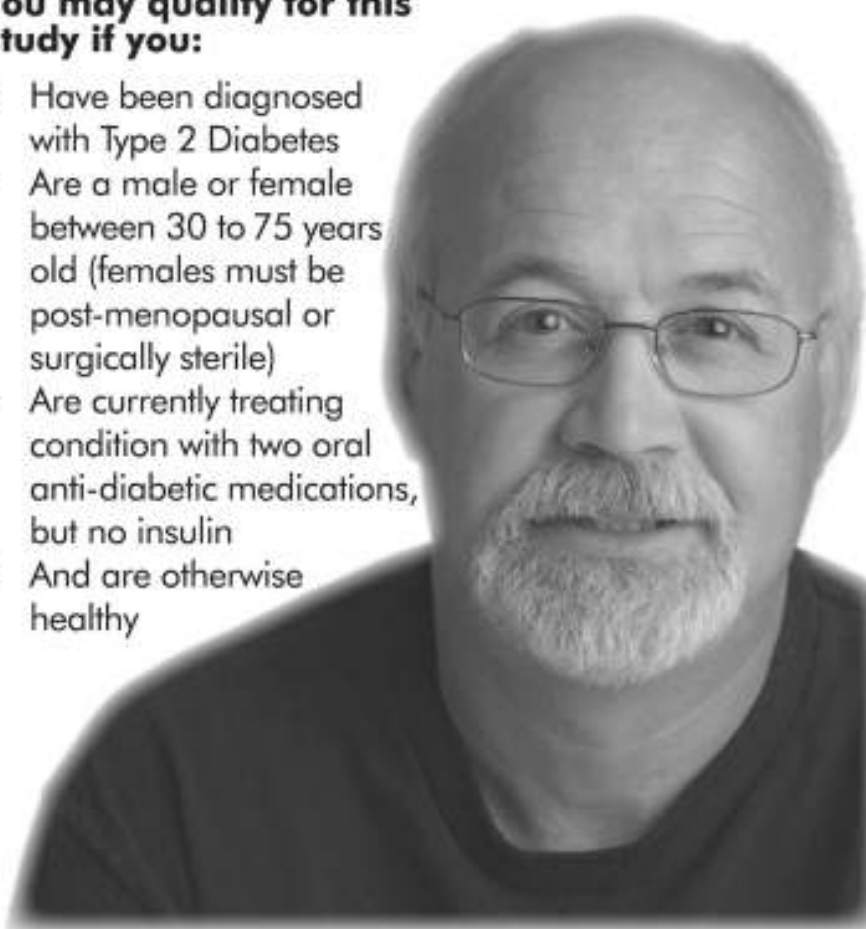
MV88A ©2008 SHC

Are you one of the 21 million people in the United States living with Type 2 Diabetes?

If so, consider participating in a research study at Profil Institute for Clinical Research. Profil is now conducting a research study to evaluate an investigational oral medication for Type 2 Diabetes.

You may qualify for this study if you:

- Have been diagnosed with Type 2 Diabetes
- Are a male or female between 30 to 75 years old (females must be post-menopausal or surgically sterile)
- Are currently treating condition with two oral anti-diabetic medications, but no insulin
- And are otherwise healthy



If you qualify, you may be compensated up to \$2,967 and you may receive investigational medication at no cost. Up to 11 overnight stays and some outpatient visits will be required.

For more information, call Profil
Toll Free at **1-866-245-5402.**



Pain from Endometriosis?

A 16-week clinical research study is underway to evaluate a non-hormonal, injectable, investigational medication versus placebo for the relief of pelvic pain caused by Endometriosis. Have you tried a variety of hormonal medications without success over the years of dealing with Endometriosis cramps and pain? This study is for women who have a surgically confirmed diagnosis in the last 8 years.



To possibly qualify for the study, must be:

- 18-49 year old females, regularly having periods
- Surgical confirmation of Endometriosis in the last 8 years (operative report must be available)
- Moderate to severe period cramps and pelvic pain

Qualified participants may receive:

- Exam and consultation with a board-certified gynecologist
- All study-related labs, EKG, and study medication
- Compensation for your time and travel

**MEDICAL CENTER
FOR CLINICAL RESEARCH**

619-521-2841

www.mccresearch.com



Tugging, burning, creepy-crawly, pulling...

An estimated 12 million Americans have Restless Legs Syndrome, or RLS. A research study is being conducted locally to help treat RLS, a condition that can result in:

- Discomfort or pain in your legs, which worsens at night or when resting
- A strong urge to move your legs for relief

If you have symptoms of RLS, call today:

1-888-651-3958

www.rls-study.com

Participants will receive free study-related exams and study medication.

Clinical Trials for Depression in Children

Researchers at Sharp Mesa Vista Hospital are currently enrolling children with depression into an outpatient clinical trial. If your child is 7 to 17 years of age and showing signs of depression, he or she may be eligible to participate.

Participants may receive study-related care at no cost and reimbursement for their time and travel expenses. Participation is confidential and trials are safely conducted under the supervision of experienced physicians and research specialists.

To learn more, call (858) 836-8350.

Clinical
Research Center
SHARP Mesa Vista
Hospital



MV92A ©2009 SHC

Do you suffer from Osteoarthritis of the knee?



If you are 40 years old or older and have been diagnosed with osteoarthritis of the knee you may qualify to take part in a research study of an investigational medication for Osteoarthritis.

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.
858-278-3647
www.ArtemisSD.com

Artemis
INSTITUTE FOR CLINICAL RESEARCH
WHERE INDIVIDUAL CARE
DRIVES GLOBAL SOLUTIONS

game, played at Qualcomm Stadium, January 26, 2003, when the Bucs collared the Raiders, 48–21.

Prior to the NFL, Washington graduated from Virginia Tech. “I can honestly say that the NFL was a secondary thing for me. My father coached me in high school; teaching and coaching is what I’ve been around all my life. Everything I did during my career at Virginia Tech was geared toward becoming a coach when I graduated.” He knew, going in, that his career would be temporary. Eventually he’d coach

college. But not before he suffered major body blows in the NFL.

Washington played some of the game’s toughest positions. Even

a lineman, he crouched down, stood up with the snap, backed up or ran slants, blocked the defense’s charge, all to protect his quarterback

“Concussions were very, very common,” Washington says.

in the second person, he’s blunt: “Once you start playing in the NFL, your body will never be the same.” His position was offensive lineman, guard and center, and he defended on kickoffs. As

and running back.

After five years, he discovered that what had taken him 30 minutes as a young player — dressing for practice and getting his ankles taped — took him two or three times as long. The agility of youth is first to flee. By 2000, “I’m in the training room, stretching, getting massages and heat packs, just to loosen up so I can practice for two and a half hours.” In 2006, at 30, he had just agreed to a contract with the Browns, even though he was pushing the age limit for linemen. After one week of practice, he realized that “I can’t move anybody; on pass protection, I can’t redi-

RESEARCH STUDIES

research study related to

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 up to \$200 to cover travel.

For more information

khammond@ucsd.edu or call 888-354-9349 and Dr. Hammond’s research coordinator will contact you.

Smoking too much pot?

WE WANT TO HELP YOU STOP!

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

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





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

COUGHING, SHORTNESS OF BREATH, WHEEZING, YEARS OF SMOKING

eStudySite is participating in a world-wide research study to test an investigational treatment for chronic obstructive pulmonary disease **COPD**, also known as smoker's cough, chronic bronchitis or emphysema.



You may be eligible to participate in this study if you:

- Are 40 years of age or older
- Have a diagnosis of COPD
- Are a current smoker or were a smoker in the past

Compensation for time and travel may be available.



For more information
please contact eStudySite
toll free at:

1-877-500-eStudy
(1-877-500-3788)

Diabetes Clinical Trial

If you have Type 2 Diabetes and are not taking insulin you may qualify to participate in a research study of an investigational medication for the treatment of Type 2 Diabetes.

If you qualify you may be compensated up to \$1040.



For More Information Call
1-877-500-3788



Hepatitis C Research Study

If you suffer from chronic Hepatitis C you may be eligible to participate in a research study of an investigational drug for Hepatitis C.

You may be eligible if you have:

- Chronic infection with Hepatitis C genotype 1
- Never been on prescription therapy for Hepatitis C
- Otherwise good health

If you qualify, you may receive study-related medical examinations, lab tests, and compensation for time and travel.



For more information, contact eStudySite toll-free at:

1-877-500-eStudy
(1-877-500-3788)

info@eStudySite.com

Do You Have A Non-Healing Wound Or Sore On Your Leg?



We are conducting a clinical research study of Dermagraft®, a tissue-engineered dermal replacement, in the healing of venous leg ulcers.

We need participants:

- 18 years of age or older
- With three or fewer leg wounds

Qualified participants will receive:

- Examinations by a board-certified physician
- Study-related examinations and therapy at no cost
- Compensation for time and travel

No Health Insurance Required
Confidentiality Maintained

THERAPEUTICS
CLINICAL RESEARCH

Call us at 858-279-SKIN (7546)
or email us at info@therapeuticsresearch.com

rect fast enough; running drills and conditioning after practice, I'm the last to finish. That wasn't the case when I first got to the NFL." He called his wife and said, "Honey, I'm done." Then he told the coach: to continue playing at his diminished level would diminish the team's strength.

For most players, whether they stay the three- or four-year average or they stay longer, as Washington did, wear and tear spells the end. Though he "was blessed" not to have a concussion, he did suffer the typical lineman injuries: sore knees, neck, and shoulders. One position Washington played was blocker for the kickoff return team. Once the kick was

in the air, he and three or four other linemen would form a barrier, or wedge. They would block for the kick returner, racing like a Humvee up the field. A 300-pounder, Washington would get "hit by

mon," Washington says. "The joke we used to tell in the NFL was, 'I came in at 6' 4", now I'm at 6' 2".' "

Beginning in 2009, the NFL banned the wedge because of the number of helmet-to-

The big problem for ex-football players with concussions is depression.

250-, 260-pound linebackers, coming full speed, headfirst." (One linebacker described the collision as running all out for 50 yards and smashing into a garage door.) "Concussions were very, very com-

helmet hits that resulted in head trauma. The astonishing statistic for pro football is that there are 5 injuries for every 100 regular plays and 7 for every 100 kick plays; there are many more of the former than the lat-

RESEARCH STUDIES



Participate in Our Research Studies

Do you suffer from Bipolar Depression?



You may be eligible to participate in a clinical trial for the treatment of Bipolar Disorder.

Excell Research is currently enrolling for both inpatient and outpatient study.

Participants must be 18 years of age or older.

Compensation of up to \$1000 will be provided for time and transportation.

CALL US FOR MORE INFORMATION: 760-806-9200

Do you have a history of depression?



Are you currently taking antidepressants that don't seem to be working?

You may be eligible to participate in an inpatient or outpatient clinical research trial for treatment-resistant depression.

Compensation of up to \$1900.

CALL US FOR MORE INFORMATION:
760-806-9200



BOARD-CERTIFIED PSYCHIATRISTS PROVIDING
EXCELLENT PATIENT CARE AND QUALITY RESEARCH
3998 Vista Way, Suite 100, Oceanside, CA 92056



Do you want to quit smoking?

Quitting smoking is one of the most important things you will ever do because:

- You are likely to live longer
- Quitting smoking will lower your chance of having a heart attack, stroke, or cancer
- The people you live with, especially your children, will be healthier
- You will have extra money to spend on things other than cigarettes

Affiliated Research Institute is conducting a clinical trial on an investigational vaccine that may help participants quit smoking and maintain smoking cessation. To qualify for this research study, you must be between the ages of 18 and 65 years and smoke an average of 10 cigarettes per day. If you qualify for participation, all research medication and study-related care will be provided at no cost to you. You will receive smoking cessation counseling to help you succeed in your effort to stop smoking.

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



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 prequalify 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, AND • Have no history of psychiatric crises, visits to the emergency room, hospitalization, or increased level of care for at least 12 weeks.

Qualified participants will receive study-related medical evaluations and study medication at no cost. In addition, reimbursement for time and travel may also be provided



If you are interested in learning more about this study, please contact:
(619) 688-6565 • See our website: www.ari-inc.com

When your **TYPE 2 DIABETES** is out of control, finding *harmony* is essential.



If you're having trouble controlling your diabetes, consider participating in HARMONY, a research study evaluating an investigational diabetes medication that's taken **only once a week**

It's estimated that 50% of diabetics in the U.S. struggle to successfully control their blood sugar. The inconvenience of multiple daily treatments can often add to this struggle. Now, the HARMONY program is evaluating the effectiveness of an investigational, long-acting type 2 diabetes medication, which may require less frequent dosings.

To be eligible for this study, you must be:

- 18 years of age or older,
- diagnosed with type 2 diabetes, AND
- having trouble controlling your blood sugar levels.



Qualified participants will receive study treatment as well as study-related medical evaluations and tests at no cost.

To learn more about the HARMONY program, please contact:

San Diego Sports Med & Family Health
(619) 229-3909
www.HarmonyClinicalTrials.com

You've stayed active through menopause. Will you be sidelined by its symptoms?



We are conducting a clinical research study to test the safety and efficacy of an investigational drug in preventing postmenopausal osteoporosis and treating menopausal symptoms while ensuring endometrial (uterine lining) safety.

You may be able to participate if you:

- Are currently 40 to 64 years old
- Have had your last menstrual cycle less than 5 years ago
- Have not had a hysterectomy
- Have not used oral hormonal treatments such as estrogen, progestin, androgen- or SERM-containing products within the past 2 months

Study participation lasts for approximately 14-1/2 months. Qualified participants may receive study-related office visits, medical evaluations, mammograms, gynecological exams, bone density scans if eligible, and the study drug at no cost.

For more information about this study, please contact:

Dr. Steven Drosman
619-260-0010

Or visit us at

www.MenopauseResearchStudy.com

Do you suffer pain caused by Cancer that has spread to your bones?

Doctors at UCSD are participating in a clinical trial studying the use of a new treatment for palliation (pain relief) of painful bone metastases (tumors) using Magnetic Resonance-Guided Focused Ultrasound Therapy. This is a completely noninvasive (without surgery) therapy to relieve pain. Patients who have been diagnosed with bone metastases and for whom radiation therapy is not an alternative, who have up to three painful bone metastases with one much more painful than the others, and who are able to undergo an MRI imaging exam are eligible to participate in this study.

If you have questions about this study or are interested in participating, you should contact:

Bob Halterman, CCRC
UCSD Department of Radiology:
619-543-5830
rbalterman@ucsd.edu



Hand Eczema?

Therapeutics Clinical Research, a center of excellence in dermatological care, is conducting a clinical research trial of an investigational medication for hand eczema (also known as hand dermatitis).

We need participants:

- 18-75 years of age
- with hand eczema lasting at least six months

Qualified participants will receive:

- study-related evaluations by a board-certified dermatologist and study medication at no cost
- compensation for time and travel

No insurance required.

Conveniently located in Kearny Mesa.

Call us at: 619-512-DERM (3376)

E-mail: info@therapeuticsresearch.com

Website: www.therapeuticsresearch.com

THERAPEUTICS
 ——— CLINICAL RESEARCH ———

ter. "Unfortunately," the ban "didn't happen when I was playing," Washington says. "Still," he notes without any bravura, "I did it for eight years."

(Two years ago, the NFL instituted concussion guidelines. The rules include a neurological baseline test; a policy that instructs coaches that a trainer's or doctor's medical decision overrides any competitive consideration; and a whistleblower system so men can report medical problems anonymously without fear of jeopardizing their careers. The big problem for

ex-football players with concussions is depression: according to the American College of Sports Medicine, those with three or more concussions are three times more likely to have depression than those who don't suffer head trauma.)

Though Washington so far has no symptoms of memory loss or confusion, he says he has seen former teammates "struggle with later effects of head injuries. They're forgetting things, taking longer to do things, or starting to feel weird." He says "some doctors," those who diagnose

these injuries, "are not educated about what NFL players go through." Washington knows guys who are "depressed and have stopped being active. For some of these guys, it's too late."

The Virginia native is paying a price for his years of bone-rattling contact. His biggest problem (and the reason he has filed a workers' compensation claim with Ron Mix) is that at 33 he has degenerative arthritis. Arthritic pain and tightness trouble his neck, wrists, abdomen, fingers, and knees. He wakes up stiff, and it

RESEARCH STUDIES

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.

Duration:

Approximately 24 weeks total: 11 clinical study site visits (The visits will include an initial screening visit and 10 clinic visits.)

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

Inclusion Criteria:

- Males or females aged 35 to 70
- Diagnosed with Type 2 Diabetes
- A1c 7.0% to 10.0%
- Body Mass Index (BMI) less than or equal to 45 kg/m²
- You must be taking Metformin for at least 12 weeks at a dose of 500mg or greater OR Metformin greater than or equal to 500 mg plus a sulfonylurea (such as Glyburide and Glipizide or Prandin, Januvia)
- If you are a woman of childbearing potential you must agree to use an adequate method of contraception to avoid pregnancy

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



Do You Get Anxious in Social Situations?

Do you:

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



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



For more information, Please call

1-877-UCSD-SHY (1-877-827-3749)

Or e-mail: veryshy@ucsd.edu



Tired of having trouble sleeping?

Like you, an estimated 100 million Americans suffer from insomnia, or have trouble sleeping.

A clinical research study is now underway to determine the safety and effectiveness of an investigational drug for the treatment of insomnia.

You may qualify for this clinical research study if you are having trouble falling asleep, staying asleep or getting a restful night of sleep, and are at least 18 years of age and not more than 85 years of age.

If you qualify for this clinical research study, you will receive the investigational drug and clinical research study-related procedures at no cost. You may receive compensation for your time and travel.

Find out if you may qualify!

If you are interested in volunteering to participate in the SLUMBER Study, please contact us at:

North County Clinical Research • Dr. Valentin Isacescu • 760-639-4378



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

Attn: Heavy Drinkers

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takes him a long time to loosen up. “Things hurt where they’re not supposed to hurt. You can be sitting down and turn your head one way or the other, and you’ll have a sharp pain in your neck.”

Worse, it’s compromised his ability to coach.

“I really take pride in being a hands-on coach. I’ve had coaches in my life who were hands-on. They were actually able to show me how things were done. I’m trying to show the same things to my players, but I have to be careful because I can’t do those things anymore. I can’t run like I used to run. I can’t bend down in the stance. I can’t bend my knees the way I feel comfortable. All these things take their toll. I have to find alternative ways of coaching — whether it’s by words, by video, by diagrams, by handouts. I can’t be hands-on.”

Washington tells me that he hasn’t sought treatment for his arthritis yet, but he does stretch more and uses heat pads. “If it flares up real bad, I’ll rest. I know I’ll seek medical attention in 10 or 15 years. Hopefully, by then, there’s some procedure or treatment that will get the job done.”

Like many players I speak with, blame doesn’t enter his vocabulary. Injury, he says, “is something I have to learn to live with.” He adds that he’s often been asked — and he’s asked himself — would he do it again? “Injuries or not, I’d definitely do it again.”

His experience brings clarity about the pro’s conundrum. “It’s hard to beat running

out on the field on game day. Your adrenaline kicks in, and you feel perfectly fine. But as

George. A married man, McNair had purportedly been seeing the woman who shot him.

“Injuries or not, I’d definitely do it again.”

soon as it’s over, your body is back to where it was, and whatever injury you have, it’s worse.”

A Much Deeper Issue

Perhaps the most telling tribute I read in the wake of the death of Steve McNair, a victim of a murder-suicide last July in Nashville, came from his former teammate, Tennessee Titan running back Eddie

For George, McNair’s end was by no means his friend’s story or legacy. How to explain his murder? The Titan quarterback was lost after retiring from the game he played with such passion.

“I just know from experience,” George said, “that when you’re used to doing something for so long that you love to do, how do you fill that void? You’re

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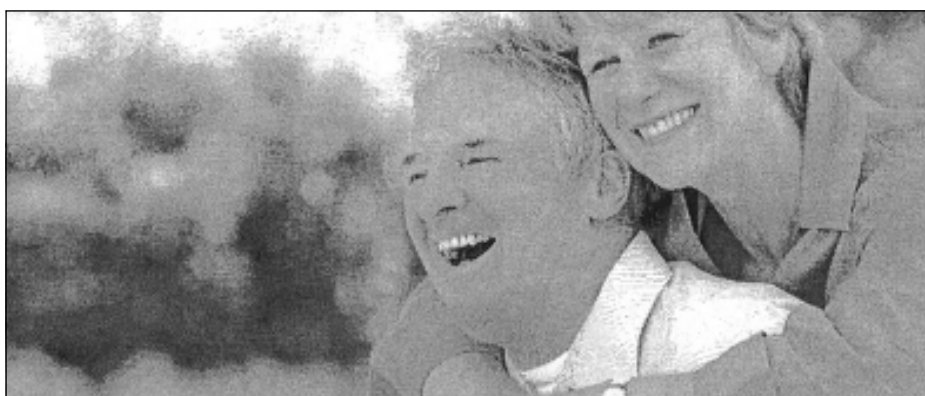
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in search of something. Most players may go back to things they used to know. They may revert back to drugs, divorce rates go up, obesity. You're looking for something comforting. For Steve, it was uncharacteristic for him to be out there with this young lady like that. However, he was in search for something. So there's a much deeper issue here than just Steve and extramarital affairs."

That deeper issue is summed up by former San Diego State and St. Louis Rams running back Marshall Faulk. "I played 12 years" in the NFL, Faulk told the *Union-Tribune*. "You think it's forever — it's a blip. You have to find something to do. You're

kind of lost. I was paid to play football, and now I'm paid to talk football. Are you kidding me?"

How Bad Is It?

One of the ex-player's core problems stems from money, its lack or its misappropriation. Retired players from the NFL, the NBA, and Major League Baseball are "suffering a financial epidemic," says a recent article in *Sports Illustrated*. Seventy-eight percent of former NFL players after two years of retirement have significant debt or are facing bankruptcy. Sixty percent of NBA players, five years into retirement, are broke. Joblessness and ongoing medical bills accelerate debt.

One near-certain conse-

quence is divorce. Most estimates put the divorce rate for ex-athletes at between 60 and 80 percent.

An explanation for this trend comes from Matt Birk. A veteran offensive lineman, now with the Baltimore Ravens, Birk writes in a July column for *Sports Illustrated* that many "former players live in physical and mental pain because of injuries suffered while playing — some with symptoms that didn't manifest until long after their NFL career." Birk says their savings are exhausted, they can't find work because of their injuries, they can't get health care since they have preexisting conditions, and few are getting disability

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through the league. "I have seen these guys with my own eyes and heard their stories with my own ears. You might not read about this very often, but this problem is real."

Birk points the broken finger at the NFL Players Association. Team owners, he says, pay a percentage of revenues to the players, and retired players get only 2 percent of that. "The NFLPA wants the money to go to current players because football salaries already lag behind their baseball and basketball counterparts." Since it was the old players who built the sport to its stratospheric level — by securing such things as "free agency, top-notch medical treatment [for

active players], and million-dollar contracts" — he wants current players to shoulder more responsibility for the health of their forebears.

How do players and ex-players lose their money? According to *Sports Illustrated*, they buy too much risky real estate. They avoid financial planning. They hire unqualified relatives to manage their investments, with disastrous results. They seldom know when to say no to those long-lost friends and their surefire schemes, such as opening a restaurant with their name in lights. They pay the nightclub bills of their entourage. They overspend on frivolous stuff like sport-utility vehicles, private

jets, Rolex watches. (NBA guard Kenny Anderson blew \$10,000 a month on "hanging out," lost the \$60 million he'd made as a player, and filed for bankruptcy protection in 2005.)

Relationship trouble accompanies the money woes, ex-players and sports psychologists tell me. Players often marry their hometown sweethearts at an early age. Being away half the year, players depend on their wives to do everything with bills, kids, and home, which can lead to resentment in both spouses. Players succumb to the easy availability of women, some of whom, hoping to get pregnant or secure a free ride, want a tryst with any high-profile

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player. Players father kids whom they can't support. In postcareer divorces, it's not uncommon for a player to lose half his fortune to an ex-wife, a girlfriend, and the mother of a child, who are sometimes three different women. Apparently the record is held by former NFL running back Travis Henry, who has fathered 11 children by 10 women. The estimate of his yearly child-support payments is \$170,000, his lawyer says he's broke, and he's just been sentenced to three years in prison on a charge of trafficking cocaine.

Though conditions may be worsening for ex-players, they are not alone. People like Ron Mix are helping.

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sounds of the thumping ball, the ringing metal hoop, echo in the high-windowed gym. For more than an hour,

Former NFL running back Travis Henry's nine children have nine different mothers.

lost, divorced, depressed, and broke ex-pro.

To the NBA and Back
I'm sitting on bleachers in the Temecula Community Recreation Center, watching former "NBA legend," as the flyer describes him, Lamond Murray hold a basketball camp. The

Murray's been running drills and barking orders ("Push it! Push it!"). Now it's game time. The kids, aged 10 to 16, girls and boys, are impossibly mismatched: midgets versus giants. Towering over all is 6' 7" Murray. Though retired, he's still agile at 36. Game on, I notice right off how every player has

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Before

After



his/her NBA moves down pat — the no-look pass, the hand slaps after a foul shot, even the Michael Jordan fadeaway jumper. A dream come true, a few get Murray's behind-the-back pass. "Shoot!" he yells.

In 1994, the Los Angeles Clippers — ten years after the franchise abandoned fair-weather San Diego — drafted Murray, the seventh pick in the first round. They signed him to a five-year, \$13.5 million contract. After he bounced around the league for 12 years, he returned to the Clippers briefly in 2006. Twelve intensely rewarding years as an NBA player, he tells me after camp. So why retire? "It wasn't my choice," he says. "When the Clippers let me go, I couldn't get a job anywhere playing ball. I wasn't injured. In my mind, I could still play, contribute. My body was maturing. I was a lot smarter. I had better tempo to my game. Everything was a lot easier. The older you get, the easier the game becomes.

"But I guess they wanted younger talent. Once you have over ten years in the NBA, they have to pay you a certain amount of money. They'd rather cut costs because most guys at our age aren't going to be contributing. Unless you're a Shaquille O'Neal, who's a future Hall of Famer," they're not interested. "Thirty-five is like a cutoff point."

I ask Murray, who sports a dapper mustache and well-trimmed goatee, if he prepared himself in college (he played three seasons at Cal) for life after sport.

He says he figured, if he went pro, he could always come back to school. He also figured he'd need to earn the money to finish school. Yet it never occurred to

him that he could finish college *during* his career on the court.

While playing, did he think about retiring? "As an athlete," he says, "you never really want

to think about that." Instead, "Your life begins and ends with 'Am I starting tonight? How many minutes am I going to play? Will I get my 20 points?' That's

all you worry about. People in your family tell you, 'That's all you need to worry about.' " Guys would "never talk about it," he says. They'd only talk about invest-

ments that would help them in their "transition out of basketball." But think about it? Not with practice and games and travel. "Never. It was never an issue."

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But, he says, things change. "It doesn't hit you until you're out of the game a couple years. Your routine is changed. You're at home. You don't have that camaraderie with your teammates." Leaving was "a shock." He was used to working out every day. Besides, he'd never been cut from anything. He played at high levels in high school and college. But over time, he says, players "get caught in the shuffle" of management, new coaches, new systems, player trades. Eventually, Murray left Los Angeles, then went to Cleveland, Toronto, New Jersey (his wife and children following him every step of the way).

The hardest part for Murray was losing the structure that basketball gave him. "Practice, team meals, meetings, games. Being a player.

Having a role, something I could look forward to when I got up in the morning." When he retired, he says, "Now what do I do? You get depressed really quick.

back into coaching because that's all they know. 'I want to be on the bus. I want to be around the guys.' But everybody can't coach. There's only so many

"I've seen retired ballplayers who blow up to 400 pounds."

There's nothing to do. Even my kids have to go to school." Speaking of which, Murray at last was a part of his kids' lives. That took getting used to, "driving them to school, going to school functions."

It takes a year or two to make the adjustment, he says. It takes longer for "guys without kids or a stable family. They want to go right

jobs out there." Murray, surprising me, compares the player to an alcoholic. "You've done something for so many years, and you have other 'alcoholics' you deal with, and suddenly that's taken away, you have no one who's at the same level as you. Who do you talk to? Guys lose it. They want to kill themselves, self-sabotage with drinking, drugs, food. I've seen a lot of retired ballplayers who blow up to 300 or 400 pounds because they just sit on a couch."

As a young player, Murray was bored, chin in palm, whenever the NBA threw programs at him about managing his life or saving his money. The lightbulb went on when he watched a few teammates, journeymen players, paying serious attention. He realized

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that he should have been listening so that at retirement he'd be ready. During his four preseason games with the Clippers in 2006, "I could feel something changing in me," he recalls. That was incandescent, a realization that has led him to want to help other players avoid going through what he did.

Murray's goal, once he finishes his degree in sports psychology, is to become a paid staffer in an NBA organization as head of player relations, helping rookies transition into the league, teaching them things that "their parents, their agents, their teams are not going to tell them." The main thing players don't know, he says, is that pro ball is a business. No one told him that his name is a brand, that his behavior could affect his brand, that he needed to protect his image. Too, teams don't tell players enough about the "day-to-day grind. Social issues. How to deal with women. How to deal with other players. How players are different from each other. That's the new frontier. The NBA does everything for you physically. But there's not enough to help you mentally." In short, players, both active and retired, need mentors. He cites Sam Perkins, who runs a mentorship program with the Indiana Pacers and is now their vice president for player relations. Murray hopes to be one of those mentors because "I'm living proof there's life after the game."

A Degree in Sports Psychology

Lamond Murray is one of dozens of ex-players

who have studied psychology with Dr. Cristina Versari, a Brazilian who founded and directs the San Diego University for Integrative Studies. For

the past 20 years, she has made it her business to study the psychology of pro athletes. "No one else is doing this," she tells me in her Old Town office. "That's why

I started this school." Part of the school's mission is to train a new generation of sports psychologists who will answer this question: Why is the transition to

a second life so hard?

In 1989, Versari was hired by the National Basketball Association to counsel its players. The youthful-looking former swimmer says

that, before her, no one helped athletes prepare for a second career, a different lifestyle, or a college degree. "During their active career, they have small problems,"

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she says. "They have a lot of people taking care of them: trainers, massage therapists, managers. Once they retire, everything is taken from them overnight. The structure that kept them together is gone. That's when they really have problems."

Retired players, she says, typically move back to their hometowns, and they lose contact with the organizations and team. The active players don't have any contact with retired players. "It's a strange dynamic," she says. "Overnight, people who used to call stop calling."

Players find themselves suddenly friendless. They have no support system. Since most have played for several teams, they and their

families have been uprooted often, which adds to the isolation in retirement. "There's nothing outside of sport that makes them feel the way they're feeling when they're playing. Nothing."

As a way to understand the psychology of basketball players, Versari uses the Myers-Briggs personality assessment test. She has found, by studying more than 1000 players, that basketball players are predominantly introverts. They are sensing types who focus on the present and on concrete information. They are analytic thinkers and have an organized approach to life. She uses this data to help coaches and players understand who they

are as players but more importantly how their personality traits might be harnessed for a second career. (She has studied 22 sports and found that basketball and baseball players are alike, while swimmers and wrestlers are extroverted, intuitive, and sensitive. Because of the many different positions in football, tests on players as to their personality type are so far inconclusive.)

During two long stints with the NBA, the last ending five years ago, Versari has found that almost every current player has "one focus — to stay." In 2009, the NBA drafted 60 players. According to Versari, after the first season, typically half of those drafted are gone.

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"They are cut, and we don't even notice. Their careers are over." A few go to Europe, but not many. These young men have spent half their lives preparing for a career, "and it only lasts one season."

She understands why most players are "in denial about their future. They have to focus on staying." This gives birth to the rampant NBA fantasy: "I'm going to play one more year." Active players always think they've got one more year to play, even if they don't have a contract.

When the career is ending (the average stay in the NBA is a bit more than five years), "I get the phone call. They've been cut. They've been injured. They've been

traded. They get a cold, and being sick makes them think, 'What am I going to do if I can't play anymore?' That's when they call me. When they're ready. They're not in denial anymore."

Though many ex-NBA players go back to college and finish their degree, they don't do it for the money. "They do it," she says, "because they have promised their mothers." Some NBA players, who haven't blown their stash, don't need a degree because they don't need a career. It makes no sense for a player making \$20 million a year "to go to college and graduate three years later so he can make \$40,000 a year." Instead, they have

promised Mom because Mom has insisted that they get a degree when their sports lives are over. Hanging the diploma on the wall means Mom beams and the kids are motivated to take school seriously.

Retiring players face a fast adjustment with their wives. Versari compares an NBA wife to a military spouse, keeping the home fires burning while the husband/boyfriend is away. During the player's career, his wife has managed everything: children and school, the home environment, holidays and parties, finances, the sudden move prompted by a trade. For her part, the wife can lose interest in the man when he becomes a "nobody at home," Versari says.

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But the major problem is depression. "Without exception, they all go through it." The adjustment takes four to eight years. "They eat more. They eat less. They sleep more or they can't sleep. It's a very long process." Most don't know they're depressed, she says. They think they are alone: their friendship circle or network of support has dwindled so much they become frightened by their isolation and loneliness. They feel estranged from the game, from wives, from children they don't really know. It's rare for former NBA players to go into therapy. They'll only go, Versari says, if "someone else [in the family] needs help. A son or a daughter."

The psychological profile Versari is now working with she calls ADD: athlete development deficiency. "Players do not develop other parts of themselves." She describes the teenage Kobe Bryant, a megastar with the Los Angeles Lakers the past ten years. He "spent every Saturday at home" as a teenager, "watching videotapes of basketball games." He didn't develop social skills; he didn't develop his ego. He ate, slept, and dreamed basketball. "When players retire, they have to go back and build those other parts of themselves, parts that are missing and were never developed. It's developmental arrest. The same thing happens to people on alcohol and drugs."

The Paradox of Awareness

What's curious about Marc Sagal, a professional soccer player

turned sports psychologist and consultant, is how he balances his knowledge of the athlete's mind with an honesty about his own. Over lunch, he tells me

right off, his fingers poised above a chunk of salmon, that his message to clients is that he can help them "perform more effectively under pressure." He and two

partners at Winning Mind counsel 50 clients. Be it in business (corporate executives), military (Navy SEALs), or sports (pros from around the world), we "understand

the psychological characteristics that successful people need to have to stay focused and remain calm in pressure situations."

Sagal's journey to

consultant began with his career in soccer: "I was one of the first American soccer players to play professionally overseas." After college (a Phi Beta Kappa in

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philosophy at Colorado College), he played for a team in Sweden. Of Sweden's many leagues, Sagal was in a "mid-tier" league, "down a notch or two from the top." Though he never reached the fame and fortune of the top, he did three years as a pro. But barely. His career was shortened, or better, compromised, by an injury he had even before he got to Sweden.

In his last game in college in 1989, he was hit from the side and suffered a meniscal tear in his knee. Though he "played hurt" the rest of the game (he doesn't remember if anyone told him not to), it was a moment "I'll never forget." (I prod Sagal about the injury; at one point he laughs and

says, "You're making me relive something I don't want to.") Sagal thinks that he didn't realize the severity of what had happened. In fact, he would not have realized it as long as he had an opportunity to play. The injury might have been worsened by his playing that day. He's not sure. He's had several operations, and part of the meniscus has been cut out, a procedure that's not recommended nowadays.

Off-season, "I pushed myself to get playing again. When you're young, you don't think about the consequences of real proper recovery." He rehabbed the knee, went to Sweden, and was on the field every other day. "The coaches and other

players were aware I was managing the pain," he recalls. "Honestly, I think I played hurt every single time I went on the field."

I ask Sagal whether he uses his experience to help his clients. Not much, he says. "It's funny, but when I thought about talking to you, I didn't include myself." And yet here he is, the consummate wounded warrior and, so common in our sports-obsessed age, the wounded healer. Advising others in whom he sees himself.

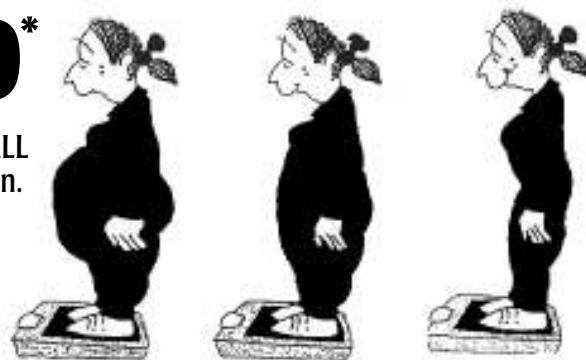
What does he see? For the injured player, it's a combination of several things: competitiveness — "They want to get back on the field as soon as possible because that's what they

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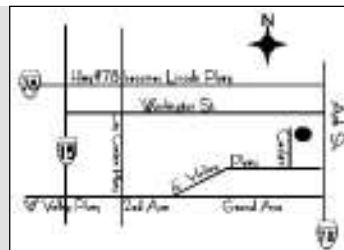
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love to do”; “aggressiveness,” a macho thing; and “immaturity.” Add to that a medical staff that “knows what an acceptable amount of pushing [the injury] is.” But here the athlete takes the blame. He will downplay pain to get back in the game. Doctors and trainers, Sagal says, must give the okay, but too often they are roped in by the athlete’s avidity, a horse who just wants to run, bum leg or not.

In college Sagal had terrific medical care, but he also had enough “freedom to push my irresponsibility more than I should have.” The dilemma is, when to put the reins on an athlete whose greatest asset is his native aggressiveness, which, though it

may have got him injured and contributes to an inadequate recovery, also drives him to win.

Reviewing his MRIs with orthopedic surgeons, Sagal realized that “there was nothing to be done.” His doctors were “surprised I could even play.” Since leaving the sport, he’s had two more surgeries. He can no longer run, and he can barely walk. He’s a candidate for knee-replacement surgery. His story is not uncommon. He thinks that about one-third of soccer players have “some kind of injury they’re managing.” Depending on the psychology of the athletes and their awareness, “Some guys can just put it out of their mind, while others are

constantly aware of the difficulty.” In that spectrum, Sagal says he was one of those “unfortunately aware of my injury.” He was constantly thinking, “How am I feeling? Am I okay?” But that awareness, though it did begin to impact his playing, also got him to listen to his body and to realize that he should hang it up.

It’s paradoxical, Sagal says, for an athlete to have an “intellectual orientation” because it goes against his training, which tells him not to think but to lose himself in the sport or activity. That “desire to solve problems,” in the midst of the game, is what gets you into trouble.

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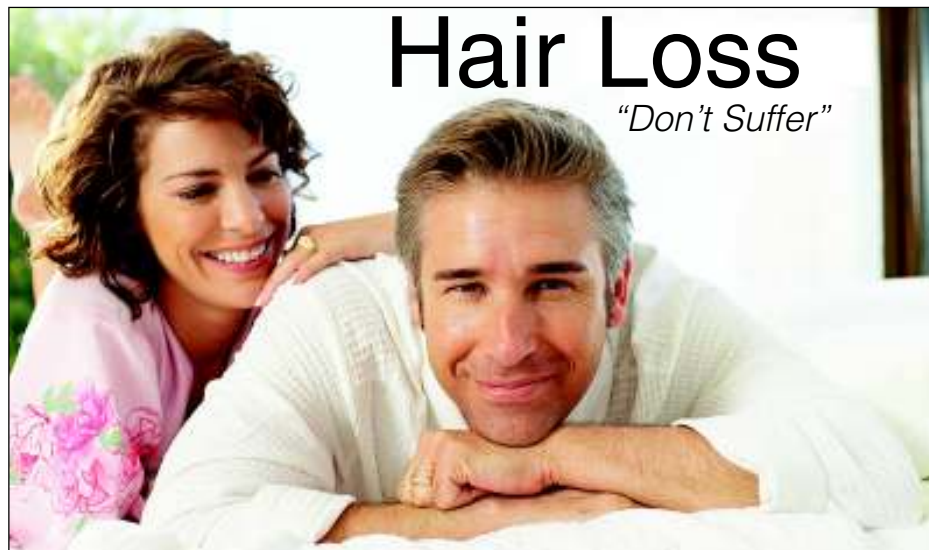


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as people and not about themselves as performers — that's the hardest part, he says.

When Is It Time?

Another consultant at Winning Mind is Geoff Miller. At 35, Miller has been a "mental skills" coach for five years with the Pittsburgh Pirates. Miller lives in San Diego but is on the road constantly, traveling with the Pirates and their eight minor-league teams, spring, summer, and fall. Anyone who knows Pirate baseball knows that the team must rely on its young players because it

doesn't have the money to buy expensive players. A lot like the Padres.

Miller, in his knit shirt and khaki pants, accentuates the positive. Over iced tea, he refrains from using the term "psychological," for it connotes a problem. He employs the word "mental" to focus on learned behaviors:

"Mental is, do I know what to do, and can I do it when it counts?" The applications on the dia-

mond are many. One weapon in the arsenal of mental skills is to get young hitters to understand "what is happening when they're failing." Failure might be defined as follows: say a kid from Rancho Bernardo hits .490 in high school, then hits .260 in the minors; he hears from his coaches, "That's a good average." How's he supposed to respond? The pros are typically a comedown from high school or college glory, so players must learn how their performance is valued and adjust accordingly.

The way to get players to "redefine failure" is to get them to focus on the bigger picture: to think life more than career, career more than season, and a season more than an at-bat. "I give them a process. It's a transformation from seeking the results you want to seeking a process that will bring you the results."

This process orientation is key to career- and life-building, says Miller. It's inevitable

that a successful ballplayer, whether or not he makes it to the "big," will begin to think about his life after baseball, to ask the question, "When is it time?" (The average career for the major leaguer is a tad under five years.) This is important because even though the minor leagues have room for an awful lot of players (some 1500 are drafted every year), very few get to the majors. One estimate is that only 10 percent of players who sign a minor-league contract play one game in Major League Baseball. So, for our kid from Rancho Bernardo, the career that he aspired to and worked so hard at from Little League to PONY league, from high school to college, from the minors to the majors, will most likely be over when he reaches 27.

Five factors compel ballplayers to start the transition.

Pay: during a player's first contract season, according to the Minor League Baseball

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website, he makes \$1100 a month.

School: to coach baseball in college or high school requires a degree.

Options: players, whose discipline is a plus for any employer, get offers from business-people to move on.

Calling: Miller says there's a lot of Christianity in baseball; at times, players feel called by God to stop playing and go in a new direction.

Women: ballplayers are hit on a lot by women, who make themselves available not for the money but to hitch themselves to a future star (remember *Bull Durham*?). Leaving baseball allows the player to find the right person who'll love him

for more than his fielding ability.

It drives Miller bonkers to hear about prima donnas like Alex Rodriguez or Manny Ramirez, high-maintenance celebrity hitters who've both admitted to using steroids. His experience has been with players who are just the opposite: "Most professional athletes are responsible, they care, they live good lives, and they end up getting lumped in with guys who make headlines."

One of those good guys, who's been counseled by Miller, is Dan Schwartzbauer. Schwartzbauer retired from professional baseball two years ago at 25. When he made his intention to retire known, his coaches and

fellow players all said, "What, are you crazy?" Even his father, who came to every game it seemed, was "disappointed." Only Miller helped him know "when it was time." Schwartzbauer had played ball since he was 7. In college, he studied finance and investment management but kept his eye on the prize — baseball every day, even indoor practice sessions during winters. At 21, he entered A ball with the Pittsburgh Pirates. One team he played with was the Hickory Crawdads in Hickory, North Carolina. In 2007, he learned, just as spring training was breaking, that his hoped-for move to a second-base opening in AA ball had fallen through: a major lea-

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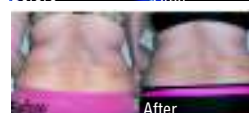
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guer was sent down to AAA, and the AAA player who was sent to AA got Schwartzbauer's slot. He was devastated.

It occurred to him that he had spent his baseball life never thinking about his postcareer. "There was no room mentally for me not to think about baseball." When Schwartzbauer announced his retirement to his manager, the man said, "What in the world are you going to do?" Schwartzbauer replied, "I don't know. I guess I'll go get a job."

Even now, Schwartzbauer still gets calls to play with semi-

pro teams. And, he says, "I don't have a good reason why I don't want to do it." In our long conversation, he sounds as if he's struggling to let go as much as the sport won't let him go — when teams, coaches, and former players keep hounding him: why did you dump the dream? His business degree, something that most of the guys he played with do not have, cushioned his leaving.

But most guys, he says, take a long time to hang it up, some barnstorming well into their 30s. For his teammates,

playing ball "may not be something they know they're going to do forever, but they don't know what else to do." They get to the point where they cannot face that "it won't work," so they end up doing "whatever it takes" to stay.

In a culture that billboards the idea that everyone should pursue a dream, Schwartzbauer says he gave little thought to a second career. Why think about something he didn't want to do when he was spending most days doing exactly what he wanted to do?

Today, Schwartzbauer

knows what else to do. He sells orthopedic medical supplies.

"I Blew Out My Knee"

That's how James Grossman pinpoints his sudden leap from jock to what he calls "human being," recalling the blow that ended his four-year minor-league baseball career. "Today, that's a six-month rehab. At the time," 20 years ago, "it was 2 years," to which he said no thanks. Still, that wasn't what spurred his interest in helping ex-athletes, which he does now with his consulting firm Legacy Sports. Playing football at the University

of Arizona, Grossman tells me, he had a 6' 9", 255-pound roommate who bought the "false mythology" of being an athlete forever "who sacrifices everything to get there. There were 110 lockers in that locker room, and even the 110th guy thought that he would have a career in the NFL if he could show everyone what he was capable of doing." (Of the 9000 college-level players, only 215 get chosen for the NFL each year.) Consequently, for most of these guys, Grossman says, education was "secondary."

After Grossman's

stint in minor-league baseball, he worked with basketball coach John Thompson of Georgetown University, who started aiding ex-players. Later, Grossman helped implement the National Hockey League's Life After Hockey program. Over time, his advocacy has been met with opposition. One lockstep thought is prevalent: throwing money at players "will cure their problems. In reality, money brings a different set of problems, and money brings a certain leverage to those problems that makes them larger." More money for guys who don't know how to manage money "is inappropriate."

Grossman argues with league authorities that players "are not commodities" but should be seen in terms "of their humanity." His voice rises testily, and he tells me that he "has to apologize; there's a lot of water behind the dam." League authorities say, in reply, that "we're in a business, we pay them a lot of money, and that's

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our exchange value.” Grossman eventually realized a “commodity” approach to the problem: he tells the bosses that by not taking care “of their athletes” after retirement and by not providing them options, their brand will suffer. That gets them to listen.

Few I interview have Grossman’s insight. “I would argue that the greatest challenge of the athlete’s life is the day he realizes he can’t be an athlete anymore. Here’s the challenge: first, very few people in this world identify a dream to pursue; second, have the opportunity to pursue it; third, realize that dream; and fourth, are confronted with the task of now having to replace it. That is monumental.”

In short, it is near impossible for an ex-athlete to find a calling that will summon him the way his pro career did.

Still young in his 40s, Grossman is searching for how to respond to the conundrums ex-athletes face. He says he knows guys in their 50s and 60s who “are still lost.” One described retirement like this: I was riding in a car down the freeway, and someone just threw me out the door. “The blessing is, to have lived a life filled with passion is extraordinary,” says Grossman. “But the curse is, when it’s gone, you understand what it was like to live with passion — and you can’t go back.” ■

— Thomas Larson

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LETTERS

continued from page 13

the years -live and in print & on air- from the UT's departed David Elliot, all the way down to some meathead woman writing for a nothing No. County rag. The worst continual remarks I hear and read, from someone who should know better, are the mischaracterizations and misrepresentations from our local "Movie Mavin," Scott Marks. Some of it is very mean-spirited, bullying. Most times, like this morning, irritatingly vague. Like he wants to associate himself with S.D.'s only legitimate movie critic but can't bring himself to be accurate about the man. Was Marks also implying that Duncan Shepherd agreed

with him about the clips from Agnes Varda's rarer films looking so startlingly bad!? Hard to believe. Am I the only man in the city who cares? Easy to believe.

All right, so Gaslamp's the place for me this Friday. They pick up some refried Landmark offerings: Oliver Hirschbiegel's *Five Minutes of Heaven*, Uli Edel's *The Baader Meinhof Complex*, and Scott (Shine) Hicks's *The Boys Are Back*. I hope Duncan Shepherd gets a chance to review one or two of these.

Of course, none of these could be anywhere near as grand as the main feast of the day: *The Birds*, the grandest of all Hollywood-Hitchcock. There's such a wide disparity of opinion on this masterpiece, it reminds me of the current *A Serious Man* talk. Personally, the Albert

Whitlock special effects are as effective as anything I've seen on that scale, to this day. They look now not a drop-in-the-bucket as hokey and off-putting as the ones in the latest *King Kong* (as fake and ugly as the Hitchcock's are true and lovely). And since when is hoke or camp a detriment to art!? If this is Camp, it's on the loftiest outreaches of the style. As surrealist comedy, it stands alone in Hollywood for its beautiful Technicolor and locations. Nothing like it since the glory days of James Whale. The great American fantasy movie. If it gets remade (as has been reported lately), I'll be the first to throw up.

By Scott_Marks 8:51 p.m., Oct. 28, 2009

Hey, Goethe, why not remove the crap from your ears and get your quotes

straight? The only clip of Varda's that I disparaged was the one from *101 Nights*. I had never heard of the film, and from what I saw it looked terrible. After the screening I mentioned to Duncan that I had not seen a lot of her movies (or as you put it "alot"). He was the one that called her career uneven, and I was the one that questioned whether or not certain Varda films didn't get released in the States due to a lack of commercial appeal. While I like the film, Beth was the one that mentioned *Irreversible* (or as you call it, *Irreversible*), not I. And where does "M:I2" come into play? Not particularly a fan, nor was it mentioned on today's show. For a guy who is writing to complain about misrepresentation you sure are a master of it.

Thanks for listening. Now go home and get your effing shinebox!

Signed,
Your Local Movie Maven
(or as you put it, "Mavin")

By Scott_Marks 8:56 p.m., Oct. 28, 2009

BTW, *The Birds* will be

screened on DVD, not 35mm. Buyer beware!

By SurfPuppy619 10:12 p.m., Oct. 28, 2009

"I mentioned to Duncan that I had not seen a lot of her movies (or as you put it "alot")."

Scott, both versions of "a lot" "alot" are an incorrect use of grammar, because "a lot" is a technically open space of land.

You can call me "The Grammar Police"!

(but don't call me out on my spelling)

By Scott_Marks 3:59 a.m., Oct. 29, 2009

From Webster's Dictionary: "Often, lots. A great many or a great deal: a lot of books; lots of money."

Go arrest yourself, Grammar Cop.

Crasher

Published Oct. 28

By Shadowbox 9:54 p.m., Oct. 28, 2009

If done properly, couldn't cookies and wine qualify as art?

By russl 10:06 p.m., Oct. 28, 2009

Yeah, I think it was Bob Guccione who said his grandma used to say that a good bowl of soup is closer to art than a bad painting. Use that line the next time they give you s*** about bogarting the hors d'oeuvre table.

By nan 5:53 p.m., Oct. 31, 2009

wine and cookies ...did they have surrealistic chocolate chips dripping down the sides

this is a yummy blog Josh..and videos...w00t!!

very nice touch on the multicomunacational approach

Happy Halloween hun

Blurt ("The Combs Wars")
Published Oct. 28

By jayallen 12:37 p.m., Oct. 28, 2009

Combs was actually a "guest bartender" at U-31 on the night that Deez and Damigo performed "Seth Combs."

A video posted on YouTube (shot by Happy Ron Hill) includes Combs' response to the performance: "I'm not the best writer in the world,

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and they're obviously not the best musicians in the world." <http://www.youtube.com/watch?v=BCYD2LHcRbo>

In the past, the *Reader* has also earned the ire of songwriter DeeZ. "You guys ran the worst photo of me in existence, from when I had to get a root canal...I had an abscess and, my face was so swollen, I looked like I had Down Syndrome."

By DRolland 2:22 p.m., Oct. 28, 2009

I know you guys at the *Reader* aren't into traditional journalistic conventions — like attempting to contact the subject of your story — but if you had, you might have learned that Seth is actually *CityBeat's* arts and culture editor, not a "contributing" editor. Seth might have also told you that everyone at *CityBeat* loved DeeZ's song and retweeted it all over the place.

By Seth 3:09 p.m., Oct. 28, 2009

A couple things I feel compelled to point out Jay:

1.) The article you refer to appeared in the Sept. 16 issue, not the 15th.

2.) Rob told me you were doing this article and I emailed you on Oct. 20 to let you know that if you needed a comment from me concerning the song I'd be more than happy to give you one. I didn't hear back. Seems kind of lame that you wouldn't bother to at least get a quote from the subject of the song. Had you interviewed me I would have told you that I love the song and that I think Rob and Josh are excellent guys (not so much their music). But I guess that's not very contro-

versial and wouldn't be great fodder for a Blurt column especially since most of the columns that run in it aren't interested in things like "truth" and "facts."

3.) Also worth pointing out that in aforementioned email I also used my signature with my title at *CityBeat* so as Dave pointed out I'm not sure where the "contributing editor" title came from. I'm thinking that you may have referenced an old issue of *CityBeat* from over a year ago when, in fact, my title was contributing editor. Not a vanity thing, but still, dude, that was over a year ago. I've moved up in the world! ;)

4.) It's also worth pointing out that I invited Rob DeeZ to play my guest bartending gig at U-31. The way you worded it makes it sound like he and Josh just happened to be playing there the night I was bartending when, in reality, they were there because I reached out. I have almost no doubt that you took Rob's quote out of context to fit the angle of your story.

5.) In your accompanying

cartoon, why did you make me look like a forlorn f***ing tub of lard? Is it because I denied your friend request on Facebook? I'm a skinny motherf***er, motherf***er! (this is a vanity thing)

Come on, Jay! You're a better and more thorough guy than this. Don't take on the Ken Leighton-style of journalism where you glamorize, homogenize, drip-dry, and serve it up as crap.

Restaurant Review Published Oct. 28

By ncboy 6:18 p.m., Oct. 29, 2009

Topolobampo Frontera Grill??? Naomi, they are two separate restaurants. Topolobampo AND Frontera Grill are Bayless's places. Just thought the restaurant reviewer should know the facts about restaurants.

By occursrazor 6:45 p.m., Oct. 29, 2009

ncboy, they are 2 separate restaurants, but they are in the same place; in fact, you go in the same front door for both. Perhaps Naomi simply forgot the ampersand.

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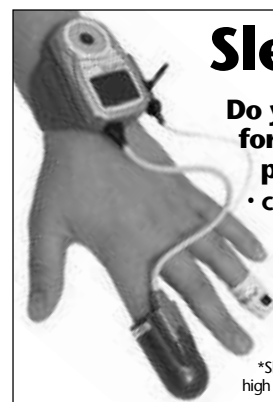
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Your Week

AND WELCOME TO IT

Thursday | 5

TURKEY OR SHAWII?

It takes several days to make good *shawii*, a protein-rich pudding of acorns, which was the staple of the Kumeyaay diet during the fall season. For this week's "Ant-Sized Adventures," preschoolers and parents can grind acorns, examine artifacts, and make crafts.

See [OUTDOORS](#), page 72.

LITERACY AND THE CHILD'S IMAGINATION

Now that Disney has admitted that its Baby Einstein videos failed to give our kiddings finer minds, parents are ditching technology for the real deal. UCSD dean of arts and humanities Seth Lerer will speak about children's relationship with books.

See [LECTURES](#), page 81.

Friday | 6

DON'T FORGET MARSHMALLOWS!

Camping 101 for city slickers. Bring camping supplies (a tent, etc.) to Lakeside and learn how to camp the carbon-footprint-free way. Family campout includes a night walk "looking and listening for late-night creatures," s'mores, bonfire, and breakfast.

See [OUTDOORS](#), page 71.



DOG ACT

The apocalypse has come and gone: part bang, part whimper. Now everything is in fragments, including language. See this vaudeville troupe — Roz(etta) Stone and her dog (actually, a man named Dog) — as they seek a mystical "China," confronting evil along the way. See [THEATER](#), page 119.

Saturday | 7

SUPERFICIAL INTELLIGENCE

Teams drive to solve challenges during this daylong hunt for San Diego Rocket Race. The theme this year is a "tribute to the rascally robots and kooky computers from the world of science fiction."

Answers to challenges "might involve puzzle solving, sci-fi trivia, or visiting local landmarks." See [SPECIAL](#), page 73.



PAINTED PONY ARTS FESTIVAL

Want to see a horse of a different color? Visit Jamul to glimpse "artistically painted live horses" as well as airbrushed motorcycles. Arts, crafts, and live music by Tommy Price & the Stiletos and Skelpin.

Mark Stansell will airbrush a life-sized foal statue, to be offered by auction with three other statues. See [SPECIAL](#), page 74.



SUNDAY, NOVEMBER 8: SOUTHERN CALIFORNIA MARTIAL ARTS CONVENTION

Sunday | 8

BEHOLD THE BOLD UMBRELLAPHANT!

What do you get when you cross an umbrella with an elephant? Find out during the San Diego Symphony Family Festival, the premiere concert based on a book by Children's Poet Laureate Jack Prelutsky (on hand to narrate the tale and sign books).

See [CLASSICAL MUSIC](#), page 74.

SOUTHERN CALIFORNIA MARTIAL ARTS CONVENTION

This event features martial arts performances, seminars, and demonstrations. Tournament categories include Brazilian jiu-jitsu, pankration, submission grappling, sport kickboxing, and, of course, karate. See [SPORTS](#), page 82.

Monday | 9

CRAVE FEEDBACK?

Constructive criticism can help! Bring photocopies of your original work-in-progress for audience and reader reactions during this writing feedback group led by Maureen Pierre. All genres and experience levels are welcome. See [LECTURES](#), page 82.

Tuesday | 10

DUAL, NOT DUEL

These guys would rather "collaborate than compete." Two brewmasters (Vinnie Cilurzo of Russian River Brewing Company and Rob Tod of Allagash Brewing Company) combine 12 beers for a special "multicourse meal" prepared by the chef at Stone Brewing Co.

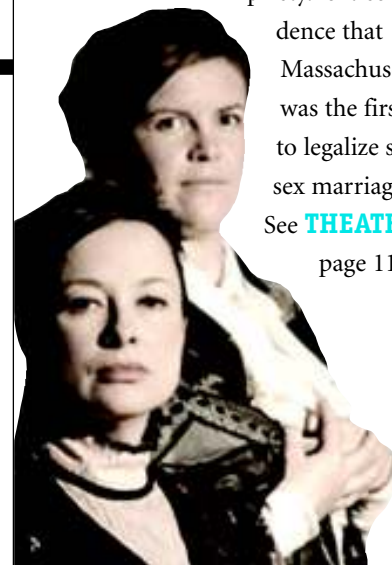
See [FOOD & DRINK](#), page 76.

Wednesday | 11

BOSTON MARRIAGE

The Compass Theatre stages David Mamet's "tribute to Oscar Wilde," in which two turn-of-the-century women negotiate their love amid Victorian propriety. Is it coincidence that

Massachusetts was the first state to legalize same-sex marriage? See [THEATER](#), page 119.



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TRAVEL STORIES AND TIPS FROM OUR READERS



Temple IV

Tikal National Park, El Petén, Guatemala

By Esther Rubio-Sheffrey

An ancient Mayan civilization inhabited Tikal around 800 B.C., flourishing for over a century amid the subtropical rain-forest of El Petén, Guatemala. Their extinction became legendary — a lost city until the mid 19th Century, when a 13-year-long excavation unearthed a structurally innovative development aligned with the stars and planets.

Most of the terrain remains undisturbed today. The ancient city, surrounded by a canopy of exotic plants and trees, holds abundant potential for future archaeological and biological discoveries. There is a mystical silence broken only by birds and monkeys. Written in Spanish, warnings of potential dangers line the paths — “Peligro, Cocodrilo” and “Puma” read the small wooden signs.

My tour guide, who took part in the excavation, was like an encyclopedia of botany and Mayan history. My favorite part was the 72-meter climb up rickety wooden ladders to the top of Temple IV. Unexcavated, its crest protrudes above the jungle. It was a spectacular view and a

perfect place to ponder: What did they know that we still do not?

Ephesus, Turkey

By Bonnie Maffei

If you're a seeker of sacred sites and find yourself on the Greek Islands, hop a ferry from Samos to Kusadasi (or fly from Samos into Adnan Menderes Airport), then grab a bus to Ephesus, Turkey. You'll want to stay a few days.

The picturesque village of Sirince, situated in the hills above Ephesus, offers the four-star, affordable Hotel Sirince Evleri, richly furnished with 19th-century antiques.

Ephesus is famous for the Temple of Artemis, one of the seven wonders of the world; the House of the Virgin Mary, where the mother of Jesus is said to have lived her last years; and the sixth-century



Basilica of St. John, built over John the Evangelist's tomb.

Ephesus was a center of wisdom for the ancient Greek mysteries. Artemis was the Greek goddess of the moon, huntress, and Apollo's twin. Although only one column is still standing, Antipater of Sidon said of the Temple of Artemis, “Apart from Olympus, the Sun

continued on page 70

Other Adventures



BonnieMaffei: Day of the Dead sugar figures, Patzcuaro marketplace, Michoacán, Mexico



misshottie45: Brisbane, Australia, skyline



skatzman: The Golden Gate in her famous fog



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Ephesus continued from page 68

never looked on aught so grand."

If you visit, be sure to hire a good guide (there are countless other treasures here) and bring a hat and walking shoes.

Ho Chi Minh City, Vietnam

By Valerie Middleton

Vietnam's largest city, Ho Chi Minh City, is full of traveler do's (and a few don'ts).

Do enjoy Ho Chi Minh City's French influences. The late 19th-century French architecture of the Saigon Opera House is a reminder of Vietnam's history of French colonialism. Another leftover of the French colonialists is the magnificent Notre Dame Cathedral along Do Dong Khoi. Adjacent to the cathedral stands the impressive central post office, which was designed by Gustave Eiffel.

Don't attempt to drive a motorbike. Jump on the back of one instead. Make sure to negotiate the price with the driver before you hop on — a dollar or two per short ride should suffice. Definitely do hang on tight!

Do wine and dine for under \$20. Dine on the outside patio at Quan An



Ngon Restaurant and indulge in a bottle of wine and multicourse meal for well under \$20. This delicious Ho Chi Minh eatery will leave you and your wallet full. Xu Restaurant is a bit more pricey, but it is one of the city's most elegant.

Don't worry about exchanging your dollars for dong. U.S. dollars are gladly accepted. Make sure to bring one-dollar bills, and lots of them; they'll come in handy when bargaining at the Ben Thanh Market, the place to stock up on delicate chopsticks, wide-brim sun hats, and colorful Vietnamese cotton totes.

Don't go to Apocalypse Now before midnight. This famous club is a tourist favorite, but doesn't liven up until twelve. For a more relaxed atmosphere, check out the chic Q Bar lounge in the Opera House. For casual drinks and bar scene, visit Go2 Bar. Located on a lively street corner, this bar is always abuzz with international visitors.

Win \$25 for your travel tips or a pair of movie passes for the best travel photo of the week. Go to SDReader.com/travel for more information.

OUTDOORS

Local Temperatures should be declining most rapidly during this time of year, according to more than a century of local meteorological records. With every successive week, daily maximum temperatures are declining by about 3/4° Fahrenheit, and daily minimum temperatures are plummeting by about 1° Fahrenheit. (This gradual onset of fall/winter chill is probably all but unnoticed by most newcomers from harsher climates.) By January, our mean temperature will have fallen to about 55°, from an average temperature of about 70° in August.

Atmospheric Ice-Crystal Effects are often noticed, starting about this time of year, because of the frequent presence of high clouds made of tiny bits of ice. The most familiar of these optical effects is the 22°-radius halo, or ring, around the sun or the moon. Less often seen is a "corona" (a colored disk around the sun or moon — not the same as the solar corona seen during total eclipse), "sundogs" (colored arcs left and right of the sun), the sun pillar (a vertical column of light above the rising

or setting sun), and a host of other rare and inconspicuous optical phenomena. All of these optical effects are a consequence of sunlight or moonlight refracting through or reflecting from the tiny facets of ice crystals in cirrus and other types of high clouds.

Acorn Dropping reaches a crescendo early this month in the Cuyamaca, Laguna, and Palomar mountains. Wiry scrub oaks, massive canyon live oaks, and the golden-leaved black oaks all contribute to the growing collection of acorns littering the ground. Acorn woodpeckers are busy stuffing acorns into the small holes they drill into the bark of pine trees. Beneath the trees, the browns of bracken fern and the reds of poison oak and squaw bush are among the last expressions of autumn color we'll see in our local mountains this year.

Monarch Butterflies Arrive along the California coast this month, migrating from their summer homes in the Sierra Nevada and the Rocky Mountains. Some 25 of the 260 wintering sites on the West Coast lie within San Diego County. The local sites include Presidio Park in San Diego, the UCSD campus, San Diego Botanic Gar-

den in Encinitas, and Hosp Grove in Carlsbad.

Tarantula Spiders are occasionally seen around this time of year, crawling across rural roads or sneaking through San Diego County's backcountry-bordering neighborhoods. Doggedly searching for a mate, a male will try to hold its course despite your best effort to deflect or hinder him. Docile in temperament, most tarantulas will tolerate gentle handling; they may bite, however, if provoked. Despite their fearsome reputation, tarantula venom is no more powerful than a bee's venom.

"Afoot in Rancho Fantasy" Stride past sumptuous estates, luxurious lawns during moderate-plus paced, three-hour meander over mixed up and down terrain hosted by Walkabout walkers. Look for (leader) Larry at corner of Via de la Valle and Cancha de Golf (which leads into Morgan Run Resort and Club). 858-755-1751. Sunday, November 8, 9:15am; free. Morgan Run Resort and Club, 5690 Cancha de Golf. (RANCHO SANTA FE)

"Walk and Draw" Naturalist Liz Goetz leads slower-paced hike with stops for scenery sketching. 760-839-4680. Saturday, November 7, 9am; free. Daley Ranch - La Honda trailhead, 3024 La Honda Drive. (ESCONDIDO)

"Walking Tour of Hidden Treasures" Discover some of Balboa Park's hidden treasures during walking tour of central mesa led by park ranger Kim Duclou. Tour fea-

Travel & Getaways

Half-Marathon On November 7 Runs From Rosarito Beach Downtown To Puerto Nuevo



A half-marathon on Nov. 7 will run from the downtown area of the popular tourist city of Rosarito Beach to its famous Puerto Nuevo Lobster Village to the south. Registration is underway.

This is the fifth edition of the popular event along the Pacific Ocean.

Categories for the event are men or women ages 18 to 24; 25 to 29 30 to 34; 35 to 39; 40 to 44; 45 to 49; 50 to 54; 55 to 59 and over 60 years. There also is a wheelchair category so that athletes with special challenges can participate. Trophies will be awarded for first, second and third place in each category, including wheelchairs. Cash prizes for the winners are first \$400, second \$300 and third \$200.

For winners in the wheelchair categories first will be \$150, second \$100 and third \$50. The winning Rosarito residents in men and women's categories will each receive \$200. They must prove at least three years of residence.

Commemorative medals will be awarded for the first 150 men and 50 women who finish and shirts given to each participant. Entry fee is \$100 pesos or \$10 U.S. and registration is available at the Rosarito Convention & Visitors Bureau or the Institutes of Sport in Mexicali, Ensenada and Tijuana.

The last day to register will be Friday, Nov. 6 from 3 to 5 p.m. at the race pavilion. More information is available by calling 661-614-1454 in Puerto Nuevo, 661-612-0396 in Rosarito or emailing promoter@rosarito.org. From the U.S. people can phone 1-800-962-BAJA.

Management of the event is provided by the State Association of Athletics of Baja California and the event is endorsed by the Mexican Federation of Athletics. "This event is a tradition in Rosarito and people are excited about another great event with a large number of participants," said Gerardo Medina, president of the State Association of Athletics

As well as being a great half-marathon along a beautiful and memorable route, the event offers both participants and fans the chance to experience the popular tourist destination less than 20 miles south of the border.

For decades, North Americans have been visiting the region to surf, fish, off-road, or to experience its culture, history and great food — as well as its lively nightlife.

In recent years, Rosarito has been the center of a building boom of oceanfront condominiums and houses along Baja California's Gold Coast, which stretches along the Pacific Ocean from the border 65 miles south to the port city of Ensenada.

The city also hosts the twice-yearly Rosarito-Ensenada 50-mile Fun Bike Ride, a volleyball tournament and many other events. Baja Studios, where Titanic and Master & Commander were filmed, and the world famous Puerto Nuevo Lobster Village are there.

The region has become so popular with visitors that an estimated 14,000 expatriates, most from the United States, now call it home. In the past two years the city has added services including a special Tourist Police Force to make it even more welcoming to visitors.

The organizing committee with the support of the Mexican Athletic Committee welcomes all associations, clubs, teams and athletes in general to participate in the 5th Annual Rosarito-Puerto Nuevo Half Marathon. Please visit: www.rosarito.org/halfmarathon

Register and information
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ROAM-○-RAMA

A Guide to Unexpected San Diego and Beyond | by Jerry Schad

DEVIL CANYON

Explore the not-so-devilish Devil Canyon on the margin of the San Fernando Valley.

Distance from downtown San Diego: 150 miles
Hiking or Biking length: 4.6 miles round trip • **Difficulty:** Moderate



Wind- and water-carved sandstone, Devil Canyon

Southern California abounds with duplicate place names such as Devil Canyon, Devil's Canyon, Devil's Peak, Devil's Punchbowl, and the like. In the particular Devil Canyon described here, which lies at the northwest corner of the San Fernando Valley, you can appreciate (outside the hellish summer season, anyway) live oak trees, growths of small willows, and an intermittent brook. Fire and flood have long since removed almost all traces of an old auto road in the canyon; in its place, hikers and mountain bikers have beaten down a narrow trail.

The canyon can appear quite stark in the fall season, but once winter rains come, plant and animal life is revived. In winter, wear an old pair of shoes to deal with tramping through lots of good, clean mud. Or wait until early spring to enjoy blooming wild lilac (ceanothus) on the hillsides.

To get to the trailhead, first navigate by means of either Interstate 5 or Interstate 405 to the 118 Freeway at the northern edge of the San Fernando Valley. Head west on the 118 and exit at Topanga Canyon Boulevard in

Chatsworth. Turn north and immediately go west on Poema Place. On the hillside to the right, just below a newly constructed condominium complex, is a small dirt lot, which serves as the current trailhead for the Devil Canyon Trail.

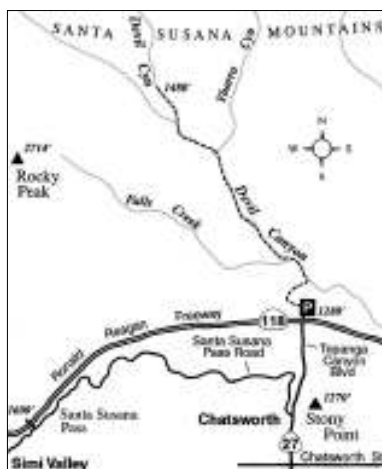
From the dirt lot, note the path and accompanying wooden fence a short distance up the hill. This new, rerouted (as of 2008) segment of trail passes alongside and behind the just-built condominium complex and descends into Devil Canyon beyond. The at-first unexciting scenery improves as you swing around a couple of sharp bends and lose sight of wall-to-wall condos on the bluff above. Scattered riparian vegetation accompanies you most of the way as you work your way up along the canyon bottom.

You can go as far as a pipe gate (2.3 miles), paus-

ing along the way to admire the wind- and water-carved sandstone bedrock along both sides of the canyon. This sandstone, a part of the same formation exposed at nearby Story Point and Santa Susana Pass, originated from sediments laid down in a marine environment roughly 80 million years ago. Do the sandstone formations appear vaguely familiar? They should, in view of the fact that so many old movies and television shows were shot at nearby locales featuring the same type of rock formation.

Shallow sandstone caves can be found in Devil Canyon's tributaries — especially Falls Creek — if you don't mind trying a little off-trail bushwhacking to find them.

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 *Reader* and Jerry Schad assume no responsibility for any adverse experience.



tures stops to explore park architecture, culture, recreation, horticulture. Required reservations: 619-232-2282. Saturday, November 7, 8:30am; free-\$10. Balboa Park, Park Boulevard at Presidents Way. (BALBOA PARK)

Balboa Park Architectural Tours San Diego Architectural Foundation hosts tours highlighting Spanish Colonial Revival buildings constructed for 1915 and 1935 International Expositions in Balboa Park. Tours start in front of Museum of Man. 619-232-1385. Saturday, November 7, 10am; \$8-\$15. 10 and up. San Diego Museum of Man, 1350 El Prado. (BALBOA PARK)

Discover Downtown Escondido Walking tour led by Escondido His-

tory Center guide, starting at southeast corner of Grand and Broadway. 760-743-8207. Saturday, November 7, 11am; free. Draper's and Damon's, 101 East Grand Avenue. (ESCONDIDO)

Discover Magnificent Beauty! Nature walks led by trained naturalist. "Marvel at the reawakening vegetation throughout the reserve and be enchanted by fabulous flowers along the trails." 760-436-3944. Saturdays, 10am; free. San Elijo Lagoon Ecological Reserve, 2710 Manchester Avenue. (CARDIFF)

Don't Forget Marshmallows! Not sure exactly how to camp? Bring camping supplies and "learn to camp while limiting your impact on natural world." Family campout

includes night walk "looking and listening for late-night creatures," s'mores, bonfire, breakfast. Parking: \$3. 619-561-0580. Friday, November 6, 4pm; free-\$5. Louis Stelzer County Park, 11470 Wildcat Canyon Road. (LAKEVIEW)

Explore Trans-County Trail Mike Kelly leads exploration of "underappreciated east end" of Peñasquitos Canyon. Walk about two miles of 100-plus — mile Trans-County Trail. See Oak Memorial Garden for Victims of Violence, Kumeyaay-inspired rock art walls, old Stagecoach Road in Sabre Springs. Meet on northeast corner of Mercy and Black Mountain Roads. 858-342-8856. Saturday, November 7, 9am; free. Trans-County

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BY SONIA ELIOT

What are you reading?

"*The Fabric of Faithfulness*, by Stephen Garber."

Tell me about it.

"I'm trying to remember the subtitle — I think it's *Weaving Together Belief and Behavior*." [He left off *During the University Years*.] "The concept is about living a coherent lifestyle: what does it mean to live your beliefs in a daily, real, practical way? How does that connect — not so much from a religious perspective, but more from a lifestyle perspective? Asking yourself, 'Okay, here's who I am with a college degree. Do I use it as a passport to privilege or as something to give back to society? What's the context in which I view myself dealing with the issues of life?'"

Why did you pick it up and start reading?

"Well, my dad is actually men-

tioned in the foreword. I know the author, and I talked to him, and he gave me a copy. It's not so much a self-help book — it doesn't say, 'Live this way,' or 'Do this thing' — as it is an encouragement to think critically about the world around us."

Compare it to other books you've read.

"I also brought John Steinbeck's *East of Eden* out here with me; it's about two brothers moving out West to the Salinas Valley, and about relationships."

Who is your favorite character?

"The older brother; I think he's more dynamic. He deals with a concept that's important for me — good and evil simultaneously. It's part of who he is. He's not the typical western hero; he's not the all-good guy.



He sleeps with his brother's wife and does really bad things, and yet he is a good person. It's somewhat similar to the antihero in my favorite book, Dostoevsky's *Crime and Punishment*."

Do you have a favorite author or most life-changing book?

"Again, Dostoevsky and *Crime and Punishment*, because it deals with that same thing — good and evil simultaneously. I read it three years ago, and it caused me to rethink how I evaluate people and their actions."

How did you come to pick it up?

"I did a study abroad in Russia for about eight months, and the director of the program grew up Amish. He told a story about his dad bringing him that book

and his uncle seeing him reading it and saying, 'Oh, if he must read, why such a lowered novel like *Crime and Punishment*?' So I thought it would be a good book."

Do you read any magazines or newspapers?

"I read *USA Today* and also *The Patriot News*, which is the newspaper in my hometown of Harrisburg, Pennsylvania. I usually finish about 60 percent of the articles I start — more on Sundays."

Do you talk to your friends about reading?

"I talk to my wife a lot, and I grew up with some people who I get together with. The character of the conversation depends on the day and on the book."

For more stories by this author, go to sdreader.com.

Trailhead, 12115-A Black Mountain Road. (RANCHO PEÑASQUITOS)

Gaze Through a Telescope

Search for a shooting star or Saturn and Jupiter during stargazing parties planned (weather permitting) in MiraCosta College's baseball field. Call to confirm: 760-757-2121 x6201. Friday, November 6, 8pm; Saturday, November 7, 8pm; free. MiraCosta College, One Barnard Drive. (OCEANSIDE)

Guided Nature Walk

Learn about birds and plants of the area during outing beginning at "comfort station" on west side of park (5250 Regents Road). Bring binoculars, drinking water. 858-581-9961. Saturday, November 7, 9:30am; free. Marian Bear Memorial Park, Highway 52 and Gene-see Avenue. (CLAIREMONT)

History Walk Offshoot Tours offers hour-long history walk, blending Balboa Park history with its wealth of architectural and botanical treasures. 619-235-1121. Saturday, November 7, 10am; free. Balboa Park Visitors' Center, 1549 El Prado. (BALBOA PARK)

More Walk, Less Talk Naturalist Simone Green leads brisk four-mile hike on variety of trails. 760-839-4680. Saturday, November 7, 8:30am; free. Daley Ranch - La Honda trailhead, 3024 La Honda Drive. (ESCONDIDO)

Mystery Walk Naturalist Kathleen Flanagan leads fast-paced, strenuous walk of about seven miles based on makeup of the group. Expect "a lot of map reading." Bring a minimum of two liters of water, layer your clothing. 760-839-4680. Friday, November

6, 7am; free. Daley Ranch - La Honda trailhead, 3024 La Honda Drive. (ESCONDIDO)

Native Plant Nature Walk

Learn about native plants in this month of reawakening during walk led by naturalist trail guide. Who lives in this wild habitat smack in the middle of the city? 619-668-3281. Saturday, November 7, 9:30am; Sunday, November 8, 9:30am; Wednesday, November 11, 9:30am; free. Mission Trails Regional Park, One Father Junipero Serra Trail. (SAN CARLOS)

Nature Walk with Views!

Ranger-led walk along 1.5-mile Wooten Loop-Riparian Trail with views of Stelzer Ridge and Wildcat Canyon, returning through shaded oak- and sycamore-lined trail along Stelzer Creek. Expect easy to moderate hike on unpaved, maintained

trail. Parking: \$3. 619-787-2810. Saturday, November 7, 8am; free. Louis Stelzer County Park, 11470 Wildcat Canyon Road. (LAKEVIEW)

Support Your Local Least Tern

San Diego Audubon Society invites volunteers to maintain nesting site for endangered California least terns in Mariner's Point, part of Bonita Cove on Mission Bay. Help clear nesting site of invasive plants so terns may use site for nesting and rearing young. Wear work clothes. If you have them, bring work gloves, weeding tools, or clippers. 858-273-7800 x101. Saturday, November 7, 9am; free. Bonita Cove, 1100 West Mission Bay Drive. (MISSION BEACH)

Sycamores and a Waterfall

Naturalist Linda King leads moderately paced loop walk to Carson's Crossing, waterfall, and Sycamore

Crossing. Park on street near utility gate. 858-484-3219. Sunday, November 8, 8am; free. Del Mar Mesa trailhead, 7107 Park Village Road. (RANCHO PEÑASQUITOS)

Turkey or Shawii?

Preschoolers and parents learn how Kumeyaay prepared foods during Linda Hawley's "Ant-Sized Adventures," promising acorn-grinding, artifacts, trail walk, craft. 619-582-6261. Thursday, November 5, 10am; Monday, November 9, 10am; Wednesday, November 11, 10am; free-\$5. Mission Trails Regional Park, One Father Junipero Serra Trail. (SAN CARLOS)

SPECIAL

"Barro Sin Plomo" Presentation by anthropologist Victor Aguila

Sanchez, founding director of Barro Sin Plomo ("Clay Without Lead"); Anna O'Leary, director of Barro Sin Plomo U.S.A.; Francisco Pinedo, CEO of Cisco Brothers, examining pioneering lead-free glazing techniques enabling artisans to produce distinctive Mexican ceramic pottery without poisoning themselves. Video by Galatea Audiovisual with footage from upcoming BSP documentary *Tierra Brillante*. RSVP: 760-436-0246. Thursday, November 5, 6pm; free. Institute of the Americas, UCSD, 10111 North Torrey Pines Road. (LA JOLLA)

"Material Wonder" Check out "Tara Donovan" exhibition and enjoy interactive art-making activity led by local artist David Adey, performances by balloon artist Addi Somekh, live music by Money Mark and Birds and Bat-

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MIRA MESA
Bus stop located at the corner of New Salem Ave. and Reagan Rd.

SPRING VALLEY
Bus stop located in Rally's parking lot at Jamacha / Sweetwater

UNIVERSITY CITY
Bus stop located at the corner of Renaissance Ave. and Town Centre Dr.

CHULA VISTA
Bus stop located at 7-Eleven at Palomar Rd. and Industrial Blvd.

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teries during Thursday Night Thing (TNT). 858-454-3541. Thursday, November 5, 7pm; free-\$10. Museum of Contemporary Art San Diego, Downtown, 1100 and 1001 Kettner Boulevard. (DOWNTOWN)

"Messages with Love from the Other Side" Clairvoyant medium readings by Reverend Roby Warren, who "will communicate with your loved ones who are no longer with you." Offering. 858-320-0090. Wednesday, November 11, 7pm. Celebration Center for Spiritual Living, 5820 Oberlin Drive #108. (SORRENTO VALLEY)

"Mini-Golf Fore the Library" Play mini-golf inside library — upstairs, down the stairs, through stacks. Event includes silent auction, activity area for kids in children's garden, activities in front courtyard. Children under 13 must be with an adult. 760-602-2060. Sunday, November 8, 10am; \$5-\$10. Carlsbad City Library, 1775 Dove Lane. (CARLSBAD)

"Superficial Intelligence" San Diego Rocket Race is described as an "adventure race" with teams driving to solve clues during day-long hunt. Answers to clues "might involve puzzle solving, sci-fi trivia, or visiting local landmarks." Fee: \$30 per two-, three-, or four-person team. Space availability: 858-736-4573. Saturday, November 7, 8:30am; 16 and up. Tideland Park, 2000 Mullinix Drive. (CORONADO)

"Thirty Years of Fashion" The 23rd annual Golden Hanger Fashion

Awards event includes reception, boutique table vendors (6:30pm), dinner (8pm), fashion show featuring collections by graduate students of fashion design program of Fashion Careers College (8:45pm). Reservations: 619-275-4700. Saturday, November 7, 6:30pm; \$50-\$125. Town and Country Hotel and Convention Center, 500 Hotel Circle North. (MISSION VALLEY)

"Yoga Hip Opening" Joshua Graner leads workshop. 619-640-4438. Saturday, November 7, 1:30pm; \$35-\$40. Pilgrimage of the Heart Yoga, 3301 Adams Avenue. (NORMAL HEIGHTS)

San Diego's Finest Athletes Celebrate publication of Joey Seymour's book, showcasing five athletes, six sports. Seymour will discuss, sign books. Tickets include entrance to museum, signed copy of book, sports-themed snacks, refreshments. 619-258-4905 x108. Thursday, November 5, 5:30pm; free-\$15. San Diego Hall of Champions, 2131 Pan American Plaza. (BALBOA PARK)

Bandy Ranch Open House Ranch was homesteaded in late 1870s, later became a dairy and cattle farm, purchased in 1916 by Henry G. Fenton. Ranch was featured in *Life* and *Time* magazines, as well as numerous other publications; although portions burned in 2007, much remains. Proceeds benefit Escondido History Center endowment fund. Expect uneven walkways. 760-743-8207. Saturday, November 7, 1pm; \$25. Bandy

Canyon Ranch, 16251 Bandy Canyon Road. (ESCONDIDO)

Begonias Beckon "Begonia Propagation by Seeds and Cuttings" discussed when Mabel Corwin Branch of American Begonia Society gathers. Members will bring produce, plants for exchange table, as well as begonias to show. Experts will answer questions. 760-753-3977. Sunday, November 8, 1:30pm. Encinitas Community and Senior Center, 1140 Oak Crest Park Drive. (ENCINITAS)

Books to Buy? Author appearances, food, music. Meet authors Sarah Maria (*Love Your Body, Love Your Life*, 11am), Sarita Eastman (*A Trail of Light*, 11am), Barrie Summy (*I So Don't Do Mysteries*, noon), Mike Torrey (*Stone Offerings*, noon), Natasha Josefowitz (*Been There, Done That, Doing It Better*, 1pm), Marlene Wagman-Geller (*Once Again to Zelda*, 2pm), Kitty Morse (*A Biblical Feast*, 2pm). 858-454-0347. Sunday, November 8, 11am; free. Warwick's Bookstore, 7812 Girard Avenue. (LA JOLLA)

Braided Necklace Learn to make a necklace by crocheting three beaded wire strands, then braid them "for a stunning look." Registration: 619-593-2205. Saturday, November 7, 10am; \$40. Sophie's Gallery, 109 Rea Avenue. (EL CAJON)

Celebrate Veterans Day Enjoy patriotic ceremony (3pm), watch restored World War II Corsair fighter plane "craned" onto flight deck, skydiving, family activities all day. Comments by Padres an-

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Calendar LOCAL EVENTS

nouncer/former Corsair pilot Jerry Coleman. 619-544-9600. Wednesday, November 11, 10am. USS Midway Museum, 910 North Harbor Drive. (DOWNTOWN)

Come Clean! Three-week book study conducted by Reverend Patti Paris focuses on Debbie Ford's newest book, *The 21-Day Consciousness Cleanse*. Offering. 619-303-6609. Thursday, November 5, 6:30pm; 16 and up. Vision Center for Spiritual Living, 11260 Clairemont Mesa Boulevard. (TIERRASANTA)

Concentration, Visualization, Meditation Learn techniques for stress reduction, relaxation during free meditation classes, as well as advanced breathing techniques and "essence of yogic philosophy." 619-640-4438. Tuesdays, 7:30pm; through Thursday, December 31, free. Pilgrimage of the Heart Yoga, 3301 Adams Avenue. (NORMAL HEIGHTS)

Customize Your Sneakers Decorate a pair of canvas shoes with paints, dyes, markers, buttons, found objects to create a fashion statement. Registration: 619-593-2205. Friday, November 6, 5pm; \$25. Sophie's Gallery, 109 Rea Avenue. (EL CAJON)

HPR "Sampler" Program Dance, music, cultural costumes promised when House of Pacific Relations hosts "sampler program." Food for sale. 619-234-0739. Sunday, November 8, 2pm; free. House of Pacific Relations, 2125 Park Boulevard. (BALBOA PARK)

Happy Birthday, Kate Sessions Celebrate 152nd birthday of SD's leading horticulturalist and "Mother of Balboa Park." 619-232-6203 x129. Sunday, November 8, 11am; free. Junipero Serra Museum, 2727 Presidio Drive. (OLD TOWN)

Image Transfer and Paper Fusing Instructor Linda Blinn focuses on using various gels, medi-

ums to transfer images to paper and fabric. Create multiple layers with transferred images by fusing transparent papers together with tacking iron. Techniques involve working with printed acrylic sheets, burnishing tools, foil, caulking. Materials list provided upon registration. Required advance registration: 619-223-0058. Sunday, November 8, 10am; \$50-\$58. 16 and up. Bravo School of Art at NTC Promenade, 2690 Decatur Rd., studio 206. (POINT LOMA)

KnitNight 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. (VISTA)

Know Ikenobo? Ikenobo chapter of San Diego plans meeting with "more than 50 beautiful flower arrangements" and demonstrations by teachers in room 101. 858-759-2640. Saturday, November 7, 11am; free. Casa del Prado, El Prado. (BALBOA PARK)

Lower-Intensity Fundraising! "Sit-a-Thon" and silent auction hosted by Developmental Services Continuum. Participants raise money by sitting for a period of time. Low-intensity, noncompetitive event takes place in California Plaza, in front of San Diego Museum of Man. MC is Mark Grant; concert by singer-songwriter Julie Mack. 619-460-7333. Saturday, November 7, noon; \$25. Balboa Park, Park Boulevard at Presidents Way. (BALBOA PARK)

Middle-Eastern Drum and Belly-Dance Class Doumbek 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. Mondays, 6pm; \$12. WorldBeat Cultural Center, 2100 Park Boulevard. (BALBOA PARK)

Morality or Self Interest? P&R Discussion Group focuses on politics. 619-370-1027. Thursday, November 5, 7pm; free. Filter, 4096 30th Street. (NORTH PARK)

Need a Change? Swap out old clothes for new during event "to educate and create awareness of the textile industry." Live acoustic music, cocktails, mural painting by Daniel. 619-222-4876. Sunday, November 8, 2pm; \$10. OB Centric, 4876 Santa Monica Avenue. (OCEAN BEACH)

Painted Pony Arts Festival See "artistically painted live horses," as well as airbrushed motorcycles by Mark's Airbrush Artism during festivities. Mark Stansell will airbrush a life-sized foal statue, to be offered by auction with three other such statues. Arts and crafts. Music by Tommy Price and the Stiletto (10am), Skelpin (1pm). 619-669-7705. Saturday, November 7, 10am; free. Jamul Intermediate School, 14545 Lyons Valley Road. (JAMUL)

Ponder Individual Freedom Georg Simmel's work provides focus when San Diego Great Books group meets. Newcomers welcome. 619-440-5625. Saturday, November 7, 2pm; free. San Diego Public Library, 820 E Street. (EAST VILLAGE)

Psychic and Healing Arts Festival Event promises over 20 professional psychics and healers, as well as vendors offering clothing, jewelry, food, more. 858-320-0090. Saturday, November 7, 9am; \$5. Celebration Center for Spiritual Living, 5820 Oberlin Drive #108. (SORRENTO VALLEY)

Renaissance Faire Queen Elizabeth I and her royal court and Renaissance re-enactors gather for days full of entertainment, period music, battle pageants, arts and crafts, games. Elizabethan-period costumes encouraged. Weekend passes available. 805-496-6036. Saturday, November 7, 10am; Sunday, November 8, 10am; \$8-\$16. Felicita Park, 742 Clarence Lane. (ESCONDIDO)

Rooftop Yoga Yoga One leads vinyasa flow mixed-level classes for hotel guests (free) and public (\$15 per class). 619-544-0164. Thursdays, 5:30pm; Fridays, 9am; Sundays, 5:30pm; Mondays, 9am; Tuesdays,

5:30pm; Wednesdays, 9am; free-\$15. Porto Vista Hotel & Suites, 1835 Columbia Street. (LITTLE ITALY)

Tall Ship Time The *Lynx* privateer sailed into Oceanside Harbor on November 1. Dockside tours offered November 7 and 8 (10am-1pm). Tall Ship Festival battle sailing on November 7 and 8 (2-5pm) with *Lynx* joined by the *California* and *Amazing Grace*. Entertainment, costume contest. Tours: \$5. Sailing: \$65. Sailing reservations: 866-446-5969. Saturday, November 7, 10am; Sunday, November 8, 10am. Oceanside Harbor, 1540 Harbor Drive. (OCEANSIDE)

Time-Tested Techniques! Weekly meditation classes led by Sujantra McKeever, taught to him by his teacher Sri Chinmoy. "Techniques are simple and effective." 619-640-4438. Tuesdays, 7:30pm; free. Pilgrimage of the Heart Yoga, 3301 Adams Avenue. (NORMAL HEIGHTS)

CLASSICAL MUSIC

"A Choral Mosaic" Palomar Chamber Singers perform choral compositions from medieval to modern, featuring music by Bach, Mozart, Hildegard Von Bingen. 760-744-1150 x2453. Saturday, November 7, 8pm; Sunday, November 8, 2pm; \$5. Palomar College Performance Lab (room D-10), 1140 West Mission Road. (PALOMAR COLLEGE)

"Austrian Horn Calls" Selections by Leopold and Amadeus Mozart played by Redlands Symphony, featuring horn soloist Willi Schwaiger, when Fallbrook Music Society opens season. Also on tap: Beethoven's "Symphony No. 8 in F Major" and Haydn's "Symphony No. 31 in D Major (Horn Signal)." 760-451-8644. Sunday, November 8, 3pm; \$10-\$38. Bob Burton Center for the Performing Arts, 2400 South Stagecoach Drive. (FALLBROOK)

The Bold Umbrellaphant! What do you get when you cross an umbrella with an elephant? Find out during San Diego Symphony Family Festival concert featuring the premiere of piece based on book by Children's Poet Laureate Jack Prelutsky (who will be on hand to narrate tale, sign books following concert). 619-235-0804. Sunday, November 8, 1pm; \$10-\$25. Copley Symphony Hall, 750 B Street. (DOWNTOWN)

"Celebration of Music Education Concert" San Diego Youth Symphony and Conservatory presents concert with performances by Concert Winds, Wind Symphony, Concert Orchestra, Sinfonia, and Symphony Orchestra. 619-233-3232. Sunday, November 8, 4pm; \$10-\$25. California Center for the Arts, Escondido, 340 North Escondido Boulevard. (ESCONDIDO)

"Early Advent" Program Pacific Camerata vocal ensemble presents an "international sampler of seasonal Renaissance vocal music." Listen for "Missa Secunda" by Hans Leo Hassler, as well as pieces by Josquin, di Lasso, Guerrero, Victoria, Costeley, Byrd. 619-527-4457. Saturday, November 7, 7:30pm; \$10-\$15. Saint Andrew's by-the-Sea Episcopal Church, 1050 Thomas Avenue. (PACIFIC BEACH)

Organ Concert Civic organist Carol Williams performs. 619-702-8138. Sunday, November 8, 2pm; free. Spreckels Organ Pavilion, 2211 Pan American Road. (BALBOA PARK)

Quartetto Sorrento Alyze Dreiling (violin), Greg Lawrence (violin), Paula Simmons (viola), Gordon Grubbs (cello) plan chamber music concert including Beethoven's "Serioso" and the "Quartet in G Minor" by Debussy. Enjoy recital in French Parlor, Founders Hall. 619-260-4171. Friday, November 6, 8pm; \$5-\$10. University of San Diego, 5998 Alcalá Park. (LINDA VISTA)

Saint James Music Series The 25th anniversary season opens with performance by Saint James Choir and symphony musicians. Program includes world-premiere arrangement of "Last Letter Home" by Lee Hoiby and "Requiem: A Thanksgiving for Life" by Sir Philip Ledger. 858-459-3421 x109. Sunday, November 8, 4pm; \$25. Saint James by-the-Sea Episcopal Church, 743 Prospect Street. (LA JOLLA)

Shakespeare Goes to the Opera Evening hosted by San Diego Shakespeare Society and Karen Keltner, resident conductor of San Diego Opera, who will present dramatic moments found in some best-loved Shakespeare-based operas, sung by local opera stars. Listen for selections by Verdi, Gounod, Quilter, Vaughan-Williams, others. 619-675-2007. Monday, November 9, 7:30pm; \$10-\$20. Neurosciences Institute, 10640 John Jay Hopkins Drive. (LA JOLLA)

There Will Be Singing! The Palomar Chamber Singers and Palomar Women's Chorus take

stage for Concert Hour Series. 760-744-1150 x2316. Thursday, November 5, 12:30pm; free. Palomar College Performance Lab (room D-10), 1140 West Mission Road. (PALOMAR COLLEGE)

DANCE

"Dance n' Dine" The PGK Project series continues with "Olio the Show" presented by Olio Productions. Fee includes three-course meal, wine, dance. Reservations: 619-474-3222. Sunday, November 8, 7pm; \$45. Café La Maze, 1441 Highland Avenue. (NATIONAL CITY)

"Fall Showcase" View original works created by San Diego Dance Theater instructors Blythe Barton, Minaqua McPherson, and Bradley Lundberg, as well as re-exploration of Jean Isaacs' 1991 *Canopy*. 619-225-1803. Sunday, November 8, 7pm; \$15. Dance Place San Diego in NTC Promenade, 2650 Truxtun Rd., Suite 108. (POINT LOMA)

"Hustle Heaven" Nightclub-style dance party featuring contemporary and classic hustle tunes with West Coast swing, Argentine tango, nightclub two-step, and Latin music. 858-565-9575. Sunday, November 8, 7pm; \$7. Dance for 2, 7528 Clairemont Mesa Boulevard. (KEARNY MESA)

"Michael Flatley's Lord of the Dance" This "blend of traditional and modern Celtic music and dance...is based upon mythical Irish folklore," with action played out over 21 scenes with dancing, music, colorful costumes. 800-988-4253. Wednesday, November 11, 8pm; \$42-\$57. California Center for the Arts, Escondido, 340 North Escondido Boulevard. (ESCONDIDO)

"San Diego Dances" "Without Walls" features dances by Bradley Lundberg and Rayna Stohl, La Diego Dance Theatre, DK Dance with somebodies dance theater, Mojalet Dance Collective, Erica Buechner and Dancers, the PGK Project. Reservations: 619-886-7924. Friday, November 6, 7:30pm; Saturday, November 7, 7:30pm; \$15. DK Hair, 3785 Sixth Avenue. (HILLCREST)

Giselle City Ballet tells story of a peasant girl who protects her lover from vengeance of a group of evil female spirits called the Wilis. *Giselle* is choreographed by Elizabeth Wistrich, after Marius Petipa. 858-272-8663. Friday, November 6, 8pm; Saturday, November 7, 8pm; Sunday, November 8, 2pm;



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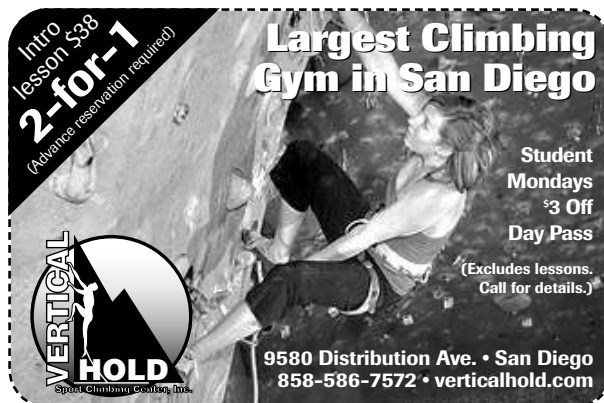
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\$29-\$59. Spreckels Theatre, 121 Broadway. (DOWNTOWN)

Ballroom and Latin Mixer Shawn Torgerson hosts ballroom, Latin, swing dancing, salsa, tango, and more. 858-565-9575. Saturday, November 7, 8pm; \$7. Dance for 2, 7528 Clairemont Mesa Boulevard. (KEARNY MESA)

Club Fever Dance Party DJ plays West Coast swing, hustle, jitterbug, nightclub two-step, salsa, requests for singles and couples of all ages. West Coast swing lesson: 8pm. Open dancing: 8:30-10:30pm. First time free. 619-275-3533. Saturday, November 7, 8pm; free-\$7. Pattie Wells' Dancetime Center, 1255 West Morena Boulevard. (BAY PARK)

Dance Studio Hour Students in MiraCosta College's dance classes perform in variety of styles including ballet, jazz, modern, tap, ballroom, commercial, Latin, and world dance forms, along with demonstration of Pilates mat work, in room 204. 760-757-2121 x6302. Thursday, November 5, 7:30pm; free. MiraCosta College San Elijo Campus, 3333 Manchester Avenue. (CARDIFF)

Day of Dance Classes in jazz, ballet, tap, creative movement, cardio jazz offered for adults, teens, kids. Suggested donation: \$1. 760-484-0734. Saturday, November 7, noon; 3 and up. Westminster Presbyterian Church of Escondido, 1500 South Juniper Street. (ESCONDIDO)

English Country Dancing Chris Page calls for English country dancing. 858-676-9731. Sunday, November 8, 6pm; \$6. Jean Hart Academy of Dance, 12227 Poway Road. (POWAY)

Learn to Belly Dance Leilainia of Shimmy Sisters teaches mixed-level belly-dance classes. 619-884-7707. Thursdays, 7pm; Tuesdays, 7pm; through Tuesday, December 8, \$10. 12 and up. California Ballet, 4819 Ronson Road. (KEARNY MESA)

Swing Time Evening begins with Lindy 1, eight-count basics; and Lindy 2, smooth-style variations

workshops (7-8pm). This week, enjoy "Meeshi's 'Ocean's Eleven' Swingin' Birthday Bash" (8-11:30pm). All ages. Introductory lesson for beginners at 8:15pm. Fee for workshop and dance: \$15 general, \$10 for students. Dance only: adults pay \$8, students pay \$5. 858-395-6060. Wednesday, November 11, 7pm. Firehouse Swing Dance, at San Diego Woman's Club: 2557 Third Avenue. (BANKER'S HILL)

FILM

A Dog's Life Enjoy this 1918 Charlie Chaplin classic — along with *Son of the Sheik* (1926), starring Rudolf Valentino — when theater organist Greg Breed accompanies the flicks on Wurlitzer 4 manual 24 rank theater rank pipe organ. 888-618-6773. Saturday, November 7, 7pm; \$12. Trinity Presbyterian Church, 3902 Kenwood Drive. (SPRING VALLEY)

A River of Waste Learn *The Hazardous Truth About Factory Farms* when this documentary screens for Sierra Club Movie Night, following "finger-food potluck." 858-569-6005. Friday, November 6, 6pm; free. Sierra Club, 8304 Clairemont Mesa Boulevard #101. (KEARNY MESA)

Beer Wars How is craft brewing shaking up the beer industry? Find out when Anat Baron's new film is screened. Baron and Chuck Silva (Green Flash Brewing) on hand to answer questions following screening. RSVP: 858-663-7752. Sunday, November 8, noon; \$10. Sea Rocket Bistro, 3382 30th Street. (NORTH PARK)

Fighting for Life Military documentary screening in room 3601 offers "portrait of American military medicine that interweaves the stories of military doctors, nurses, and medics, wounded soldiers and Marines, and students of military medicine." Director Terry Sanders leads discussion following 7pm screening. 760-795-6818. Thursday, November 5, 3:30pm and

7pm; free. MiraCosta College, One Barnard Drive. (OCEANSIDE)

Flow "Food for Thought" events in conjunction with UCSD Water Awareness Month, including art by Outside the Lens, music by Squash Blossom Tacos and UCSD DJ Club, mini-environmental fair. Open house, food: 6-6:30pm; screening 6:30pm, panel discussion 8pm. Food provided by local organic farms, prepared by UCSD catering. 619-602-4721. Tuesday, November 10, 5pm; free. Price Center at UCSD, 9500 Gilman Drive. (LA JOLLA)

La Vie En Rose International Film Series continues with 2007 portrait of legendary Parisian singer Edith Piaf. Screening takes place in room 204; film repeats at 7pm on Oceanside campus. In French with English subtitles. 760-944-4449 x7758. Friday, November 6, 1pm; free. MiraCosta College San Elijo Campus, 3333 Manchester Avenue. (CARDIFF)

La Vie En Rose Redux International Film Series continues with 2007 portrait of legendary Parisian singer Edith Piaf. In French with English subtitles. Screening takes place in room 3601. 760-944-4449 x7758. Friday, November 6, 7pm; free. MiraCosta College, One Barnard Drive. (OCEANSIDE)

La vera leggenda di Tony Vilar Giuseppe Gagliardi's *The True Legend of Tony Vilar* screens for San Diego Italian Film Festival. 619-238-7559. Friday, November 6, 7:30pm; free. Birch North Park Theatre, 2891 University Avenue. (NORTH PARK)

Lemon Tree This "tart allegory of political turmoil" screens for Film Forum series. In Arabic, Hebrew, and English, with English subtitles. 619-236-5800. Monday, November 9, 6:30pm; free. San Diego Public Library, 820 E Street. (EAST VILLAGE)

L'estate di mio fratello *My Brother's Summer*, directed by Pietro Reggiani, screens for San Diego Italian Film Festival. 619-238-7559. Thursday, November 5, 7pm; free.

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Calendar

LOCAL EVENTS

Museum of Photographic Arts, 1649 El Prado. (BALBOA PARK)

Sick Around the World This PBS *Frontline* program from 2008 asks, “If other rich countries can provide universal health care, why can’t we?” 619-282-0437. Tuesday, November 10, 7pm; free. Lestat’s Coffee House, 3343 Adams Avenue. (NORMAL HEIGHTS)

The Hurt Locker See this film, meet explosive ordnance disposal experts and listen to their stories about courage under fire. 619-544-9600. Wednesday, November 11, 6pm; \$20. USS *Midway* Museum, 910 North Harbor Drive. (DOWNTOWN)

The Way We Get By Preview screening of Aron Gaudet’s film, offering a “poetic reflection on mortality, loneliness, war, and service.” 619-236-5800. Sunday, November 8, 2pm; free. San Diego Public Library, 820 E Street. (EAST VILLAGE)

Celebration of Italian Culture Climax of San Diego Italian Film Festival promises dinner prepared by Capri Restaurant, music from the movies by James Bianchi Orchestra, followed by screening of *La seconda notte di nozze* (*The Second Wedding Night*). 619-238-7559. Friday, November 6, 5pm; \$100. Museum of Photographic Arts, 1649 El Prado. (BALBOA PARK)

Hate Winter? See independent romantic comedy *Baby It’s Cold Outside* during screening. Local filmmaker/actor Pam E. Ross answers questions after film. 949-910-4946. Saturday, November 7, 3pm; free. Carlsbad Art District Gallery, 300 Carlsbad Village Drive. (CARLSBAD)

FOOD & DRINK

Beer U: Craft Beer Appreciation Informal class covers realm of craft brewing and craft beer appreciation, with reference to local craft brewers, offered in honor of San Diego Beer Week. Led by “beer geek extraordinaire” Ken Wright, with guest Patrick Rue, founder of the Bruery in Placentia. 760-471-4999. Wednesday, November 11, 7pm; \$20. 21 and up. Stone Brewing World Bistro and Gardens, 1999 Citracado Parkway. (ESCONDIDO)

“Big Green Egg Fest” Celebration highlights Big Green Egg wood-fired ceramic cooker and grill; more than 20 of the barbecues will be fired up in parking lot. Cook-off competition between amateurs and local celebrity chef “pros” including Jeff Jackson and A.R. Valentien attempting to cook “perfect turkey and all the trimmings.” Fee includes food, music, barbecue tips, holiday turkey recipes, Egg Fest T-shirt. 858-966-3600. Saturday, November 7, 10am; free-\$25. Fixtures Visions

for Living, 9340 Dowdy Drive. (MIRA MESA)

“Celebrate Sustainability” Series showcasing sustainable food, in conjunction with inaugural “Beer Week,” concludes by highlighting local breweries. Lost Abbey, Ballast Point, and Coronado Brewing Company on hand for dinner’s beer pairings. Required advance reservations: 619-522-8490. Sunday, November 8, 6pm; \$95. Hotel del Coronado, 1500 Orange Avenue. (CORONADO)

“Cooking with Mushrooms” “Opera Singing Chef” Elizabeth teaches how to make wild mushroom tart, stuffed mushrooms, chicken stuffed portobellos. Includes recipes, tastings with each dish. Required reservations: 760-436-3036 x206. Saturday, November 7, 1:30pm; \$25-\$30. San Diego Botanic Garden, 230 Quail Gardens Drive. (ENCINITAS)

“Dual, Not Duel” Russian River and Allagash breweries provide libations for beer dinner. Evening begins with “Mix and Mingle” (6pm). Fee includes “special multi-course meal” (7pm). 760-471-4999. Tuesday, November 10, 6pm; \$59. 21 and up. Stone Brewing World Bistro and Gardens, 1999 Citracado Parkway. (ESCONDIDO)

“Tequila 101” Tequila tasting and food pairing hosted by tequila expert/sommelier Juan Calderón. Evening promises tequila flight of premium tequila brand, three-course dinner prepared for pairing, information, history, facts of tequila. 619-236-9420. Thursday, November 5, 6pm; \$30. 21 and up. El Vitral Restaurant, 815 J Street. (EAST VILLAGE)

Ultimate Beer and Chocolate Afternoon promises chocolates from Chuao, Eclipse, Guanni partnered with local brews. Fee includes one chocolate from each chocolatier with every course of beer samples. Reservations: 760-471-4999. Sunday, November 8, 2pm and 5pm; \$40. 21 and up. Stone Brewing World Bistro and Gardens, 1999 Citracado Parkway. (ESCONDIDO)

20th Anniversary Beer Dinner Enjoy four-course menu paired with Karl Strauss beers presented by a brewer. RSVP: 858-587-2739. Monday, November 9, 6:30pm; \$45. 21 and up. Karl Strauss Brewing Company, 9675 Scranton Road. (SORRENTO VALLEY)

Brew for Brunch Alesmith Brewing Company and Pearl restaurant plan four-station beer brunch in celebration of San Diego Beer Week. RSVP: 619-226-6100. Sunday, November 8, 11am; \$10-\$30. Pearl Hotel, 1410 Rosecrans Street. (POINT LOMA)

La Jolla Gallery and Wine Walk Explore 25 galleries, 12 restaurants during event. Start evening at ticket will-call site, at La Jolla Visitor Information Center. 619-233-5008. Thursday, November 5, 5pm; \$30-\$35. 21 and up. La Jolla Visitor Information Center, 7966 Herschel Avenue. (LA JOLLA)

What’s Cooking? Culinary arts students host five-course dinners in Culinary Arts patio dining area near student center. Dinners include appetizer, intermezzo, entrée, dessert, coffee service; vegetarian meals available. Dinners are fundraisers for students to compete in state and national culinary competitions, as well kitchen maintenance, equip-

ment, supplies. Reservations: 619-644-7550 or 619-644-7549. Thursday, November 5; \$15. Grossmont College, 8800 Grossmont College Drive. (EL CAJON)

What’s Not to Like? Chocolate and champagne pairing featuring Piper-Heidsieck and Vosges Haut-Chocolate. After hors d’oeuvres, guests take part in pairing of champagne and chocolate using sensory vials. Required reservations: 619-696-3369. Wednesday, November 11, 6pm; \$45. Morton’s of Chicago, 285 J Street. (DOWNTOWN)

FOR KIDS

“Advanced Rock Painting: Mammals” Learn about predator/prey relationships while painting mammals on rocks. Why are eyes of deer and rabbits in a different place from those of coyotes? What about teeth? Participants (8-14 years old) learn step-by-step way to paint mammals on rocks. Fee includes materials. Required advance registration: 760-436-3036 x206. Sunday, November 8, 2pm; \$20-\$25. 8 and up. San Diego Botanic Garden, 230 Quail Gardens Drive. (ENCINITAS)

“Family Day and Festival: Oceanic Art” Enjoy performances, artist demonstrations, tours inspired by and celebrating the art and culture of Polynesia, Micronesia, Melanesia, and South Pacific. 619-232-7931. Sunday, November 8, noon; free. San Diego Museum of Art, 1450 El Prado. (BALBOA PARK)

“Just for Kids!” Naturalist D.J. Summers leads easy hike for parents and their children. Craft session at picnic area follows. Bring a snack if you want. 760-839-4680. Wednesday, November 11, 10am; free. Daley Ranch - La Honda trailhead, 3024 La Honda Drive. (ESCONDIDO)

Shawii: It’s What’s for Dinner Walk trail to Kumeyaay grinding rocks to grind acorns during Linda Hawley’s “Nature Explorers” program, starting at shade structure. Learn how SD’s first people lived, played, ate before 1769. Bring flashlights. 619-582-6261. Friday, November 6, 6pm; free-\$5. Kumeyaay Lake Campground, Two Father Junipero Serra Trail. (SANTÉE)

Disney’s Aladdin Jr. Broadway Bound Youth Theater presents this musical with “your favorite characters.” 858-254-5221. Friday, November 6, 7pm; Saturday, November 7, noon, 3pm and 7pm; free-\$20. Lyceum Theatre, 79 Horton Plaza. (DOWNTOWN)

Elves and the Shoemaker Millie Patterson’s Weaver’s Tales present story of two elves who sneak into a shoemaker’s shop to help make shoes. 619-544-9203. Thursday, November 5, 10am and 11:30am; Friday, November 6, 10am and 11:30am; Saturday, November 7, 11am, 1pm and 2:30pm; Sunday, November 8, 11am, 1pm and 2:30pm; free-\$5. Marie Hitchcock Puppet Theatre, 2130 Pan American Road West. (BALBOA PARK)

Crocodile versus Monkey! A clever monkey outwits a crocodile in *The Monkey and the Crocodile*. Bill includes *Country Mouse*, *City Mouse*. Puppet Express takes stage November 11-15; Eva Kvaas performs November 18-22. 619-544-9203. Wednesday, November 11, 10am and 11:30am; \$3-\$5. Marie Hitchcock Puppet Theatre, 2130 Pan American Road West. (BALBOA PARK)

Fun with Fashion Explore process of turning raw wool into a shirt during hands-on family day. Included in museum admission (\$6 general). 619-232-6203. Sunday, November 8, 1pm. Museum of San Diego History, 1649 El Prado. (BALBOA PARK)

It’s Magic! Young magicians’ workshop for kids 5-11 years old on first Saturday of each month. Participants watch a kids-only magic show, receive easy-to-learn magic trick. Magicians will demonstrate how to perform the magic trick. Reservations: 619-696-5072. Saturday, November 7, 10:30am; \$2. 5 and up. Village Magic, 851 West Harbor Drive, Suite E. (DOWNTOWN)

Kumeyaay Thanksgiving Linda Hawley’s “Our Naturehood” program focuses on how SD’s first people lived, played, ate before 1769. Acorn-grinding, artifacts, trail walk, craft. For those in kindergarten-6th grade and parents. 619-582-6261. Tuesday, November 10, 2pm; Wednesday, November 11, 2pm; free-\$5.5 and up. Mission Trails Regional Park, One Father Junipero Serra Trail. (SAN CARLOS)

More? The plucky orphan Oliver meets up with Fagin, the Artful Dodger, and Bill Sykes in *Oliver!* This musical based on *Oliver Twist* by Charles Dickens is season opener for San Diego Junior Theatre. Reservations: 619-239-8355. Friday, 7pm; Saturday, 2pm; Sunday, 2pm; through Sunday, November 8, \$8-\$14. 8 and up. Casa del Prado Theatre, 1650 El Prado, Suite 208. (BALBOA PARK)

Pet Pals Kids Club Kids 6-13 have “fun with other animal-loving kids.” Required reservations: 619-243-3432. Saturday, November 7, 10am; \$15. 6 and up. San Diego Humane Society and SPCA, 5500 Gaines Street. (LINDA VISTA)

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Healthy Living

baloo concert. 858-755-4488. Sunday, November 8, 11am; free. Thinker Things, 943 Lomas Santa Fe Dr., Lomas Santa Fe Plaza. (SOLANA BEACH)

Tots and Tales Interactive story time for preschoolers with crafts and animals. Reservations: 619-243-3432. Tuesday, November 10, 10:30am; \$3. San Diego Humane Society and SPCA, 5500 Gaines Street. (LINDA VISTA)

Turkey or Shawii? Preschoolers and parents learn how Kumeyaay prepared foods during Linda Hawley's "Ant-Sized Adventures," promising acorn-grinding, artifacts, trail walk, craft. 619-582-6261. Thursday, November 5, 10am; Monday, November 9, 10am; Wednesday, November 11, 10am; free-\$5. Mission Trails Regional Park, One Father Junípero Serra Trail. (SAN CARLOS)

GALLERIES

"Blue McRight: Elsewhere" Meet McRight during reception for ten-year survey of the artist's drawing, painting, sculpture, and installation. Through Saturday, December 5. 619-594-5171. Friday, November 6, 6pm; free. University Art Gallery at SDSU, 5500 Campanile Drive. (COLLEGE AREA)

"Goya's Restless Monsters: Los Caprichos and the Birth of the Modern Print" Opening reception for new exhibit, demonstrating "not only Francisco Goya's prowess as a virtuosic and experimental printmaker but also his critical views of late 18th-century Spanish society and biting cynicism about the human condition." Exhibit of 80 prints continues through Sunday, January 17, in the Robert and Karen Hoehn Family Galleries. 619-260-4261. Wednesday, November 11, 5:30pm; free. University of San Diego, 5998 Alcalá Park. (LINDA VISTA)

"Julian and the San Diego Back Country" Opening reception for California Art Club Centennial Exhibition. View show with nearly 35 works capturing Julian and "diverse landscapes of the surrounding countryside" through Sunday, November 29. Also on view, display celebrating 100th year for Julian Apple Days Festival. 760-765-1551. Saturday, November 7, 6pm; free. Julian Art Gallery, 2229 Main Street. (JULIAN)

"The Photography of Dave Stewart" Reception for exhibit of work by this musician (Eurythmics)/producer/"innovator." His work has been gathered in *The Dave Stewart Songbook Volume 1*. See show through Sunday, November 29. 858-350-3777. Saturday, November 7, 6pm; free. Morrison Hotel Gallery, 2670 Via de la Valle. (DEL MAR)

"Waves of Glass" Reception for participants in Art Glass Association of Southern California's 28th annual juried glass exhibition, continuing in studio 21 through Sunday, November 15. 619-702-8006. Friday, November 6, 6pm; free.

Spanish Village Art Center, 1770 Village Place. (BALBOA PARK)

IN PERSON

"Barbra Streisand Song Book" Stage, screen, concert hall veteran Julie Budd sings Streisand songs with San Diego Symphony, led by conductor Marvin Hamlisch. 619-235-0804. Friday, November 6, 8pm; Saturday, November 7, 8pm; \$20-\$85. Copley Symphony Hall, 750 B Street. (DOWNTOWN)

"Moonlight Magic" Illusions and magic by Garry Carson and Kelsey, benefiting Assistance League. 800-988-4253. Friday, November 6, 7:30pm; \$25-\$50. California Center for the Arts, Escondido, 340 North Escondido Boulevard. (ESCONDIDO)

"Stress-Free Tuesdays" Comedy show by Josh Adam Meyers and Clayton Thomas, hosted by Byron Bowers. No cover, no drink minimum. 619-708-7975. Tuesday, November 10, 7pm; free. 21 and up. U-31, 3112 University Avenue. (NORTH PARK)

100 Heartbeats Conservationist/Animal Planet host Jeff Corwin discusses, signs his new book *100 Heartbeats: A Journey to Meet Our Planet's Endangered Animals*. Book shares stories of battles being waged, won in defense of Earth's most threatened creatures. 858-454-0347. Wednesday, November 11, 7:30pm; free. Warwick's Bookstore, 7812 Girard Avenue. (LA JOLLA)

A Hole in the Head Princeton University psychology professor Charles Gross, who "has made major contributions to our understanding of visual perception and memory," discusses and signs his new book. 858-755-3735. Friday, November 6, 7pm; free. The Book Works, 2670 Via de la Valle. (DEL MAR)

Cross-Country Evil Chula Vista author, retired police detective Tom Basinski discusses his book, documenting a SD murder case. 619-463-3236. Friday, November 6, 10:30am; free. Casa de Oro Library, 9805 Campo Road #180. (SPRING VALLEY)

Dracula — The Comedy Ted Tiller's comedy based on classic 19th century novel *Dracula* by Bram Stoker presented by Classic Youth Theatre. 760-730-9447. Friday, November 6, 6pm; Saturday, November 7, 6pm; Sunday, November 8, 2pm; free-\$15. Innovative Body Science, 6350 Yarrow Drive. (CARLSBAD)

Haiku Knits Discussion, signing by local knitwear designer, fiber artist, shop owner Tanya Alpert, who "presents 25 simple, modern garments and accessories inspired by Japanese design, featuring innovative elements and beautiful fibers" in her new book. 858-454-0347. Thursday, November 5, 7:30pm; free. Warwick's Bookstore, 7812 Girard Avenue. (LA JOLLA)

Henry Miller Is Under My Bed Mary Duncan, emeritus professor at SDSU, discusses her book, subtitled *People and Places on the Way to Paris*. "Duncan grew up in an

unfashionable suburb of San Diego" and has traveled, lived all over the world. 858-456-1800. Saturday, November 7, 7pm; free. D.G. Wills Books, 7461 Girard Avenue. (LA JOLLA)

Images of America — Bonita Steven Schoenherr and Mary E. Oswell on hand to sign their new book, boasting "over 200 historic photographs of Bonita, chronicling the growth of Bonita from a small farming neighborhood to bedroom community." Books for sale (\$21.99). 619-267-5141. Saturday, November 7, 4pm; free. Bonita Museum and Cultural Center, 4355 Bonita Road. (BONITA)

Innocent Abroad San Diego Jewish Book Fair continues when Clinton administration advisor and two-time U.S. Ambassador to Israel Martin Indyk discusses his book, subtitled *An Intimate Account of American Peace Diplomacy in the Middle East*. 858-362-1348. Thursday, November 5, 7:30pm; \$14-\$17. Lawrence Family Jewish Community Center, 4126 Executive Drive. (LA JOLLA)

Le Poete Voyageur Musical play narrated in English with songs and poetry in French directed by André Nerman in collaboration with Stéphanie Laurent; performed by Paris-based theater company Caravague. Piece is based on texts by Rimbaud, Baudelaire, Saint-Exupéry, Rousseau, Cendrars; songs by Brel, Aznavour, Nougaro, Nerman. Reservations: 858-550-0144. Saturday, November 7, 7pm; \$15-\$40. Thurgood Marshall Middle School, 9700 Avenue of Nations. (SCRIPPS RANCH)

Palm Springs-Style Gardening Gardening guru Maureen Gilmer shows how desert gardens may be designed to enhance appeal of diverse architectural styles in her new book. Included in regular admission. 760-436-3036 x206. Sunday, November 8, 2pm; free-\$12. San Diego Botanic Garden, 230 Quail Gardens Drive. (ENCINITAS)

The Possibility of Everything Hope Edelman visits to discuss and sign her new memoir, in which "her three-year-old daughter Maya's curiously disruptive imaginary friend" Dodo must be banished through unusual means with healers in Belize. 858-454-0347. Tuesday, November 10, 7:30pm; free. Warwick's Bookstore, 7812 Girard Avenue. (LA JOLLA)

A Plethora of Authors Anita Diamant (*The Red Tent*) visits San Diego Jewish Book Fair to discuss *Day After Night: A Novel* (noon). *The Accidental Zionist: What a Priest, a Pornographer, and a Wrestler Named Chainsaw Taught Me About Being Jewish; Saving the World and Why Israel Matters to Both* discussed by Ian Pear (2pm). At 5pm, actors and authors Michael Tucker and Jill Eikenberry explore their *Family Meals: Coming Together to Care for an Aging Parent*. Bruce Feiler presents *America's Prophet: Moses and the American Story* at 7:30pm. 858-362-1348. Tuesday, November 10, 12 noon; free-\$17. Lawrence Family Jewish

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Saturday, 11/14

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JOE JACK TALCUM
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LONDON PIGG & AMONG
THE OAK & ASH
MONDAY 11/16 • 8 PM

THEY MIGHT BE GIANTS
THE GUGGENHEIM GROTTO
TUESDAY 11/17 • 8 PM

DAVID LINDLEY and JOHN HAMMOND
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WEDNESDAY 11/18 • 8 PM

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THURSDAY 11/19 • 9 PM

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<p>UPCOMING SHOWS:</p> <p>11/20 West Indian Girl</p> <p>11/21 Stripes and Lines</p> <p>11/22 B.B. King</p> <p>11/24 The Death Eaters</p> <p>11/25 Buck-O-Nine w/Skanic</p> <p>11/27 The Aggrolites</p> <p>11/28 The Cured w/Rio</p> <p>11/29 Salsa Sunday</p> <p>11/30 Calypso Benefit</p> <p>12/4 Dead Man's Party</p> <p>12/6 The Mar Dels Xmas Show</p> <p>12/7 How the Grouch Stole Xmas Tour</p>	<p>12/8 Bebel Gilberto</p> <p>12/12 Son Volt - early show!</p> <p>12/12 Metro w/DJ Tommy Cox</p> <p>12/13 Average White Band</p> <p>12/14 Tristan Prettyman</p> <p>12/15 Foreigner</p> <p>12/16 Gary Ho Ho Hoey's Xmas Show</p> <p>12/17 Venice Christmas Show</p> <p>12/18 Pink Floyd Laser Tribute w/Have a Cigar and Dazed and Confused</p> <p>12/20 Atomic Groove Xmas Show</p> <p>12/23 The Greyboy Allstars</p>	<p>12/26 Cash'd Out Christmas</p> <p>12/27 Hepcat</p> <p>12/29 Cracker & Camper Van Beethoven</p> <p>1/2 40 Oz to Freedom</p> <p>1/7 Robben Ford</p> <p>1/8 Pato Banton & Now Generation</p> <p>1/13 Stan Ridgway</p> <p>1/15 Keb' Mo'</p> <p>1/16 Cross Canadian Ragweed</p> <p>1/20 "Guitar Legend" Dick Dale</p> <p>1/30 Atomic Punks</p>
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Calendar LOCAL EVENTS

Community Center, 4126 Executive Drive. (LA JOLLA)

Arts in Concert “Music, art, and literature combined.” Reservations: 619-296-5376. Saturday, November 7, 3pm; free. PianoSD.com, 1233 Camino del Rio South. (MISSION VALLEY)

Fearless and Effective San Diego Jewish Book Fair continues with Robert Spencer discussing *Stealth Jihad: How Radical Islam Is Subverting America Without Guns or Bombs* and *The Complete Infidel's Guide to the Koran*. Author in conversation with Dennis Prager. 858-362-1348. Saturday, November 7, 7:30pm; \$14-\$17. Lawrence Family Jewish Community Center, 4126 Executive Drive. (LA JOLLA)

Celebrate National Bookstore Day Local young adult science fiction author Tom Kirkbride signs *Gamadin: Mons* at noon. “Fashionably criminal author” Susan Kandel signs *Dial 'H' for Hitchcock*, and Diana Killian signs *Dial Om for Murder* at 2pm. 858-268-4747. Saturday, November 7, noon; free. Mysterious Galaxy Books, 7051 Clairemont Mesa Blvd., Suite 302. (KEARNY MESA)

Comedy Night Comedians Kevin Johnson and Mark Christopher Lawrence entertain during benefit for North County Serenity House. 800-988-4253. Saturday,

November 7, 6pm; \$35. 18 and up. California Center for the Arts, Escondido, 340 North Escondido Boulevard. (ESCONDIDO)

Comedy on the Crest Improv sketch comedy show by members of Comedy Under Construction. 858-550-8088. Wednesdays, 8pm; through Wednesday, November 18, \$5. 14 and up. Café Libertalia, 3834 Fifth Avenue. (HILLCREST)

Contemporary Fantasy Author Rachel Caine signs, discusses *Fade Out*. 858-268-4747. Sunday, November 8, 2pm; free. Mysterious Galaxy Books, 7051 Clairemont Mesa Blvd., Suite 302. (KEARNY MESA)

Big Day at the Book Fair San Diego Jewish Book Fair includes lecture by Rabbi Hillel E. Silverman discussing *The Time of My Life: Sixty Fulfilling Years as a Congregational Rabbi* (9:30am). Talk-show host Larry King speaks at noon. “Family Day Book-a-Palooza” promises storytelling, signings, more (noon-4pm).

Also appearing: Noah Alper (*Business Mensch: Timeless Wisdom for Today's Entrepreneur*) at 2pm. Ernest H. Adams signs *From Ghetto to Ghetto: An African American Journey to Judaism* at 3:30pm. At 5pm, guests are Jeffrey Zaslow, author of *The Girls from Ames: A Story of Women and a Forty-Year Friendship*; and Matthue Roth (*Candy in Action: A Novel and Losers*). Day closes with Rabbi Joseph Telushkin, *Code of Jewish Ethics: Volume 2, Love Your Neighbor as Yourself* (7:30pm). 858-362-

1348. Sunday, November 8, 9:30am; free-\$17. Lawrence Family Jewish Community Center, 4126 Executive Drive. (LA JOLLA)

He's on Third Padres third baseman Kevin Kouzmanoff signs autographs. Fees: \$20 flats and balls, \$30 bats and jerseys, \$15 inscriptions. 858-487-0636. Saturday, November 7, noon; American Icon Autographs, 11305 Rancho Bernardo Road, Suite #109. (RANCHO BERNARDO)

Lalo Guerrero Tribute Local premiere of documentary *Lalo Guerrero: The Original Chicano*, followed by musical tribute to “father of Chicano music” featuring Mark Guerrero, Pepe Villarino, Chunky Ramon Sanchez. Fundraiser for Chicana/o Archive Project at SDSU. Donation: \$20 general, free for children. 619-246-1555. Sunday, November 8, 2pm. Barrio Station, 2175 Newton Avenue. (LOGAN HEIGHTS)

Mandolin, Music, and Dance Evening of music, dance performed by San Diego Mandolin Orchestra and Burundi Women Dancers, benefiting Burundi Friends International. Silent auction of Burundian art offered. 858-454-8359. Saturday, November 7, 6:30pm; \$10-\$20. Good Samaritan Episcopal Church, 4321 Eastgate Mall. (LA JOLLA)

Middle Eastern Dinner Show Danyavaad and the Shimmy Sisters perform. Reservations: 619-222-7678. Friday, November 6, 8pm and 10pm; \$10. Portugalia, 4839 Newport Avenue. (OCEAN BEACH)

More Haiku Knits Book signing for local knitwear designer, fiber artist, shop owner Tanya Alpert, who “presents 25 simple, modern garments and accessories inspired by Japanese design, featuring innovative elements and beautiful fibers” in her new book. 858-509-9276. Saturday, November 7, 11am; free. Knitting by the Beach, 616 Stevens Avenue. Suite B. (SOLANA BEACH)

One of the Greatest Writers of Our Time? Award-winning novelist/Princeton University professor Joyce Carol Oates reads from, signs her new novel *Little Bird of Heaven*. Oates will only sign books purchased at the Book Works. 858-755-3735. Saturday, November 7, 5pm; free. The Book Works, 2670 Via de la Valle. (DEL MAR)

Poetry and Art Slam Local artists, writers compete for cash during poetry/visual art combination slam. Participants who bring and show visual art connected in some way to their poetry earn extra points; performers encouraged to use artwork hanging in museum's current exhibit. First place earns \$150. Open-mike signups start at 6pm. 619-236-0011. Wednesday, November 11, 6:30pm; free-\$5. San Diego Art Institute: Museum of the Living Artist, 1439 El Prado. (BALBOA PARK)

San Diego Jewish Book Fair Continues Guests are Rich Cohen, *Israel Is Real: An Obsessive Quest to Understand the Jewish Nation and Its History* (noon). Said Sayrafiezadeh discusses *When*

Skateboards Will Be Free: A Memoir of a Political Childhood (2pm). Charles London hits stage to discuss *Far from Zion: In Search of a Global Jewish Community* (3:30pm). *The Last Ember* discussed by author Daniel Levin (5pm). Day closes when Daniel Gordis speaks on *Saving Israel: How the Jewish People Can Win a War That May Never End* (7:30pm). 858-362-1348. Monday, November 9, 8:30am; free-\$17. Lawrence Family Jewish Community Center, 4126 Executive Drive. (LA JOLLA)

San Diego Jewish Book Fair, Redux Festival of authors continues when Abigail Pogrebin discusses *One and the Same: My Life as an Identical Twin and What I've Learned About Everyone's Struggle to Be Singular* (noon). *Dana's Legacy: From Heartbreak to Healing* discussed by author Gayle Slate (2pm). Daniel Asa Rose visits to explore *Larry's Kidney: Being the True Story of How I Found Myself in China with My Black Sheep Cousin and His Mail-Order Bride, Skirting the Law to Get Him a Transplant and Save His Life* (3:30pm).

Start-Up Nation: The Story of Israel's Economic Miracle signed, discussed by Dan Senor. Day wraps up with talk by Francise Prose (*Anne Frank: The Book, the Life, the After Life*) and Stephen D. Smith (*Making Memory: Creating Britain's First Holocaust Centre*) at 7:30pm. 858-362-1348. Wednesday, November 11, noon; free-\$17.

Lawrence Family Jewish Community Center, 4126 Executive Drive. (LA JOLLA)

Songs in Swahili (and English) Fifteen children from Hope Community Center in Kenya will sing in Swahili and English. Started in 1998, Hope Center is home, school for 320 children abandoned due to AIDS or poverty. Donations accepted. 760-643-5100. Saturday, November 7, 2pm. Vista Library, 700 Eucalyptus Avenue. (VISTA)

LECTURES

“Beautiful Landscape on a Low-Water Budget” Seven principles of xeriscaping, plant selection, planting techniques presented by landscape designer Connie Beck. Reservations: 619-660-0614 x10. Saturday, November 7, 9am; \$25-\$35. Water Conservation Garden, 12122 Cuyamaca College Drive West. (CUYAMACA COLLEGE)

“Buying Green” How is City of San Diego leading the way in many areas of procuring green products and services? Stephen Grealy focuses on “Waste Reduction, Recycling, and Composting in San Diego.” 619-255-0203. Thursday, November 5, 6:30pm; \$5. San Diego Natural History Museum, 1788 El Prado. (BALBOA PARK)

“Cultivating Justice Through Sustainable Food Systems” Heather Fenney and Ellee Igoo divulge “where the conventional/global food system has gone wrong

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and how building a local, sustainable and just food system can help get us back on course." 619-255-0203. Tuesday, November 10, 6:30pm; \$5. San Diego Natural History Museum, 1788 El Prado. (BALBOA PARK)

"Doughboys of World War I" In honor of Veterans Day, retired Palomar College history professor Linda Dudik presents program for LIFE at MiraCosta in room 1068. Items belonging to doughboys displayed. 760-721-8124. Friday, November 6, 1pm; free. MiraCosta College, One Barnard Drive. (OCEANSIDE)

Drugs, Gangs, and Street Violence Special Agent Mathew Zeman of San Diego FBI office focuses on "the relationships between drug networks, gang activity, and street violence" for Sisters in Crime meeting. 858-486-2010. Thursday, November 5, 7pm; free-\$3. Joyce Beers Community Center, 4065 Vermont Street. (HILLCREST)

"Hot Tips for Dining and Entertaining" Decorating class on entertaining for holidays. Learn "hot new colors for the holidays," creating "chic table settings using unique and classic themes and creative ways to design your decor on a dime-sized budget," space planning. 858-753-1549. Saturday, November 7, 11am; free. Jerome's San Diego, 1190 West Morena Boulevard. (BAY PARK)

"In Praise of Cats and Dogs" Writer/broadcaster Richard Lederer — author of *A Treasury for Dog Lovers*, *A Treasury for Cat Lovers*, and more than 25 other books — speaks for Altrusa International Inc. Book-signing follows. 858-350-0328. Friday, November 6, 6:30pm; free. San Marcos Civic Center, 1 Civic Center Drive. (SAN MARCOS)

"Literacy and the Child's Imagination" UCSD Dean of Arts and Humanities, literature professor Seth Lerer focuses on "ways in which childhood...has centered on instruction in the arts of reading: understanding the book as a world, but also understanding the world as a book" for Bronowski Art and Science Forum. 858-442-3030. Thursday, November 5, 6:30pm; free. Burnham Institute for Medical Research, 10905 Road to the Cure. (LA JOLLA)

"Liu Fang Yuan — From Dream to Reality" Horticulturist David B. MacLaren focuses on "Development of the Huntington's Chinese Garden," including "behind-the-scenes look at the Hunt-

ington Botanical Gardens' Chinese Garden from inception to the present" when San Diego Horticultural Society gathers. Plant forum follows. 760-295-7089. Monday, November 9, 6pm; free-\$5. Surfside Race Place at Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

"Networking 101" Career counselors Simona Cherlin and Janet McAfee plan workshop on basics of networking — why it's "critical to your job search," how to build and maintain network, tips for introverts. 858-271-8918. Tuesday, November 10, 3:30pm; free. San Marcos Library, 2 Civic Center Drive. (SAN MARCOS)

"Orchids Are Easy" Learn how easy it is to grow orchids from experienced growers and members of Palomar Orchid Society during three-session class. Gain overview of orchids and orchid basics, cymbidiums, and cattleyas and how they compare to other orchids in terms of care. Students invited to attend Orchid Festival on November 21 (included in fee). Registration: 760-436-3036 x206. Thursday, November 5, 7pm; \$80-\$100. San Diego Botanic Garden, 230 Quail Gardens Drive. (ENCINITAS)

"Planning an Eco-Friendly Holiday" Learn negative environmental impacts associated with traditional holiday celebrations, and then learn to reduce your impact in creative and meaningful

ways during class taught by Sarah Rankin of UCSD. Required advance registration: 760-436-3036 x206. Saturday, November 7, 9:30am; \$25-\$30. San Diego Botanic Garden, 230 Quail Gardens Drive. (ENCINITAS)

"Probing the Deep Earth" Scripps geophysicist Gabi Laske focuses on "Seeking the Source of Hawaiian Volcanoes" for "Perspectives on Ocean Science Lecture Series." How is long-term, ocean-bottom earthquake monitoring allowing Laske and her colleagues to find, image the plume that gives rise to this chain of volcanoes? Reservations: 858-534-5771. Monday, November 9, 6:30pm; \$5-\$8. Birch Aquarium at Scripps, 2300 Expedition Way. (LA JOLLA)

"Really Reliable Recall" Frustrated your pooch won't "come when called"? Remedy problem during workshop. Registration: 619-299-7012 x2704. Saturday, November 7, 9am; \$35. San Diego Humane Society and SPCA, 5500 Gaines Street. (LINDA VISTA)

"State of the Computer Arts" Computer developments, updates discussion with "computer expert" Steven Kramer, a Microsoft certified technician. What does it take to keep your computer working for you? Bring your laptop. RSVP: 619-737-6252. Saturday, November 7, 11am; Sunday, November 8,

11am; Tuesday, November 10, 6pm; free. Computer Arts Gallery, 4985 Voltaire Street. (OCEAN BEACH)

"Tasting History: Wines of Georgia, Past and Present" Barbara Baxter of Planet Wine discusses wealth of ancient Vani, and wines of Georgia, past and present. Wines accompanied by tasting of savories prepared by chef Ed. RSVP: 858-534-0876. Friday, November 6, 4:30pm; \$10-\$15. UCSD Faculty Club, 9500 Gilman Drive. (LA JOLLA)

"The Answer Is You" Author/ "spiritual teacher" Michael Bernard Beckwith delivers "his

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Calendar

LOCAL EVENTS

positive message of prospering in these challenging times.” 858-689-6500. Thursday, November 5, 7:30pm; \$29. Unity Center, 8999 Activity Road. (MIRA MESA)

“The Big Read” with Sister Helen Sister Helen Prejean, author of *Dead Man Walking* and *The Death of Innocents: An Eyewitness Account of Wrongful Executions*, presents keynote address for the Big Read literacy campaign. RSVP: 619-260-7402. Thursday, November 5, 6:30pm; free. Shiley Theatre at University of San Diego, 5998 Alcalá Park. (LINDA VISTA)

“Toddler Talk” Speech therapy office offers “view of the issues of toddlerhood, including feeding, play development, behavior management, speech and language development, and reading to your toddler.” Reservations: 858-509-1131. Tuesday, November 10, 6pm; free. Jodie K. Schuller and Associates, 2002 Jimmy Durante Boulevard #108. (DEL MAR)

Sound & Fury “Explore a World Without Sound and One Controversial Option for Breaking the Silence, the Cochlear Implant” when film director John Aronson screens his films *Sound & Fury* and *Sound & Fury: 6 Years Later* for “Exploring Ethics” series. Aronson will chronicle making the films, responses from deaf and deaf communities over years, ongoing issues surrounding “implantation of children.” Question and answer follows. 619-238-1233. Saturday, November 7, noon; free. Reuben H. Fleet Science Center, 1875 El Prado. (BALBOA PARK)

Christmas Is Coming... Helen Beardsley discusses history of the White House Christmas ornaments for Daughters of the American Revolution luncheon meeting. Call for space availability: 858-279-2677. Thursday, November 5, 10:30am; \$15. Admiral Baker Golf Course, 2400 Admiral Baker Road. (MISSION VALLEY)

College Planning Seminar College Assistance Plus offers workshop entitled “How to Take the Stress Out of Planning and Paying for College.” Reservations: 858-

395-6125. Saturday, November 7, 10am; free. Old Poway Park, 14134 Midland Road. (POWAY)

Digital Nature Photography Beginning class led by Frank Canziani explores basic principles in photography to capture nature and personal photographic images. Camera controls demystified. Digital single-lens reflex camera required. Fee includes two classes, one field trip. Registration: 619-255-0203. Thursday, November 5, 6:30pm; \$89-\$99. San Diego Natural History Museum, 1788 El Prado. (BALBOA PARK)

Drought-Tolerant Plants Salvias and lavender are two of the “30 Great Drought Tolerant Plants for Your Garden.” Find out about the other 28 during talk by landscape designer Doug Kalal. 619-200-7066. Saturday, November 7, 10am; free. Rancho San Diego Library, 11555 Via Rancho San Diego. (RANCHO SAN DIEGO)

Eclectic Interests, Innate Curiosity These characteristics have propelled creative explorations beyond traditional professional borders by Mark Rios, founding principal and leader of design and business direction of Rios Clementi Hale Studio. Rios discusses his work for American Society of Landscape Architects, beginning with reception (6pm), lecture (7pm), followed by question-and-answer session. 619-225-8155. Thursday, November 5, 6pm; \$10-\$14. Neurosciences Institute, 10640 John Jay Hopkins Drive. (LA JOLLA)

Get Writing! Ninth annual La Jolla Writer’s Conference boasts faculty including *New York Times* bestselling authors, nationally recognized agents, editors, publishers, publicists. Writers of all levels learn more about art, craft, business of writing. 858-467-1978. Friday, November 6, 1pm; Saturday, November 7, 7am; Sunday, November 8, 8am; \$435. Paradise Point Resort and Spa, 1404 Vacation Road. (PACIFIC BEACH)

Heading to College? College funding strategies workshop promises “tools to maximize financial aid and scholarships, increase grades and SAT/ACT scores,” more. Recommended reservations: 619-579-0728. Thursday, November 5, 6:30pm; free. 13 and up. East County Business Center, 270 East Douglas Avenue. (EL CAJON)

Hillside Gardening Landscape designer Connie Beck shows “how to make the most of gardening on a slope,” focusing on erosion control, plant choices, terracing, retaining walls. Required registration: 619-660-0614 x10. Thursday, November 5, 6pm; \$25. Water Conservation Garden, 12122 Cuyamaca College Drive West. (CUYAMACA COLLEGE)

Kimonos Reconsidered Sally Hickerson of Spirit of the Cloth fabric store discusses using kimonos for fabric in new projects during San Diego Creative Stitchery Guild meeting. 619-993-0599. Monday, November 9, 6:30pm; free. Al Bahr Shrine Center, 5440 Kearny Mesa Road. (KEARNY MESA)

Meet an LGBT Civil Rights Leader San Diego Democratic Club hosts reception for Kate Kendell, executive director of National Center for Lesbian Rights (NCLR), an “organization committed to advancing civil and human rights of LGBT people and their families through litigation, public policy advocacy, and public education.” Suggested donation: \$15. 619-200-8194. Saturday, November 7, 5:30pm. Noel-Baza Fine Art, 2165 India Street. (LITTLE ITALY)

On the Trail with Lewis and Clark Historian James E. Thomas discusses his book *Corps of Discovery: Lewis and Clark*, for Lemon Grove Historical Society’s “History Alive” series. Book signing follows. Donation. 619-460-4353. Thursday, November 5, 7pm. H. Lee House Cultural Center, 3205 Olive. (LEMON GROVE)

Quick Self Expression! “How much time do you have to learn to draw, paint, and create digital art?” Hyacinthe Kuller-Baron — painter/author/teacher — discusses fast techniques using charcoal, oil, acrylic sticks, computers to achieve quick self-expression. RSVP: 760-408-1881. Saturday, November 7, 9am and 6pm; Sunday, November 8, 4pm; Tuesday, November 10, 4pm and 6pm; free. Computer Arts Gallery, 4985 Voltaire Street. (OCEAN BEACH)

Rock Art 2009 Learn results of rock art research around globe during slide-illustrated lectures presented for San Diego Museum of Man’s 34th annual Rock Art Symposium in San Diego Zoo Otto Center. 619-239-2001. Satur-

day, November 7, 8am; \$40-\$50. San Diego Zoo, 2920 Zoo Drive. (BALBOA PARK)

What’s Up with Google Earth? David Armstrong and Ann Miller divulge “how Google Earth can assist in genealogical research” for Computer Genealogy Group of North San Diego County Genealogical Society. Nonmembers welcome. 760-967-8635. Tuesday, November 10, 10am; free. Carlsbad City Council Chambers, 1200 Carlsbad Village Drive. (CARLSBAD)

Crave Feedback? “Connect with your creative self through timed writing practice exercises and round-table discussions” led by Maureen Pierre. 760-753-7601. Thursdays, 6pm; through Thursday, December 17, free. 18 and up. Encinitas Library, 540 Cornish Drive. (ENCINITAS)

SPORTS

Arabian Community Show Tierra del Norte all-breed horse show with English, Western, trail, gymkhana competition. Free for spectators. \$8 per class for competitors. Sign-ups at 7:30am, show at 9:30am. 760-518-6745. Sunday, November 8, 9am. Vista Palomar Riders, 973 Little Gopher Canyon Road. (VISTA)

Elfin Forest Bicycle Ride San Diego Bicycle Touring Society riders head out for scenic 70-mile adventure. 619-255-5360. Sunday, November 8, 8:45am; free. Doyle Park, 8175 Regents Road. (UNIVERSITY CITY)

In Search of the Black Sea Turtle Paddle silent kayaks over warm, shallow waters of South Bay, pass over eel grass beds to look for backs and heads of turtles rising to breathe during outing hosted by San Diego Natural History Museum. Learn biology of these sea creatures, story of San Diego’s turtles. Reservations: 619-255-0203. Saturday, November 7, 9am; \$20-\$65. 6 and up. San Diego Natural History Museum, 1788 El Prado. (BALBOA PARK)

San Diego VisionWalk Foundation Fighting Blindness hosts second annual 5k VisionWalk. Enjoy walk on path along shore, activities for kids, “activities related to low vision including navigating through an obstacle course wearing sight-re-

ducing goggles,” more. Registration: 9am; walk: 10am. Donation. 310-207-2089. Sunday, November 8, 9am. De Anza Cove, 3000 East Mission Bay Drive. (PACIFIC BEACH)

Shelter Island Big Bay 5K Run/Walk This fast 5k starts near hotel, finishes on Shelter Island. Registration: 6am; race: 7:30am. 619-298-7400. Sunday, November 8, 6am; \$15-\$35. Holiday Inn Bay-side, 4875 North Harbor Drive. (POINT LOMA)

Sockers Return! San Diego Sockers versus Stars of Mexico during season opener. 866-799-4625. Saturday, November 7, 6:15pm; free-\$19. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

Southern California Martial Arts Convention Event promises martial arts performances, seminars, demonstrations. Tournament categories include Brazilian jiu-jitsu, pankration, submission grappling, sport kickboxing, karate. Tickets: \$15 per day, \$25 for weekend pass, free for those under 13. 858-337-7289. Saturday, November 7, 10am; Sunday, November 8, 10am; free-\$25. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

To the Lighthouse Join San Diego Bicycle Touring Society riders for flat, 47-mile ride including Coronado ferry (bring money for fare) and visit to Point Loma lighthouse. 619-647-3212. Saturday, November 7, 8:45am; free. Pepper Park, Tidelands Ave., south terminus. (NATIONAL CITY)

Visit the Windsors! Join Knickerbikers for 26-mile outing to visit the Duke and Duchess of Windsor exhibit at Coronado Public Library. Bring lunch or money to buy for picnic in park. Want to return via the ferry? Don’t forget \$3.25 fare. 858-272-4710. Saturday, November 7, 8:30am. County Administration Building, 1600 Pacific Highway. (DOWNTOWN)

MUSEUMS & PUBLIC ART

California Center for the Arts, Escondido Museum “Quint: Three Decades of Contemporary Art,” a survey of artists represented

by Quint Contemporary Art, explores “how the vision of one local gallery has contributed to the commonwealth” and documents “changes seen in the artistic community of San Diego, in the art world, and for each individual artist as they have found their notoriety and artistic voice.” Exhibition features paintings, sculptures, installations, drawings and prints by artists such as Jean Lowe, Sol Lewitt, Mel Bochner, Kim MacConnel, Julian Opie, Ryan McGinness, Manny Farber, and Patricia Patterson. Through Thursday, December 31. 340 North Escondido Blvd., 760-839-4120. (ESCONDIDO)

Embarcadero Urban Trees 5 Public art exhibit of 30 “urban trees” along North Embarcadero on Harbor Drive (between cruise ship terminal and Hawthorn Street). Artists were supplied with a 12-foot-tall pole placed in a concrete planter to serve as tree’s base; artists alter the pole by attaching materials to create their sculptures. 619-686-6200. Along Harbor Drive. (DOWNTOWN)

Mingei International Museum North County “Rite and Ritual: Ceremonial Art Across the Cultures” focuses on beauty of objects used for special familial, tribal, community events in traditional cultures such as birth, childhood, initiation, marriage, death, and festivals and in various religious expressions among the world’s peoples. Closes Saturday, October 16, 2010. 155 West Grand Ave., 760-735-3355. (ESCONDIDO)

Museum of Contemporary Art San Diego, Downtown “Tara Donovan” features sculptures and installations from past decade. Show traces “ambitious process of this young artist,” who takes mass quantities of a single everyday item (tape, plastic cups, straws, pins, toothpicks, buttons) and “assembles them in different ways.” Closes Sunday, February 28. 1100 and 1001 Kettner Blvd., 858-454-3541. (DOWNTOWN)

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

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The Voice of the Streets Linda Perry might not be the only pop star to emerge from the streets of San Diego. In the late '80s, the



PHOTOGRAPH BY ARTFONHOE.NET

STOREFRONT DISCOVERY JOSEPH

ex-4 Non Blondes singer was a homeless teen in Balboa Park. Two years ago, Joseph (he asked that his last name and the name of his father's San Diego church not be included in this story "because I don't want to cause any more controversy

says he crashed on a high school pal's couch at first and then had no place to go. "I stayed on the street for about a week," he says. "I was

calling and looking on the internet, trying to find a place, trying to find if there was any help out there, trying to get myself on my feet without telling anybody. I was embarrassed about it." Some of his survival strategies included feigning

area. He says he lived there for six months. One of the educational programs offered at the Storefront was music lessons.

"I was already playing music when I came in there. I had more experience than a lot of the kids in there, so I was more like a teacher than a student."

Joseph, who grew up singing in his father's church choir, was brought to the attention of Storefront fundraiser Jeffrey Sitcov. Sitcov included a segment of Joseph's singing in a new Storefront promotional video. Later, Sitcov arranged for Chris Goldsmith (Blind Boys of Alabama, Chrissie Hynde) to preview the video. Sitcov emailed that Goldsmith "told me he had never heard an 18-year-old sing like this before."

Now 20, Joseph has a place to live, a manager, and plans in the works to record his originals.

What would Joseph like to tell his estranged father now? "The only thing that I would say to him is that I'm sorry. I'm sorry. And the reason for being sorry is that [my parents] are good people and I love them dearly and I'm sorry that I caused them any pain...regardless of being who I am. I wish we could come to some kind of closure about this," he says, "but we don't talk."

Joseph will perform at

Anthology on November 8 as part of a special event to benefit the Storefront. Eve Selis headlines.

— Dave Good

I Bleed Spartan Blue

The Padres earned no invite to baseball's Fall Classic this year, but San Diego already had its 2009 global champs in Chula Vista's Park View Little League Blue Bombers, who beat Taiwan in the Little League World Series finale on August 30.

There have long been connections between Chula's youth baseball and South Bay music acts. It goes back at least to the Zeros, '70s punk rockers who reunited to tour this year, scoring a Lifetime Achievement award at the SD Music Awards in September. Onstage in Brooklyn four days later (two weeks after the Blue Bombers won it all), Robert "El Vez" Lopez corrected the mistaken N.Y. media (even the respected *New Yorker*) that had previewed them as a "Los Angeles punk band": "Hello, we are the Zeros, from Chula Vista, California."

After their set, Zeros drummer Baba Chenelle talked baseball, judging himself a better player than his competitive brothers — including Kevin, who put out the superb baseball/alt-music magazine *Chin Music*, interviewing both baseball-head musicians and top players, like USDHS grad and Cy Young-winning pitcher-musician Barry Zito. Later confirming Baba's preeminence, bro Kevin dubbed him a "fire-balling lefty...freak...could [still] hit 90



LION CUT: "GOOD FOR THOSE LITTLE LEAGUERS"

into his 30s." And Kevin remains proud of releasing "[John] Kruk" in 1991 on his historically important Scheming Intelligentsia label, a song by local psych-rockers Dark Globe, celebrating the

offbeat former Padre/Phillie, now a TV baseball analyst: "Prescient in its recognition of him as cultural force..."

Slinging Zeros merch in N.Y., former Dragons leader Mario Escovedo (overseeing his Zero brother Javier's band through his Requiem Management) proudly discussed Chula's triumph. Escovedo's late father played semipro ball; Mario reportedly clocked 94 mph pitching for Chula Vista High School ("I still bleed Spartan blue"). "My daughter goes to Rancho Del Rey Middle School, where most of the Park View championship team goes. She says the boys are treated like celebrities."

Jim Garry, aka "Zoltron," of ascendant new electro-duo Lion Cut, played ball in that Sweetwater league and attended Bonita Vista Middle School, current home of Blue Bomber slugger-pitcher Kiko Garcia. "I do not feel any school pride — wished we'd had as good a music department as sports — but good for those little leaguers!" Garry, who dresses year-round with his wife ("Kittytron") in fearsome feline garb to perform their cat-themed songs, was too busy last week with multiple Halloween shows to watch much of the MLB World Series.

— David Stamponne

(continued on page 86)

the inside track blur

between he and I.") had a taste of that life as well after his father, a local preacher, kicked him out of the house following a disagreement.

"I was homeless for about seven to eight months." Joseph

drunkenness at parties and crashing at the host's house. "Stuff like that."

Eventually, Joseph drifted into the Storefront, an emergency shelter for homeless teens in the Hillcrest

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"Nobody is safe from getting something snuck into a drink," according to Syndicate bassist Tim Nelson, who says someone surreptitiously slipped band vocalist Chase Shelton a "roofie" before a Ken Club gig.

"Chase and I met up with a friend at Urban Mo's," says

"He kept saying, 'I know what drunk feels like, this is something else,' so I slapped him around a little and made him drink some water. We had no choice but to move forward and make our way to the Ken Club. Chase threw up a little at the practice studio.

"Thankfully, we were the last band to play...by the time we hit the stage, he seemed like he was really drunk. He was...flopping all over, but he was able to sing like he nor-



SYNDICATE SAYS SOMEONE SLIPPED THE SINGER SOMETHING

Nelson, who left the venue for around an hour while Chase remained to watch sports on TV. "When I went to go get him, I looked at him and said, 'How many drinks did you have?' He looked like he was wasted. He was very disoriented and didn't know where he was or what was going on.

"He said, 'Just one beer,' but he also went out to smoke and left his beer at the bar. When it turned out that some patron had bought him the drink, my wife Lori and I looked at each other and knew that someone had slipped something into his beer.

mally did.

"I really don't think Mo's bar had anything to do with it," says Nelson. "It was probably the patron who bought him the beer.

"We made sure he didn't drink anything at the Ken Club but water." Syndicate appears November 13 at the Whistle Stop.

— Jay Allen Sanford

Re-Rolling History

Music-history books and websites report that the Rolling Stones visited San Diego ten times to date, but tour posters and handbills have turned up



that shed light on a little-known 11th concert a matinee on November 11, 1969. San Francisco music archive Wolfgang's Vault has a Randy Tuten-designed, 14" X 22" Rolling Stones concert poster for November 10, 1969, at the San Diego International Sports Arena. The poster is amended at the bottom, "By Popular Demand, Second Show, 2:30 p.m., Tues., Nov. 11." Indicating the rarity of these advertisements, an Oakland Coliseum poster for November 9 sells for \$289; the San Diego edition, which uses the same image, will set you back \$2115.

Katherine Hall, spokesperson for Wolfgang's Vault, is at a loss for the show's exclusion from music-history sites but insists it did take place. "The Bill Graham database holding the booking files does show San Diego on the 10th of November and the 11th of

November, as does our poster. Bill Graham was a serious person, not one to book a show or state there's a show and not put it on." According to Sports Arena general manager Ernie Hahn, the arena doesn't have records regarding the show, though he can confirm seeing the show on Graham's database. While the November 10, 15-song set has been extensively bootlegged, nothing from a possible second show has surfaced.

The confusion likely stems from the fact that the Stones played at the coliseum in Phoenix, Arizona, on November 11, 1969. However, on this tour, they did play more than one show in several cities, and it's only a one-hour-and-ten-minute flight from

San Diego to Phoenix.

The dates of November 10 and 11 converged for the Stones and San Diego 36 years later. On November 11, 2005, the band made a tour stop at Petco Park. The previous day, Keith Richards and Toots

who had worked with the Stones on their 1997 *Bridges to Babylon* album. "My contact in the organization looked me up, asking if I had any studio time. I didn't, but quickly moved the existing client and started sweating bullets. It took two days to set up.

"We did one track with Toots — 'Pressure Drop,'" I think that track is on every album of his, a different version each time," Sanderson joked.

Sanderson continues his Stones-related work, reporting, "Last year I recorded and edited demos with Keith in New York, at his house, and in an old library in Massachusetts. And I recently completed archiving the recordings from the last three years of their live shows."

—Bart Mendoza



ALAN SANDERSON IN THE STACKS

Hibbert headed to Santee's Strate Sound Studios to work with engineer Alan Sanderson.

"I was told not to let anybody know it was happening and not to mention it after it was done," said Sanderson,

CONTRIBUTORS

William Crain, Dave Good, Larry Harmon, Ken Leighton, Bart Mendoza, Jay Allen Sanford, David Stampone

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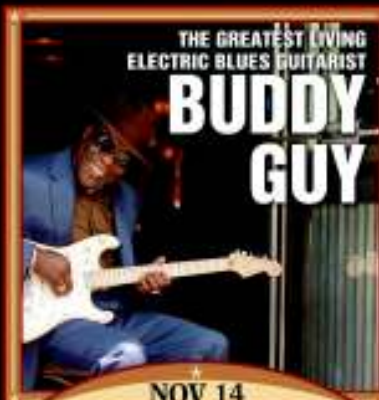


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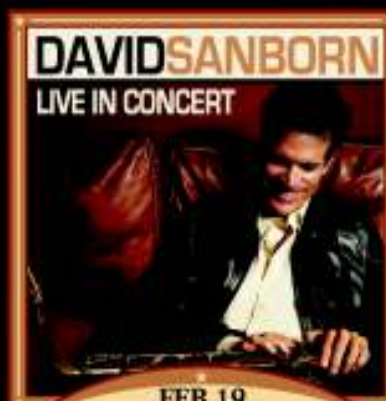
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This Week
In Music

Thursday 5

Bloodflowers (*Floras sanguis*) pop up at Bar Pink with L.A. fixtures **Nico Vega**, who are out to tout their s/t debut. The bassless trio's hard rock and



NICO VEGA AT BAR PINK

blues nods to White Stripes in style but lacks Jack's pyrotechnics. And the singer's a girl.... Local up-and-comers **Knives!**,

Attack! Ruby Room with the **Wandas** from Boston and Chula Bista babies the **Infants**. Knives! are the duo of Justin Cota on guitar and words and Lori Sokolowski, who "plays drums and bakes vegan cookies." Go to their Space for a taste of "My Friends Are So Kick Ass." Très rad!.... **Or, the Whale, the Vision of a Dying World**, the **Gray Ghosts** will haunt Casbah with freaky folky indie-pop fare.... Punters the **Dropkick Murphys** will play that drunken Irish punk stuff at Soma.... Up northward, you got an all-female hip-hop revue at Ché Café with **(Sis)tem**, **Addiquit**, and **Cihuatl-ce**...and L.A. folk-rockers **Sea Wolf** land at Belly Up behind their new Dangerbird deal *White Water, White Bloom*.

Friday 6

"Best Rock" winners at this year's SDMA's, **Transfer** will play a CD-release thing for debut *Future Selves* at Beauty Bar. The hot-topic alt-pop quartet is off on a West Coast swing but'll be home for the holidays. SanFran pop-rock band **Music for Animals** in support.... Melodic metal suckas **One Inch Punch** jack Brick by Brick while they're not looking. The hometown hits have got some cool new stuff up on their Space page. **One Theory**, **Loked**, **Eken Is Dead**, and **Drownswerve** will set the Bay Park stage... House of Blues has your recommended daily allowance of head-bopping pop-punk with Marylanders **All Time Low**, on tour in support of *Billboard* blast-off (debuted at numero cuatro) *Nothing Personal*. **Hey Monday** & the **Friday Night Boys** go first.... Casbah fills a punk-rawk bill with Fat Wreck Chords mainstays **Lawrence Arms** and **Teenage Bottlerockets** and Reno punkabilly trio **Cobra Skulls**. (Cobra is def. this year's Wolf).... Dave Wakeling's new **English**



CHINESE STARS AT SODA BAR AND CHÉ CAFÉ

Beat settles in to Belly Up for two nights of throw-back ska beats and bleats. Two nights because they, like, hardly ever play there.

Saturday 7

Portland's piano-pop experimentalists **Panther** play Bar Pink behind *Entropy*, their new Kill Rock Stars EP. Strong '70s album-rock vibe from the new material. Last year's *14 Kt. God* is a better entry point with the trio, collecting all the caustic-pop act's personalities. With L.A. acousti-punk quartet **Slang Chickens**, this double bill ought to do you.... Need something a little more uppyty? Providence noise-pop peeps **Chinese Stars** stick to SD for a couple of shows this weekend — Saturday night at Soda Bar and Sunday they play the Ché.... There ain't no rest for the wicked pop-song pachyderm **Cage the Elephant**, who take the stage at 4th&B. I'll bet they play it twice.... Pop auteurs. From Huntington Beach, **Matt Costa** and our own **Wirepony** canter into Casbah.

Sunday 8

Casbah stages **Chuck Ragan's** Revival Tour, featuring Ragan (Hot Water Music), **Jim Ward** (At the Drive-In), English folk-punk **Frank Turner**, **Joey Cape** (Lagwagon), and up-and-coming singer-song-writer **Audra Mae**.... Big-time electronica MC **Tiesto** lights up 4th&B Sunday night. The Netherlander spins everything from trance to dance, and he's got a spanking-new club-killer mix called *Kaleidoscope* climbing the charts.... Or go for the big beats tag-team at Beauty Bar between local lady **Juna** and L.A. electronica **Matthew Dear**.

Monday 9

Rosemary and **San Diego:Dialed In** will celebrate their three-year anniversary Anti-Monday style, with local indie-pop acts **Lights On**, **Swim Party**, and the **Moviegoers**. Go show some support for the local bar and band boosters.

Tuesday 10

Get out yer dance-rock duds cuz *I wanna take you to a gay bar...gay bar!!* Check that **Electric Six** vid at youtube.com/watch?v=HTN6Du3MCgl. Or try to find the new controversial upload "Body Shot" off the Detroit band's sixth set *Kill*. These guys push the punk'd novelty act right over the top, and they take everyone in the room with them. They'll be taking a crowded Casbah Tuesday night with the **Gay Blades** and **Millions of Brazilians**, who really number three and are from Michigan.



THE GAY BLADES AT CASBAH

Wednesday 11

Whole helluva lot t'do this hump night, so hold tight, a'ight? Ya got perennial SanFran skate-punk band **Christ on Parade** at Radio Room...alt-pop hit Art Alexakis and his new incarnation of **Everclear** ("Santa Monica") at House of Blues...the thinking man's folk band **Loud & Rich** — Loudon Wainwright III and Richard Thompson — at Belly Up...pop-punk Floridians (they must grow that shit down there) **Awesome New Republic** takes Ruby Room...great big Newfies **Great Big Sea** at Anthology...SanFran string band **Hot Buttered Rum** at AcousticMusicSanDiego...Zonie folk-stomp sextet **Dear and the Headlights** shine on Casbah...and Texas troubadours **Telegraph Canyon** will play an early 7p set at Bar Pink before Night Train's perpendicular expression of your horizontal desires, the **Soul Clap & Dance-Off**, pulls into the North Park nightspot. San Diego's celebrity judges'll be Crocodile Brandon Welchez, Dum Dum Girl Dee Dee Good, John Reis, Lucy Wehrly of Christmas Island, and Art Fag affiliate Mario Orduno.

— Barnaby Monk

Thursday, November 19 Etix

RAEKWON

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Friday, November 20 Etix

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Friday, November 6
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Saturday, November 7
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12/12 The Business • Control • Resevior Tips • Willie Psycho
12/17 Nitzer Ebb • 12/20 Acoustic Alliance
1/13 Allan Holdsworth • Terry Bozzio • Tony Levin • Pat Mastellato

Saturday, November 14
Matt's 30th Birthday Bash
JED X
AUTHENTIC SELLOUT
BACKDRIFTER
BAND OF GOOD MEN
THE LOVE JONES

Sunday, November 15
Joe Troutman presents
DIVINE HERESY
BY ANY MEANS NECESSARY
ONE THEORY • FALLEN FIGURE
UNDER THE STONE

Wednesday, November 18
MIMS
"Back in Session" Tour
SKATTERMAN & SNUG BRIM
RAIDER DAVE

Saturday, November 21 Etix



CHANNEL 3
NEGATIVE TREND
D.P.I.



Sunday, November 22 Etix

THE BEATNUTS

ZOOLAY
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Calendar MUSIC SCENE

Classical listings can be found in the Classical Music Guide. Music videos, driving directions, maps, event alerts, coupons, and more available online at SanDiegoReader.com.

HOW TO SUBMIT A MUSIC LISTING: Call 619-235-3000 x405, 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 85803, 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.
Friday, 8pm — Enrique Bunbury. World. \$55. 21 and up.
Saturday — Cage the Elephant. Rock. 21 and up.
Sunday, 9pm — Tiesto. Electronica. 21 and up.

AMSDconcerts: 4650 Mansfield St., Normal Heights, 619-303-8176.
Friday, 7:30pm — The Battlefield Band. Scottish/folk. \$25.
Wednesday, 7:30pm — Hot Buttered Rum. Acoustic/bluegrass. \$15-\$20.

Anthology: 1337 India St., Little Italy, 619-595-0300.



Dropkick Murphys, November 5, Soma

Thursday, 7:30pm — Tyrone Wells. With Stephen Kellogg and Matt Hires. Rock. \$19.
Saturday, 7:30pm and 9:30pm — Bill Champlin. Rock. \$21-\$26.

Wednesday, 7:30pm — Great Big Sea. Rock. \$32.

Athenaeum Music and Arts Library: 1008 Wall St., La Jolla, 858-454-5872.
Monday, 7:30pm — Sara Petite.

With Lisa Sanders and Chris Zach. Acoustic/blues/country. \$10-\$15.

Balboa Theatre: 868 Fourth Ave., Downtown, 619-570-1100.
Saturday, 7:30pm — Celtic Thunder. Folk/pop/world. \$42-\$62.





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Beauty Bar: 4746 El Cajon Bl., Kensington-Talmadge, 619-516-4746.
Saturday, 9pm, *Saturday*, 9pm — Transfer. With Mostly Bears and DJs Myson King and Gabe Vega. Alternative/rock. 21 and up.
Wednesday, 9pm — Westfire. Alternative. 21 and up.

Belly Up Tavern: 143 South Cedros Ave., Solana Beach, 858-481-8140.
Thursday, 8pm — Sea Wolf. With Sara Lov. Indie/pop/rock. \$10-\$12. 21 and up.
Friday, 9pm, *Saturday*, 9pm — The English Beat. Pop/rock/ska. \$20. 21 and up.
Tuesday, 9pm — Warrior King and Gypitian. with Lloyd Hemmings and the Aces. Reggae. \$16-\$18. 21 and up.
Wednesday, 8pm — Loud & Rich. Featuring Loudon Wainright III and Richard Thompson. Folk/pop/rock. \$38-\$40. 21 and up.

The Bitter End: 770 Fifth Ave., Downtown, 619-338-9300.
Thursday, 9pm — Jacqueline Grace. Pop/R&B/Latin.

Brick by Brick: 1130 Buenos Ave., Linda Vista, 619-275-5483.
Friday, 7:30pm — One Inch Punch. With One Theory, Loked, Eken Is Dead, and Downswerve. Metal. \$10.

Casa de Oro Library: 9805 Campo Road #180, Spring Valley, 619-463-3236.
Saturday, 3pm — The Gone Tomorrow Bluegrass Band. Bluegrass. Free.

The Casbah: 2501 Kettner Bl., Little Italy, 619-232-4355.
Thursday, 8:30pm — The Vision of a Dying World. With Or, The

Whale and Gray Ghosts. Indie/rock. \$8-\$10. 21 and up.
Friday, 8:30pm — Lawrence Arms. With Teenage Bottlerocket and Cobra Skulls. Punk. \$12. 21 and up.
Saturday, 8:30pm — Matt Costa. Alternative/rock. \$15. 21 and up.
Sunday, 8:30pm — The Revival Tour. Featuring Chuck Ragan, Jim Ward, Frank Turner, Joey Cape, and Audra Mae. Indie/pop/rock. \$16-\$18. 21 and up.
Monday, 8:30pm — Lights On. With Swim Party and the Moviegoers. Pop/rock. 21 and up.
Tuesday, 8:30pm — Electric Six. Alternative/rock. 21 and up.
Wednesday, 8:30pm — Dear and the Headlights. With Kinch, Long Live Logos, and Rajiv Patel. Rock. \$10-\$12. 21 and up.

Chula Vista VFW Post 2111: 299 I St., Chula Vista.
Sunday, 2pm — Downbeat Big Band. Jazz/swing/big band. \$5-\$7.

The Coyote Bar & Grill: 300 Carlsbad Village Dr., Carlsbad, 760-729-4695.
Sunday, 5pm — The Chris Klich Jazz Quintet. Jazz. Free.

Dirk's Niteclub: 7662 Broadway, Lemon Grove, 619-469-6344.
Friday, 9pm, *Saturday*, 9pm — FX5. Covers/standards/dance.

Dizzy's: 200 Harbor Dr., Downtown, 858-270-7467.
Saturday, 8pm — The ESP Quintet. Straight-ahead jazz. \$10-\$15.
Sunday, 7pm — Paul Seaforth & Mo Jazz. Jazz. \$10-\$15.

Don's Cocktail Lounge: 13321 Business Highway 8, El Cajon, 619-443-2444.
Friday, 9pm, *Saturday*, 9pm — Stone Wolf. Rock.

NOTE

BY WILLIAM CRAIN

When **Sea Wolf** released their first album a couple of years ago, they had a name taken from a 1904 Jack London novel, music with old-fashioned instruments, lyrics about mysterious old Gypsy women, and a visual aesthetic that seemed based on movies that Tom Waits watched as a boy. It looked and sounded great, but it was largely a put-on. **Alex Brown Church**, Sea Wolf's only permanent member, is a former New York University film student, and he knows a thing or two about establishing an atmosphere. If you knew Church from his other band, Irving, you knew he could try out new iden-

titles with every new song, switching from '60s guitar pop to '70s power pop to '80s new wave to '90s altrock. And, of course, Sea Wolf's fondness for wintery imagery (see the song "The Cold, the Dark, and the Silence") seemed a little forced when you remembered that Church lives in Los Angeles.

For the recent second Sea Wolf album, *White Water, White Bloom*, Church offers more of the same classic sounds and old-timey atmosphere that he had on his debut, but this time he's more believable. For one thing, he wrote most of the album while spending a long, dark winter in Montreal; when he sings of springtime rebirth in "The Winter's Heir," he knows whereof he speaks. For another, he recorded the album with members of his touring band, and the result is a more confident, road-tested, and dynamic sound. When Church



SEA WOLF

sings about mystical imagery, like "sapphire blood" and "veils all shimmery white," the powerful drive of the music behind him provides the kind of gravitas he needs.

SEA WOLF: Belly Up, Thursday, November 5, 8 p.m. 858-481-8140. \$10; \$12 day of show.

Downtown Café: 182 E. Main St., El Cajon, 619-440-5687.
Thursday, 6pm — Chet and the Committee. Open blues jam. Free.

El Cajon Grand: 351 W. Main St., El Cajon, 619-444-0949.
Saturday, 9pm — Shotgun. Covers/rock.

Epicentre: 8450 Mira Mesa Bl., Mira Mesa, 858-271-4000.
Saturday, 6:30pm — School Boy Humor. With Days Difference, All Star, and Disco Curtis. Rock.

The Harp: 4935 Newport Ave., Ocean Beach, 619-222-0168.

Tuesdays, 7pm — Chet and the Committee. Blues. Free. 21 and up.

Harrah's Rincón: 777 Harrah's Rincón Way, Valley Center, 760-751-3100.

Friday, 8pm — The Bill Magee Blues Band. Blues.
Saturday, 8pm — The Baytown Band. Covers/pop/rock. Free.
Sunday, 10am — Burt Brion. Jazz.

Hensley's Flying Elephant Pub and Grill: 850 Tamarack Ave., Carlsbad, 760-434-2660.
Friday, 8pm — The Hank Show. A tribute to Hank Williams. Country. Free.

Holy Cross Episcopal Church: 6066 Corte Del Cedro, Carlsbad, 760-930-1270.
Sunday, 3pm — The Martin Luther King Community Choir. Gospel. Free.

House of Blues: 1055 Fifth Ave., Downtown, 619-299-2583.
Thursday, 8pm — Manic Diffusion. With River Bottom Rockers, Shoreline Rootz, and Southbay Wailers. Reggae/ska/rock. \$12.
Friday, 7pm — All Time Low. With Hey Monday and the Friday Night Boys. Pop/punk. \$21-\$23.
Saturday, 8pm — Matt Kearney. Pop/rock. \$17-\$20.

Sunday, 6:30pm — Hanson. With HelloGoodbye. Pop/rock. \$32-\$50.
Wednesday, 8pm — Everclear. With Clayton Senne. Alternative/rock. \$20-\$32.

Humphrey's Backstage Music Club: 2241 Shelter Island Dr., Point Loma, 619-224-3577.
Monday, 7pm — Chet Cannon's Blue Monday Blues Party. Blues.

Java Joe's at Café Libertalia: 3834 Fifth Ave., Hillcrest, 619-299-9360.
Thursday, 8pm — The Gregory Page Show. Acoustic.
Friday, 8pm — Carlos Olmeda.

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Sunday, 8pm — Happy Ron's Open-Mike Night.

Kaminski's BBQ & Sports Bar: 12735 Poway Rd., Poway, 858-748-1106.
Saturday, 9pm — Untouchable. Rock.

La Jolla Presbyterian Church: 7715 Draper Ave., La Jolla.
Sunday, 7pm — The San Diego Jazz All-Stars. Jazz.

Lake Henshaw Resort: 26439 Highway 76, Santa Ysabel, 760-782-3501.
Saturday, 6pm — Steve Phillips and the Pescadero Pickers. Blues/country/rock in the Round Up BBQ. Free.

Last Call: 4977 El Cajon Bl., City Heights, 619-287-9505.
Wednesday, 7pm — Taters Invaders. Blues/covers/rock. Free.

Lestat's Coffee House: 3343 Adams Ave., Normal Heights, 619-282-0437.
Sunday, 7:30pm — Ari Hest. With Jordan Reimer and Josh Damigo. Acoustic/folk/pop.

Lyceum Theatre: 79 Horton Plaza, Downtown, 619-544-1000.
Monday, noon — The Jaeryoung Lee Jazz Trio. Sponsored by the Athenaeum. Jazz. Free.

Molly Malone's: 1270 Main St., Ramona, 760-789-9050.
Friday, 9pm — RadioStar. Covers/rock.
Saturday, 9pm — Moxie. Rock.

Museum of Making Music: 5790 Armada Dr., Carlsbad, 760-438-5996.
Friday, 7pm — George Duke. Jazz/R&B/soul. \$65-\$100.

North Bar Sports and Spirits: 200 West El Norte Parkway, Escondido, 760-480-8228.
Thursday, 6pm — Mike Gardner. Rock. Free.

Pacific Beach Library: 4275 Cass St., Pacific Beach.
Wednesday, 7pm — Bossa Nova with Tony Lasley. Acoustic/world. Free.

Patrick's II: 428 F St., Downtown, 619-233-3077.
Thursday, 9pm — Blues Tooth. Blues.
Friday, 5pm — Johnny Vernazza. With Blues Tooth. Blues/jazz.
Saturday, 9pm — The Burnsville Band. Blues.
Sunday, 9pm — The Road Dogs. Blues.
Monday, 9pm — Delta Heat. Blues/swing/R&B.
Wednesday, 9pm — Missy Andersen. Blues/funk/soul.

Pechanga Resort & Casino: 45000 Pechanga Parkway, Temecula, 951-693-1819.
Thursday, 8pm — Billy Currington. Country. \$35-\$50.
Wednesday, 6pm — 311. With State Radio and Kottonmouth Kings. Alternative/rock/ska.

Pilgrimage of the Heart Yoga: 3301 Adams Ave., Normal Heights.
Friday, 7pm — Bhava Ram. World. \$15-\$20.
Saturday, 8pm — Gregory Page. Acoustic/folk. \$10.

NOTE

BY DAVE GOOD

I first got tipped off about the **Electric Six** when a friend sent me links to their videos on YouTube. Funny stuff, in a lowbrow sort of way. Adam Sandler could front this band. E6 is one of those acts that fly beneath the radar on their home turf (Detroit) but are way more popular as an export. In this case, the U.K. is where E6 has charted well and received club and radio support.

Why? For one thing, the band sounds as if they could be British...but the Electric Six came up in the same Detroit club scene that produced the White Stripes. The overseas draw may also be due in part to the band's sense of humor,

full of the sexed-up puns and goofball jokes and the ribald observations that Brit sitcoms are known for. Beneath the comic front lurks a serious retro disco-rock band but one that wants to take their listeners to an Abe Lincoln-esque gay bar and make a little noise: "Let's start a war, start a nuclear war/ At the gay bar, gay bar, gay bar/ Wow!/ At the gay bar."

Dick Valentine is the founder and E6's main songwriter, and he's been quoted in the music press as saying that his songs are "about nothing." The Electric Six first surfaced in the late 1990s, broke up soon after, and then reformed in 2002. By the next year, things were looking up. They had a sweaty club-band hit in the U.K. with "Danger! High Voltage," the video for which has a *Mas-terpiece Theatre* look to it, with the exception of the subject's glowing genitalia. Buffoon-



ELECTRIC SIX

ery like that may be a hard fit within a scene where most American indie rockers are too cool to laugh, but I, for one, hope that Dick Valentine never grows up.

ELECTRIC SIX: The Casbah, Tuesday, November 10, 8:30 p.m. 619-232-4355. \$15.

Porter's Pub at UCSD: 9500 Gilman Dr., UCSD, 858-587-4828.
Friday, 8pm — Manic Diffusion, Guava Belly. Alternative/funk/rock.

Pounders: 125 West Grand Ave., Escondido, 760-739-1288.
Friday, 9pm, *Saturday*, 9pm — West of 5. Rock.

Queen Bee's Art and Cultural Center: 3925 Ohio St., North Park, 619-255-5147.
Friday, 8pm — Chrononaut. With Demonika & the Darklings, DJ

Professor Greyscale. Alternative/steampunk. \$8.

RT's Longboard Grill: 1466 Garnet Ave., Pacific Beach, 858-270-4030.
Friday, 9pm — Da Groove. Covers/standards/dance.
Saturday, 9pm — The Pheromones. Rock/soul/blues.

Ramona Mainstage Nightclub: 626 Main St., Ramona, 760-789-7008.
Saturday, 8pm — The Legends. Covers/rock. \$15.

Ruby Room: 1271 University Ave., Hillcrest, 619-299-7372.
Thursday, 8pm — Knives! With the Attack!, the Wandas, and the Infants.
Friday, 8pm — Rockabilly Shakeout. Rockabilly. 21 and up.
Sunday, 8pm — Burnt, David Ornelas, Roots Covenant. Performing for Jimmy Ovadio art opening.
Wednesday, 8pm — Awesome New Republic. With SO3, Inspired Flight, Ken Flag.

Saigon on Fifth: 3900 Fifth Ave., Hillcrest, 619-220-8828.
Friday, 7pm — Thunderhands.

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San Dieguito United Methodist Church: 170 Calle Magdalena, Encinitas.
Saturday, 7:30pm — Cici Porter. With David Millard, Joe McNalley, Valerie Chereskin, Monique Kunewalder, Michael Tiernan. Robin Henkel, and more. Alternative/bluegrass/pop. \$20.

Savanna Grill: 3773 Willow Glen Dr., El Cajon, 619-592-4745.
Monday, 7pm — Tokeli. Jazz/acoustic. Free.

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Anthology: 1337 India St., Little Italy, 619-595-0300. *November 12* — The Gin Blossoms. *November 13* — Jon Mayer. *November 14* — Hiroshima. *November 18* — Charles McPherson. *November 19* — Jake Shimabukuro.

November 20, November 21 — Joe Sample. *November 25* — Eve Selis. *November 27* — Colin Hay. *November 28* — Brian Culbertson. *December 4* — Detroit Underground. *December 9* — Tokeli. *December 11* — Stepping Feet. *December 16* — Charles McPherson. *December 17* — Five for Fighting. *December 18* — Haute Chile. *December 23* — David Maldonado. *December 26* — Wild Child. *January 2* — The Squirrel Nut Zippers. *January 9* — Karla Bonoff. *January 14* — The John Jorgenson Quartet. *January 29, January 30* — The Legendary Count Basie Orchestra. *February 12* — Al Stewart. *February 23, February 24* — Al DiMeola. *February 25, February 26* — Dave Mason.

Athenaeum School of the Arts Studio: 4441 Park Bl., Normal Heights. *December 5* — Allan Holdsworth.

Balboa Theatre: 868 Fourth Ave., Downtown, 619-570-1100. *December 12* — Cool Yule. *April 21* — Monterey Jazz Festival.

Belly Up Tavern: 143 South Cedros Ave., Solana Beach, 858-481-8140. *November 12* — The Raveonettes. *November 13* — Elijah Emanuel & the Revelations. *November 14* — Keller Williams. *November 15* — Pinback. *November 16* — A Fine Frenzy. *November 17* — They Might Be Giants. *November 18* — David Lindley and John Hammond. *November 19* — Roger Clyne & the Peacemakers. *November 20* — West Indian Girl. *November 21* — Sara Petite. *November 22* — B.B. King. *November 25* — Buck-O-Nine. *November 27* — The Aggrolites. *November 28* — The Cured. *December 12* — Son Volt. *December 13* — Average White Band. *December 15* — Foreigner. *December 16* — Cross Canadian Ragweed. *December 17* — Venice.

as i hear it

BY BRIAN CARVER

Artist: **The Heavy Guilt**
Song: **“Clove”** (from the CD *Lift Us Up From This*)
Heard by: **Mike Motz**, San Carlos



Mike

It’s not exactly the style of music I listen to. It almost seems like a cliché. It’s rock. Pretty basic: sparse electric guitar, mostly organ and acoustic guitar. It has a retro feel, like some ’60s and ’70s music. The lyrics seemed like a bunch of catchphrases attributed to a mysterious “she.” It was recorded well. It all sounded great, it just seemed a little run-of-the-mill. I could see it appealing to a certain demographic. I don’t know how much it would resonate with an underground music community, but it probably would more on a pop level. It was pretty consistent throughout the whole song — there weren’t a lot of changes to it, and that’s usually associated with [good] driving music.

Artist: **Bloodstone and Princess**
Song: **“Spitta”** (from the CD *Vintage Raw*)
Heard by: **John Paul**, Normal Heights



John Paul

The voice is credible, which is cool. In hip-hop, if you can’t believe the voice, then the whole track is kind of shot. The beat’s solid. It has some aspects of an older feel; hard-hitting and simple but also a little more modern, which is cool. The chorus is catchy, but I’m not as into people kind of hyping themselves up, and it kind of beats down the relatively realistic humility of the verse, particularly the first verse. It sounds a fair amount like other radio hip-hop that’s out right now except a little more classy. Frankly, I don’t see why [the song wouldn’t get radio airplay]. I don’t know how much of a national scene can get down with someone rapping about the 619, but being part of a good scene is a good place to start.

Artist: **Monkstrap**
Song: **“Sugar’s Full Force”** (from the CD *Bentfolk*)
Heard by: **Bill Huey**, Hillcrest



Bill

I thought it was okay, but it’s not the kind of music I listen to. I listen to a lot of stuff, like Sonic Youth, Bloc Party, Kraftwerk... They are very similar to a lot of the indie rock groups that do stuff here in San Diego. It tries to set a mood. It reminds me of old Slint to a certain degree. For me, it wasn’t really that inspiring. It was good, but, musically, it wasn’t that powerful. I thought the melodic material was all right, but there wasn’t really a lot of shift in harmony. It’s very folksy in that regard. It was improvised together, but it didn’t have a lot of strong harmonic structure. I didn’t really find the lyrics to be that profound. I couldn’t judge the artist just by this one song. I’d have to listen to more.

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Birch North Park Theatre: 2891 University Ave., North Park, 619-239-8836. *December 6* — “A Celtic Christmas Celebration.” *February 27* — Arturo Sandoval. *April 30* — Eddie Palmieri.

California Center for the Arts, Escondido: 340 North Escondido Bl., Escondido, 760-

839-4438. *April 14* — Arlo Guthrie.

The Casbah: 2501 Kettner Bl., Little Italy, 619-232-4355. *November 13* — Buraka Som Sistema. *November 14* — The Dutchess and the Duke. *November 15* — Russian Circles. *November 20* — Friendly Fires. *December 6* — Stellastarr.

Claire de Lune: 2906 University Ave., North Park, 619-688-9845. *December 6* — The Eben Brooks Band.

Copley Symphony Hall: 750 B St., Downtown, 619-235-0804.

December 8 — Morrissey. *December 12* — Smooth Jazz Christmas. *December 29* — The John Mayer Trio. *March 3* — Tegan and Sara.

Dizzy’s: 200 Harbor Dr., Downtown, 858-270-7467. *November 12* — The Rebecca Kleinmann Sextet. *November 13* — Jaeryoung Lee. *November 18* — Joel Forrester. *November 19* — Nathan Hubbard & His Octet. *November 20* — Sue Palmer. *November 21* — Mikan Zlatkovich & His Quartet. *November 24* — Paul Viania and Friends.

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CD REVIEWS

The Fountain

By Robert Duffy, Oct. 27, 2009



Liverpool's Echo and the Bunnymen present their 11th studio album, *The Fountain*, which is their fifth since reforming in 1997. In a career spanning 30 years, singer Ian McCulloch states that this one's the band's best since *Ocean Rain*. No small claim, as on that record's release in 1984, McCulloch ... [MORE](#)

[COMMENT \(1\)](#)

Welcome Joy

By Andrew Harris, Oct. 27, 2009



For sophomores set *Welcome Joy*, I wondered if Seattle trio The Cave Singers'd stick with the electro-folk of 2007's *Invitation Songs*. Turns out they need the beeps and warbles like Kajak needs aftershave. Some lady said that on a '70s sitcom. What it means I still have no idea. But ... [MORE](#)

[POST A COMMENT](#)

Don't Throw Me Away

By Nick Peterson, Oct. 26, 2009



The six-piece eclectic folk group the Murderers' second full-length album, *Don't Throw Me Away*, is a blend of multi-instrumental blues, soul, and rock that features glockenspiel, organs, and harmonicas. The organic feel of the Murderers' work draws comparisons to indie act Beirut, and this sophomore release is a solid contribution. ... [MORE](#)

[POST A COMMENT](#)

Live at the Folklore

By Andrew Harris, Oct. 26, 2009



A few months before the *Summer of Love* is long way from San Francisco, though! In a living-room-sized space above Sixth Avenue, Tim Buckley is 8 years, 3 months, and 23 days away from the eternal void. Of course, he has no way of knowing this. He knows he has ... [MORE](#)

[COMMENT \(1\)](#)

Communion

By Robert Duffy, Oct. 27, 2009



Swedish pop rocks the Soundtrack of our Lives deliver their fifth studio album, and it's no understated affair, with 24 songs spanning two discs. On *Communion*, the sextet's soundtrack is the late '60s, without sounding "retro." It's a wall of sound surrounding Beatles-esque melodies with flashes of aggression that recall ... [MORE](#)

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CONCERT REVIEWS

Monsters of Folk: Scary Good

By Julia Bernick, Oct. 26, 2009



The curtain rose at Spreckels Theater and the guys onstage, in suits and ties, got down to the business of folk-rocking out. Monsters of Folk is Connor Oberst and Mike Mogis of Bright Eyes, Jim James ... [MORE](#)

[POST A COMMENT](#)

Blind Pilot lands at Casbah

By Nick Peterson, Oct. 26, 2009



Portland lo-fi folk act Blind Pilot stopped into the Casbah for their third and final San Diego tour date in support of debut full-length *3 Rounds and a Sound*. The show was their first in San ... [MORE](#)

[POST A COMMENT](#)

All Shostakovich

By Michael Truhman, Oct. 27, 2009



Dmitri Shostakovich paid a visit to Copley Symphony Hall this weekend in the haunted form of his first violin concerto and tenth symphony. Composed after the repressive turmoil of Stalin's reign in Soviet Russia, the turbulent ... [MORE](#)

[COMMENTS \(2\)](#)

House Party at the Brick

By Earl Dove, Oct. 1, 2009



Rocking their signature red trackuits and sunglasses Tuesday night, Datatruck transformed Bay Park nightspot Brick by Brick into an electro-pop dance party. Despite the low turn out, the Norwegian duo rocked the intimate setting as if ... [MORE](#)

[COMMENT \(1\)](#)

Old Crow Medicine Show

By Earl Dove, Sept. 30, 2009



Friday night, September 25, Old Crow Medicine Show took the stage at 4th & B with a driving set of bluegrass, folk, and rock. I first saw these guys in Nashville in 2000, transitioning, at that ... [MORE](#)

[COMMENT \(1\)](#)

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February 3 — The Anvil Experience.
February 5 — Badfish.

Java Joe's at Café Libertalia:
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EVERYONE'S A CRITIC



Live at the Folklore

CD Review
by Andrew Hamlin

A few months before the Summer of Love (a long way from San Francisco, though) in a living-room-sized space above Sixth Avenue, Tim Buckley is 8 years, 3 months, and 23 days away from the eternal void. Of course, he has no way of knowing this. He knows he has one album out, a chance at making a

second, and new songs blooming like time-elapsed tulips through his psyche. Out of the 16 songs he'll perform this evening, 6 never made it to any other album. But that was Buckley for you. He infused brilliance into any direction he chose, and he changed directions like ordinary men change socks.

Buckley still fit the folk troubadour mold at this moment — his avant-garde drones and frankly kinky love life lie several New Years into the future. But he fills that mold with his own colors, soaring through his remarkable range (alarmingly heavy vibrato on the high held ones) as he relates loving, and losing, fascinating maidens of inexhaustible mystery. Some of these songs got studio polish on the studio album. How gratifying to learn that they don't need it.

The music sounds brazen and dripping with honesty, Buckley confessing every drop. He's learning how to work a crowd, as everyone who doesn't start at the top must. Introducing "Aren't You the Girl" with a segmented joke, he has to laugh to himself because no one else laughs at all. By its ending held note and strum, the previously pattering applause swells to a storm. He doesn't know how he'll end up. But he knows where he's going.

Music Reviews from Our Readers

Blind Pilot Lands at Casbah

Concert Review
by Nick Peterson

Portland lo-fi folk act Blind Pilot stopped into the Casbah for their third and final San Diego tour date in support of debut full-length *3 Rounds and a Sound*. The show was their first in San Diego to feature a full band behind co-founders Israel Nebeker and Ryan Dobrowski. The four additional players provided everything from the soaring trumpet melodies to xylophone, adding a dynamic to the show that sounded closer to

their recorded output than the band's previous stops here.

Drummer Dobrowski's steady beats locked the crowd into a rhythm, while Nebeker's catchy strumming and inviting songs had many in the crowd singing along. The band covered all 11 tracks off the album, including a two-song encore ending with "One Red Thread."

Opener the Low Anthem's gospel-style blues was hit-and-miss, depending on the tempo of the tunes. The Providence, Rhode Island, trio relied on bassist Jeff Prystowsky's passionate riffs to engage the crowd. While their faster, more energetic material got the audience moving, the slower songs seemed out of place.

Ultimately, headliners Blind Pilot warranted the ticket price. Their layered folk-pop had the crowd bobbing through the set, transforming the Casbah into a dancehall environment.



For full reviews, go to sdreader/critic.com

282-0437.
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Lyceum Theatre: 79 Horton Plaza, Downtown, 619-544-1000.
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November 19 — Julio Iglesias.
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BANGLADESH
w/ MAD TRAFFIC & THE GREY

SAT. 7th
Reggae
HIGH TIDE
w/ STONE SENSES & SHORELINE ROOTZ

Upcoming Shows Nov. 13th
STRANGER KAPAKAHI & RIVER BOTTOM ROCKERS

Nov. 14th
REVIVAL SOUTHBAY ROOTS PRESENTS: BREDREN/ROOTS CONVENANT & MATTLAND ROOTS

- EVERY SUN-WEDS: NO COVER -

Sun- Dueling Pianos (Rated R) 7pm

Mon- Sing or Die Karaoke

Tues- Game Night

Wed- Trivia/\$3 DRINKS 9pm -CLOSE
w/ DJ KAUSTIC and LIVE ART SHOW

Thurs- Live Music w/ 321 Stereo /
Ottly Mercer / Guitar Jones Band

SPORTS

UFC 106
Nov 21st 7pm
Ortiz vs Griffin

GRILL Check out what the locals are raving about!

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- Awesome Burgers
- Baja Fish Tacos
- Ultimate Reuben
- Seared Ahi
- Buffalo Chicken Sand.

Details at: 710bc.com / (858) 483-7844

PAQUIAO VS CONTO
NOVEMBER 14
6PM

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5 FREE ENTRIES! Every Wednesday!
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LIVE MUSIC

Thur. 11/5 NO COVER
National Touring Dub Style
OUTLAW NATION

Fri. 11/6 6-9 PM:
OCEAN BEACH COMEDY
with **JEFF BILODEAU**

TONIGHT The 6th Annual Southtown Rocker Celebration
ROBERT FRENCH CUALI
ARP - CREATION SOUND SYSTEMS
CHUNKY ROOTS & SELECTA FARI
DANNY DREAD

Sat. 11/7 No Cover - 1 Drink Minimum for Hypnotist Bob Major
TONIGHT Polynesian Underground Presents
TRIBAL SEEDS
PSYDECAR • DJ SUPER

Sun. 11/8 10 AM: Redskins vs Falcons
1:15 PM: Chargers vs Giants

Sun. 11/8 TONIGHT
OB•O•KE
HOSTED BY JOSE SINATRA
\$2 drinks 9 pm to close

Mon. 11/9 6-8 PM:
Drunk Poet's Society
An evening of music from the Grateful Dead

Tues. 11/10 6-9 PM:
Think 'N' Drink Trivia
NO COVER NIGHT
SD Local Radio.Com presents
TBA

Wed. 11/11 4-8 PM: Art Dub with Que & Tommy Dubs
DUELING PIANOS

UPCOMING:
Every Thursday: No Cover Dance Party
11/13: Canobliss
11/13 & 11/14: Doug Stanhop (Tickets on Sale Now)
11/17: The Staxx Brothers
11/20: Stoney LaRue and the Arsenal
11/21: Signal Path

TUES - WEDS - THURS
FREE ADMISSION (one-drink minimum)

DUELING PIANOS

Every Wednesday Night in November

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www.winstonsob.com

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Excludes holidays & concert nights.

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Thursday, November 5
8 pm • Blues/Soul
Mystique

Friday, November 6
9:30 pm • R&B/Dance
Ascension

Saturday, November 7
5 pm • Songwriter
Daymon Toussaint
9 pm • Blues Guitar
Dennis Jones

Sunday, November 8
8 pm • Smooth Jazz
Noel Webb
with **Trina** & **DJ John Phillips**

Monday, November 9
7 pm • Blues
Chet Cannon's Blue Monday Blues Party

Tuesday, November 10
7 pm • Original Rock
Band Showcase Competition

Wednesday, November 11
8 pm • Sweet Soul Music
The Soul Persuaders

UPCOMING
Saturday, November 14
Curtis Salgado
Sunday, November 22
T Fox w/Reggie & Stelita
Sunday, November 29
Eldridge Jackson





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Navajo

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

Thursday, November 5
Squirrely Arts & guest

Friday & Saturday, November 6 & 7 • 9 pm
Classic Rock



5 Miles High

Monday, November 9
Karaoke

Wednesday, November 11
Three Fifths Human & guest

Santee

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

Thursday, November 5
On Key

Friday & Saturday, November 6 & 7 • 9 pm
Classic Rock



6 One 9

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PianoSD.com: 1233 Camino del Rio South, Mission Valley.
December 1 — Olga Retzsova.

San Diego Civic Theatre: 1100 Third Ave., Downtown, 619-570-1100.
November 14 — The Ultimate Doo-Wop Show.
December 3 — Mannheim Steamroller.

San Diego Sports Arena: 3500 Sports Arena Bl., Midway District, 619-224-4171.
November 27 — Kiss.
December 4 — Trans-Siberian Orchestra.
December 12 — Aventura.
December 19 — Lady Gaga.

Soma: 3350 Sports Arena Bl., Midway District, 619-226-7662.
November 14 — Flobots.
November 15 — Fun.
November 17 — Dashboard Confessional.
November 19 — Finch and Bless the Fall.
November 20 — Winds of Plague.
November 21 — The Whigs.
December 2 — Forever the Sickest Kids.
December 4 — Thrice.





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Dancing w/DJ Sinn 10 pm-1 am

Every Sunday • In the Basement
NFL Games w/Food Specials

Thursday, November 5 • **Lee Coulter** Acoustic Solo
Friday, November 6 • **Chill Boy** Classic Solo
Saturday, November 7 • **Luke Walton** Acoustic Solo

Food served 'til 1 am! • Dress code strictly enforced in the basement
21 and over for the basement • All ages on the rooftop

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Hours: Monday-Wednesday & Friday 11 am-1 am, Thursday 4 pm-1 am,
Saturday 9 am-1 am & Sunday 9 am-9 pm



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December 6 — Craig Owens.
December 11 — All That Remains.
December 19 — Saosin.

Sushi Performance & Visual Art: 390 11th Ave., East Village, 619-235-8466.
December 1 — G.E. Stinson.
January 5 — Margaret Noble.

Viejas Casino DreamCatcher Show Room: 5000 Willows Rd., Alpine, 619-445-5400.
November 14 — Buddy Guy.
December 12 — Tower of Power.
February 19 — David Sanborn.

DJ

How to submit a DJ listing:
Call 619-235-3000 x405, night or day by 5 pm Friday, the week prior to publication. To send weekly or monthly schedules, fax to 619-231-0489 or mail to Reader Music Scene, P.O. Box 85803, San Diego, CA, 92186. You may also submit information online, get directions, maps, event alerts, RSS feeds, club coupons, and more at SanDiegoReader.com.

Air Conditioned Lounge:
Fridays: DJ Junior. Disco, funk, and '80s music. *Saturdays:* Juicy. With Mike Czech and DJ SG. *Sundays:* Guest DJ Night. Guest DJs to be announced. *Mondays:* Rock N Bowl. With guest DJ. *Tuesdays,* 11:30pm: Big Sonic Chill. Sponsored by San Diego's 94.9. *Wednesdays:* Rotating Crew. Spin house, electro, and hip-hop. 4673 30th St., Normal Heights. 619-501-9831.

Bacchus House: *Thursdays,* 9pm: Club '80s. With DJs Bryan Pollard and Arzola1. '80s/ industrial/underground. 3054 University Ave., North Park. 619-299-2032.

Bar Dynamite: *Thursdays,* 9pm: Dynamite Thursdays. Featuring Sound Selectors Smoovgrooves, Hobbs One, Eclectic, and Thumbprint. Hip-hop/soul/dancehall. *Wednesdays,* 9pm: Deep House Nite. DJs Duane, Lil Ryan, and Johnny D spin house music. 1808 W. Washington St., Mission Hills. 619-295-8743.

Basic Urban Kitchen and Bar: *Tuesdays,* 7pm: Basic Tuesdays. Featuring art, fashion, and music. Free. 410 Tenth Ave., East Village. 619-531-8869.

Beauty Bar: *Tuesdays,* 9pm: Trans Am Tuesdays. New wave '80s dance party with DJ Heather Hardcore. Free. 4746 El Cajon Bl., Kensington-Talmadge. 619-516-4746.

The Brew House at Eastlake: *Saturdays:* Brew 30 DJ. Dance. 871 Showroom Pl., Chula Vista. 619-656-2739.

Café Sevilla: *Thursdays,* 10pm: DJ New Yo Rican. Salsa. *Fridays,* 9:30pm: Blazin' Fridays. Hip-hop and reggaeton with Blazin' 98.9. *Tuesdays,* 10pm: DJ Israel. Bachata. 555 Fourth Ave., Downtown. 619-233-5979.

Camel's Breath Inn: *Fridays,* *Saturdays:* Live DJ. 21 and up. 10330 Friars Rd., Mission Valley. 619-281-1722.

Candelas: *Thursdays:* DJ ALA. Deep soulful house music. *Fridays:* Sessions at 420 Third Avenue. DJ Chris Renzulli and DJ Eric B. Adult/contemporary. 416 Third Ave., Downtown. 619-702-4455.

Confidential: *Fridays,* 10pm: DJ Henry Diaz. With Tone Capone and Omar. Electronic/hip-hop/lounge. 901 Fourth Ave., Downtown. 619-696-8888.

The Coyote Bar & Grill: *Thursdays,* 10:30pm: DJ Earl Henry. *Fridays,* 10:30pm: DJ Steve Hasty. *Saturdays,* 10:30pm, *Wednesdays,* 10:30pm: DJ Paul Dumesnil. 300

Carlsbad Village Dr., Carlsbad. 760-729-4695.

Deco's Restaurant & Nightclub: *Thursdays:* Krush. Hosted by Chase Costello, Steve Kamp, Jack Kennedy, and more. Hip-hop/mashups/party rock. 18 and up. 731 Fifth Ave., Downtown. 619-696-3326.

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. 619-444-0949.

Fannie's Nightclub: *Thursdays,* 8pm: DJ Mick B. Spins hip-hop tunes. *Thursdays,* 9pm: DJ Undaground. With guests Hip-hop/rap/reggae. *Saturdays,* 9pm: DJ Demond. '80s/hip-hop/pop. Free. 21 and up. *Mondays,* 9pm: DJ Undaground. With guests Hip-hop/rap/reggae. *Wednesdays,* 9pm: J & Biko. Hip-hop/reggae. 9143 Campo Rd., Spring Valley. 619-698-2204.

The Filling Station: *Fridays,* 9pm, *Saturdays,* 9pm: DJ Dance Party. 9522 Miramar Rd., Mira Mesa. 858-578-0757.

The Flame: *Wednesdays,* 9pm: Cookies with DJ Dirty Kurty. 3780 Park Bl., Hillcrest. 619-295-4163.

The Fleetwood: *Saturdays:* DJ Ramsey. '80s/hip-hop/house. 639 J St., Downtown. 619-702-7700.

The Flying Bridge: *Fridays,* 9pm: DJ Ricardo. Reggaeton/salsa. *Saturdays,* 9pm, *Sundays,* 9pm: DJ Waistline. Hip-hop/R&B. 1105 N. Coast Hwy., Oceanside. 760-722-0081.

Gaslamp Tavern: *Thursdays,* 8pm, *Fridays,* 4pm, *Wednesdays,* 8pm: C-Phish. 868 Fifth Ave., Downtown. 619-239-3339.

Harney Sushi: *Wednesdays,* 9pm: Hot Like Wasabi Wednesdays. With DJ Matty A. Electronic. 3964 Harney St., Old Town. 619-295-3272.



Every Tuesday
Open Mic Night

Wednesday Night
Reggae Night
with DJ Roger Orange

Thursday, November 5
DJ Fish Fomics
DJ Digital Opinion
DJ Frankie Lektro

Friday, November 6
Dubluva

Saturday, November 7
Custard Pie

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THURS. NOV 5

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WED. NOV 11

ATACKATACK!

I SET MY FRIENDS ON FIRE
MISS MAY I
OUR LAST NIGHT

FRI. NOV 13

BEDFORD GROVE

SAT. NOV 14

FLOBOTS

kinetix

SUN. NOV 15

FUN.

DUSTY RHODES &
THE RIVER BAND
WHITE APPLE TREE

THURS. NOV 19

FINCH

BLESS THE FALL

SAT. NOV 21

THE WHIGS

the features

SAT. NOV 28

IMPENDING DOOM

OH, SLEEPER

WITH THE SHOWDOWN - A PLEA FOR PURGING
THE GREAT COMMISSION

THURS. DEC 3

ASKYLIT DRIVE

SUN. DEC 6

cinematic
sunrise

SAT. DEC 12

THE FACELESS

DYING FETUS
BENEATH THE MASSACRE

SUN. DEC 20

VOODOO GLOW SKULLS

Bucket Of Fish

WED. DEC 30

ANTHONY GREEN

GOOD OLD WAR

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THE DEAR HUNTER

FRI. DEC 4



THE NAPALM & NOISE TOUR

ALL THAT & THE DEVIL
REMAINS & WEARS PRADA

WITH STORY OF THE YEAR & HASTE THE DAY



FRI. DEC 11

820 - 6:30 - LUNATIKS.COM
SOMA BOX OFFICE

PAC★TOUR



INNERPARTYSYSTEM

EYEALASKA

SAT. DEC 19



W/ SPECIAL GUESTS:

CIRCLE OF CONTEMPT

FRI. NOV 20



DEC 2

\$15 - 6:30 DOOR - LUNATIKS



Harrah's Rincón: *Thursday*, 8pm: Noche Latina. With DJ Don Jose. Electronica/Latin. 777 Harrah's Rincón Way, Valley Center. 760-751-3100.

Hawthorn's Restaurant: *Wednesdays*: DJ Kiki. 2895 University Ave., North Park. 619-295-1688.

Inferno Young Adult Nightclub: *Fridays*, 9pm,

Saturdays, 9pm: DJ Kool T. Spins Top 40, techno, and '80s. 15 and up. 775 Metcalf St., Escondido. 760-741-1271.

Kadan: *Tuesdays*, 9pm: Darkwave Garden. Featuring B. Pollard, Heather Hardcore, MarieScaryMary, and guests. Gothic/industrial. 4696 30th St., North Park. 619-640-2500.

McDini's: *Tuesdays*, 9pm: '90s Throwback *Tuesdays*. Hosted by Zerland of Pali Roots. 105 E. 8th St., National City. 619-474-6771.

Moonoggies Pacific Beach: *Saturdays*, 9pm: What's Good. DJs Enigma and Cisco. Hip-hop, R&B, and Top 40. Free. 832 Garnet Ave., Pacific Beach. 858-483-6550.

Pacific Beach Bar & Grill: *Wednesdays*, 10pm: DJ Tony. 860 Garnet Ave., Pacific Beach. 858-272-7278.

Pierview Pub/Bub's Whiskey Dive Bar: *Mondays*, 6:30pm: Metal *Mondays*. Metal all night long. 301 Pier View Way, Oceanside. 760-757-2827.

RT's Longboard Grill: *Mondays*, 9pm, *Wednesdays*, 9pm:

DJ Famous Dave. Mixes music videos. 1466 Garnet Ave., Pacific Beach. 858-270-4030.

Riley's Music Lounge: *Thursdays*: '80s Night. *Fridays*: Hip-Hop Night. *Mondays*: College Night. With guest DJ. 2901 Nimitz Bl., Point Loma. 619-255-8635.

Ruby Room: *Saturday*, 8pm: Fashion Whore. Fashion show featuring music by DJ Groundfloor. \$5-\$7. 1271 University Ave., Hillcrest. 619-299-7372.

Sapphire Mediterranean Cuisine & Lounge: *Saturdays*, 9pm: Rasta Nation Posse. Reggae. 4076 Bonita Rd., Bonita. 619-470-8000.

Satin Lounge: *Thursdays*, 9pm: Hot Latin Beats. Reggaeton, salsa, and meringue. 18 and up. *Fridays*, 8pm: Funky Fresh *Fridays*. Hip-hop/mash-ups. 18 and up. *Saturdays*, 9pm: DJ Dizzy D. Spins hip-hop, old skool, and techno. 18 and up. *Wednesdays*, 9pm: Blazin' 98.9 Night. With guest DJs. 6195 University Ave., College Area. 619-544-1177.

Seau's: *Thursdays*, 7pm: DJ FOS. Hip-hop/jazz. 1640 Camino del Rio North, Mission Valley. 619-291-7328.

Side Bar: *Thursdays*, 9pm: Ruby *Thursdays*. 536 Market St., Downtown. 619-696-0946.

Sixty-Seven Bar and Grill: *Thursdays*: Tattoo *Thursdays*. With DJ Viktor and DJ KB. *Fridays*: DJ Tony Sneeze. Spins Top 40 and hip-hop hits. *Saturdays*: DJ Girth. Spins hip-hop and rock hits. *Sundays*: Soul Glo *Sundays*. With DJ Girth and friends. *Wednesdays*: Beer Pong. With DJs. 10109 Maine Ave., Lakeside. 619-561-6767.

Soda Bar: *Thursdays*, 9pm: Expressway to Yr Skull. Punk/rap/rock. Free. 21 and up. 3615 El Cajon Bl., City Heights. 619-255-7224.

Static Lounge: *Saturdays*, 9pm: Club Backbeat. Hip-hop/rap. \$15-\$20. 18 and up. 634 Broadway, Downtown. 619-544-1609.

Stout Public House: *Fridays*, 9pm: DJ CC. 1125 Sixth Ave., Downtown. 619-702-7933.

Tavern at the Beach: *Thursdays*, 10pm: DJ D-Skwiz. *Fridays*, 10pm: DJ BDP. *Saturdays*, 10pm: DJ BDP. With DJ MIC-E. *Wednesdays*, 10pm: DJ WhO. Hip-hop/rock. 1200 Garnet Ave., Pacific Beach. 858-272-6066.

The Office: *Sundays*, 10:30pm: Club '80s. Featuring DJs Bryan Pollard, Adamnation, MasterBlaster, and Roxanne Redlight. Industrial/underground. Free. 21 and up. 3936 30th St., North Park. 619-450-6632.

Tiki House: *Tuesdays*, 9:30pm: Tunes by Trent. Every Tuesday. 1152 Garnet Ave., Pacific Beach. 858-273-9734.

True North: *Thursdays*, 10pm: DJ Bacon Bits. *Fridays*: DJ Ramsey. '80s/hip-hop/house. *Sundays*, 10pm: DJ Waly Mayhem. *Mondays*, 10pm: DJ Wonderbread. *Tuesdays*, 10pm: DJ WhO. Hip-hop/rock. 3815 30th St., North Park. 619-291-3815.

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

Ups. 21 and up. *Sundays*, 9pm: Tribe of Kings. Featuring DJs Jestor, Peril, Dash Eye, Unite, and Rashi. Reggae. 21 and up. 3112 University Ave., North Park. 619-584-4188.

Whiskey Girl: *Fridays*, 9pm, *Saturdays*, 9pm: DJ Marc Thrasher. Mixes music videos. *Sundays*, 9pm: DJ Famous Dave. Mixes music videos. *Mondays*, 9pm: U-Call-It *Mondays*. With DJ Marc Thrasher. *Tuesdays*, 9pm, *Wednesdays*, 9pm: DJ Famous Dave. Mixes music videos. 600 Fifth Ave., Downtown. 619-236-1616.

Whistle Stop Bar: *Sundays*, 9pm: Too Many Creeps. With DJ Mario O and guests. Post-punk. 21 and up. *Tuesdays*, 9pm: Friends Chill. Board games and mellow grooves every Tuesday night. Free. 21 and up. 2236 Fern St., South Park. 619-284-6784.

Xavier's Bar & Grill: *Thursdays*, 9pm: Almost Famous *Thursdays*. Electro/funk/house. *Fridays*, 10pm: Red Carpet *Fridays*. Dance/top 40. *Saturdays*, 9pm: Special Screening *Saturdays*. Featuring rotating DJs. 750 Fifth Ave., Downtown. 619-233-0500.

Friday, Nov. 6 at 9 pm



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\$2 Drafts

\$3 Screwdrivers
\$4 Bloody Marys

Mondays
\$2.50 Drafts
\$3 Jäger & Rumpy Shots

Wednesdays
College Night
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KARAOKE
Hosted by Celine-KJ of the Year

FRIDAY: NOVEMBER 6
FAT MAN'S MISERY 7-9 pm
INSIDE SWITCH
RA(Z)NER • THE RELAY
GIVEN LIFE

SATURDAY: NOVEMBER 7
THE OTIS TURBINE
RIDDLE THE ROAR
DUEL OF THE CENTURY

MONDAY: NOVEMBER 9
BLUES JAM hosted by
MYSTERY TRAIN 8 pm

TUESDAY: NOVEMBER 10
HER BED OF THORNS

WEDNESDAY: NOVEMBER 11
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BLUES FEST
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Come early-Happy Hour

5-8:30 pm
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9 pm-close
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U-37

Wednesday, November 4
"Live Wednesdays"
BOOM SNAP
THE PARAGRAPHS
TROUBLE IN THE WIND

Saturday, November 7
DJ ARTISTIC
& THE NO SUCKER DJs

Wednesday, November 11, 8:30 pm
"Live Wednesdays"
THE MAKEPEACE BROTHERS
LEE COULTER • KATIE LEIGH
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(No cover)

Friday, November 6
VERA'S VEIL

11/13: **GAYLE SKIDMORE**
11/14: **GIANT PEACH**
11/20: **THE STYLETONES**
11/21: **D'MAC**

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Thursday, November 12
Ages 24-34, 33-45 & 45-58
The Keating Hotel

Wednesday, December 9
Ages 25-37, 38-48 & 48-62
The Keating Hotel

Check-in 7 pm, event 7:30 pm
Advance registration required.

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w/ Andrew Decade
Mr. Biggs, Eric Yel
& other guest DJs
Drink Specials &
Music til 10pm

Happy Hour Specials
Mon-Sat 5-7pm & Sun 5pm-close
\$.99 Nigiri (1 piece)
Albacore • Mackerel • Salmon
Snapper • Shrimp • Squid • Surf Clam

\$2.99 Rolls (8 pieces)
California • Philadelphia • Spicy Tuna • Veggie

Hand Rolls
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Spider Roll \$2.99
Spicy Tuna \$2.49
Shrimp Tempura \$2.49
Spicy Scallop \$2.99

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Reader

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But our staff can't cover all these neighborhoods every week.

Write 100-250 words, go to SDReader.com, find the neighborhood or campus you have a news story for, and click on "Submit a News Story."

\$75 for stories, \$10 for photos, \$15 for videos.

For now, there is no limit on the number of stories you can submit. You can submit stories on any neighborhood, regardless of where you live. If you live, say, in Kensington but have a good story about Hillcrest or El Cajon or Mission Valley, be our guest! Report a crime, a fire, a local school board or city council meeting.

Submit your story anytime — day or night. Our editors will read and approve for publishing/payment.

Know who, what, when, where and why? Report it!

sdreader.com/neighborhoods

50% off cocktails



Free food



\$3 well drinks



\$3 Jäger shots



\$3 drafts



\$4 sangria



50% off appetizers



\$3 sake



\$1 off steaks



\$4 margaritas



\$2 off pitchers



\$2.50 beers



\$2 domestics



\$4 Bloody Marys



\$4 wines



\$1.50 shots



\$1 off mixed drinks



50% off tapas



FIND THESE OFFERS AND MORE ON PAGES 104-106

HAPPY HOUR

RESTAURANT/BAR OWNERS: Happy Hour listing \$20/week.
4-color ads \$66/week. Call 619-235-3000 for more information.

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 to Reader Happy Hours, P.O. Box 85803, San Diego, CA 92186, or submit information online at SDReader.com/drinks.

ALLIED GARDENS

Pal Joey's: Sunday, 7pm-close: \$1 shots.

ALPINE

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

Donato's Italian Restaurant: Monday-Saturday, 4-7pm: \$2.50 domestics, \$3.50 imports & house wine, \$6 Long Islands, \$3 wells.

BALBOA PARK

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

BANKER'S HILL

Azuki Sushi Lounge: Every day, 5-7pm: \$.50 small sake w/ large beer, \$5 house wine, sangria, saketini. Classic sushi rolls \$3.50 and up, specialty rolls \$8-\$9, appetizers \$2-\$8.

Bertrand at Mister A's: Monday-Friday, 2:30-6pm: Specially

priced cocktails, beer, wine, small plates on patio.

Pizzicato: Every day, 3-7pm: \$3 pints, house wine; \$6 pizza slice + pint or wine.

Wet Stone Wine Bar and Café: Tuesday-Saturday, 5-7pm: \$3 bottled craft beers, \$5 tropical white & stone fruit red sangria, select glasses of wine. \$2 off small bites. Sunday, 4-6pm: \$3 bottled craft beers, \$5 tropical white & stone fruit red sangria, select glasses of wine. \$2 off small bites.

BAY PARK

Offshore: Tuesday-Friday, 3-7pm: \$2 domestic, \$3 sangria, well and micro import, \$5 Tommy Bahama mojitos.

CARLSBAD

Boar Cross'n: Thursday-Saturday, 8-9pm: \$1 Bud & Bud Light.

The Coyote Bar & Grill: Monday-Friday, 4-6pm: \$3 wells, beer, margaritas. \$3 off appetizers.

Fenway's Sports Bar & Grill: Every day, 3-7pm; 10pm-midnight: \$3 domestic, house wine. \$3.50 margarita, Cape Cod.

Greek Village: Monday-Thursday, Sunday, 4-7:30pm: 1/2-off beer, wine by the glass, wells.

Karl Strauss Brewing Company: Monday-Friday, 4-6:30pm: \$3.50 beer.

Mr. Peabody's: Monday-Friday, 10am-6pm: \$2.50 domestic beers, wine, spooli shots, wells + juice. \$3.50 margaritas. Free taco bar 3pm to 6pm with drink purchase.

CARMEL VALLEY

Tio Leo's: Monday-Friday, 3-7pm: \$3 pints. \$4 wells, house margaritas.

Twenty/20 Bar & Grill: Every day, 4-7pm: \$2 off any drink. \$2 off appetizers.

CHULA VISTA

El Dorado Seafood & Grill: Monday-Friday, 4-7 pm: \$2 margaritas. \$1.50 tacos.

Veni Vidi Vici: Monday-Friday, 5-7pm: \$1 off all drafts, wells.

CLAIREMONT

Fat Tony's Pizza: Thursday, 5pm-close: \$2 Karl Strauss, \$4 taps.

Viva Vino: Monday-Saturday, all day: \$.99 domestic beer.

COLLEGE AREA

Casa Machado: Monday-Friday, 4-7pm: \$2.75 domestic, \$3.75 margarita, wells. Free nachos and quesadillas.

Marie Callender's: Monday-Friday, 3-7pm: \$1.95 draft, \$2.50 well, \$3.50 house margarita. 1/2-price appetizers (in bar only). Saturday-Sunday, \$2 Bloody Mary/mimosa w/ purchase.

Satin Lounge: Thursday, 9pm-close: \$1 Bud drafts.

CORONADO

Primavera Ristorante: Monday-Tuesday, Thursday-Friday, 5-7pm: \$2 off all drinks; \$2 off daily food specials. Wednesday, 5-7pm: Wine night: 1/2-off all bottles, incl. champagne.

DEL MAR

Bully's Del Mar: Monday-Friday, 3-7pm: \$3 bottle beer, \$3 domestic pints, \$4 microbrew pints, \$4.50 wells, \$6 wine by glass. 1/2-off appetizers.

Shimbashi Izakaya: Monday-Friday, 4-7pm: \$5 cocktails, \$5 glass of

wine, \$3 draft beer. Sake & appetizer specials. Saturday-Sunday, 12-7pm: \$5 cocktails, \$5 glass of wine, \$3 draft beer, 1/2-off Asahi & Sapporo. Sake & appetizer specials.

DOWNTOWN

Asti Ristorante: Every day, 3-6pm: 1/2- price cocktails & appetizers.

Bandar Fine Persian Cuisine: Friday, \$6 pomegranate martini. Saturday, \$6 cosmos.

The Bitter End: Every day, 5-7pm: All drinks, bottles of wine 1/2-price.

Bondi Bar and Kitchen: Monday-Friday, 4-7pm: \$4 select beer, wine, spirits.

Café Sevilla: Monday, 5-6:30pm: 1/2-price mojitos. Tuesday, 5-6:30pm: 1/2-price wine bottles. Wednesday, 5-6:30pm: 1/2-price martini. Thursday, Sunday, 5-6:30pm: 1/2-price sangarita. Friday-Saturday, 5-6:30pm: 1/2-price garabato.

Candelas: Every day, 5-7pm: All drinks 1/2-price.

Downtown Johnny Brown's: Monday-Friday, 3-6pm: \$3 domestic bottled beer, \$3.50 pints of the day. 40% off appetizers.

The Field Irish Pub and Restaurant: Monday-Friday, 4-7pm: \$3.50 wells. 1/2-off appetizers. Saturday-Sunday, 9am-5pm: \$3.50 wells. 1/2-off appetizers.

La Fiesta: Every day, 5-7pm: 1/2-price calls, wells, tap beers, house wine, house margaritas. 1/2-price appetizers: ceviche, nachos, chicken pizza, taquitos.

The Fish Market: Monday-Thursday, 3-6pm: \$3.75 draft, \$3.95 wells, \$2.95 domestic beer. \$.95 oysters, \$4 fish tacos, \$5.75 mahi mahi sliders.

The Fleetwood: Monday-Friday, 5-6pm: \$4 calls.

Fuddruckers: Monday-Friday, 5-7pm: \$4.50 Bud Light/Coors Light pitchers. \$1 off all beer, wine. Saturday, 10pm-midnight: \$4.50 Bud Light/Coors Light pitchers. \$1 off all beer, wine.

Funky Garcia's Mexican Restaurant: Every day, 3pm-7pm: 1/2-off all drinks; \$1.50 carne asada and pollo asado tacos.

Gaslamp Tavern: Monday-Friday, 3-7pm: \$3 drafts, house wine, wells. Sunday, all day: \$3 drafts, house wine, wells.

La Gran Tapa: Tuesday, 5-7pm: \$3 cask wine, sangria, draft. \$3 tapas. Wednesday, 5-7pm: \$3 cask wine, sangria, draft, 1/2-off select bottles/wine. Thursday, 5-7pm: \$3 cask wine, sangria, draft, \$10 pitcher sangria/draft.

Las Hadas Bar & Grill: Monday-Saturday, 5-7pm; 10pm-midnight: \$2 Bud Light/Coors Light drafts, \$3 margaritas, wine, wells, sangria. 1/2-off seafood bar and appetizers.

Horton's Bar & Grill: Monday-Friday, 4-7pm: \$3 drafts, \$5 wells, \$6 house wine, \$7 margaritas/cosmopolitans; \$7 potato skins/mozzarella sticks; \$7.50 nachos grande/buffalo wings.

House of Blues: Every day, 2-7pm: \$1 domestic draft & bottle beers, \$2 import draft & bottle beers, \$3 house wines & wells, \$4 martinis, 1/2-price select appetizers.

Karl Strauss Brewing Company: Monday-Friday, 4-6:30pm: \$3.50 beer.

The Local: Monday, 4pm-close: \$3 Bud Light, Miller Lite. \$6 burgers. Tuesday, 4pm-close: \$3 Corona, Pacifico, Dos Equis. \$2.50 chicken/steak tacos. \$3 lobster/fish tacos. Wednesday, 4pm-close: \$10 big pitchers. \$2 BBQ pork slider, corn dogs. Thursday, 4pm-close: \$3 Jäger, wells, drafts, bottled beer. \$3 lobster tacos. Friday, 3-7pm: \$1 off wells, wine, drafts. Saturday, 8-10pm: \$5 premium liquors.

McCormick & Schmick's Seafood Restaurant: Every day, 3-7pm; 9-11:30pm: Wine and drink specials; 1/2-lb. cheeseburgers \$2.95, other \$1.95 specials. Join us for Padres games, next to Petco Park.

Mister Tiki Mai Tai Lounge: Every day, 5-7pm: \$5 Haole mai tai, Lilikoi mojito, Coconut Kiss martini, large Sapporo, house wine. \$5 sushi roll specials, pu pu specials.

O'Brothers: Every day, 3:30-6:30pm: \$3 bottled beer, \$5 glass of wine. \$7 sliders with fries.

Patrick's II: Every day, 10am-8pm: \$2.50 bottle beer, \$3 wells, Bud Light pints, \$4 calls, margaritas, Bloody Marys.

RA Sushi: Monday-Saturday, 3-7pm: 1/2-off select sushi & appetizers; \$1 hot sake, \$2 domestics, \$3 wells, imports, \$4 specialty cocktails and wine, \$5 Kinn with sake.

Rock Bottom Brewery, Downtown: Monday-Thursday, 4-7pm, 10pm-close: \$3.50 pints, wells, house wine, \$4.95 specialty drinks/martinis.

Rockin' Baja Lobster: Monday-Friday, 3-6pm: \$3.50 margaritas. \$4 Long Islands. \$3-\$5 drafts.

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

San Diego Wine and Culinary Center: Tuesday-Saturday, 5-8pm: \$5 house wine, wells, \$7 Christopher's Cuvee, 12-9pm: tasting flights.

The Shout House: Tuesday, \$2.50 Karls, \$5 cosmos, \$3 fish tacos. Wednesday, \$1.50 domestic bottles, \$3 fish tacos. Thursday, \$2.50 Miller Lite drafts, \$10 Miller High Life buckets, \$2 lunchbox shots. Friday, 6-7pm: \$1 any draft. Sunday, \$2 domestic drafts, \$3 wells, wine, Jäger.

Stage Saloon: Every day, 5-8pm: 1/2-off all wells, beer, wine.

Stout Public House: Monday-Friday, 4-8pm: \$3 bottled beer, \$4 premium pints, \$4 wells, \$5 cosmo, appletini, margarita; 1/2-price appetizers. Saturday-Sunday, till 6pm: \$3 domestic and Canadian bottled beer, \$4 wells, Bloody Mary, \$5 mimosa.

Suite & Tender: Monday-Friday, 5-8pm: \$20 bottomless wine, 1/2-off specialty cocktails.

T.G.I. Friday's: Monday-Saturday, 3-7pm; 10pm-close: \$3 large domestics & bottled beers, \$4 well/wine, \$5 Ultimate Long Island Ice Teas & Ultimate Margaritas. 1/2-off appetizers.

Tabule: Monday-Friday, 5-6pm: 1/2-off all drinks and appetizers. Saturday-Sunday, 2-6pm: 1/2-off all drinks and appetizers.

Taste & Thirst on Fourth: Monday-Saturday, 3-8pm: All drinks two for one.

Tequila 100: Monday-Wednesday, 8-11pm: \$2 drafts, \$4 margaritas, mojitos & glasses of wine, \$5 Patron shots. \$5 select appetizers. Thursday-Saturday, 3-7pm, 10pm-midnight: \$2 drafts, \$4 margaritas, mojitos & glasses of wine, \$5 Patron shots. \$5 select appetizers. Sunday, 3-7pm: \$2 drafts, \$4 margaritas, mojitos & glasses of wine, \$5 Patron shots. \$5 select appetizers.

Tivoli Bar: Every day, 4-7pm: \$1 off pitchers, \$.50 off liquor.

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

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All Day & Night
\$3 Personal Pitchers
32 oz. Natural Light

Free WiFi

Sunday • Free Pool all day & night
7 pm College Night — \$1 shots all night

Monday Madness
\$2 wells & domestics

Tuesday • Karaoke 9 pm-1 am
Host Ashley

Wild on Wednesday — Live Band Jam
Bring your voice, sticks, guitar & talent.
Feat. Danny DiCarlo & Althea.
Karaoke singers welcome.

Thursday • Karaoke 9 pm-1 am
Host Jesse

Friday & Saturday • 9 pm-1 am

Live Music — No Cover

Friday 11/6 • Rock-it Science

Saturday 11/7 • Buick Wilson

Friday 11/13 • Slight Return

Saturday 11/14 • Rhythm Red

the
Filling Station
PUB & GRILL

Daily Happy Hour

11:30 am to 7 pm
Nightly Drink Specials

THURSDAYS
\$2 Pints, \$6 Pitchers & FREE Pool after 7 pm

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

SUNDAY THRU THURSDAY
Karaoke 9 pm-1 am

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Northeast corner of Miramar Road & Black Mountain Road

P.B.'s Best Happy Hour

4-8 pm Daily & ALL DAY
Mon. & Wed.!

\$1 Domestic Drafts
\$2 Import Drafts
\$1⁵⁰ Shots/Drinks
\$3⁵⁰ Appetizers
\$12 Hookahs and \$10 refills
11 am-8 pm daily

FOOTBALL IS HERE!

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PACIFIC BEACH
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Kaminski's SPORTS LOUNGE
BAR • B • QUE

Monday-Friday 3-6 pm and 9-11 pm (closed Tuesdays)

\$1 off all wells, drafts, bottles & wine

\$5 appetizers

Choose from: Hot Wings, Smokin' Tacos, House Specialty Salad, House Potato Skins or Rib Tips w/slaw & beans

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"Bringing Downtown to Our Town!"

TURF CLUB

HAPPY HOUR
Friday thru Sunday

DRINK SPECIALS (12-5pm)
\$1 OFF
All Beer, Wine and Spirits

\$5 LUNCH SPECIALS (12-4pm)
1/2-lb. Burger or Chicken Sandwich or 2 Louisiana Hot Links and a Bag of Chips

\$1 OFF
Sirloin Steaks Surf & Turf (12-4pm)

Mon-Thur: 5pm-2am, Fri-Sun: 12pm-2am
1116 25th Street, San Diego • 21 and up

619.234.6363
turfsupperclub.com

Yard House: *Monday-Friday*, 3-6pm: \$3.50 domestic pints, \$4 craft/import pints, \$4.50 goblets, \$4.25 wells, \$5.75 house martinis, \$2 off wine by the glass. \$6.50 sliders, 1/2-off select appetizers & pizzas.

EAST VILLAGE

Basic Urban Kitchen and Bar: *Monday-Friday*, 4-7pm: \$5 Imperia vodka, \$4 local beer, \$6 wine. Free samples of Basic pizza.

East Village Tavern and Bowl: *Monday-Thursday*, 3-7pm: \$3 drafts, wells, wine. \$4 premium drafts, margaritas. *Friday-Saturday*, 11pm-close: \$3 drafts, wells, wine. \$4 premium drafts, margaritas. \$4 Jäger, Bacardi, Svedka.

Hive Sushi Lounge: *Every day*, 5-7pm: \$2 domestic, \$4 micro, \$2.50 sake, \$3.50 well, \$4 house wine. Miso, edamame, \$.99.

Jewel Box: *Monday*, \$2 PBR drafts. *Wednesday*, 6pm-2am: \$5 Jäger bombs & happy hour all night w/military ID. *Thursday*, 8pm-2am: Industry Night. \$3.75 calls.

EL CAJON

Double D's on Broadway: *Every day*, 10am-noon, 4-7pm: \$2.50 domestics, \$.50 off mixed drinks, \$1 off shots.

El Cajon Grand: *Monday-Friday*, 4-8pm: \$2.50 domestic beer, \$3 wells. *Saturday-Sunday*, \$5 20-oz. Bloody Mary w/ jumbo shrimp.

Flinn Springs Inn: *Monday-Friday*, 4-6pm: \$2 domestic drafts, \$2.25 domestic bottles, \$3 wells. *Saturday*, 5-9pm: \$14.99 prime rib dinner. *Sunday*, 4-9pm: Kids eat free.

Main Tap Tavern: *Monday-Friday*, 4-6:30pm: \$1 off 16-oz. drafts, \$2 off pitchers, \$3 calls. \$5 nachos.

Thornton's Irish Pub and Grill: *Wednesday-Sunday*, 11-6pm: \$2 wells, \$3 drafts.

ENCINITAS

When in Rome: *Tuesday-Friday*, 5:30-7pm: 2-for-1 on all wines by the glass.

ESCONDIDO

Holiday Wine Cellar: *Monday*, 5:30-7:30pm: \$5 for five wine tastings.

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/spirits. All day: \$1 off sirloin steaks, surf and turf.

GRANTVILLE

Tio Leo's: *Monday-Friday*, 5-7pm: \$3 wells, domestic drafts. \$4 margarita (keep shaker).

HILLCREST

Bangkok Thai Bistro: *Every day*, 4-7pm: 1/2-off wine, beer & appetizers.

Cafe Eleven: *Every day*, 2-6pm: \$4 house margaritas, \$3 wells, house wine, bottled beer. \$3 appetizers: shrimp cocktail, stuffed mushrooms, thai chicken skewers, more.

Café Bleu: *Every day*, 3-7pm: \$5 wines, specialty cocktails, \$6.50 specialty martinis, food specials.

Wine Steals: *Tuesday*, 5:30-7pm: \$5 wine tasting. *Saturday*, 4-6:30pm: \$10 wine tasting.

KEARNY MESA

94th Aero Squadron: *Monday-Friday*, 3:30-6:30pm: \$2.75 Bud Light on tap, \$3 wells. *Saturday-Sunday*, 1/2-price bottles of wine.

Carriage House Cocktails & Karaoke: *Monday-Friday*, 4-7pm: \$2.50 domestic bottled beer, \$3 wells, domestic pints. Free munchies.

Churasan: *Monday*, 5-8pm: \$4 large Japanese beers. \$3 appetizers. Monday Night Football special: \$4 hot dog, garlic fries, small beer. *Tuesday-Friday*, 5-8pm: \$4 large Japanese beers. \$3 appetizers. *Sunday*, Sunday football special: \$4 hot dog, garlic fries, small beer.

Khan's Cave Grill & Tavern: *Monday-Friday*, 3-6:30pm: \$1 off draft, \$1 off glass of wine. *Saturday*, 3pm-close: 1/2-off bottles of wine.

Pampas Argentine Grill: *Tuesday-Saturday*, 5-7pm: \$3 beer/wells. \$4 margaritas/wine specials. \$2.50 empanadas (bar only).

Shogun Kobe Restaurant: *Monday-Friday*, 3-7pm (sushi bar only): 30% off sushi and rolls (excludes sea urchin, giant clam, toro & cocktails). 30% off sake and beer.

Tajima Sushi & Japanese Tapas: *Monday-Thursday*, 5:30-7pm: 1/2-off house sake/draft beer.

KENSINGTON-TALMADGE

Beauty Bar: *Monday*, \$4 bombs. \$5 Brunettes/Blondes. *Tuesday*, \$4 bombs. \$5 Brunettes/Blondes. \$4 Three Olives. *Wednesday-Thursday*, 3-7 pm: \$5 wine. \$6 martinis. 1/2-off select wine bottles. *Friday*, \$4 bombs. \$5 Brunettes/Blondes. \$3 Fernet.

Kensington Cafe: *Every day*, 3-7pm: \$3 all beers, \$4-\$5 all glasses of wine, all tapas under \$5.25.

The Kensington Club: *Every day*, 10am-6pm: \$2.50 wells, drafts, domestic bottles.

Kensington Vine: *Monday-Friday*, 3-6pm: \$5 fine wine. \$5 appetizers.

LA JOLLA

Beaumont's: *Every day*, 4-7pm: \$3-5 cocktails, wine, beer.

Clay's La Jolla: *Every day*, 4-7pm: \$3 drafts, \$4 wells, \$5 sangria, \$6 house wine.

Karl Strauss Brewing Company: *Monday-Friday*, 4-6:30pm: \$3.50 beer.

La Jolla Brew House: *Monday-Friday*, 3-7pm: \$3 wells, house drafts. \$4 house wine. \$5 premiums.

La Jolla Rancherita: *Monday-Friday*, 3-6pm: \$4 wells, \$2.50 domestics, \$2.75 imports.

Lupi Italian Restaurant: *Tuesday-Sunday*, 5-7pm: \$3-\$5 martinis, beer, wine. Free doggie treats.

The Melting Pot: *Every day*, 5-7pm: 1/2-off cheese fondue, salads, chocolate fondue.

Roppongi: *Every day*, 3-6pm: 1/2-off Asian tapas & sushi rolls.

La Sala: *Monday*, 4-7pm: \$5 house wine. \$7 specialty cocktails. 4-10pm: \$3 bottled beer, \$4 drafts. *Tuesday-Friday*, 4-7pm: \$3 bottled beer, \$4 drafts. \$5 house wine. \$7 specialty cocktails. *Sunday*, 12-10pm: \$3 bottled beer, \$4 drafts. 4-7pm: \$5 house wine. \$7 specialty cocktails.

The Shack Bar & Grill: *Every day*, 3-7pm: \$1 off wells, domestic taps.

The Shores Restaurant: *Monday-Friday*, 4-6pm: Five for \$5 menu food/drink specials. *Sunday*, 3-7pm: \$7 glass, \$25 pitcher red/white sangria.

The Steakhouse at Azul: *Every day*, 4-7pm: \$1 off all beers, \$2 off all wines by the glass, \$6 Appletinis, Lemon Drops, Cosmopolitans, margaritas. 1/2-off all lounge, patio appetizers.

Su Casa: *Monday-Friday*, 5-7pm: 1/2-off wells; 1/2-off appetizers (excludes seafood & guacamole).

Whaling Bar & Grill: *Monday*, 4-7pm: \$5 house wine. \$7 specialty cocktails. 4-10pm: \$3 bottled beer, \$4 drafts. *Tuesday-Friday*, 4-7pm: \$3 bottled beer, \$4 drafts. \$5 house wine. \$7 specialty cocktails. *Sunday*, 12-10pm: \$3 bottled beer, \$4 drafts. 4-7pm: \$5 house wine. \$7 specialty cocktails.

Whisknadle: *Every day*, 5-7pm: \$9 all-you-can-eat tapas.

LA MESA

Hooleys Irish Pub & Grill: *Every day*, 3-7pm; 10pm-close: \$1.50 off drafts, \$1 off all mixed drinks, bottled beers, glass of wine.

Riviera Supper Club & Turquoise Room: *Every day*, 4-6pm: \$2 off all cocktails, wine, drafts; \$2 off 8-oz. sirloin.

LEUCADIA

Bar Leucadian: *Monday-Friday*, *Sunday*, 4-7pm: \$2.75 wells. \$2.50 domestics. \$3 Corona, Pacifico, Imperial.

The Calypso Café: *Every day*, 5:30-7pm: \$4 wells, sangria, margaritas. \$4 house wine. \$3.50 beer.

LINDA VISTA

Brick by Brick: *Every day*, 3-6pm: \$2.50 house wine. 1/2-off beer.

The New Morena Club: *Every day*, Noon-7pm: \$2 domestic drafts, \$2.50 domestic bottles, wells.

Tio Leo's: *Monday*, 3-7pm: \$3 pints. \$4 wells, margaritas. *Tuesday-Friday*, 5-7pm: \$3 wells, domestic drafts. \$4 margarita (keep shaker).

LITTLE ITALY

Anthology: *Monday-Friday*, 5:30-7pm: \$6 wells, wine specials. \$8 margaritas. \$9 martinis.

Illume Bistro: *Monday-Friday*, 4-7pm: \$3 draft, \$5 wells, wines, \$7 martinis.

MIDWAY DISTRICT

Brick Alley Bar & Grill: *Every day*, 3-7pm, 9pm-close: \$1 off pints, \$2 off tall beers.

Wine Steals: *Wednesday*, 5:30-7pm: \$5 wine tasting. *Saturday*, 4-6:30pm: \$10 wine tasting.

MIRA MESA

The Filling Station: *Monday*, \$2 kamikazes. *Wednesday*, premium beer \$3.50/pint. *Saturday*, \$3 Bloody Marys. *Sunday*, \$3 mimosas.

Mira Mesa Lanes: *Monday-Friday*, 3-6pm: \$2 domestic pints, \$7 pitchers. \$3 import pints, \$10 pitchers. \$2.50 wells. \$3.50 chicken strips, chicken wings.

MISSION BEACH

Canes: *Monday-Friday*, 5-7pm: \$2.50 beer of the month. \$3 wells, margaritas. \$4 margarita (keep shaker). \$4.95 fiesta nachos, \$3.95 cheese quesadilla, \$4.95 Southwest spring rolls.

Coaster Saloon: *Friday*, 10pm-close: \$2 wells, all drafts.

Guava Beach Bar & Grill: *Monday-Friday*, 4-7pm: 2-for-1 cocktails, beer, shots. *Saturday-Sunday*, \$12 Bionic Beavers, \$2.50 kamikazes, \$8 Bud/Bud Light pitchers.

Sandbar Sports Grill: *Monday-Thursday*, 4-7pm: \$2.50 domestics/drafts, wells, \$1 off premium beers/wine by the glass, \$3 off pitchers. 1/2-off appetizers. *Friday*, 4-9pm: 1/2-off all drinks.

MISSION HILLS

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

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

MISSION VALLEY

950 Lounge: *Wednesday*, \$3 wells, beer, house wine.

All American Grill: *Monday-Friday*, 4-7pm: \$3.75 selected craft beers, \$5 specialty drinks, \$2 off wine by the glass and grazing menu.

Bing Crosby's Restaurant and Piano Lounge: *Monday-Saturday*, 3-7pm: \$3 draft beer, \$5 wells, \$6 wine by the glass, \$7 house cocktails. *Sunday*, 11am-close: \$3 draft beer, \$5 wells, \$6 wine by the glass, \$7 house cocktails.

In Cahoots: *Wednesday*, \$2 drinks. *Friday-Saturday*, \$2.50 Coors/Coors Light. *Sunday*, any drink \$2.50.

The Little Fish Market Restaurant: *Every day*, 4-6pm, 8:30-close: \$4.25 fish tacos, \$3.75 spicy tuna roll, \$4.50 Cajun shrimp skewers, more.

NATIONAL CITY

Café La Maze: *Tuesday-Friday*, 4-6pm: \$1 off all drinks; 1/2-off appetizers in the bar.

Lai Thai Restaurant: *Every day*, 4-6pm: \$2 Thai beer.

McDini's: *Monday-Friday*, 5-7pm: \$2 off domestic pitchers, \$3.50 wells.

NORMAL HEIGHTS

Air Conditioned Lounge: *Monday-Friday*, 7-9pm: Everything 1/2-off.

Triple Crown Pub: *Saturday*, 12-5pm: \$1 off all pints, \$2 off beer pitchers. *Sunday*, 12-2am: \$1 off all pints, \$2 off beer pitchers.

NORTH PARK

Apertivo: *Tuesday-Friday*, 5-6:30pm: \$3 glass of wine, imported beers. *Sunday*, all day: \$2.75 glass of wine.

Crazee Burger: *Every day*, 3-6pm: \$2.99 drafts, \$15 pitchers of beer, \$3.99 select glasses of wine. \$2.99 bratwurst, \$3.99 turkey burger.

Cricket's Pub and Grill: *Monday-Friday*, 4-6pm: \$2.50 domestic pints, \$2.75 domestic bottles, wells, \$4 margaritas.

Lips: *Sunday*, \$5 homojitos. \$10 build-your-own tacos.

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

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

True North: *Monday*, 12pm-close: \$1 off all beer, wine, spirits. *Tuesday-Saturday*, 12pm-7pm: \$1 off all beer, wine, spirits. *Sunday*, 7pm-close: Industry Night, \$3 calls.

Vesuvio Gourmet & Lounge: *Tuesday*, 4-7pm: \$5 martinis.

West Coast Tavern: *Every day*, 4-7pm: \$1 off all drinks. \$5 each for 5 menu items.

OCEAN BEACH

Blue Parrot: *Monday-Friday*, 2-6pm: \$2 off glass of wine, \$3 margaritas. \$2.50 tacos, \$5.25 nachos or wings. *Saturday-Sunday*, 10am-3pm: \$2.50 mimosas. \$5 Manmosas. \$4 screwdrivers, tequila sunrises, greyhounds.



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Portugalía: *Tuesday-Sunday*, 10pm-1am: \$3 domestic beer, \$5 wine; \$4-\$10 food specials.

The Vine: *Every day*, 4-6pm: 1/2-price entire wine and specialty beer list.

Winstons: *Monday-Saturday*, 1-8pm: \$3.50 wells. \$1 off all beer/wine.

OCEANSIDE

333 Pacific: *Every day*, 3-7pm, 9-10pm: \$7 vodka cocktails (100+ types of vodka), \$7 appetizers (spicy sweet calamari, blue crab eggs, oyster trios, Caesar salad, spicy tuna roll).

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

Hana Japanese Restaurant: *Every day*, 5-7pm: \$3 beer, 1/2-off cocktails.

Harney Sushi: *Thursday*, \$5 specialty cocktails.

PCH Sports Bar & Grill: *Monday-Friday*, 4-7pm: \$2 domestics, \$1 off premiums, \$3 house wines. *Saturday*, 2-8pm: \$2 domestics, \$1 off premiums, \$3 house wines. *Sunday*, 2pm-close: \$2 domestics, \$1 off premiums, \$3 house wines.

Pierview Pub/Bub's Whiskey Dive Bar: *Tuesday*, 4-7pm: \$2 cans of Tecate.

Tremont Street Bar & Grill: *Monday-Friday*, 4-7pm: \$4 wells, house wine. \$1 off all beer.

OLD TOWN

Harney Sushi: *Wednesday*, \$5 specialty cocktails.

Wine Cabana: *Monday*, till close: \$5 off Malbec. *Tuesday*, till 7pm: 1/2-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*, till 7pm: \$3 beers, disco with DJ & PJ. *Sunday*, till close: \$4 Sangria, live jazz at 5pm.

PACIFIC BEACH

710 Beach Club: *Monday-Thursday*, 1-7:10pm: \$7.10 beer & shot. *Friday*, 1-7:10pm: \$7.10 beer & shot. Two fish tacos for \$7.10. *Saturday-Sunday*, 12-7pm: \$7 pitchers.

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

Big Kahuna's: *Monday-Friday*, 3-7pm: \$2.50 beer, wine.

Costa Brava: *Every day*, 4-7pm: 1/2-price sangria. 1/2-price tapas.

The Dog: *Monday-Thursday, Sunday*, \$6 pitchers.

Hennessey's Tavern: *Monday-Friday*, 4-7pm: \$2.50 domestic drafts, \$1 off house wine, wells, \$3 well shot/\$4 call shot, \$5 drink specials. *Saturday-Sunday*, till 1pm: \$3 Bloody Marys.

Hooters: *Monday*, 11am-10pm: \$4 drafts, \$14.99 pitcher Pyramid Haywire & Hefeweizen. *Tuesday-Wednesday, Friday*, 3-6pm: \$2.50 Bud, Bud Light, Coors Light, Miller Lite drafts, \$3 wells, 1/2-price appetizers. *Thursday*, 11am-10pm: \$4 drafts, \$14.99 pitcher Newcastle Brown Ale. *Saturday*, 11am-11pm: \$3 drafts, \$10.99 pitcher Coors Light, Miller Lite. *Sunday*, 11am-10pm: \$3 drafts, \$10.99 pitcher Bud Light, Budweiser & \$3.50 drafts, \$11.99 pitcher Shock Top.

Johnny V: *Tuesday*, 4pm-close: \$3 wells, drafts, selected wines. \$1.95 street tacos, \$3 off appetizers. *Wednesday*, all day: \$3 wells, drafts, selected wines. *Friday*, 4-9pm: \$2 drinks. Complimentary appetizers. *Saturday*, all day: \$2.50 Bud Light bottles, Absolut, \$3 margarita.

Lights Out Hooters After Dark: *Monday*, 5-8pm: \$1 wells, \$1 domestic drafts. 8pm-close: 2-for-1 drinks. *Tuesday*, 5-8pm: \$1 wells, \$1 domestic drafts. 8pm-close: beer and a shot, \$5. *Wednesday*, 5-8pm: \$1 wells, \$1 domestic drafts. 8pm-close: \$2 you-call-its. *Thursday-Saturday*, 5-8pm: \$1 wells, \$1 domestic drafts. *Sunday*, 5-8pm: \$1 wells, \$1 domestic drafts. Industry Night: 50% off the bill.

Miller's Field: *Monday-Friday*, 3-7pm: \$1 wells. \$2 street tacos.

Moondoggies Pacific Beach: *Tuesday-Sunday*, 3-7pm: \$2 wells,

house wine. \$3 imports, microbrews. \$2 off all drafts.

Moray's Lounge: *Every day*, 4-7pm: \$2.50 drafts, \$3.50 wells, \$4.50 house wine. 4-6pm: \$4 appetizers: spicy chicken wings, fried calamari, potato skins, more.

Pacific Beach Ale House: *Monday-Saturday*, 3-6pm: \$3 drafts, wells, house wines. 1/2-price appetizers.

Pacific Beach Bar & Grill: *Tuesday*, \$2.50 Mexican bottled beer, \$3 frozen margaritas. *Wednesday*, \$2 off all drinks, \$2 beers. *Thursday*, 8pm-close: \$2 wells, drafts, 1/2-price drinks. *Friday*, 3-10pm: \$2 drafts, wells, 1/2-price drinks. *Saturday*, 4-10pm: \$3 wells, wine, drafts.

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

Tavern at the Beach: *Monday-Saturday*, 12-7pm: \$3 drafts, bottles, wells, wine. *Sunday*, 12-7pm: Industry Night: \$3 domestic beers, \$2 make your drink a double, \$3 calls for industry. Pay stub required.

The Turquoise, Café-Bar Europa: *Monday-Thursday, Sunday*, 5-7pm: \$3 cask wine, sangria, draft. \$3 tapas selection.

POINT LOMA

The Boathouse: *Every day*, 2:30-5pm: \$1.99 house margaritas (\$3 Cuervo 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, \$5 specialty drinks, wells, house wine. \$5 crispy calamari, ahi tuna poke, steamed Fox River mussels, more.

Extreme Pizza: *Monday*, all day: \$1.50 domestic drafts. *Tuesday*, \$6 wine carafes, beer pitchers. *Wednesday*, \$5.50 wings night. *Thursday*, 3-6pm; 8-10pm: 1/2-off any pizza. *Friday*, \$18 large pizza and pitcher of beer. *Saturday*, \$2 bottled beer of the month. *Sunday*, \$5 domestic beer pitchers.

Point Loma Sports Grill & Pub: *Monday-Friday*, 4-7pm: 1/2-price appetizers.

Riley's Music Lounge: *Monday*, 4-7pm: \$4 calls. *Tuesday, Sunday*, 4-7pm: \$2.50 pints. *Wednesday*, 4-7pm: \$4 Jäger bombs. *Thursday*, 4-7pm: \$3 kamikazes, \$4 Jäger bombs. *Friday*, 4-7pm: \$3 calls. *Saturday*, 4-7pm: \$5 Long Island/Long Beach.

POWAY

Kaminski's BBQ & Sports Bar: *Monday, Wednesday-Friday*, 3-6pm; 9-11pm: \$1 off all wells, drafts, bottles & wine. \$5 appetizers.

Phileas Fogg's Bar & Restaurant: *Monday-Friday*, 4-7pm: \$2.50 domestic pints/\$7.95 pitcher, \$3.50 import pints/\$11.95 pitcher. \$2.95 cheese quesadilla, \$3.95 chicken wings, more.

RANCHO BERNARDO

Café on the Park: *Monday-Friday*, 5-6:30pm: \$3 wells, \$4 house margaritas, 1/2-off house wine by the glass, \$1 off beer. Complimentary cheese & crackers, 1/2-off appetizers.

Capri Blu: *Every day*, 3-7pm: 1/2-price drafts, wells.

Carvers: *Monday-Friday*, 2-6:30pm: \$2.75 beers, \$3.95 wells, \$4.25 house wines, \$4.75 well martinis.

RANCHO SAN DIEGO

Cottonwood Golf Club Bar & Restaurant: *Every day*, 4-6pm: \$2 drafts. 1/2-off all appetizers including pizza, quesadillas, wings, calamari.

RANCHO SANTA FE

Cavaillon: *Monday-Thursday, Sunday*, 5-6pm: 1/2-off glass of wine. \$19.95 two-course menu.

Delicias: *Every day*, 4-6pm: \$5 draft beers, house wines, wells.

SAN MARCOS

The Jumping Turtle: *Monday*, 11am-close: PBR \$2.75/pint, \$6.75/pitcher. \$5 cheeseburger w/ fries or salad. *Tuesday*, 11am-close: \$2 Corona, Pacifico, margaritas. 3pm-close: \$2 tacos. *Wednesday*, 11am-close: \$4 drop drinks. \$6 monster sandwich w/ fries or salad. *Thursday*, 7pm-close: \$3 Jäger, \$2.50 Bud Lime. 3-11pm: \$.50 chicken wings. *Friday*, 5pm-midnight: \$5 Long Islands. \$5 12-inch two-topping pizza. *Saturday*, 11am-close: \$3 Orange Patron, Tanqueray. \$5.75 Reuben sandwich w/ fries or salad. *Sunday*, 11am-close: \$2.50 Bloody Marys. \$5 Hole-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 Market: *Monday-Friday*, 3:30-9:30pm: \$3.50 wells, discounted beer & wine. \$.95 oysters, \$4.25 smoked trout quesadilla. *Saturday-Sunday*, 11am-4pm: \$3.50 wells, discounted beer & wine. \$.95 oysters, \$4.25 smoked trout quesadilla.

Pacific Coast Grill: *Every day*, 4-7pm: \$5 gold margaritas, \$1 off draft, wells, wines by the glass, 25% off wine bottles.

SORRENTO VALLEY

Karl Strauss Brewing Company: *Monday-Friday*, 4-6:30pm: \$3.50 beer.

SOUTH PARK

Alchemy: *Monday-Friday*, 4-6pm: \$2 off wells, including Skyy, Seagram's, Jim Beam, Sauza Gold, \$2 off wines/glass, draft.

Hamilton's Tavern and Café: *Every day*, 5-8pm: \$1 off local drafts.

Whistle Stop Bar: *Every day*, 2-8pm: \$1 off all cocktails, pints.

SPRING VALLEY

California Comfort: *Every day*, 4-7pm: \$2.50 domestic pints, wells, house wine. \$5 appetizers.

TIERRASANTA

Bud's Louisiana Café: *Tuesday-Friday*, 1-2:30pm; 4:30-6pm: 1/2-price wine and beer. *Saturday*, 4:30-6pm: 1/2-price wine and beer.

JP's Pub: *Monday-Friday*, 3-5pm: \$2.50 wells, domestic drafts, \$3.25 house wine.

UNIVERSITY CITY

Café Japengo: *Monday-Friday*, 5-7pm: \$3 drafts, sake, \$4.50 wells. \$4 chicken spring rolls, duck potstickers, California rolls.

UNIVERSITY HEIGHTS

Gulf Coast Grill: *Monday*, all night: \$3.95 wells, drafts, wine. *Tuesday-Sunday*, 4:30-6:30pm: \$3.95 wells, drafts, wine.

VISTA

Jumping Bean Cafe & Mexican Grill: *Monday-Friday*, 3-6pm: \$2 domestic, imports, \$2.75 margaritas, \$3 wells, microbrews, \$4 Leaping Horse wine. 3-5pm: \$1.50 chicken or carnitas street tacos.

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American Revolutionary

Food can be a deeply political issue, but in this case it's the merely skin-deep question of the restaurant's name that's bugging me. (Didn't Shakespeare say, "A grill by any other name would smell as yummy"? I'm writing 100 times on the blackboard: "Do not judge a restaurant by its title.") The phrase "all American" ought to imply a roster of the country's top athletes, but the badge of patriotism has been flaunted by politicians turning "all American" into code for "If you're against me, you hate your country." When I was a little kid, drunken demagogue Joe McCarthy accused President Eisenhower and the U.S. Army of being "pinkos." Plenty more of that on your TV and radio. That sort of patriotism hurts.

But, okay — change, hope, all that, the world's most beautiful Bill of Rights and Constitution and amazing scenery sea to shining sea, and We the People just won the Nobel for voting with poet Maya Angelou's cogent prayer: "Let America be America again." So, let's go, chef Timothy Au — let's see what you can do with your American ingredients out on your all-American wood-fired range!

I loved Au's work at Molly's at the downtown Marriott (before the restaurant was replaced by the more profitable celeb-chef chain Roy's). Finding Tim "Au-some" at the stove again was a kick (although his name's actually pronounced more like "ow"). A Chinese-American chef trained in French culinary technique — that's a union of the greatest cuisines on the globe. Nearly three years later, I still cherish the memories. I hope that eventually he'll put his vibrant ceviche on the menu here, call it by its all-American Hawaiian name, ahi poke.

There are two ideas behind this restaurant. One is to use in-season, American-grown and -crafted ingredients to the max, local-sourced when possible. The other is, in a former Trophy's space, to create a revolutionary new phenomenon — would you believe a sports pub



PHOTOGRAPH BY ALAN DECKER

with seriously good food?

Much of the giant, suburb-shiny space is filled with tight four-top booths (better fitted to gymnasts than to linebackers or channel-surfers), presided over on high by numerous muted TVs tuned to sports — of course. (On Sunday game-days, the sound is turned on.) A patio out back offers al fresco dining, but that night's weather was too brisk to consider it. A remarkably inclusive variety of fellow diners included old couples, old singles, collegian daters, young families with babies on board — every race, age, type, size, all of today's Americans. And nearly all seemed to share a benign good mood the evening I ate there — the new food was evidently working its magic.

The first task of owner Mark Oliver and chef Au, in both the kitchen and dining room, was to retrain a staff largely inherited from Trophy's. Our delightful waitress was a new hire, but she'd

eaten at Trophy's before the handover. "The turnaround in the food is amazing," she said. Those kitchen and service staffers who couldn't or wouldn't convert to the new regime of

quality were being replaced, she confided. The process is ongoing, so this review may be a trifle premature, but after waiting years for Au to resurface, I was chomping at the bit.

The specialty cocktails are creative but affordable, about the same price as a glass of ordinary wine, and they're mainly made with American booze, good liqueurs, and fresh fruit juices, rather than cheap bar mixes or "simple syrup" (sugar-water). You can instantly perceive the difference in the "All American Margarita," which is bright, lively, with just-right tartness from fresh lime and Triple Sec orange-peel liqueur. There was no hint of the bland high-fructose corn syrup sweetness of the carb-loaded big-brand mixes. Lynne's

DINING REVIEW

NAOMI WISE

All American Grill

★★★ (Very Good)

7510 Hazard Center Drive, Mission Valley,
610-296-9600, aagrill.com.

HOURS: Daily, 11:00 a.m.–9:30 p.m. (sometimes later).

PRICES: Soups, salads, appetizers, \$3.75–\$12; entrée salads, \$10.50–\$13; individual pizzas, \$10–\$11.50; burgers, \$9.50–\$12; entrées, \$12.50–\$26; sides, \$3.50–\$6; desserts, \$6.

CUISINE AND BEVERAGES: Fresh, foodie-worthy pub grub from a wood-fired oven and grill, highlighting American ingredients. Affordable made-from-scratch creative cocktails; California wines, numerous choices by the glass.

PICK HITS: Appetizers/grazes: fig, prosciutto, and goat-cheese pizza; roasted Carlsbad mussels. Entrées: "BBQ" baby back ribs, Asian skirt steak. Desserts: cheesecake, panna cotta. Good bets: baked portobello, bison meat loaf, "Texan" steak (bacon-wrapped filet with blue cheese).

NEED TO KNOW: Former Trophy's location with family-friendly sports-bar atmosphere and prices; if you're mainly going for the food, avoid "football Sundays" when TV sound is on. Patio dining. Plenty of lacto-vegetarian and "kiddie-appeal" dishes. Happy hour 4:00–7:00 p.m. Monday–Friday in lounge or on patio, deep discounts on grazes, drinks, house wines.

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

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sprightly Pomegranate Lemonade (citrus vodka, fresh pom juice, fresh-squeezed lemon, etc.) was a hit, too. Ben's Bloody Mary, which comes Midwest-style with a beer back, was vibrant and spicy. (Designated driver Mark was the sole taster of his iced tea, so I can't comment on its gourmet qualities.)

The menu is flexible, with dishes of every size for every preference and price. It evokes a lower-



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Calendar RESTAURANTS

caste version of the bill of fare at the jam-packed new Cucina Urbana. (As we were nibbling a great pizza at AA, the Lynnester boiled over about the impossibility of getting into CU anymore. The voice-mail reservation line is nearly always too full for more messages, and you could starve waiting for an unreserved chair at the bar or the communal table.) Neither the food nor the atmosphere is as flamboyantly hip and “sceney” as CU, but the chef’s concepts are slyly sophisticated, and the space is an easygoing, affordable potential hangout if you’re not measuring your hipness quotient by the restaurant’s decor.

The first thing I noticed about the menu was that numerous seasonal dishes (e.g., those involving fresh corn) listed on the website menu were absent from the printed bill of fare — evidently Au is taking seasonality seriously. The killer starter, which can serve as an entrée, was a dinner plate-sized wood-oven-roasted individual pizza with a light, puffy crust. Our unsauced “Wine Country” version was topped with mild, lush goat cheese, a generous count of thick prosciutto slices, fresh black Mission figs and seedless red grapes, and (strewn on after heating) a heap of crisp arugula. Ben doesn’t love goat cheese, Mark doesn’t love figs, I’m not mad for red grapes, and all of us went ape for this exhilarating combination on a craftsmanly crust.

A substantial heap of Carlsbad mussels, local and hence ultra-fresh, were quick-roasted

(not steamed), turning their shells dark and crackly and permeating their meats with the flavor of the garlic butter in the bottom of the roasting dish. “So-o-o good,” said Lynne, “but I wish there were some bread to soak up that slick of sauce underneath.” “Yeah, garlic bread!” said one of the guys. (You get no table bread.) Well, per the menu, Parmesan garlic bread is supposed to come with this dish — somehow omitted. (Yup, staff needs more training.) It was a treat, even so, generous enough to make an entrée for a singleton. In fact, a shared pizza and the mussels (or another starter) and a small salad or a six-buck dessert would furnish a substantial and delicious dinner for two for under \$30 (plus drinks, tip, etc.).

A retro iceberg lettuce wedge salad (back in fashion) was disappointing. It had raw red-onion slivers, cherry tomatoes, bleu cheese, and a soi-disant truffle vinaigrette. Truffle? Where? And no bacon, either. The only point to wedge salad is bacon. From now on, if I get the craving, I’ll make my own.

“Daddy Warbucks” is the menu’s name for Oysters Rockefeller. The big, tender whole bivalves did have bacon — which plays no part in the traditional recipe — along with Parmesan-dusted panko crumbs, spinach, and tomato (which all of us found too acidic and alien to the dish). We loved the oysters’ tenderness, the lightness of the panko topping — but found that topping too dry. Where’s the goop? (And where’s the Herbsaint?) The original *fin de siècle* invention of Jean Alciatore of NOLA’s Antoinette’s Restaurant (using

Pernod from France, since Louisiana’s homegrown Herbsaint wasn’t invented yet) didn’t include such frequent modern elaborations as mornaise or Hollandaise sauce. But at Antoinette’s, the greens (minced parsley, scallions, chervil, and other fresh herbs rather than spinach) included an unconscionable amount of butter, enough to turn the minced veggies into a rich sauce. With Rockefeller, skinny won’t do: that’s why it’s called “Rockefeller” — not just for the green of that rich guy’s money but for the wealth of dairy fat. A little more butter or a shot of cream (and hold the tomatoes) and this might make it. You don’t need bacon, but really, ya gotta have goop.

By now, we’d finished our cocktails and were sipping a Central Coast Rousanne named “Writer’s Block” (my chronic ailment). It had a beautiful label but was too sweet for our palates and needed more chilling — you want to drink this seriously cold. Although Rousanne is a close relative of Viognier, a better choice might have been the more familiar, dry-but-fruity Iron Horse Viognier from Monterey. For our entrées, a leap of faith toward Jade Mountain Syrah from Lake County brought a bold, complex, mouth-filling red more reminiscent of Syrah-rich Hermitage than generic Rhones or their California imitators. Mark, perpetual designated driver for this posse squadron, drinks sparingly and only when the wine tastes great and complements the food; he thoroughly enjoyed this bottling, which compensated his palate for maintaining its virginity until then.

Forging ahead into entrées, cheapest but least was a buffalo burger with the standard trimmings, ordered rare, accompanied by fine house-made potato chips. Bison is lean, like most game meats (except bear, beaver, manitou, and nutria). With less fat than chicken breast (and no trichina spores to kill as in wild boar or bear meat), it’s gotta be really rare when cooked on dry heat or it dries out. And it did. Alternatively, the beefburgers here are 100 percent Certified Black Angus — not generic supermarket Angus but a pedigreed breed equivalent to USDA Top Choice. It can’t get that designation if it’s mixed with anonymous junk meats, so it’d likely be safe at medium-rare, and I’d even trust it fully rare, if the burgermeister can learn to handle that.

“Down Home” barbecued baby back ribs aren’t really “Q” because they haven’t been smoked. They’ve evidently been moist-cooked (braised) and then swathed with a sweet whiskey BBQ sauce and caramelized in the wood-burning oven. They’re tender and tasty and come with slim, crisp “American Fries” and assorted roasted vegetables, some still too firm. (Hey, chef Tim: yams are in season now. How about yam fries with this?)

“Mississippi Sound” offers sweet, tender Gulf shrimp served over spaghetti in a variation of Neapolitan *pasta puttanesca*, with garlic, capers, Kalamata olives, sun-dried tomatoes, and a touch of chili. “It’s okay, but I think it might be better in cream sauce,” said Mark. “Everything’s better in cream sauce,” said Ben.

So, excuse me a minute

while I whisper another suggestion into the ear of a chef whose talent I obviously respect. *Puttanesca*, folklorically, was quick-cooked on braziers on the streets of Naples by ladies of the evening — hence its name, “whore-style.” You rarely find it in American Italian restaurants; I’ve never encountered it in Louisiana. I don’t think it flatters shrimps of this quality, but they’d sparkle like gems in a real NOLA-style spicy Creole cream sauce over pasta — an incredibly easy, luscious restaurant entrée. (I’ve submitted my favorite version to the “reader recipe” space next to this column on the website. My friend, chef Stanley Jackson, formerly of Commander’s Palace, made it at the fabulous but short-lived Lombard’s Creole Restaurant in Oakland. I volunteered as kitchen-flunky for the grand opening; in exchange, he gave me the recipe to publish at will.)

A dish called “Chinatown” offers Asian-style marinated skirt steak over spinach with a couple of huge onion rings. “I love the subtlety of this marinade,” said Mark. “I was afraid it would be heavy with soy, like teriyaki.” “Hey, chef’s Chinese, not Japanese,” I reminded him. “I love Japanese food, too, but Chinese is every New Yorker’s down-home comfort food.” (Nonetheless, I think the skirt steak could use some pounding to tenderize it.) “Taste these terrific onion rings!” said Lynne, a skinny lover of things fried. The puffy rounds were coated with a light batter shot through with assertive spices that none of us could pin down.

We couldn’t possibly have

eaten dessert. And so we ate two, with not a crumb left over to take home for breakfast. A tangy buttermilk panna cotta (a sort of gelatin-custard) was delicious, if too firm and bouncy, compared to the greatest trembly versions; alongside came a supernumerary fried donut hole mini-pastry. Even better was dulce de leche cheesecake. “Pure New York,” said Ben, world-traveling airline stew. “Dense and rich, like at Junior’s.” Our waitress recommended the “San Diego,” a Snickers-Oreo ice cream pie, evidently a treat for those who love their sweets really sweet. (Maybe next time. Maybe never.) My espresso, however, was mediocre and served lukewarm.

“This is a great new idea,” said Lynne. “Sports pubs usually have *awful* food.” “Ever eat at Seu’s?” I asked her, citing the local ultimate of the genre. “Yeah. Yuck,” she answered. “But this place just changes the whole equation.” An even nicer shock was our modest bill. “Omigod, that’s *all*?” I squealed, considering the sub-\$200 tab for three cocktails, two serious wines, and ten dishes (of which even the worst were better than anything Trophy’s ever dreamed of). And all in an ambiance where whatever you’re already wearing is good enough, and in a space so capacious you probably don’t even have to reserve, except on serious football days. At long last, we have a place that both Tin Forkers and Swedish-Stainless Spooners can enjoy equally. I guess that’s what “All American” means.

Erratum: The surname of Grant Grill’s chef de cuisine is spelled Kurth. ■

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Healthy Lunch in Ballparkland

"It's got all of the good stuff you need and none of the bad stuff."

Washington may declare that the recession is over, but don't tell that to Chad and his cousins at Market 32. They've had to close the doors on their original, very green idea. These guys from Yuma tried to make a go of a little farmers' market at Tenth and Island, a place where you could also get sandwich lunches. Me, I came down for an apple and a sandwich, something healthy on the gut for once. Only to read the sad news in a letter to customers on the glass doors.

Dang. Feel bad for them. Plus, now I've gotta find some other healthy way to have lunch in Ballparkland. No hot dogs, puh-leez. I'm gunked out. I wander down Tenth and turn onto J. See three lime-green paddles hanging from the mesh sidewalk canopy. Each of the paddles has a few words painted on it: something about "Reflex. Rom." "Club Motivate." "Minutes of your day." I look through the smoky glass, see a couple of exotic-looking exercise machines. Obviously this is some kind of health club. At this western end of the biz, there's a kind of juice bar, to rehydrate you, I guess, after your 20 minutes' sweat. It's straight out of *Star Trek* — all white walls with a lime-green counter and way-cool black stools, little black tables, and oxygen-dispenser machines, looks like.

Then I notice a small sign: "Juice In The Raw." And next to that, Scotch-taped to the window: "The Ultimate Meal Smoothie®." A registered trademark. Huh. So, somebody thinks this is The Next Big Thing.

"The Ultimate Meal® has every nutrient necessary for optimum health..." says the densely printed infosheet. We're talking 350 calories, 5200 international units of beta-carotene, lots of magnesium, calcium, omega, 3780 grams of potassium, on and on. And the Santa Barbara manufacturers say it's also free

of yeast-based vitamins, MSG, salt, wheat, corn, eggs, dairy products, sugar, artificial preservatives...could this be the perfect food?

I'm suspicious when food comes from powdered this and dehydrated that, but you never know. It's the word "meal" that hooks me. So I poke my head in. Guy with a rasta-type ponytail is waiting behind the counter. Gabriel.

"Is one of these really enough for a meal for a hungry feller?" I ask. "Oh, sure," he says. "You have to practically eat this, and it's got all of the good stuff you need and none of the bad stuff you'd have at fast-food places. Want to try it?"

"Combo Special," reads a menu page on the countertop. "Add a WildBar™ and blast your antioxidants out of the park. Only \$12.18 plus tax."

Well, not cheap, but since it's gonna be blasting my antioxidants out of the park...

I watch while Gabriel starts filling a blender with this mix from a round cardboard canister. Stuff is called "Ultimate Meal® All Day Energy Greens™." He adds a big gloop of almond butter, hemp protein, bee pollen, ground chia seeds. He cuts up an apple into four pieces and tosses them in, gets chunks of frozen blueberries and banana and I lose track of what-all else, then sets the concoction a-whirring and finally pours it into a tall white-and-green "Club Motivate" plastic glass. He plunges a fat straw into the glass, then points to a small display case below the counter. "Now, just find whichever WildBar™ you want."

I take a suck on the smoothie. Mmm. Looks like a deep, green swamp. Tastes of grass, nuts, that apple. It's thick. You almost have to chew your cheeks to draw. I check out the WildBar™ Gabriel handed me (it was between "Mountain Mint" and "Mayan Spice" — I went Mayan). "On the entire Planet

earth," the wrapper blurb says, "there is one nutrient-rich superfood, so rare and so wild that it can only be harvested from renowned Klamath Lake for a few short weeks per year:

Ancient Sun® wild blue green algae (Crystal Manna™ and Blue Manna™). Combined with other choice superfoods, and synergized with raw cacao, WildBar™ is the ultimate meal..."

None of this trademarked spiel makes me a believer, but what does is Gabriel. "This is the most nutrient-dense food you can eat," he says when I ask again if it will fill me up. (Hey, priorities: full GutEB first, Blue Manna™ second, right?) "Everything is organic, *and* raw," he says. "That keeps the enzymes alive and helps you digest and..."

Wow. I recognize this sermon. It turns out that Gabriel began his working life (at age 17) down in Chula Vista, at Cilantro Live! — Christina Guzman's valiant attempt to get the world to eat raw.

A tanned gent in a blue shirt and light-brown pants comes out of the office behind us. This is his baby. Fitness for busy execs and condoistas. "I used to have a software company," he says. "Car-leasing software. LeaseLink. But 9/11 took care of that. In the aftermath, the car manufacturers were so desperate, they started selling cars at zero percent interest. Zapped leasing. Plus, I got to a state of health where I had to do something about my fitness. So I decided to make a business of it. I ended up buying these \$15,000 machines that pretty much exercise you, so 15 minutes is all you need per day. And I was determined that this juice bar be all-natural, organic, and raw. No chemicals. No-sugar-added ingredients. I drink two of what you're having every day. I



Gabriel

took 40 years to mess this body up: now, at 55, I'm bringing it back."

Uh, the machines exercise you? At least one of them does. Seems you just stand on the "Reflex" machine while it vibrates you through the feet, "expanding and contracting all major muscle groups of the body." That's what the blurb claims.

Of course, with this economy, Mark's having difficulty hanging in here, too. Hope he makes it. 'Cause I come out full of algae and raw cacao and bee pollen and almonds and hemp, and, yes, I do feel, well, not bloated but nourished. And maybe it's imagination, but, even without the vibrating-foot treatment, there's a pep in ye olde step. Message to Washington DC: Forget banks. Send money to East Village. The health of the nation is at stake. ■

The Place: Juice in the Raw, 1060 J Street, East Village, 619-550-1240

Type of Food: Smoothies

Prices: Goji shake, with goji berry, blueberry, coconut meat, brazil nut mylk, vanilla, \$5.29; carrot smoothie, with carrot, ginger, banana, pecan mylk, cinnamon, \$5.29; green smoothie #2, with greens, peach, mango, banana, alkaline water, flax seed, \$5.29; Max Meal smoothie, with Ultimate Meal®, All-Day Energy Greens™, almonds, hemp protein, bee pollen, ground chia seed, apple, blueberries, banana, \$7.13; with WildBar™, \$12.18; oxygen, \$5 for 10 minutes

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Calendar RESTAURANTS

RESTAURANT LISTINGS

A complete searchable list of over 600 restaurants is available online at SanDiegoReader.com. Price estimates are based on the latest information available for a midrange entrée. **Inexpensive:** below \$10; **moderate:** \$10 to \$19; **expensive:** \$20 to \$29; **very expensive:** more than \$30.

Allied Gardens

Alpine Inn 2225 Alpine Bl., Alpine, 619-445-5172. Beef-lovers heaven, with a juicy special ground-in-house (so rare-cooked is feasible) Texas burger. Crowded weekends. Moderate to expensive.

Brothers Family Restaurant 5150 Waring Rd., Allied Gardens, 619-287-0880. All the staples: country-fried steak and eggs, pork chops with eggs, Grandma Jennie's pancakes with ham, bacon, and sausage — even hefty beef or tuna or turkey sandwiches with soup. Inexpensive.

Alpine

Fred's Old Fashioned Burgers 2754 Alpine Bl., Alpine, 619-445-1264. You get a bang for your burger buck, from the junior burger to quarter-pounders and half-pounders to Fred's three-quarter-pound "monster burger."

Even the BLT sandwich comes loaded with six slabs of bacon. Inexpensive.

Baja

From the United States use the prefix 011-52 when calling Mexico.

Cien Años Calle Jose Maria Velazco #1407, Tijuana, 664-634-3039. Mexican haute cuisine, with complex sauces based on Mexican ingredients including tropical fruits, nuts, and chili peppers. Treats: mushrooms steeped in beef marrow, crocodile-meat mini tacos, posole with crabmeat. Moderate.

Happy Face Restaurant In Plaza Viva Tijuana (near Yellow Cab parking area), Tijuana. Breakfast (all day) includes *chilaquiles* with chips doused in cheese, a thin steak, frijoles, rice, chips, salsa, coffee, and a house salad. Inexpensive.

Manzanilla Boulevard Teniente Azueta #139, Ensenada, 646-175-7073. Sophisticated "nuevo" Mexican cuisine at this Euro-style bistro features seasonal menus with fresh-caught seafood, locally grown vegetables, and mesquite smoke from the wood-burning grill. A spectacular rib-eye steak, tender and intensely beefy, is a constant. Moderate.

El Nido Boulevard Benito Juárez #67, Rosarito, 661-612-1430. In a restaurant full of caged birds (and a patio with free birds a-wing), enjoy sublime mesquite-grilled aged steaks, quail with garlic sauce, or venison — especially the savory *machaca de venado* (meat strips with peppers, onions, and tomatoes). Mostly moderate; cash only.

Rica Torta Niños Héroes Avenida #890, Tijuana, 664-685-8579. This café may have the best *tortas* (call them Mexican-style hamburgers) in Tijuana. Six-inch rashers of marinated carne asada, slices of ham, squares of cheese,

chopped salad, tomato slices, fresh-scooped avocado. Inexpensive.

Salón Azteca Rosarito Beach Hotel (south end of Blvd. Benito Juárez), Rosarito, 661-612-1111. This fabled old hotel's all-you-can-eat Sunday brunch buffet offers a great excuse to check out the gorgeous architecture and meet other travelers in town. Somewhat expensive for the area.

Banker's Hill

Alex's Brown Bag 2550 Fifth Ave., Banker's Hill, 619-231-2912. The re-born Alex's (now in the Mr. A's building) is a deli rightly famous for its Original Philadelphia Cheese Steak Sandwich. Inexpensive.

Hexagone 495 Laurel St., Banker's Hill, 619-236-0467. This urban spin-off of Rancho Bernardo's French Market Grille offers provincial "bourgeois cuisine" (snails, frog legs, bouillabaisse) nearly identical to that of the mother ship — including the inconsistent nightly quality. Moderate to expensive.

Hob Nob Hill 2271 First Ave., Banker's Hill, 619-239-8176. All-day breakfasts and sandwiches, and at dinner, while there are à la carte choices, affordable three-course prix fixe dinners (with a regular entrée for each day of the week, Mom style) are the order of the day. Inexpensive to low-moderate.

Bay Park

Bay Park Fish Company 4121 Ashton St., Bay Park, 619-276-3474. Go big (surf 'n' turf can cost you thirty-plus) or small: a filling seafood stew or the panko-crusted halibut tacos go for \$10. Lunch, dinner daily. Inexpensive to expensive.

Borrego Springs

Olde Homestead Fudge Co. 590 Palm Canyon Dr., Borrego Springs, 760-767-7782. The chocolate walnut fudge is delicious, but the masterpiece when in season is the Date Shake — a cold quaff that's ambrosial on a hot afternoon. Inexpensive.

Pablito's of the Desert 590 Palm Canyon Dr., Borrego Springs, 760-767-5753. The most authentic dishes come from the Specialties section of the menu, including a good pork in green chile sauce, enchiladas, and *chilaquiles*. Inexpensive to low-moderate.

Cardiff

Beach House 2530 S. Coast Hwy. 101, Cardiff, 760-753-1321. Branch of a beachy mini-chain. Great ocean-front view, but stay with the simplest foods — burgers, steak, unfussy eggs. Weekend brunch moderate, dinner moderate to very expensive.

Carlsbad

Fidel's Carlsbad 3003 Carlsbad Bl., Carlsbad, 760-729-0903. It's not upscale modern Mex, but who gives a flyin' fajita when you can order just about any traditional SoCal-Mexican dish and know it's gonna be good? Inexpensive.

Vivace 7100 Four Seasons Point, Carlsbad, 760-603-3773. First-class ingredients enliven skillfully executed Italian haute cuisine — think Medici princes, not *mamma mia*. Four-course tasting dinner a relative bargain, but wine list may blow the budget. Moderate (pastas) to very expensive.

Carmel Valley

Arterra 11966 El Camino Real, Carmel Valley, 858-369-6032. Local, sustainably raised ingredients in treatments growing bolder over the years, offering treats for both palate and mind. A blithe patio, sushi bar, and happy hour at the booze bar offer more casual (still serious) eats. Expensive-plus.

Jimbo's, Naturally! 12853 El Camino Real, Carmel Valley, 858-793-7755. Organic grocery chain with prepared foods to go. Best deals at the hot case are usually the daily specials, like vegan seitan stew (a low-fat meat substitute) or Shelton's jerk turkey in fig sauce. Inexpensive to moderate.

Oggi's Pizza & Brewing Co. 12840 Carmel Country Rd., Carmel Valley, 858-481-7883. Several San Diego locations. House-made brewskis and American-style pizzas, with thick, slightly sweet crusts, many with elaborate toppings. Also pub grub and vaguely Italian food. Inexpensive.

Sammy's Woodfired Pizza 12925 El Camino Real, Carmel Valley, 858-259-6600. Additional locations in La Jolla, La Mesa, Mission Valley, University City, and Downtown. The crusts are Californian: thick and slightly sweet. The toppings range from ordinary to exotic. The menu includes many salads and a handful of American-Italian entrées. Inexpensive.

Spices Thai Café 3810 Valley Centre Dr., Carmel Valley, 858-259-0889. Additional locations in Mira Mesa and Rancho Bernardo. Not only elegant, but the food contains no MSG and very little fat. The seafood dishes rate highly. Among other delicacies are duck and frog legs. Inexpensive to moderate.

Chollas View

Asia Café 4710 Market St., Chollas View, 619-527-1917. Rare Laotian restaurant's dishes include the famous *larb-kai* (chicken salad with hot peppers, lemon grass, and sticky rice). Inexpensive.

Chula Vista

The Family House of Pancakes 562 Broadway, Chula Vista, 619-425-5133. Famous for Grandma's buckwheat pancakes, banana-pecan pancakes, and rolled pancakes. Other good bets: deluxe burger with french fries, tomatoes, and house sauce, and grilled tuna sandwich with fries. Inexpensive.

Miguel's Cocina 970 Eastlake Parkway, Chula Vista, 619-656-2822. Additional locations in Coronado and Point Loma. Soups are built on fine stocks, salads can be vibrant, and seafood is treated so tenderly that the shellfish-stuffed tortilla concoctions (shrimp enchiladas, lobster burritos) are luscious. Great for kids. Moderate.

Zorba's Greek Buffet 100 Broadway, Chula Vista, 619-422-8853. Families are here for the buffet, spooning up the *spanakopita* (spinach in flaky pastry), dolmas (ground beef and rice rolled in grape leaves), moussaka (eggplant, zucchini, and ground beef), and lamb. Inexpensive.

City Heights

Asmara Eritrean Restaurant 4155 University Ave., City Heights, 619-677-3999. Similar to Ethiopian food, with a long, interesting menu, includ-

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ing a fine three-meat combo platter, luscious veggies. Seasoned to your specifications: "hot" means "hot!" Cash only. Inexpensive.

Canada Steak Burgers 3604 University Ave., City Heights, 619-283-4345. Run by a Greek-American family for 30 years, their hamburgers and especially their steak burgers are nicely seasoned and a great value. Interesting Greek choices include gyros souvlaki (skewered lamb), chicken kebabs. Inexpensive.

College Area



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Sala Thai 6161 El Cajon Bl., College Area, 619-229-9050. Classy atmosphere, tame spicing. You'll have to ask for "hot." Chicken *mussaman* is delicious with taste-boosters like kaffir lime leaves. Health treat: *som tum*, green papaya salad. Inexpensive.

D.Z. Akin's 6930 Alvarado Rd., College Area, 619-265-0218. A full range of European-Jewish specialties including deli meats and smoked fish, house-baked breads and pastries, huge sandwiches and dinner entrées (including a lively Rumanian skirt steak and an ethnic sampler platter). Moderate.

The Living Room Café and Bistro 5900 El Cajon Bl., College Area, 619-286-8434. Additional locations in Old Town, Point Loma, La Jolla, and National City. This Swiss-owned café is a student hangout with good breakfast food in huge quantities. Try "The Works" omelet. Inexpensive.

Toshi Sushi 5943 El Cajon Bl., College Area, 619-287-3536. The tempura special roll takes battered whitefish and wraps it around the seaweed casing, which is filled with whitefish and garnishes. The Johnny roll shows octopus at its most tender. Inexpensive to moderate.

Coronado

Bino's European Coffees and Crepes 1120 Adella Ave., Coronado, 619-522-0612. House-baked breads and croissants and crunchy imaginative sandwiches like the Brie Fantasy (Brie, chicken, roasted peppers). Bino's Austrian wife makes great Viennese-style coffee. Inexpensive.

Burger Lounge 922 Orange Ave., Coronado, 619-435-6835. Additional locations in Kensington and La Jolla. Their Tallgrass beef is juicy, tastes sweeter, and comes only from grass-fed cattle. Inexpensive, if you avoid extras like fries and onion rings.

Lil' Piggy's Bar-B-Q 1201 First St., Coronado, 619-522-0217. 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.

Primavera Ristorante 932 Orange Ave., Coronado, 619-435-0454. Classic fine Italian cooking with creative nightly specials. Stuffed pastas are made in-house and rolled thin, gnocchi are ex-

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perimentally 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, 619-522-0449. Mootime Creamery owner David Spatafore decided to set up a cheap, back-east Italian, red-and-white tablecloth, dangling-Chianti-bottle eatery where local families and amateur sports teams can come in and pig out on great pizza and calzone. Inexpensive.

Del Mar

Il Fornaio 1555 Camino del Mar, Del Mar, 858-755-8876. Also 1333 First St., Coronado, 619-437-4911. Regional Italian dishes range from *filatino con bisteccina* (thin grilled steak on a baguette with creamy Dijon and salad) to a mesquite-grilled 22-ounce *bistecca alla fiorentina*. Great breads, of course. Moderate.

Shimbashi Izakaya Del Mar Plaza, 1555 Camino Del Mar, Del Mar, 858-523-0479. Izakaya-style restaurant and sake bar with ocean-view dining serv-

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Calendar RESTAURANTS

ing fusion sashimi, tempura, shiitake seafood sandwich, sushi rolls, grilled yakitori, and desserts.

Downtown



Breakfast • Lunch • Pastries
730 Market Street
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www.BreadonMarket.com

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. Moderate.

Anthony's Fishette 1360 N. Harbor Dr., Downtown, 619-232-5103. Fast fish, mainly fried, 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 — and except for the wind, it's blissfully silent. With light fare like quiche, salads, and *panini*, it's the nearest thing to a French country café downtown. Inexpensive.

Buster's Beach House & Long-board Bar 807 W. Harbor Dr., Downtown, 619-233-4300. The real Buster surfed the world — Baja, Oahu, Fiji, Naples, Ocho Rios, Phuket. Here there's a surfer-pub dish from each of those waters, not one of them authentic. Bay view. Prices cover the waterfront.

Le Cake Château 1152 Seventh Ave., Downtown, 619-325-0977. This true French pâtisserie offers golden croissants, gorgeous pastries, and terrific lunches including *croque monsieur* (grilled ham-and-cheese sandwich covered with a Mornay sauce) and crepes with seasonal fruit and sweet cream cheese. Inexpensive.

Cheese Shop 427 Fourth Ave., Downtown, 619-232-2303. Also 2165 Avenida de la Playa, La Jolla, 858-459-3921. Not much retail cheese anymore. They still have all-cheese sandwiches but now specialize in overstuffed spit-roasted meat sandwiches like lamb and roast beef. Inexpensive.

Chopahn Authentic Afghan Cuisine 750 Sixth Ave., Downtown, 619-236-9236. Enjoy grilled-to-order marinated meats (especially lamb), stews, rice dishes, and appetizers like leek ravioli (*aushak*), leek or meat

turnovers (*bulanee*), and battered vegetables (*pakawra*). Moderate.

City Pizzeria 1125 Sixth Ave., Downtown, 619-531-0955. Definitely West Coast pizza, with specialties like the Ranch Chicken pie with garlic chicken, basil, and ranch dressing, or the BBQ chicken with pineapple, red onion, BBQ sauce, and mozzarella. Inexpensive.

Croce's 802 Fifth Ave., Downtown, 619-233-4355. Live music comes free with dinner. Seasonal, creative menu, but simple dishes are best here, like the shrimp carbonara fettuccine in white garlic cream sauce. Fun people-watching from window tables. Expensive.

Jsix 616 J St., Downtown, 619-531-8744. The chef's charcuterie — sausage, cured beef, and smoked ham — is impossible to pass up. Waitstaff talks up the seafood, but the beef dishes are better — rib eye and Angus short ribs, especially. Grazing meals moderate to expensive, full dinners very expensive.

Maryjane's Coffee Shop Hard Rock Hotel, 207 Fifth Ave., Downtown, 619-764-6950. Back to the '50s with frozen peas and instant-tasting mash. The meaty meat loaf may improve on Mom's, but the chicken pot pie is barely better than Morton's. Moderate.

Ocean Room and Lounge 630 Fifth Ave., Downtown, 619-501-6550. Pleasant dishes include mussels *marinière*, Cajun seafood pasta, seafood pan roast, and Fanny Bay oysters on the half-shell. Or try the oyster shooters. Expensive (but less than average for the neighborhood).

Operacaffe 835 Fourth Ave., Downtown, 619-234-6538. True Tuscan cuisine, not austere but simple and sensual, priced for a song — with salads to sing about, unique Florentine home dishes, and sublime seasonal specials. This one's for us, not conventioners. Low-moderate.

Organic to Go 1143 Sixth Ave., Downtown, 619-236-0086. Lunch for most is a lounge at the salad bar, but they make a cheddar albacore tuna melt, a toasted meat loaf sandwich, and a vegan Thai-style veggie wrap. Other interesting dishes include mango-chutney-curry chicken salad sandwich. Inexpensive.

Osteria Panevino 722 Fifth Ave., Downtown, 619-595-7959. The glory days have passed, but starters (mozzarella campagnola, fritto misto) still shine, and pastas can be excellent. Osso buco with marrow is best entrée. Try the lemon torte, leave the cannoli. Expensive on up.

Roy's Marriott Hotel, 333 W. Harbor Dr., Downtown, 619-239-7697. Also 8670 Genesee Ave., La Jolla, 858-455-1616. Our outpost of top Hawaiian chef Roy Yamaguchi's ever-expanding chain, serving Pacific Rim fusion and sushi on a daily changing, seafood-oriented menu. End with the signature chocolate soufflé. Very expensive.

Royal India 329 Market St., Downtown, 619-269-9999. Standard North Indian Sikh menu. The lunch buffet costs a bit more than rock bottom, but is a decent deal if you care about flavor — none of the dishes have that sludgy sameness that mars cheaper buffets. Moderate to expensive.

Sadaf 828 Fifth Ave., Downtown, 619-338-0008. Also 613 Pearl St., La Jolla, 858-551-0643. Good Persian food, better at the more adult-oriented L.J.

branch. Try skewers of chicken or ground filet mignon with rice or salad, or *albalou polo* (rice, dried cherries, and chicken). Inexpensive to moderate.

Suite & Tender Hotel Sè, 1047 Fifth Ave., Downtown, 619-515-3003. Celeb chef Christopher Lee officially presides — phoning it in from Manhattan. Cocktails are more creative than the corporate, Vegas-created “pick hits” menu. Fine raw bar and surf 'n' turf combos won't rock your world. Expensive.

Tabule 535 Fourth Ave., Downtown, 619-238-0048. Offshoot of popular Ti-juna restaurant offers eclectic, Mexican-based global fusion including fine steaks, duck, seafood, in unexpected preparations — with glimpses of the owner's native Persia and Southeast Asia. Long menu is made for play, no boredom. Low-moderate to expensive.

Toscana Café and Wine Bar 238 Fifth Ave., Downtown, 619-231-5788. This clubby bistro/coffee/wine place offers reasonable breakfasts with organic coffees, lunch specials, and elegant happy-hour specials on bites, wines, upscale beers. Inexpensive to moderate.

Vela 1 Park Boulevard (at Harbor Drive), Downtown, 619-564-3333. “Farm to fork” local-grown dinners include surprise international luxury ingredients, and first week of the month offers a bargain prix fixe exploring a national cuisine. Vibrant starters and lush desserts could make a great grazing meal with a view. Expensive, but not very.

East Village

La Casita 1247 C St., East Village, 619-531-0044. Some of the best

chorizo con huevos (spicy pork sausage with eggs) in town. Most delicious is watching Anglo city-hallers trying to love the house-made menudo (tripe soup). Inexpensive.

J. Wok 744 Market St., East Village, 619-231-1088. Brave attempt to fuse Asian and American foods. Eat on the sidewalk or inside under *The Tiger* (a great mural by local artist Mark Richmond). Try the “Modern Mix” side of the menu — with, say Korean BBQ getting the Philly treatment — or the “Traditional” side, with standards like pad thai. Open daily, lunch till late. Inexpensive.

Lotus Thai 906 Market St., East Village, 619-595-0115. Also 3761 Sixth Ave., Hillcrest, 619-299-8272. The chefs are from northwest Thailand, and something in their cooking hints of their region — a zestiness, a love of strong citruses and herbs — evokes the Ping River and the hills of Chiang Mai. Low-moderate.

Neighborhood 777 G St., East Village, 619-446-0002. This mainly male-patronized, racy gastro-pub's menu centers on fine half-pound burgers, plus steak tartare, sweet potato fries with bleu cheese curls, creative deviled eggs, mac 'n' cheese, and big, interesting salads. Inexpensive to very low-moderate.

Pokéz Mexican Restaurant and Vegetarian Cuisine 947 E St., East Village, 619-702-7160. Hipster atmosphere and mainly Mexican vegetarian fare (with some carnivore dishes like steak ranchero or sautéed chicken fajitas). Inexpensive.

Zanzibar Café 707 G St., East Village, 619-230-0125. Also 976 Garnet Ave., Pacific Beach, 858-272-4762. Casual food until 11pm or later. The three-egg breakfast scramble is great. So are the avocado fontina cheese omelet and eggs Benedict with non-Canadian bacon, and the indulgent blueberry buttermilk pancakes. Inexpensive.

El Cajon

Ali Baba Restaurant 421 E. Main St., El Cajon, 619-442-3622. Chaldean specialties served until midnight, in a “sheik's oasis” atmosphere, offering airy house-baked bread, kebabs, lamb shanks, yummy “potato pie,” and a “Feast for Three” that will feed five. Inexpensive to moderate.

Hacienda Casa Blanca 700 N. Johnson Ave., El Cajon, 619-442-9827. Old California-style family-friendly Mexican atmosphere and food, includ-

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valid at participating locations. Expires 12/31/09.

Jasmine Bistro 315 Parkway Plaza, El Cajon, 619-588-8228. By day, the fare centers on fresh Chinese dim sum (finger food) offered by cart and by menu. At night, multiethnic chefs step in to cook up a pan-Asian panoply. Mainly moderate (except for some special entrées).

Swami's Café 1163 S. Coast Hwy. 101, Encinitas, 760-944-0612. There are standard dishes, like eggs Benedict or black-bean burrito, but the emphasis is health. Try the protein veggie wrap, with avocado, feta cheese, tofu, and mole, or the Indian curry with tofu. Inexpensive.

Hernandez' Hide-Away 19320 Lake Dr., Escondido, 760-746-1444. The margaritas (rocks, not slush-ee) are terrific, on a par with Baja's best. The food is a standard menu of Cal-Mex specialties. A pleasant "enchilada pie" is as good as any Midwestern mom's. Inexpensive to moderate.

Pizzeria Luigi 1137 25th St., Golden Hill, 619-233-3309. Also 2121 El Cajon Blvd., North Park, 619-294-9417. Real New York pizza, with just-right sauce and crusts thin enough to fold in a V and eat on the run. Better yet: get a whole pie to enjoy at leisure. Neighborhood delivery available. Inexpensive.

Café Bleu 530 University Ave., Hillcrest, 619-291-1717. French-accented,

Café on Park 3831 Park Bl., Hillcrest, 619-293-7275. The place looks trendy, but don't expect PC food. Plates overflow with hearty American fodder. Breakfast especially popular, with huge elaborate scrambles and the prize plate of '9er miners who struck gold: the

Hong Kong Restaurant 3871
Fourth Ave., Hillcrest, 619-291-9449.
Quick service until 2:30am from a huge
menu of vaguely Szechuan-Mandarin
fare. Consider fried pork-filled won-

Kous Kous Moroccan Bistro
3940 Fourth Ave., Hillcrest, 619-295-

Ortega's Bistro 141 University Ave., Hillcrest, 619-692-4200. You'll find Baja-style cuisine featuring seafood and grilled foods, with a focus on lobster. Unlike the Baja Ortega's, the lobster isn't deep-fried before grilling. Fun margarita variations. Mainly moderate (lobsters and Kobe skirt steak expensive).

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 <p>Free entrée</p> <p>With the purchase of an entrée of equal or greater value and 2 drinks. Not valid with private party reservations or with any other offer. One coupon per party. Good only at Clairemont location.</p> <p>9330 Clairemont Mesa Blvd. Clairemont 858-571-6225</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>50% off any menu item</p> <p>With purchase of an entrée and two beverages. Good for both dine-in and take-out. Excludes seafood, BBQ & specialties. Not valid with any other offer. One coupon per customer.</p> <p>12378 Poway Road, Ste. C Poway 858-679-7073</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>50% off burger</p> <p>Buy any burger and get a second burger of equal or lesser value for half off. Valid at San Diego Cheesburger location only.</p> <p>12002 Carmel Mountain Rd. Carmel Valley 858-613-1576</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>50% off any breakfast or lunch entrée</p> <p>Purchase one entrée and two beverages at regular price and receive a second entrée of equal or lesser value at 50% off. Limit 1 coupon per table. No separate checks. Not valid on weekends or holidays or with any other coupons, specials, offers or with private groups.</p> <p>7947 Balboa Avenue San Diego 858-565-4244</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>
 <p>\$5 off</p> <p>your purchase of \$25.00 or more. Not valid with any other coupon. One per customer. Must bring original coupon.</p> <p>12205 Scripps Poway Parkway #104 Poway 866-777-5064</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>Get 1 free order of steak fries</p> <p>with purchase of any large Philly Cheese Steak.</p> <p>312 Ballantyne Street El Cajon 619-442-2036</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>50% off Nigiri & Sushi rolls</p> <p>23 Nigiri and 36 sushi rolls to choose from</p> <p>9869 Carmel Mountain Rd. San Diego 858-484-5300</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>Free pizza or large salad</p> <p>Free 210 pizza or large salad with purchase of any extra-large specialty pizza Z18.</p> <p>11975 Carmel Mountain Rd. Carmel Mountain 858-675-9300</p> <p>8657 Villa La Jolla Dr. La Jolla 858-450-0660</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>
 <p>50% off pizza</p> <p>Buy one pizza and get a second of equal or lesser value for half off. Valid only at Poway location.</p> <p>13332 Poway Rd. Poway 858-679-FAST (3278)</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>50% off lunch or dinner</p> <p>Buy one lunch or dinner and get a second of equal or lesser value for half off.</p> <p>309 W. Mission Avenue Escondido 760-480-1348</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>Buy two, get one free sushi roll</p> <p>Anytime!</p> <p>12245 Poway Rd. Poway 858-391-3080</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>\$10 off dinner</p> <p>Buy 2 entrées and 2 beverages, get \$10 off. One coupon per customer. Not valid on holidays or with any other offers.</p> <p>1441 Highland Avenue National City 619-474-3222</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>
 <p>Free special roll</p> <p>Buy one special roll and get a second of equal or lesser value for free.</p> <p>7905 Engineer Rd. Keamy Mesa 858-634-3233</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>Free pizza</p> <p>Buy one large specialty pizza, get a free cheese pizza any size.</p> <p>425 S. Melrose Dr. Vista 760-295-3851</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>\$1 off buffet</p> <p>Limit one per customer.</p> <p>9254 Scranton Rd., Ste. 102 San Diego 858-458-2858</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>50% off yogurt</p> <p>Buy one, get 50% off the 2nd cup. 2nd must be equal or less than 1st cup.</p> <p>12010 Scripps Summit Dr., Ste. B Scripps Ranch 858-549-9205</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>
 <p>Free entrée</p> <p>With the purchase of an entrée of equal or greater value and two beverages.</p> <p>391 N. Escondido Blvd. Escondido 866-545-3736</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>\$5 off</p> <p>Min. purchase of \$25. Not valid with any other offers or discounts.</p> <p>12735 Poway Rd. Poway 858-748-1106</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>Free edamame or miso soup</p> <p>With purchase of any entrée (except side & Kids' Menu). Good only at Mission Valley. One coupon per visit. Not valid with any other offer. Dine-in or take-out only.</p> <p>7710 Hazard Center Dr. #D Mission Valley 619-295-2080</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>Free bottle of water</p> <p>Free bottle of water when you spend over \$3.50.</p> <p>See website for locations: www.santanass.com</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>
 <p>\$1 off buffet</p> <p>Limit one per customer.</p> <p>9187 Clairemont Mesa Blvd. San Diego 858-874-3663</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>\$5 off</p> <p>Any purchase of \$20 or more. Excludes beverages.</p> <p>9978 Scripps Ranch Blvd. Scripps Ranch 858-695-8088</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>50% off pizza</p> <p>Buy one pizza and get a second pizza for 50% off.</p> <p>834 Kline St. La Jolla 866-264-0533</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>Free entrée</p> <p>With purchase of any entrée & two beverages at regular price. Receive 2nd entrée of equal or lesser value free. Up to \$8 value. Dine-in only. Not valid with breakfast specials, discounts, on holidays or with any other offer. One coupon per table.</p> <p>9449 Keamy Mesa Rd. Mira Mesa 858-271-4670</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>

The Tractor Room 3687 Fifth Ave., Hillcrest, 619-543-1007. Menu highlights include identical stews of wild boar and buffalo, grilled salmon, and Prime-grade bone-in rib eye, plus good sides of acorn squash and heavy-cream mashed potatoes and gravy. Moderate to very expensive.

Whole Foods Market 711 University Ave., Hillcrest, 619-294-2800. Also 8825 Villa La Jolla Dr., La Jolla, 858-642-6700. Gourmet organic grocery eat-in/take-out selections offer healthy plates like Emerald Mushrooms salad and couscous studded with almonds, raisins, scrambled egg, and veggies. Inexpensive to moderate.

Imperial Beach

Giant Pizza King 600 Palm Ave., Imperial Beach, 619-423-7601. If pizza size matters to you, try on these nine-inch-wide, foot-long, loaded pizza slices. The fish 'n' chips dish is generous, they make a large lasagna with garlic bread and salad, and the half-pound shrimp combo is a good value. Inexpensive.

MZM Seacoast Bistro 875 Seacoast Dr., Imperial Beach, 619-424-5800. Serious gastronomy, low price. Weekend breakfasts tend to be simple but sophisticated, like frittata with Polish sausage, prime rib steak and eggs, or scrambled eggs with smoked salmon. Creative dinner fare varies nightly. Inexpensive to moderate.

Julian

Jeremy's on the Hill 4354 Highway 78, Julian, 760-765-1587. What a surprise — out here, an ambitious, sophisticated, but well-priced, chef-owned, California-fusion eatery, with dishes like brie and mango quesadilla, mushroom burgers, and bison steaks. Inexpensive to moderate.

Kearny Mesa

94th Aero Squadron 8885 Balboa Ave., Kearny Mesa, 858-560-6771. Built to mimic a WWI French farmhouse taken over by Yankee flying aces, offering classic American fare and mighty cocktails. Moderate.

Nijiya Market 3860 Convoy St., Kearny Mesa, 858-268-3821. Pass by Nijiya's steam trays and heat lamps and go straight to the coolers, where you'll find delicious Japanese chicken cutlets, fresh sushi, and chilled noodles, as well as dessert delicacies like a sweet-bread roll filled with sweet bean paste. Inexpensive.

Phuong Trang Vietnamese Seafood Restaurant 4170 Convoy St., Kearny Mesa, 858-565-6750. Vietnamese "people's food" emphasizing noodle soups, but there are more elegant house specialties, including the "Special Sauce" Dungeness crab from the live tank. Inexpensive to moderate.

Seoul B.B.Q. 4344 Convoy St., Kearny Mesa, 858-505-8700. Try the Korean BBQ marinated short ribs or thick marbled slices of sirloin, which come with a bevy of small accompaniment dishes. Adventurous? Go for the goat meat hot pot or Korean steak tartare (*yukhoe*). Moderate.

Shanghai City Restaurant 3860 Convoy St., Kearny Mesa, 858-278-5883. Local Chinese come here for Shanghai seafood dishes or clay hot pots filled with eel and chestnuts or steamed rockfish on a big oval platter. Open to midnight. Inexpensive to moderate.

Spice House Café 9035 Clairemont Mesa Bl., Kearny Mesa, 858-565-1028. Greek-American cuisine, mainly. We don't know if it's the Ortega chiles or Jack cheese or tangy tomato sauce, but some guys find relief with the Hang-over Omelet. Other choices: Portuguese sausage with three eggs and the Italian sausage frittata. Inexpensive.

La Jolla

Adobe el Restaurante 9700 N. Torrey Pines Rd., La Jolla, 858-550-1000. 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, 858-551-0077. Bond-trader atmosphere, prole prices. Best bang for the buck: the Hot Stock Burger, a half-pound patty with a split Louisiana sausage on top. Inexpensive.

Cliff Hanger Café 2800 Torrey Pines Scenic Dr., La Jolla, 858-452-9858. Spectacular ocean view. Try the Launch (a breakfast burrito with scrambled eggs, bacon, cheese, onions, bell peppers, and salsa). Also great and grilled right there are generous half-pound hamburgers. Inexpensive.

La Jolla Rancherita 7404 La Jolla Bl., La Jolla, 858-459-5877. When local spiny lobsters are in season (typically from late October to about February), here's one place that does them right. The juicy critters come with two melted-butter dips, tart coleslaw, and comforting mashed potatoes. Moderate.

Marrakesh 634 Pearl St., La Jolla, 858-454-2500. A dramatic Moroccan restaurant with tented ceilings and low-banquette "sheik" seating offers five-course prix fixe dinners with superb lentil soup, salad, chicken-filled phyllo pie, entrée, and orange-flower perfumed almond baklava. Best entrées: lamb with honey (when available), chicken with olives, duck. Moderate.

Roppongi 875 Prospect St., La Jolla, 858-551-5252. Gorgeous interior, large, heated street patio, Euro-Asian fusion menu with tapas and sushi as well as entrées. The treats of any size add up to expensive.

Sante Ristorante 7811 Herschel Ave., La Jolla, 858-454-1315. Fresh seafood specials are available every night. Excellent pasta with mushrooms, ravioli with quail, and lamb chops. Moderate (pastas) to expensive.

The Shores Restaurant 8110 Camino del Oro, La Jolla, 858-456-0600. The hotel restaurant with close-up sea views serves "Neighborhood American Cuisine" with a fun wine list. Moderate to high, with weeknight inexpensive happy-hours bites 4 to 6pm

Sky Room La Valencia Hotel, 1132 Prospect St., La Jolla, 858-551-3744. After renovation in 2007, Sky Room is now modern, sleek, and quietly chic, with a simplified menu of California cuisine and slightly lower (still steep) prices. The romantic, panoramic view remains, of course. Expensive.

La Taverna 927 Silverado St., La Jolla, 858-454-0100. Italian home-style, including chef-owner Mary Ann Vitale's house-made Sicilian-style fennel sausage. If the feather-light potato gnocchi is on special, just say "yes." Moderate.

Truluck's The Aventine, 8990 University Center Lane, La Jolla, 858-453-2583. Florida-based surf 'n' turf chain offers irony-free retro '50s décor and dinners featuring crustaceans (including seasonal stone crabs), other seafood, and natural meats — all carelessly cooked, but the meals are piled high with starches. Towering sweet desserts, fun wines. Moderate to very expensive.

La Mesa

Jitters Coffee 8201 La Mesa Bl., La Mesa, 619-460-4800. This small corner café is a local morning favorite. Flyin' Hawaiian waffle has macadamias, chocolate, banana syrup, whipped cream, but "plain" standards like the breakfast burrito are plain good. Lunches offer homemade soups, sandwiches, and salads. Inexpensive.

Lemon Grove

Charley's Famous Hamburgers 8213 Broadway, Lemon Grove, 619-460-2690. An old red-and-white gas station that looks like a café. The palm and ficus trees have replaced the gas pumps. The menu is a long list of hamburgers, hot dogs, sandwiches, and kebabs. Inexpensive.

Leucadia

La Especial Norte 604 N. Coast Hwy. 101, Leucadia, 760-942-1040. It's famed for superb soups — the Mexico City-style chicken soup is laden with avocados, chicken shreds, cilantro, and rice, and the eggplant soup includes airy little croutons of puffed *relleno* batter. Inexpensive.

A Little Moore Coffee Shop 1030 N. Coast Highway 101, Leucadia, 760-753-8228. Standard but generous breakfast and lunch fare in an old-time atmosphere has kept the place humming since the 1950s. Specials named after local characters. Inexpensive.

Lincoln Park

Magnolias 342 Euclid Ave., Lincoln Park, 619-262-6005. Soul food from Louisiana: the fried chicken is beyond compare, the jambalaya well-nigh perfect, and the BBQ shrimp, crawfish bisque, and étouffée are splendid. Great side dishes include candied sweet potatoes and cornbread dressing. Low-moderate.

Little Italy

Just Burgers 2034 Kettner Bl., Little Italy, 619-234-7900. Juicy, healthy, grass-fed beef from happy healthy cows, with a wide choice of burger garnishes. Not cheap, but congratulations — you're PC. Inexpensive-moderate.

Pappalecco 1602 State St., Little Italy, 619-238-4590. Copy of a café in Pisa that three brothers created there, and now here. Meals are mostly salad-

charcuterie-cheese combos. One delicious combo: the Rustico, varied Italian cold cuts with pungent goat cheese and bread. Inexpensive to moderate.

Vincenzo Ristorante Italiano 1702 India St., Little Italy, 619-702-6181. The specialty at this tourist favorite is Sicilian seafood. Succulent veal is expertly grilled, and the Italian sausages (from Pete's Meats, up the block) are zesty. Moderate.

Logan Heights

La Fachada 20 25th St., Logan Heights, 619-236-8566. Open until 3am (and 24 hours on weekends), this restaurant serves both Mexican and Anglo food. Good Western omelet breakfast, great Mexican seafood soups, and fun outdoor eating evenings until 11 pm. Inexpensive.

Patty's Fruitland 1789 National Ave., Logan Heights, 619-239-3085. The specialty is fruits — in drinks, salads, and combos like *pico de gallo* (rooster's beak) with fresh-sliced fruit and raw veggies (jicama, cucumber dusted with cayenne). Also meat sandwiches, shrimp tostadas, hot dogs. Inexpensive.

Midway District

Bull's BBQ 1129 W. Morena Bl., Midway District, 619-276-2855. Genuine BBQ, tender meats, and poultry dry-rubbed with spices, smoked over mesquite-applewood chips, lightly sauced. (Order at the counter.) Master-piece dish: dark, spicy, filé gumbo, served with a spectacularly moist jalapeño-spiked corn muffin. Patio seating. Moderate.

Mira Mesa

Ashoka the Great 9474 Black Mountain Rd., Mira Mesa, 858-695-9749. Classic North Indian menu specializing in tandoori dishes. Numerous vegan and vegetarian choices, too. Buffet lunch daily and some dinners. Inexpensive.

Gateway to India 9520 Black Mountain Rd., Mira Mesa, 858-566-5522. Friday or Saturday, it's crowded with Indian families coming for the all-you-can-eat buffet of Punjabi and Gujarati specialties, including aloo curry, *chhole* (garbanzo beans), *bengan bartha* (eggplant), and sensational Asian-mango desserts. Inexpensive.

Mission Beach

The Mission Café and Coffee House 3795 Mission Bl., Mission Beach, 858-488-9060. Eco-conscious breakfasts and lunches. Outstanding are cinnamon French toast, blackberry-banana pancakes, and roast beef hash with rosemary potatoes and eggs. Chino-Latino lunch items. Inexpensive.

Mission Hills

Gathering Bar and Grill 902 W. Washington St., Mission Hills, 619-260-0400. Familiar comfort fare, like the Southwest burger (avocado, Jack cheese, and salsa) or the Monte Cristo sandwich. Owner does magic card tricks around 6pm some evenings. Inexpensive.

El Indio Mexican Restaurant 3695 India St., Mission Hills, 619-299-0333. The deep-fried taquitos are their top-selling item. But try Burrito In-



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Calendar RESTAURANTS

dio, a wheat tortilla stuffed with marinated zucchini, 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, 619-819-1017. Hot French dip is great and burgers are generous. Better yet, breakfast around the clock. Inexpensive to moderate.

Uno Chicago Bar and Grill 7007 Friars Rd., Mission Valley, 619-298-1866. Also Escondido, Pacific Beach, Fashion Valley, Chula Vista. Deep-dish pizzas have become one of Chicago's better-known exports. Now Uno does serious steak too, with Angus top sirloins. Inexpensive to moderate.

National City

The Barbecue Pit 920 E. Plaza Bl., National City, 619-477-2244. Rustic timber, knotty pine, animal heads on the walls, and meats cooked true Southern BBQ style, over oak. Inexpensive.

China Super Buffet 3007 Highland Ave., National City, 619-336-9989. This buffet promises "over 100 items daily." Many are very good — marinated baby octopuses, mussels topped with melted cheese, roast beef au jus. Plus groaning salad bars, adequate sushi. Inexpensive.

North Park

Apertivo 3926 30th St., North Park, 619-297-7799. Wine-bar/bistro offers tapas of scaled-down Italian classics, including tasty prosciutto-wrapped shrimp, eggplant rollatini, lemon cheesecake mousse. Noisy, no reservations, packed on weekends. Inexpensive.

Chicken Pie Shop of San Diego 2633 El Cajon Bl., North Park, 619-295-0156. Now, as in the '30s, chicken pie comes with chicken meat, doused with white gravy and accompanied by mashed potatoes, veggies, coleslaw, a roll, and dessert. Inexpensive.

Sea Rocket Bistro 3382 30th St., North Park, 619-255-7049. It's easy being green with a menu of sustainable, mainly local seafood and produce. Sea urchin bisque and grilled fresh sardines are top picks, along with plump, seared Baja scallops, and any dish with Carlsbad mussels. Noisy room. Moderate.

Urban Solace 3823 30th St., North Park, 619-295-6464. American comfort food with a faint Southern accent, including, sweet potato fries, a big burger made of Brandt Natural Beef "cooked your way" (and rare is reasonably safe).

Great "bluegrass brunches" with live music. Moderate.

Zensei Sushi 3396 30th St., North Park, 619-546-6171. 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 Honeymooners) may not be original, but they're delicious fun. Moderate.

Ocean Beach

Roots 4976 Newport Ave., Ocean Beach, 619-222-9000. Tiny vegan-organic eatery offers crunchy wraps like the Thai Peanut and the Arti (artichoke hearts, feta cheese). Interesting sandwiches include portobello mushroom with tomato and provolone on ciabatta or the Avo (avocado, onion, and tomato). Inexpensive to moderate.

Sapporo Japanese Restaurant 5049 Newport Ave., Ocean Beach, 619-222-6686. Lunchtime specials give you a miso soup, salad, and a combo like chicken teriyaki and California rolls and white rice. Other specials include *yaki soba*, *champon* noodle soup, and the chicken bowl. Inexpensive.

Oceanside

Azafran 1001 S. Coast Hwy. 101, Oceanside, 760-435-0005. Cuban cuisine. Try the house-baked breads, the tender roast pork with garlicky *mojo* 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, 760-966-0985. Organic in O'side, including Cajun chicken for lunch and breakfasts of tofu/spinach scramble and *pan perdu* (to us peasants that's French toast) with fresh fruit and syrups. Inexpensive.

Old Town

Mole Festival Oct. 15-Nov. 15



El Agave 2304 San Diego Ave., Old Town, 619-220-0692. Serious Mexican food highlighting mainland regional cuisines, including five different Oaxacan moles (plus a sixth from Chiapas). Moderate.

Berta's Latin American Restaurant 3928 Twigg St., Old Town, 619-295-

2343. The culinary pick hits of all the Americas including superb Chilean empanadas and *pastel de choclo* corn pudding, Peru's herbal *seco de cordero* meat stew, earthy Guatemalan *chilemal*. Moderate.

Pacific Beach

The French Gourmet 960 Turquoise St., Pacific Beach, 858-488-1725. Classic French dishes — pâté, ratatouille, calf's liver — in a homey atmosphere. Start off with escargots or mussels and hope that the soup du jour is gingered cream of carrot. Fine dessert pastries and cheese plate. Moderate to expensive.

Great Moon Buffet 1840 Garnet Ave., Pacific Beach, 858-273-6868. Classy Chinese all-you-can-eatarama offers great surf 'n' turf possibilities, like prime rib and jumbo shrimp or crab and roast duck. Or choose mayonnaise mussels or caramel-y Japanese charcoal-grilled eel (*unagi*) on rice. Inexpensive.

Kono's 704 Garnet Ave., Pacific Beach, 858-483-1669. Chow down on a patio on 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, 858-272-3100. Right on the boardwalk with sea view, 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; diners moderate to expensive.

Zanzibar Café 976 Garnet Ave., Pacific Beach, 858-272-4762. Also 707 G St., Downtown, 619-230-0125. Casual food until 11pm or later. The three-egg breakfast scramble is great. So are the avocado fontina cheese omelet and eggs Benedict with non-Canadian bacon, and the indulgent blueberry buttermilk pancakes. Inexpensive.

Point Loma

C-Level 880 Harbor Island Dr., Point Loma, 619-298-6802. The name is the grade for food, but nice for visiting aunts, with scenic heated patio at water's edge and California-Mediterranean comfort food from chef Deborah Scott in laid-back mode, lovely for a sunny lunch. Moderate to expensive.

Humphrey's by the Bay 2241 Shelter Island Dr., Point Loma, 619-224-3577. The kitchen features seafood, juicy meats, and Prime steaks with seasonal veggie garnishes. Preshow prix fixe upper-moderate, à la carte expensive/very expensive.

Roseville 1125 Rosecrans St., Point Loma, 619-450-6800. Chef Amy DiBiase invokes French classics but with twists and local produce, e.g., asparagus subbing for frisée in a bistro salad with pancetta and egg or flawless duck confit that's France's answer to Peking duck. Expensive.

Tender Greens 2400 Historic Decatur Rd., Point Loma, 619-226-6254. This "healthy food" chain features great soups, desserts, and local, organic produce served cafeteria style with or without mesquite-grilled natural beef, free-range chicken, or local tuna in salads or ciabatta sandwiches. Inexpensive.

Ramona

Kountry Kitchen Ramona 826 Main St., Ramona, 760-789-3200. They still open at 5am for the farmers. Try the Italian Sausage breakfast, a sausage with a rich, sharp flavor, with eggs and hash browns. Or the Cowpoke Country Special, a buttermilk short stack with eggs and sausage or bacon. Inexpensive.

Rancho Bernardo

Bernard'O Restaurant 12457 Rancho Bernardo Rd., Rancho Bernardo, 858-487-7171. Brilliant modern takes on French classics. You want to know what genuine (California-adapted) bouillabaisse should be? Or squab at its best? This is the place — and desserts are ravishing, too. Expensive but not exorbitant.

Pearl Chinese Cuisine 11666 Avena Pl., Rancho Bernardo, 858-487-3388. Authentic Hong Kong cuisine, beautiful setting. Daytime dim sum includes irresistible Shanghai soup dumplings. Dinners range from folk food to "gold cup" dishes. Try the sea bass with pine nuts. Moderate, with some expensive specialties.

Rancho Santa Fe

Cavaillon 14701 Via Bettona, Rancho Santa Fe, 858-433-0483. A great neighborhood French bistro where Philippe Verpiand offers seasonal dishes emphasizing his home region, Provence. Don't miss *panisse*, a chickpea cake with marshmallow texture. Great coq au vin, slow-baked salmon, crisp-skinned duck confit. Moderate to very expensive.

Mille Fleurs 6009 Paseo Delicias, Rancho Santa Fe, 858-756-3085. The daily changing menu sports first-rate modern French/Euro cuisine by chef Martin Woelsle. The menu's often most exciting on weeknights, when chefs have time to stretch, but more luxurious dishes appear on weekends. New "bistro menu" of casual French cuisine and weeknight three-course prix fixe offer some affordable choices. Otherwise expensive.

Santee

The Omelette Factory 7941 Mission Gorge Rd., Santee, 619-596-9686. You can't beat their omelets, all 19 of them, from the Just Say Cheese (with Swiss, Jack, cheddar, or American) to

the Factory Omelette (a build-your-own: up to four meats, veggies, or cheeses). Inexpensive.

Scripps Ranch

Chez Nous Gourmet Deli-Café 9821 Carroll Canyon Rd., Scripps Ranch, 858-566-4766. Their roast beef with ginger-garlic and Dijon sandwich, their spicy chicken melt, or the leg of lamb they roast each day to make a juicy lamb sandwich — all original. Inexpensive.

Solana Beach

Nobu Gourmet Japanese Restaurant 315 S. Coast Hwy. 101, Solana Beach, 858-755-7787. The friendly sushi bar of our local, not-famous Nobu offers fine classic sushi and sashimi, or settle into a booth for a standard Japanese dinner. Try monkfish liver pâté and *chawan mushi* (egg custard) soup. Mostly moderate; some delicacies expensive.

Pamplemousse Grille 514 Via de la Valle, Solana Beach, 858-792-9090. Favorites from an often-changing menu include white fish served any style, mushroom cappuccino soup, and tarte tatin. Dinners expensive.

Samurai Japanese Restaurant 979 Lomas Santa Fe Dr., Solana Beach, 858-481-0032. The sushi is ultra-fresh, and the friendly chefs make their compositions look beautiful. Also Japanese dinners, special *kaiseki* meals, and a *teppan* room. Mostly moderate; *kaiseki* and some *teppan* items expensive.

Sorrento Valley

The Grill 10920 Roselle St., Sorrento Valley, 858-587-7940. The Greek owners give it character with generous but cheap breakfast dishes like the Mediterranean omelet and lunch specials like the luscious Philly cheese steak. Inexpensive.

South Park

Vagabond 2310 30th St., South Park, 619-255-1035. Eclectic bistro fare, French-based but with ever-changing global menu. Don't miss the *moules-frites* or the deep-flavored Peruvian *seco de carne* meat stew. Noisy when full. Moderate.

Southcrest

Elaine's Coffee Shoppe 1212 S. 43rd St., Southcrest, 619-264-6525. A bright, '70s-style breakfast-all-day spot where long-time owner Su Cha Yang also caters to vegetarian, Muslim, and Korean customers. Try the ham, bacon, mushroom "hunter" omelet, or fill up on the pork chop plate. Inexpensive.

University City

Café Japengo 8960 University Center Lane, University City, 858-450-3355. Chic scene where men with Bentleys and glam gals nibble above-average sushi and Asian fusion, especially on jam-packed Thursday nights. Best bet: graze on appetizers and creative party rolls. No reservations for sushi bar, so come early. Very expensive.

University Heights

Brians' American Eatery 1451 Washington St., University Heights, 619-296-8268. Open all night on weekends, and late night is a scene. But for many, breakfast is the thing: Charbroiled top sirloin with eggs and potatoes is a Saturday morning treat. Inexpensive.

Mama's Bakery and Lebanese Deli 4237 Alabama St., University Heights, 619-688-0717. The round Lebanese oven cooks flat bread (*sajj*) that goes with baba ghanoush (eggplant dip) and *fool madamas* (fava and garbanzo stew). Must-haves include beef *shawerma* wrap, falafel wrap, and savory meat pie. Inexpensive.

Muzita Abyssinian Bistro 4651 Park Bl., University Heights, 619-546-7900. Hospitable intro to veg-rich Ethiopian/Eritrean cuisine, served family-style, to eat using healthy whole-grain spongy pancakes to pick up savory morsels. Try Ethiopian beers or crisp honey wine. No wheelchair access to interior. Moderate.

Park Boulevard Cafe 4646 Park Bl., University Heights, 619-298-5248. The menu offers authentic Iraqi dishes plus echoes of Vietnam and Italy. Try Vietnamese-style coconut milk soup or lamb shank with red curry sauce and couscous. Open until late except Mondays. Inexpensive.

Valencia Park

Huffman's Bar-B-Que 5039 Imperial Ave., Valencia Park, 619-264-3115. Longstanding soul food restaurant, serving until 1am weekends. Try gravy-smothered fried chicken served with collard greens, yellow peppers, red beans, and rice, or Louisiana Creole gumbo, thick with crab, shrimp, links, ham, and chicken. Inexpensive.

Valley Center

Casa Reveles Mexican & Seafood Restaurant 29000 Lilac Rd., Valley Center, 760-749-8041. Also 201 Mission Ave., Escondido, 760-480-5565. Carnitas are outstanding for moist smokiness, and fresh-tomatillo salsa verde is exciting. Inexpensive to low-moderate, with three-course seafood dinners high-moderate.

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 <p>Free 6" Sub Purchase any 6" or larger sub, salad or wrap at regular menu price and get a second 6" sub of equal or lesser value FREE! Not valid with any other discounts. One coupon per customer.</p> <p>12233 Poway Road Poway 858-486-7827</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>50% off frozen yogurt Buy one, get the second of equal or lesser value at 50% off.</p> <p>16588 Bernardo Ctr. Dr., Ste. 130 Rancho Bernardo 858-673-4204</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>\$7 lunch Not valid with any other offer. One coupon per person.</p> <p>1580 S. Melrose Dr. Vista 760-597-9900</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>	 <p>One free entrée Buy one entrée and two beverages and get the second entrée of equal or lesser value FREE. Not valid with any other offer. One coupon per table. Excludes lunch specials.</p> <p>6618 Mission Gorge Rd. San Diego 619-584-6461</p> <p>Expires 11/12/09 • Coupon code: G1FSDR</p>
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Word Scenery

"She no more thought of the play...than a shoemaker thinks of the skin [from which shoes] are cut."

If she's right, Tiffany Stern has cracked a theatrical mystery: how companies rehearsed — or didn't — between 1567 and 1780. Her book, *Rehearsal from Shakespeare to Sheridan*, first appeared in 2000. Reactions to it, including this belated review, find her views both illuminating and unsettling.

Imagine Shakespeare or Ben Jonson rehearsing a new play. The cast sits onstage, bathed in late-morning sunshine, and reads through the script, the actors exploring motives and relations, savoring lines, nuances. They stop, ask questions. The playwright proffers gleaming insights. Actors quill pen notes in the margins. By the end of the read-through, everyone has a general sense of the enterprise.

That's a best-of-all-possible-worlds, *Shakespeare in Love* version. But if Stern is correct — and recent research supports her thesis — actors from Shakespeare to Richard Brinsley Sheridan had little time to rehearse. To make ends meet, a company had to perform almost daily, and a tight repertory schedule prevented off-hours gathering. Plus many actors, if not all, had no idea what the play was about.

The most famous example: Hannah Pritchard gained fame for her Lady Macbeth, even though,

wrote an astonished Dr. Samuel Johnson, she "had never read the tragedy...all through. She no more thought of the play...than a shoemaker thinks of the skin [from which shoes] are cut."

Actors had to perform well, writes Stern, but "not to make the play a success. The play and the actor were naturally opposed."

Sometimes, if the company could spare them, tutors helped individuals learn approved behavior. And people judged a performance on how closely it matched the type.

Emphasis was on parts, today called "sides." Actors saw only their character's dialogue and the preceding cues; these ranged from a sentence to a single word. They grafted the emotions and gestures of a specific type (or "line") into the role. Originality, or even in-depth exploration, be damned.

"Hence the term 'part,'" writes Stern, "each actor received only a fragment, a 'part' of the play." And each studied in private. "Although major roles might be taught or 'instructed,'" she adds, "this too happened separately, away from the other actors or the full text." An actor, in short, "had not learnt to think of the play as a unity."

This fragmented approach continued, says Stern, into the 18th Century, when David Garrick

ruled the stage. "Garrick's innovations," she says, "simply replaced the old prototypes with new ones. He did not change the way actors thought about or dealt with inherited parts."

Understanding this process requires a paradigm shift. In today's theater, rehearsals begin with read-throughs, even "tablework" research (when the North Coast Rep staged Tom Stoppard's *Arcadia* some years ago, the cast and director discussed the play for the first two weeks). The group gathers a collective understanding, then rehearses each scene, exploring, discovering, honing.

Stern's early-modern hypothesis is today's actor's nightmare: you know your lines but go on with no sense of where you are or why you're there. You enter, stay alert for cues, and speak your lines with appropriate flourishes. A prompter moves you on and off (Shakespeare's first job in the theater, legend says, was as a prompter's attendant; he stood backstage and readied actors to enter).

Some reviewers of Stern's book, bolstered by contemporary notions of ensemble acting, ran- kled at her findings. One couldn't accept early-modern theater as "chaos and ram-

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Tiffany Stern

pant thespian individualism." Others point out

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that, during the Restoration and 18th Century, authors occasionally read to the assembled cast (true, says Stern: but actors and prompters would revise it during performance). Because Stern's research is so extensive, reviewer Andrew Fleck says, "It may be possible to know more about the preparations for an early-modern performance than the performance itself."

And there's the rub. Just what did a performance of, say, Jonson's *Volpone* or Shakespeare's *Othello* look like? No one knows, and we may never. Stern's findings, however, open possibilities.

For the first 200 pages, Stern only mentions blocking a scene once. And — except for the rehearsal of songs, dances, battles, and "slapstick" beforehand — she never discusses stage movement. So what did early-modern actors do?

If Stern is right, performances were largely verbal. "Acting was far from being a representation of any kind of reality." The actors stood in formal patterns (leads up front, or back upstage, the others flanking them, like a curtain call, in order of importance). Speeches were isolated. No one responded to each other. An actor's task was to stand and deliver and, when not in the spotlight, stand down and await the next cue.

(Richard Burbage, who performed Shakespeare's tragic leads, received praise for staying in character when not

speaking. Many actors, apparently, did not.)

We're ingrained in "realistic" theater. Since the advent of movies and TV — whose ruling deity has become stampede pacing — we're so reliant on the visual it's unsettling to imagine such a static scene (of course, early-moderns would object to our addiction to speed and, compared to their theater, decimation of the spoken word). Plus, the prompter, who had the only complete copy of the play, was probably an accepted part of the event. Like a conductor cueing soloists, the prompter waved in actors, pointed where to stand and move. The half-hidden prompter "directed basic blocking during the play's enactment.... Much of what was necessary for performance would be prompted within performance itself."

In effect, an early-modern opening night resembled today's first "on your feet" rehearsal.

Language created action. "Word scenery" painted stage pictures, as when Trinculo says of Prospero's island, "Here's neither brush nor shrub to bear off any weather at all." Playwrights also embedded directions into the dialogue, telling an actor what to do.

The famous prologue to *Henry V* encourages the audience to "piece out" — i.e., make whole — "our imperfections." As opposed to today's passive audiences, early-modern theatergoers were much more active. Quite often, says Stern,

first-nighters also determined the play's future.

By definition, a performance was a rehearsal. The aim: a full staging for the king and queen. Until then, scripts were works-in-progress, often lucky to make it through opening night.

In these trials by fire, "The audience was involved more in dramatic collusion than dramatic illusion." Instant feedback was incessant. People clapped or hissed throughout. "Naturally enough, actors tended to address the audience rather than one another, even though this threatened the believability of the spectacle."

Postshow discussions often became scream-outs; the audience thumbs-downed scripts to oblivion or demanded changes — usually trimming speeches or literally killing characters. Intrepid playwrights attended these discussions, took notes, and — to earn the approval of the self-proclaimed literati and the chance for a second-night staging — promised faithful revisions.

But not to improve the play as a whole. Changes were character-based. "Watching a series of parts brought together," theatergoers thought "in part terms rather than in terms of the play as a unity." Even into the late 18th Century, when ensemble acting emerged from newly experimental rehearsals, "The audience was left with a fragmentary knowledge of sections and moments from the great plays." ■

THEATER LISTINGS

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

The Andrews Brothers

Like *Forever Plaid*, *The Andrews Brothers* is a musical revue held together by a sketchy plot. When Laverne of the Andrews Sisters has chicken pox, the trio's quarantined. So three male stagehands, burning to strut their stuff, cross-dress as Patty, Laverne, and Maxene. The males entertain the troops with the tight, boogie-woogie harmonies that made the sisters famous — including "Don't Sit Under the Apple Tree," "Beat Me, Daddy, Eight to the Bar," and "Bei Mir Bist Du Schoen." *Andrews Brothers* won't usurp *Hamlet*'s pedestal in the realms of gold. It's about sheer forget-your-troubles entertainment. And the expert cast at Welk Resorts Theatre provides it. Bets Malone, Jeffrey Parsons, David Engel, and Johnny Bisom have worked together before, and it shows. Their voices blend beautifully. Even their shenanigans are flawless. Musical director Justin Gray added two trumpets to his band. And one of them — don't know which — gets to be the immortal "Boogie-Woogie Bugle Boy (of Company B)."

Worth a try.

WELK RESORT THEATRE, 8860 LAWRENCE WELK DR., ESCONDIDO. 888-802-7469. 1:45PM AND 8PM THURSDAY, 1:45PM AND 8PM SATURDAY, 1:45PM SUNDAY, THROUGH NOVEMBER 8.

Bent

Martin Sherman's horrific drama (1979) is actually a love story as doomed as *Romeo and Juliet*. In 1934, after the "Night of the Long Knives" — in which Ernst Rohm, an openly gay male, was murdered — Nazi Germany began a persecution of homosexuals as well as Jews. Given his knack for negotiating, young Max might be the one person to survive even a hellhole like Dachau. He cares nothing about friends or dignity and will make unthinkable deals to keep alive. At the concentration camp where, like Sisyphus, they haul stones back and forth, Max meets young Horst. Their mutual attraction becomes fatal and, in a deeper sense, transcending. Opening night of *Diversions* and *Ion Theatre*'s co-production could have used more polish. The pacing was on the slow side, and the leads, though capably done by Charlie Reuter (Horst) and Michael Zlotnik (Max) weren't fully realized (versatile Chris Buess, as flamboyant dancer Rudy, and Walter Ritter as closet gay Uncle Freddie, were in top form, however). But the harrowing drama, which I don't think San Diego has seen in decades, still has deep dramatic bite.

Worth a try.

DIVERSIONARY THEATRE, 4545 PARK BLVD., UNIVERSITY HEIGHTS. 619-220-0097. 7:30PM THURSDAYS, 8PM FRI-

DAYS, 8PM SATURDAYS, 2PM AND 7PM SUNDAYS, 7:30PM MONDAYS, THROUGH NOVEMBER 22.

Boston Marriage

Compass Theatre stages David Mamet's "tribute to Oscar Wilde," in which two turn-of-the-century women negotiate their love amid Victorian propriety. Don Loper directed.

COMPASS THEATRE, 3704 SIXTH AVE., HILLCREST. 619-688-9210. 8PM THURSDAYS, 8PM FRIDAYS, 4PM AND 8PM SATURDAYS, 2PM SUNDAYS, 8PM WEDNESDAYS, THROUGH NOVEMBER 22.

Broadway and the Bible

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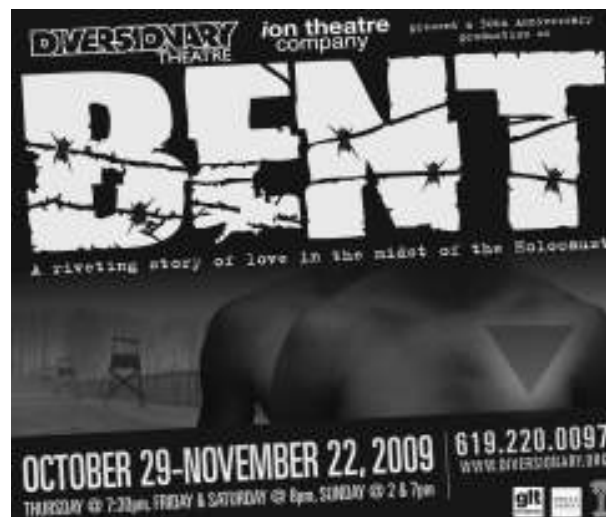


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Calendar

THEATER

language — malapropisms coined from fuzzy memories. Through this post-apocalyptic world (a metaphor for post-deconstruction?) travels a humble vaudeville troupe: Roz(etta) Stone and her dog (actually a man named Dog who strums a mean guitar). As they seek a mystical “China,” they confront evil scavengers and potentially vile vaudevillians, Vera Similitude and Jo-Jo the Baby Face Liar. Though the plot of Liz Duffy Adams’s fantasy is predictable, the imagination behind it’s a stunner: the seasons quake into place; Shakespeare, Abbott and Costello, Billie Holliday, and Spike Jones make cameos; Roz talks a dazzling, cross-purposed poetry; and all tell tall tales. To open its new space in Rolando (former Cygnet Theatre home), Moxie Theatre reprised its popular production. The new version sports the original cast (Liv Kellgren, Jason Conors, Sylvia M’Lafi Thompson, Jo Anne Glover, in top form) and, under Delicia Turner Sonnenberg’s smart direction, makes for a funny, wildly theatrical show. 858-598-7620.

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Critic’s pick.

MOXIE AT ROLANDO THEATRE, 6663 EL CAJON BLVD., SUITE N, COLLEGE AREA. 619-337-1525. 8PM THURSDAYS, 8PM FRIDAYS, 8PM SATURDAYS, 2PM SUNDAYS, THROUGH NOVEMBER 22.

The Foreigner

Patio Playhouse stages Larry Shue’s very funny comedy about a painfully shy man who pretends not to speak English. Rob Wolter directed.

PATIO PLAYHOUSE, 201 EAST GRAND AVE., ESCONDIDO. 760-746-6669. 8PM FRIDAYS, 8PM SATURDAYS, 2PM SUNDAYS, THROUGH NOVEMBER 25.

Fuddy Meers

PowPac stages David Lindsay-Abaire’s “poignant comedy with adult themes” about Claire. A rare form of amnesia erases her memory each morning. Steve Murdock directed.

POWPAC, POWAY’S COMMUNITY THEATRE, 13250 POWAY RD., POWAY. 858-679-8085. 8PM FRIDAY, 8PM SATURDAY, 2PM SUNDAY, THROUGH NOVEMBER 8.

Godspell

Lamb’s Players presents this musical, by Stephen Schwartz and John-Michael Tebelak, telling parables of Jesus as found in the gospel of Matthew. Robert Smyth directed. 619-437-0600.

HORTON GRAND THEATRE, 444 FOURTH AVE., DOWNTOWN. 7:30PM THURSDAYS, 8PM FRIDAYS, 4PM AND 8PM SATURDAYS, 2PM SUNDAYS, THROUGH NOVEMBER 22.

Joyful Noise

Tim Slover’s “historical backstage drama,” which Lamb’s Players premiered 10 years ago, still has too many notes. Scenes need compression, the dramaturgy’s formulaic. But the play’s dovetailing stories — of a “fallen” mezzo-soprano and the politics behind Handel’s composing (“compiling,” actually) of



Sammy

the *Messiah* in 1741 — allow the company to sport Jeanne Reith’s remarkable period costumes and fill in some of the script’s blanks with lively theatricality. Co-directors Robert and Deborah Gilmour Smyth do fine turns as Handel (who, beneath Germanic gruffness, has a deep inner certainty) and Mrs. Pendarves, a florid arts patron. Colleen Kollar Smith (a touching Susannah Cibber), Tereesa Byrne (Kitty: a feisty diva with a rocket soprano voice), Jim Chovick (a treat as humble King George II) make valuable contributions. Talented Jason Heil does what he can with Bishop Henry Egerton, the play’s wordy villain. David Thayer, who used to work lighting wonders at Lamb’s old National City space, devised a minimalist set with marbled, neoclassic

columns. Special credit to co-sound designers, Gilmour Smyth and Patrick Duffy.

Worth a try.

LAMB’S PLAYERS THEATRE, 1142 ORANGE AVE., CORONADO. 619-437-0600. 7:30PM THURSDAYS, 8PM FRIDAYS, 4PM AND 8PM SATURDAYS, 2PM SUNDAYS, 7:30PM TUESDAYS, 7:30PM WEDNESDAYS, THROUGH NOVEMBER 22.

King Lear

Vanguard stages Shakespeare’s great tragedy about an aging king, his three daughters, and the harrowing of a soul. WESTMINSTER THEATER, 3598 TALBOT ST., POINT LOMA. 619-224-6263. 8PM SATURDAYS, 7PM SUNDAYS, THROUGH NOVEMBER 15.

The Lion King

The award-winning Julie Taymor musical makes a return visit to the Civic Theatre.

SAN DIEGO CIVIC THEATRE, 1100 THIRD AVE., DOWNTOWN. 619-570-1100. 7:30PM THURSDAY, 8PM FRIDAY, 2PM AND 8PM SATURDAY, 1PM AND 4:30PM SUNDAY, THROUGH NOVEMBER 8.

National Comedy Theatre

The National Comedy Theatre presents a 100-minute improv comedy show based completely on audience suggestions. The show is “appropriate for all audiences.” NATIONAL COMEDY THEATRE, 3717 INDIA ST., MISSION HILLS. 619-295-4999. 7:30PM AND 9:45PM FRIDAYS, 7:30PM AND 9:45PM SATURDAYS, OPEN-ENDED RUN.

Prism, Prose, and Passion

Write Out Loud, in association with Diversionary and Ion Theatres, presents a benefit performance of stories of the LGBT community by Christopher Isherwood, Jackie Kay, Rita Mae Brown, and Robert J. Hughes. 619-297-8953. DIVERSIONARY THEATRE, 4545 PARK BLVD., UNIVERSITY HEIGHTS. 2PM SATURDAY.

Sammy

“Your whole life just moves too fast,” his wife tells Sammy Davis Jr. This musical biography follows suit. Leslie Bricusse’s book depicts such a shallow, itemized portrait that Davis remains one-note throughout. Name performers usually have a signature song. Davis had several, most written by Bricusse (“Once in a Lifetime,” “Who Can I Turn To?”). These iconic numbers, however, dwarf those written specifically for the show (the new ones, in particular those sung to Davis, feel flat and often preachy by comparison). Some portrayals verge on cartoon (Dean Martin, Sinatra, Eddie Cantor), and the women, with one exception, don’t rise above the generic (the exception, Ann Duquesnay, outstanding as Davis’s grandmother Rose). Obba Babatundé’s Davis has the hunched shoulders, the bebop head-nod, the firm grin, and the manic en-

ergy down. Babatundé deserves the jump-to-your-feet standing ovation the audience gives him. But in his nearly three-hour performance, Babatundé is, at best, only *like* Sammy Davis Jr. The hit-and-run script — scenes often mere set-ups for the next song — never gives him the time to *be* the great entertainer. OLD GLOBE THEATRE, 1363 OLD GLOBE WAY, BALBOA PARK. 619-234-5623. 8PM THURSDAY, 8PM FRIDAY, 2PM AND 8PM SATURDAY, 2PM AND 7PM SUNDAY, THROUGH NOVEMBER 8.

Talley’s Folly

The North Coast Rep has extended its run of Lanford Wilson’s “waltz,” and rightly so. It’s a month after D-Day. Change is in the air, and Matt Friedman knows it. He’ll make the ultimate risk: propose to Sally Talley, the “radical old maid” — actually she’s 31 — and nurse’s aid in Lebanon, Missouri. Although they’re as anti-theatrical as Jack Sprat and his Mrs. (he’s Jewish, her family’s anti-Semitic), Matt’s convinced Sally’s his soul mate. He has, he tells the audience, 97 minutes to woo her in the waterlogged boathouse, a latticed Victorian “folly.” The play won a Pulitzer Prize, in part because Wilson uncovers surprising similarities beneath a surface crammed with opposites. On Marty Burnett’s excellent set, David Ellenstein and Amy Biedel perform a kind of dance on eggshells. Both fine individually, the actors blend together as well as their characters don’t: Matt with dogged persistence, Sally with believable (even insurmountable) objections. Critic’s pick. NORTH COAST REPERTORY THEATRE, 987-D LOMAS SANTA FE DR., SOLANA BEACH. 858-481-1055. 8PM THURSDAYS, 8PM FRIDAYS, 8PM SATURDAYS, 2PM AND 7PM SUNDAYS, 8PM WEDNESDAYS, THROUGH NOVEMBER 15.

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DEADLINES: 4pm Monday for ads in Help Wanted, Career Training, Employment Services, Employment Agencies, and Business Opportunities.
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DISPATCHERS. Western Towing seeks full-time, energetic, self-motivated Call Center Dispatchers. All shifts available. Fast-paced environment. Qualified candidates should possess excellent communication and computer skills and be able to multitask. Must have dispatch experience with a towing company and knowledge of the San Diego County roads. Competitive pay and comprehensive benefits package including 401(k), medical, dental, life insurance and more. Apply in person: 4370 Pacific Highway, San Diego; fax resume: 619-295-6892, attention: Human Resources; or e-mail: humanresources@westerntowing.com. Drug-free, EOE.



TELEPHONE INTERVIEWERS. No sales! Friendly, outgoing and dependable. CSR and Sales experience a plus. Parking. Hourly pay plus paid training and benefits. www.luthresearch.com. Accepting applications at Luth Research, 1365 Fourth Avenue, downtown. Job Hotline: 619-243-8045.

HELP WANTED CUSTOMER SERVICE

CUSTOMER SERVICE/ Call Taker/Dispatcher. Established full-service plumbing company in search of a professional, service-oriented individual to work part time. Must have computer skills along with a professional, cheerful phone manner, able to work well with others. Background check/drug test required. Minimum 3 years' experience. Call: 619-702-6067.

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AIDE NEEDED. Female only! Get me up, make breakfast, 1 hour in morning, 1 hour in afternoon, 1 hour at night, Saturday and Sundays. \$9/ hour. Friendly, easygoing. References. Own transportation. Ramona area. Nonsmoking. 760-788-7595.

HELP WANTED DRIVERS / DELIVERY

DRIVERS. \$1700-\$2400 monthly. Fuel paid. Auto parts delivery with late model pickup truck, car, van. Clean DMV. Local and North County. Bonus paid. Independent contractors. 619-461-2048.

DRIVERS. Dominion Distribution needs part-time Drivers to deliver free publications Mondays and Fridays. Requires a truck, van or SUV, currently insured. EOE. Drug screening, DMV, criminal background check required. Call Monday- Friday, 8am-12pm, 858-547-9115 x243.

HELP WANTED EDUCATION

EDUCATION. San Diego County Office of Education has immediate openings for substitute staffing beginning at \$11.96 per hour in Descanso and Cuyamaca Rancho State Park. EOE. For more information or to apply, please go to www.sdcoe.net/apply.

TEACHER ASSISTANT, Montessori School, 18 months- 3 years. Early Childhood units required, full time, experience required, must love children. E-mail resume: SBingham1@sbcglobal.net or fax 858-454-8007.

HELP WANTED HEALTH CARE

ADULT FOSTER CARE. Experienced Medical and Mental Health professionals to care for our adult clients with developmental disabilities in your own home. Monthly stipend: \$1000 - \$3400. Learn more! Orientations held the 1st & 3rd Tuesday each month, 2pm, 2525 Camino Del Rio South, #160, San Diego.

92108. Visit: www.thementornetwork.com. Program Recruiter: 619-293-0214.

AIDES AND CNAs. Immediate openings! Adultcare. Childcare. Eldercare. Family Caregivers, Home Care Aides, Drivers. Great pay! New-hire bonus! Nonmedical in-home help for seniors, children, disabled. Hourly and shifts. Training. Flexible schedules. Benefits. Retirement. Dependent care plan. At Your Home Familycare. E-mail: homecarejobs@atyourhomefamilycare.com. Toll free: 1-877-903-JOBS.

CAREGIVERS, CNAs, HHAs. Live-ins and hourly. Immediate openings throughout San Diego and North County. Full/part time. Must call for an interview 9am-5pm, Monday-Friday: 760-730-3955. Avalon Home Care, 2541 State Street, Suite 111, Carlsbad, CA 92008.

CAREGIVERS: LIVE-INS, 2, 3, 4 or 5 days/week, \$120/day including sleep and meal periods. Weekends and hourly: 4-hour, 8-hour and 12-hour shifts, AM/ PM. Top pay, flexible shifts 24/7, 401(k), production bonus, rewards for good work. Requires valid driver's license, vehicle/insurance, registration, one year of paid elder caregiving experience, eligibility to work in the United States. \$150 hiring bonus for employees accepting North County assignments (after 90 days of employment). Comfort Keepers, 2006 Workplace Excellence Medallion Award SDSHRM, San Diego: 619-795-6036. San Marcos: 760-598-3400.

CAREGIVERS. Home Instead Senior Care needs compassionate, dependable people to provide non-medical help, personal care and homemaker services to seniors in their homes. Must have 1 year verified experience, valid license, vehicle, and insurance. Central/East County San Diego. 619-433-6200. or www.homeinstead.com/190.



CAREGIVERS/ COMPANIONS. Home care agency has immediate openings for compassionate and experienced Caregivers in the El Cajon, Lakeside, Granite Hills, Bostonia, Rancho San Diego, Alpine and Julian areas. Must have 2+ years healthcare experience, valid CA driver's license and reliable transportation. Background check required. Visiting Angels, 619-987-4910.

CAREGIVERS/ COMPANIONS. Minimum 1 year's experience non-medical home care for seniors. Valid California driver's license. Serving Santee/ La Mesa/ Del Cerro/ San Carlos. Visiting Angels, 619-749-7525.

CAREGIVERS/CNAs/HHAs. Immediate openings. Hourly, Live-in, Nights. Cheerful Caregivers needed to assist seniors in-home. Minimum 1- year experience. Premium pay/bonuses/ benefits, 24-hour office support. Age Advantage, 619-660-8881, 760-720-7272.

HEALTHCARE: RNs, LVNs, AIDES. Join La Jolla Nurses! Looking for Home Health Aides, ongoing assignments. Also per diem work—you pick the days, hours and shifts! Competitive pay rates, excellent work assignments. State-licensed home health agency. Medical, dental and vision benefits; referral bonus. La Jolla Nurses HomeCare, 858-454-9339. www.lajollanurseshomecare.com.

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HOME HEALTH LVN. Personal Care Assistants, Live-in Personal Care Assistants and Homemaker/ Companion/ Sitter. Palomar Pomerado Health is hiring. Apply online from any computer at: www.pph.org or in person, Monday-Friday, 7:30am-4:30pm: Human Resources Administrative Offices for Palomar Pomerado Health, 456 East Grand Avenue, Escondido, 92025; Pomerado Hospital: Applications available via computer kiosk in main hospital lobby, 1817 Avenida del Diablo, Escondido, 92029. All PPH campuses are smoke-free.

IN-HOME CARE. Caregivers and Companions. Minimum 1 year's experience non-medical home care for seniors. Valid California Driver's License. Serving Santee/La Mesa/Del Cerro/San Carlos. Visiting Angels, 619-749-7525.

JOB COACHES. Community-oriented Center for Independent Achievement is seeking dependable individuals in East County. 1:4 group ratio maximum. \$8.50-\$9.50/ hour. Annual raises. Bonuses for exceptional performance. Benefits with full-time. pficareer@yahoo.com. Fax: 619-592-4878. 619-592-4850.

NON-RN NURSING. Certified Nursing Assistants, Certified Nursing Assistant/ Nursing Unit Secretary (combination position) and Healthcare Assistants. Palomar Pomerado Health is hiring. Apply online from any computer at: www.pph.org or in person, Monday- Friday, 7:30am-4:30pm: Human Resources Administrative Offices for Palomar Pomerado Health, 456 East Grand Avenue, Escondido, 92025; Pomerado Hospital: Applications available via computer kiosk in main hospital lobby, 1817 Avenida del Diablo, Escondido, 92029. All PPH campuses are smoke-free.

RESPITE CARE for children and teens with developmental disabilities. Critical need, Countywide! Great pay! New-hire bonus! Nonmedical in-home help. Caring heart more important than experience. Training. Hourly and shifts. Flexible schedules, benefits, retirement, dependent care plan. Visit homecarejobs@atyourhomefamilycare.com. At Your Home Familycare. Call toll free: 1-877-903-JOBS.

SOCIAL SERVICES. Promising Futures, Inc., is hiring reliable, caring individuals to work with the developmentally disabled in East County and Ramona. Part- and full-time positions. \$8-\$10/ hour plus benefits. Overtime opportunities available. pficareer@yahoo.com. Fax resume: 619-592-4878. Call 619-592-4850.

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Attn: Human Resources

E-mail: humanresources@westerntowing.com

Or apply in person at:
4370 Pacific Hwy
San Diego

Drug-free/EOE



STRINGERS

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browsing the "\$2 For Everything" booth when a group of six or seven African-American high school students came into the booth and stole some of the vendor's merchandise and walked away. The vendor then made a number of racist comments to the reporting student, who is also African-American.

The vendor said that every time she allows "those people" and "that race" to enter her shop,

they steal from her, that she can allow "20 Asians and 20 Mexicans" to be alone at her booth, but that if there are 3 African-Americans alone, all of them will steal from her. The vendor further stated that she is considering shaving her head and painting a swastika on the back of it.

When the African-American student left, she said, "I hope your day gets better." The vendor replied, "I hope your race gets better." The student reported the incident as

hate speech, and the vendor has been asked not to return for the remainder of the market's run, which ends Friday.

By Claire Luciano, 10/29

Lose the Booze, La Mesa

La Mesa — Police lieutenant Carlos Medero points to a spike in drinking in public from last year to this year. In a six-month period from last year, says Medero, the city's police force received 178 complaints for public drinking. During the same time

this year, it was 272 complaints.

Medero and city staff were in support of an ordinance to extend the ban on drinking from parks, churches, and schools, adopted back in 1981, to include streets, alleys, and sidewalks.

During the Tuesday, October 27, La Mesa city council meeting, Lieutenant Medero testified before the mayor and city councilmembers.

Councilmember Ernest Ewin commented on the need for the ban while

asking for assurances from Medero that officers won't use the ordinance to generate extra revenue.

A few residents spoke in opposition to the ordinance during public comment, calling the law unnecessary.

"I would have hoped that the repeal of Prohibition would have settled this once and for all," said resident Craig Maxwell during public comment. "Before this council imposes any further restriction on the consumption of alcohol in public places,

or before you impose any new fees or penalties, you might want to consider the impression this is likely to make on La Mesa citizens."

The city council voted unanimously, 5 to 0, in favor of banning booze from La Mesa's public places.

By Dorian Hargrove, 10/29

411 on the 442

Vista — On October 24, the new 442 area-code overlay plan was implemented by the Public Utilities Com-

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HELP WANTED JOBS WANTED

IN-HOME CARE IN EXCHANGE for room and board. House cleaning, cooking. Love pets! ISS registered. Personal, professional, reliable. Call Kelley, 619-634-6811 or 619-420-7239.

JOB WANTED. Looking for work, top professional, multi-degreed female, confident. Available 24/7. Any work would be helpful. Excellent references. Honest dependable. 619-444-7679.

JOB WANTED. Child care offered. Middle-aged, licensed woman specializes in infants to toddlers. Experience, references, CPR, First Aid Certified. Catherine, 852-248-1101; shashati@aol.com.

JOB WANTED. Country maintenance, regular, monthly maintenance and repairs of all types. 30 years' experience. 619-219-9477.

JOB WANTED. Personal assistant, caregiver. LVN trained. Cook, shop, clean. Manager, liability insured, CPR, Live Scan, DMV, background check,

excellent resume, references. Full time. Rhonda, 619-231-1731.

UNEMPLOYED HOMELESS VETERANS. You may be eligible: Job search/resume preparation, placement assistance, support services, job-related clothing/tools, housing referrals. VA benefits referrals. Appointment: 619-449-5513.

HELP WANTED MISCELLANEOUS

CIRCULATORS. Collect signatures on statewide petitions. No experience necessary. Paid 2x/week. \$10-\$30+/hour. Independent contract work where/

when you want. Full-/part-time. 619-615-8703.

DONATE QUALIFIED PLASMA, earn money every week. Requirements: 18-65 years old, good health, proof of Social Security number, proof of current address, current photo ID. Bring in this ad and receive a \$5 bonus after your first donation! Octapharma Plasma, 3232 Duke Street, San Diego (off Midway), 619-298-4011; and 4402 Dayton Street (off El Cajon Blvd., 1 block east of 54th Street), 619-265-0334. www.octapharmaplasma.com.

EARN MONEY EVERY WEEK for qualified plasma donations. Requirements: 18-65 years old, good health, proof of Social Security number, proof of current address, current photo ID. Bring in this ad and receive a \$5 bonus after your first donation! Octapharma Plasma, 3232 Duke Street, San Diego (off Midway), 619-298-4011; and 4402 Dayton Street (off El Cajon Blvd., 1 block east of 54th Street), 619-265-0334. www.octapharmaplasma.com.

EXTRAS FOR MOVIES. To stand in the background of a major film production. Earn up to \$150/day. No experience required. All looks needed. 800-605-6021.

FREE CUSTOMIZED EMPLOYMENT Program for **Veterans with a Service-Connected Disability** or those **Honorably Discharged within the last 48 months.** Space is limited. Call 619-424-6860.

GET PAID TO SHOP! Mystery Shoppers. Earn up to \$200/day. Experience not required. Call now: 800-486-7204.

MUSIC CRITICS WANTED. The Reader pays cash for CD and concert reviews! Find all the details at SDReader.com/critic.

PILATES INSTRUCTORS. Luxury residential and corporate facilities. All client types. Minimum certification and 2 years' experience required. E-mail: fitxsandiego.com. Fax resume: 858-715-8681. Call 858-715-8611.

SALVATION ARMY. Holiday bell ringers needed. Pick up application at 4170 Balboa Ave, 92117, between 9am and 4pm. Or call 858-483-1831 for more information. God Bless!

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DATA ENTRY / CUSTOMER SERVICE Rep. We will train an enthusiastic, detail-oriented team player with customer service/ data entry skills. Must type 55-65 wpm. Fast paced, interesting environment serving the legal community. Full time, \$10-\$11 start. 619-260-0309.

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RESTAURANT SERVERS. Experience required. Popular Japanese sushi restaurant in Gaslamp. Apply in person 2pm-5pm, Monday- Friday. Taka Restaurant, 555 5th, 92101. 619-338-0555.

SERVERS AND BARTENDERS with experience for McDini's. Apply in person 1-4pm Tuesday- Friday; 105 East 8th Street, National City. (No calls.)

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STRINGERS

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mission. All local and long-distance calls in the 760 area code will require the use of "1" plus the ten-digit number in order to place calls.

The new necessary procedure came about following a study that determined the 760 area was running out of available numbers. The options were either to split the 760 area code and issue certain North County residents and businesses a new 442 number (which

would have cost an estimated \$100 million) or to overlay the 442 area code.

Instead of splitting the 760 area-code region, the 442 area code will be used for all new numbers assigned. Current land-line and cell-phone users will retain their 760 numbers. Any three-digit numbers (911 and 411, for example) will remain the same as they are now.

By Rick Shafer, 10/28

Cove Cleanup

Ocean Beach—The Mariner's

Cove Apartments, a complex located on West Point Loma Boulevard, lost its newest onsite property manager. A new management company took over and has done some serious housecleaning.

Residents were instructed to remove and clean up their patios and under-stairs areas. A crackdown on off-leash and pooping dogs has begun, and residents who flout the leash and poop laws promptly receive letters from the office.

The dumping and stor-



age of junk vehicles continues; there was a crackdown earlier this year, but during the change in management, that effort has been set aside. So, valu-

able tenant parking spots are taken up by inoperable and expired-tag junkers.

The property manager who was let go had sent out eviction notices to

many suspected gang-banger families whose kids loitered and caused problems on the premises. Some of these families threatened a lawsuit and alleged that the manager had observed a fight by the pool and didn't try to break it up. The manager was given her walking papers.

By Gail Powell, 10/28

Become a Stringer. Earn up to \$75 for your neighborhood news story, \$10 for photo, \$15 for video. See guidelines at SDReader.com/stringers.

business. \$9/hour. Paid training. Performance bonuses. Medical, dental, 401(k). Hiring 12:30pm-9pm shift. Convenient Kearny Mesa location. Apply at Gordon & Schwenkmeyer: 9620 Chesapeake Drive, San Diego, 92123-1369. Please call 10am-5pm for interview: 858-496-2100.

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TELEMARKETING. Any good Salespeople out there? Pacific Graphics Advertising Specialties in La Mesa for 20 years. Hours: Monday-Friday, 8am-2:30pm. Call Joe: 619-461-0365.

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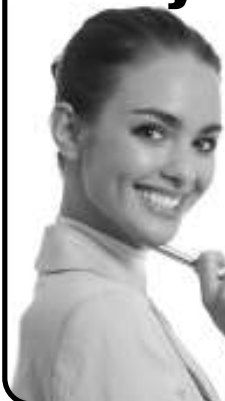
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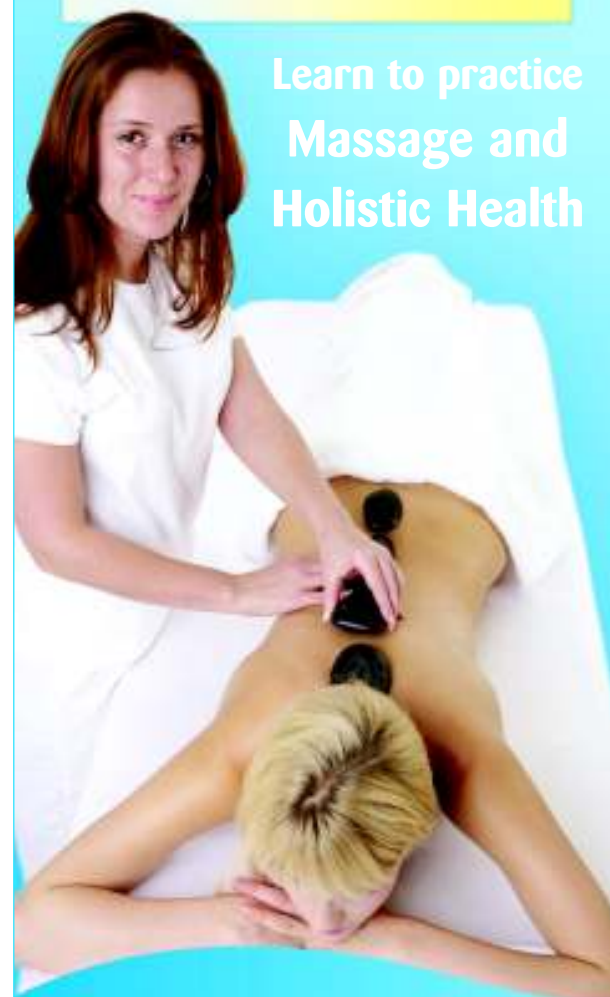
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I kinda figured. Can I go inside and watch TV?

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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 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. Complete the journey four times a year!

4) Entries must be faxed to **619-231-0489** or **619-233-7907** or mailed to Reader Puzzle, P.O. Box 85803, San Diego, CA 92186-5803, or delivered through our mail slot at 1703 India Street in Little Italy, or scanned and e-mailed to: puzzles@sdreader.com. 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 viewed.

5) 10 *Reader* T-shirts are awarded weekly to contenders chosen randomly!

And now for the really small print:

1) All answers must be legible and entered in the spaces provided.

2) Late entries will not be considered.

3) One entry per person per week or you will be disqualified.

4) Employees of the *Reader* and their immediate families are not eligible.

Across

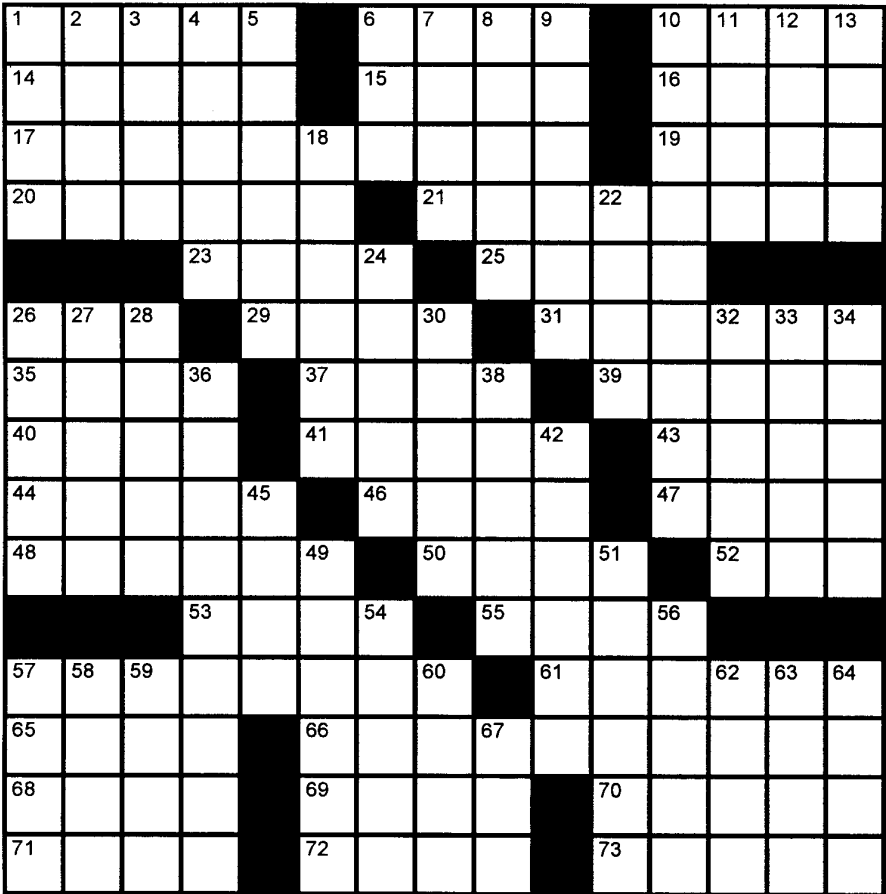
- 1. Long arm?
- 6. Verdi classic
- 10. Dud
- 14. Best imaginable
- 15. Potential atty.'s exam
- 16. Carpet calculation
- 17. 1970 Joni Mitchell song, with "The"

- 19. Beatty and Kelly
- 20. Virgil epic
- 21. Expedition's cry at the top of a mountain
- 23. Tone-_____
- 25. Gush
- 26. Modern navig. tool
- 29. Wine glass part
- 31. Seer
- 35. Wife of Jacob
- 37. Alternative to Israil
- 39. Got a good look
- 40. Prefix with sphere
- 41. Deep-_____ (threw away)
- 43. The triple in a triple play
- 44. Shaggy's dog, to Shaggy
- 46. Home (in on)
- 47. Hawaii's state bird
- 48. Lather
- 50. "What did I ever _____ you?"
- 52. Spain's Costa del _____
- 53. Neatnik's opposite
- 55. Desires
- 57. Eater's digest?
- 61. _____ Tomb
- 65. Hyatt alternative
- 66. Gang boss ... or what 17-Across, 10-Down and 36-Down each have
- 68. Serengeti sound
- 69. "_____ stands ..."
- 70. "On the Record" host Van Susteren
- 71. "Cut it out!"
- 72. French noodle?
- 73. Lip cover

Down

- 1. Costa _____
- 2. Romeo's last words
- 3. Nonflowering plant
- 4. Ripped (into)
- 5. Prestigious magazine awards
- 6. High school math subj.

- 7. "The First Time Ever _____ Your Face"
- 8. Matriarchs
- 9. At the original speed, on a score
- 10. It's jumped on by followers
- 11. Willie _____, the "Jackie Robinson of the NHL"
- 12. Prefix with care
- 13. Rope fiber
- 18. Match.com meetings
- 22. Prefix with nautical
- 24. "_____ Navidad!"
- 26. It may be stained
- 27. San Diego's _____ Park
- 28. Margaret Mead study site
- 30. At the limit, with "out"
- 32. This puzzle has 78 of them
- 33. "_____ Man Write My Epitaph" (1960 Burl Ives movie)
- 34. 1957 Detroit debut
- 36. Dress for Scarlett O'Hara
- 38. Painter Neiman
- 42. "I'm all ears"
- 45. Light source
- 49. Not skilled in
- 51. What a recipe for steak tartare usually calls for
- 54. Capital city whose name means "wooded" in French
- 56. Motorist's headache
- 57. Extension _____
- 58. 1847 Melville novel
- 59. _____ empty stomach
- 60. Heal
- 62. Logical introduction?
- 63. Takes home
- 64. Sp. spouses
- 67. Verizon forerunner



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Personal Message: _____

SOLUTION TO LAST WEEK'S PUZZLE:



THIS WEEK'S CONTENDERS:

☛ indicates T-shirt winner.

Sheila Agahan-Price, Oceanside, 5. Day light savings- why must it end?

Woody Anderson, Carmel Valley, 5. Would I lie Nastase ever tell the truth?!

Mary Arana, Encinitas, 5. Happy 30th Jen!

Jeff Battles, Ocean Beach, 5. I'm back! Had a wonderful time in Vegas baby!

Evelyn Bowser, Hillcrest, 5. House is sold, Amen!

Eric Cash, Escondido, 5. Eavan's brain is getting more huge and groovier everyday

Joseph Ciprian, Little Italy, 5. Mother, you did your best, God bless

Jon Connor, Oceanside, 5. "I'll be your huckleberry"

Ben Cooper, Gaslamp, 5. how- ever it is spelled, he is a whacko with power

Betsy Cory, Chula Vista, 5. Thanks, Sara and Jane, it was great!

Craig Curtis, Escondido, 5. Do you enjoy this change of seasons? I do.

William Cushing, Rancho Bernardo, 5. Go, Phillies!

Gary Dismukes, Scripps Ranch, 5. Time for a break. Off to Florida maybe back later...

Kurt Dornbusch, Mission Valley, 5. I'm smarter than I thought I was

Dale Duffala, La Jolla, 5. Congratulations, Joe and Felica!! The Mighty Quinn is here!

Ben Espe, Mission Valley, 5. Go Chargers! Slay the Giants

D. Faulkner, University Heights, 5. Get on your bike and ride. Velodrome swapmeet Nov 8th

Ellie Hoey, Spring Valley, 5. I love New York!

Jenny Hughes, Escondido, 5. Come on David

☛ **Sara Khwaja, Poway, 5.** Ben- good luck at your new job

Michael McGriffin, Bay Park, 5. Term limits for US Congress!

Ron Meyer, Santee, 5. Hunny I hope you had a wonderful Birthday- Luv you!

Susan Morfey, Little Italy, 5. Yes I'm hot! But don't blame me for global warming

Douglas Meyers, La Mesa, 5. Not wasting a line for 33 across!

Elizabeth Noll, Alpine, 5. Happy birthday , Kim! You are my favorite sister!

Jim Odell, Vista, 5. Ton nire or tow wire- too tricky

Lisa Overton, Spring Valley, 5. Wrong place to look for Mr. Right

Michael Panther, Point Loma, 5. You're unbelievable

Janie Redmond, Cardiff, 5. Go like the wind- Aquamarine Vampire bunnies, Blue, and SDA

Jerry Riccio, Rancho Bernardo, 5. I missed you, Pam. Welcome back Home

Matthew Rosello, San Diego, 5. It is gone

Tom Seaman, Alpine, 5. They told me I was apathetic but I really didn't care

Ted Scafidi, Hillcrest, 5. Nuke 'em , Milo!

Clinton Smith, La Mesa, 5. Just how many ways are there to spell cudophy?

Thelma Strickland-Hicks, Del Mar, 5. Encinitas Café has the best Acai bowl- just ask Sue

Duane Tremaine, East Village, 5. O zepher winds that blow on high, lift me now

Ric Witt, Clairemont, 5. Happy birthday to Nephew Cade in Car-boro, N.C.

☛ **M. Zimmermann, Vista, 5.** Is it weird in here or is it me? Steven Wright

Samantha Loveira and Matt Palmer, College Area, 5. Do you think you'd die if you drank wee?

Ken A., Ocean Beach, 4. Hallo-ween, every office slut's favorite day

Thomas Baggot, Carlsbad, 4. Love you babe!

L Barling, El Cajon, 4. Among citizens' duties: become well-informed not propagandized; then vote

Dennis Beabout, Temecula, 4. Baseball in November, Awesome!

Leslie Chase, Campo, 4. No news is good news

Maria Coda, Oceanside, 4. Hi All! Love ya!

Manny Faria, Point Loma, 4. I love you sooo much Pooh!!!

Ron Hootman, Santee, 4. Hoot 101, "All you need is Love!" really

Kyle Matzke, Vista, 4. Why is every problem with dems a crisis, play ahead

Rumir Miravalles, San Diego, 4. Pinoy: buo ang loob, may agimat ang dugo- Bamboo

THIS WEEK'S CONTENDERS CONTINUED:

☛ indicates T-shirt winner.

Sunny Nelson, El Cajon, 4.
Happy birthday star and many more! Luv, sunny and all
Robert Ott, Mira Mesa, 4. *Four fiths*
P. Drew Papas, La Jolla, 4.
Happy November!
John Pertle, Santee, 4. *First John 5:10-13: John 10:25-26; Matthew 11:25-30; Acts 4:10-12*
Claire Phillips, Clairemont, 4.
No matter how you spell it he is a bad guy
☛ **Bill Pischke, Ramona, 4.**
News good is news no
Rich Sewell, Ocean Beach, 4.
Thanks for your help Erin with my crazy costume!

Michael Sheridan, San Diego, 4.
Rule Britania
Carly Stone, San Diego, 4. *Life is a long walk, mostly uphill, drop the rocks!*
Bob Vollmar, La Jolla, 4. *33 across and 35 down??*
Susan Williams, North Park, 4.
It's the time of crows
Ron Akers, Sabre Springs, 3.
Save energy ride your bike
D. Asencio Jr., Ramona, 3. *1 year sober!!*
Marilyn Cooper, Chula Vista, 3.
SpongeBob had a great Hal-loween, did you?
Victor Correa, San Ysidro, 3.
It's been 35 years

Donna Cresta, Chula Vista, 3.
Steve, do the sudoku
Thomas Diehl, Escondido, 3.
"As dagger, posion, fire, flood, imaged evils chill one's blood"
George Elam, Vista, 3. *When did we switch to Wensday?*
I.C. Garcia, Golden Hill, 3. *The holidays are upon us. Shop INDIA INK PAPERS!*
Jack Hawkins, Encinitas, 3.
We reach ourselves by reaching to others
Archie McAllister, Chula Vista, 3.
Andy break a leg!!! Grandma
Henry Romero, San Diego, 3.
Read "Revenge of the mooncake vixon"
Tim Serpa, San Diego, 3. *Happy Halloween Megan Devilshious!!*
Dave Small, San Carlos, 3.
Sweet shirt. Surf's up

Ed Summers, Santee, 3. *Aint no sunshine when she's gone-Bill Withers*
Lisa Torrescano, Spring Valley, 3. *PBR plus Jager equals LOVE*
Jennifer Vuksinich, El Cajon, 3. *Great!*
Myra Casillas, Oceanside, 2.
Go team! Cures rock!! (Cancer does not)
Marty Ferullo, Pacific Beach, 2. *Happy Halloween!*
Paula Henderson, La Jolla, 2.
Love your puzzles!
Jean B. Rolfes, San Diego, 2.
God bless the U.S.A.
☛ **Jay Sato, Carmel Valley, 2.**
Molly has a boyfriend peanut
Joel Suzuki, Mission Valley, 2.
TYVM for my reader t-shirt
Kenneth J. Berger, Clairemont, 1. *Study Urban Geography at Mesa College*

Gabby Albaisa, San Diego, 1. *I can't think of a message...*
☛ **Cate Albus and Andrew Barry, Cardiff, 1.** *Good food must equal brain power*
Jeff Clark, La Mesa, 1. *Alright! Trcks Club 4 Life!*
Glory Codenhead, Clairemont, 1. *Hi Bahie Love ya*
Joel Curiel, Oceanside, 1.
Happy birthday Julian Bestr son ever
☛ **Dan Denike, La Mesa, 1.**
Good puzzle`
Andrea Duncan, Valley Center, 1. *Ditch Congress in 2010!!!*
Joaquin Guerrero, San Marcos, 1. *La reina Can't tie her shoe laces*
Jasmin Harris, Poway, 1.
Honeeeey, I'm missing you so much..-Puddin
☛ **Naomi Marcous, Vista, 1.**
UNION!

W. Hodgson, Escondido, 1. *The G in GNP does NOT stand for Government*
Lucky Matilda, Oceanside, 1.
Use your rights or lose your rights
Jennifer Mullics, University Heights, 1. *Thanks Wayne for always supporting Sadie and Jennifer, Love ya!*
Butch Rosser, Chula Vista, 1.
Shout out to Chris Cantore and the legit radio family
☛ **Bert Watton, San Diego, 1.** *Two new great-granddaughters this year*
Mike Santarias and Catherine O'Connor, San Diego, 1. *Go Phillies!*
Julie and Jacqueline Angelini, University Heights, 1. *BD, New York is not ready for us! Love Turtle*

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FENCING

Another Chance for Fame and Glory!

THE READER SUDOKU PUZZLES:

RULES OF THE GAME

- 1) Submit 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 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. Complete the journey four times a year!

4) Entries must be faxed to **619-233-7907** or mailed to Reader Puzzle, P.O. Box 85803, San Diego, CA 92186-5803, or delivered through our mail slot at 1703 India Street in Little Italy, or scanned and e-mailed to:

Sudoku@sdreader.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 viewed.

- 5) 10 *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.

EASY:

	4		9		2		3	
		2		8		1		
		8			6	5		2
	1	9				8	5	
			5	1	9			
	7	5				9	6	
8		7	2			3		
		3		6		4		
	5		8		1		2	

MEDIUM:

			4			3		1
		3	6				7	8
		8					4	
		1		7		4		2
	3	7				1	9	
4		2		5		7		
	2					5		
6	7				2	8		
3		4			6			

HARD:

			6		3		4	1
					4	6		
2				9				
	8		2	7				4
		1				2		
9				6	5		7	
				4				3
		3	5					
7	9		8		6			

EVIL:

5			8				1	
7		4	3		5	8		
		2						
				8			6	
	4	3				1	5	
	9			4				
						5		
		8	9		2	4		1
	7				1			6

We cannot accept your entry without the following:

Name: _____

Address: _____

Neighborhood/City: _____

State: _____ Zip Code: _____

Circle T-shirt size: L XL

Personal Message: _____

SOLUTION TO LAST WEEK'S SUDOKU PUZZLES:

EASY:

3	9	8	1	2	5	6	4	7
2	4	7	9	6	3	5	8	1
1	5	6	4	8	7	3	2	9
6	1	2	5	9	4	7	3	8
9	7	5	8	3	6	4	1	2
8	3	4	7	1	2	9	6	5
7	2	3	6	5	1	8	9	4
5	6	9	2	4	8	1	7	3
4	8	1	3	7	9	2	5	6

MEDIUM:

3	2	8	4	1	7	9	6	5
5	1	6	3	2	9	8	7	4
4	9	7	8	6	5	2	3	1
2	3	9	7	5	1	4	8	6
6	7	4	2	8	3	5	1	9
1	8	5	9	4	6	7	2	3
9	6	3	5	7	8	1	4	2
8	4	1	6	9	2	3	5	7
7	5	2	1	3	4	6	9	8

HARD:

9	6	7	4	2	1	8	3	5
8	5	1	7	9	3	4	2	6
4	2	3	5	8	6	7	9	1
2	7	5	8	6	9	3	1	4
3	4	8	2	1	5	6	7	9
1	9	6	3	4	7	2	5	8
6	3	4	9	5	2	1	8	7
5	8	2	1	7	4	9	6	3
7	1	9	6	3	8	5	4	2

EVIL:

3	1	2	6	4	9	7	5	8
7	6	8	1	5	3	2	4	9
5	4	9	7	8	2	3	1	6
9	5	6	3	7	8	1	2	4
2	7	4	9	1	6	5	8	3
8	3	1	4	2	5	9	6	7
6	8	3	2	9	1	4	7	5
1	9	7	5	6	4	8	3	2
4	2	5	8	3	7	6	9	1

SEE YOUR RANKING ONLINE!

Now you can go online to check your ranking and communicate with each 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'S CONTENDERS:

☛ indicates T-shirt winner.

EASY:

Aaron Abramson, Williamstown, 5. Good to go!
Cherie Calvo, San Diego, 5. Fall is here! Cold at night!
☛ **John Pertle, Santee, 5.** Zeus cannot provide eternal life nor guarantee it in writing
Terry Thomas, Chula Vista, 5. Don't forget fix your clocks Spring ahead fall back
M. Elliott, Ranch Bernardo, 4. When does daylight savings change?
Rossinna Iplito, University Heights, 4. Indexers so it in the run-in style
Ed Rull, San Diego, 4. Happy Pharmacy week!!
Jaclyn Yee, Rancho Peñasquitos, 4. Woo hoo! Can't wait to get my shirt! Go Lakers!
Tristan Meyers, El Cajon, 3. Spooning is nice... I like forking!
Misty McDaniel, Lakeside, 2. What did the fish say when it hit the wall? Dam!

Erin Nogle, Ocean Beach, 2.
Pauline O'Malley, Point Loma, 2. Phillip, I, will always think of you 'til I die
☛ **Joyce Ranches, San Diego, 2.** Happy Halloween!!
Patty Allen, Vista, 1. Buy a Tri-city home!
Hans Butikofer, Pacific Beach, 1. Will try hard next week!
Jose R. Cadava, San Diego, 1. Can I sell in your Reader anything free of Ann... Cement?
Jeff Phillips, Santee, 1. Krissy I love you! Cuna T-shirt, nice!
Don Rader, South Park, 1. Daddy love you Hollie
Lucky Romeo, Oceanside, 1. Freedom is participation in power

MEDIUM:

Skully, San Diego, 5. Goldmember get better fast!!! No more crashing for you!!!!-SDM
Betty Archer, La Jolla, 5. Maybe T this week

Henry Chung, San Diego, 5. SDAFF was awesome this year. Keep up the good work
Tony Marsh, San Carlos, 5. Head, shoulders, knees and toes; knees and toes
☛ **Kathleen Allegri, Pacific Beach, 4.** bye week- this should turn things around
Bernie Malihan, Mira Mesa, 3. Why doesn't San Diego have a NBA team? Hi Bhurd!
Molly Pillsbury, Banker's Hill, 3. Miami Vice and a bunny make an awesome Halloween combo!
Jeffrey Ross, Chula Vista, 3. Halloween party was a BLAST! I love you kitten
Dave Small, San Carlos, 3. Sweet shirt. Surf's up!
Gian Ghio, Chula Vista, 2. Let's go Aztecs floor hockey. Bring the heat!
Sarah Hall, San Diego, 1. Hi Craig! I love you! Love Sarah
Rohnda Webber, San Diego, 1. Love you Skipp

HARD:

☛ **Amada Garcia, Chula Vista, 5.** Thanks Alfredo o Monica for joining my party

D.B. Gietzen, Sunset Cliffs, 5. Need new defibrillator; have no ins. iBOGUS! Missing Carla much!
Lark Herrick, Alpine, 5. I put it out there an it came to me
Michael Hess, Escondido, 5. 5 in a row!!
Stephen Loughrane, Bankers Hill, 5. Have a safe trip, rabbits!
Bruce c. Mengler, Solana Beach, 5. Good Luck Lark and Douglas
Douglas Meyers, La Mesa, 5. The rising fog cloaks their evil steel
Dennis Beabout, Temecula, 4. Baseball in November, awesome!
Mandy Smith, Boulevard, 4. Awesome CD Michael Seth Smith
Michelle Dutra, Serra Mesa, 3. Happy birthday Michael!
David Tomasin, San Diego, 3. Scratch the first one. This is right
Alyssa Ketcham, East Village, 2. Learned that ... messages
Alex Morlett, La Mesa, 2. Timothy, Timothy, Joe was looking at you
Edvin Shahmoradian, Escondido, 2. Happy bd Tati and ARI
George Elam, Vista, 1. Gotta quit, things to do.

Dennis Jardim, Oceanside, 1. Love u Karlene
Elizabeth Martinez, San Diego, 1. Happy b.day to me Nov 1
Sam Mattra, Jamul, 1. John 3:16
Terri Okerlund, San Diego, 1. Hello, fellow puzzle do-ers!

EVIL:

Joe Arbusto, Rancho Peñasquitos, 5. Joe-"Lieber"- "Man" is a "Scam", to "Liberal" thinking "Man"!
Delfin Bernardo, National City, 5. Yo te amo- I love you _ Mahal Kita- Iniiig Kita
☛ **Jean Bradley, Spring Valley, 5.** No t-shirt yet- 29th time a charm? Shirt happens!?
Robert Bradley, Spring Valley, 5. Got nothing to say except I love you Jean
Paul Brugger, Downtown, 5. Packers and Badgers, oh my, Wisconsin football on a high
Greg Chauncey, La Jolla, 5. Three times! WP 5 was easy!
Clyde Christie, East Village, 5. "When government grows, corruption flows." Michelle Malkin

☛ **Joseph Ciprian, Little Italy, 5.** To suffer needlessly is wrong
Thomas Daley, San Diego, 5. If you aim at nothing, you might hit it.
Roger Doughman, San Diego, 5. The lord watches over the way of righteous PS 1:6
☛ **Linda J. Hall, La Mesa, 5.** Boo! Happy Halloween!
Dan Holslin, San Diego, 5. Another evil deed done good
Zdenek Hostomsky, La Jolla, 5. San Diego Opra- the best game in town
Jacqueline Jordan, San Diego, 5. That was really evil
Raymond Land, Escondido, 5. Trick or treat!
Ralph Levy, La Jolla, 5. Monica, Monica went away, came back another day.
Julio Magno, San Diego, 5. USPS sudoku expert
Mike Maniss, Lakeside, 5. Has the Tortise been banned?
Dean McCoy, Vista, 5. To good friends!
Michael McGriffin, Bay Park, 5. Term limits for US Congress!
P.J. Mole, Point Loma, 5. 27

THIS WEEK'S CONTENDERS CONTINUED:

☛ indicates T-shirt winner.

Martin Mucciarone, Carlsbad, 5. Empty grid of snow carefully melts, revealing flowering answers.
Bruce Ness, Mira Mesa, 5. Does Mary Bentley Still play dominoes? Please call
Lisa Overton, Spring Valley, 5. Love really is the answer
Michael Panther, Point Loma, 5. Go Gamblers
Bill Petty, Bay Ho, 5. The canyons are calling see you in two weeks!

Roy Respress, Carlsbad, 5. Doing evil week in and week out. Keeps me hot
David Schwartz, Clairemont, 5. Fabulous shindig, Stephen and Deeshal!
Joe Selig, San Diego, 5. Get well soon mom. I love you Joe
Rich Sewell, Ocean Beach, 5. The turkey count down begins
Joe Steinbach, Clairemont, 5. Take a hike - see calendar/outdoors section

Yuko T. , San Diego, 5. Go Saints!!!! Thank you for the t-shirt. But it's too big...
Ted Tarris, Serra Mesa, 5. Sukoku is wimpy. Try kokuro
Duane D. Tremaine, E. Village, 5. Sword of omens, give me sight beyond sight
Harry R. Walker , La Jolla, 5. Glenn (LJ) Why not give up right now. I win
Susan Williams, North Park, 5. Pretty evil this time
Ric Witt, Clairemont, 5. I read a book, where's my Nobel Prize for Literature?

Mark Xitco, San Diego, 5. Thanks Jack
Bliss Beedle, Encinitas, 4. Thank you for t-shirt! Tie-dye pink?
☛ **Steve Koenig, Bay Park, 4.** Where is the work?
Lynnette Lampton, La Mesa, 4. Counting my blessings!
Gary Lorenc, Encinitas, 4. I ran out of squares. Can I have some more?
Jerry Noser, Bankers Hill, 4. This was a good problem
Tess C. Sutton, San Diego, 4. Howdy to all!
Robert Crumrine, Downtown, 3. Who's your big daddy?

J.G., San Ysidro, 3. Medi-cal, Social Security- District Attorney, Don't take Fraud Seriously!
Belmont Hope, Vista, 3. All hail minnie dog!
Ed Vicino, El Cajon, 3. There's a party at my house and I was not invited
Carolyn Woodbury, Chula Vista, 3. Go green- turn off lights when you leave a room
Kay Lacey, San Diego, 2. It better be. Woof.
M. Evans, Encinitas, 1. Please be pleasant to all!
Mike Golden, San Diego, 1. Just the people I know think I'm evil

Kodukso, Poway, 1. I am out... I do all 4; Syanara
Lonnell Stevens, North Park, 1. As the river flows, so goes the salmon... Naji...
Jackson Sutton Clark, Coronado, 1. See Trisha, I told you I could do it!!
Larry Terbell, Golden Hill, 1. God bless America

ADDICTIONS/ STRESS PROBLEMS: Couples, individual therapy. Depression, anxiety, Post-Traumatic Stress Disorder, support groups. Intervention. Samuel Newman MFT and Associates. License #MFC25066. Sliding scale. 619-944-1346.

ANXIOUS? DEPRESSED? Relationship issues? Parenting/ family issues? Insurance and sliding scale accepted. Individuals, couples, children, adolescents/ families. Private Mission Valley location. Phaedra Scoortis, MA, MFT, MFC-43174. 619-972-0209.

ARE YOU MAD? Learn how to manage your anger constructively. Gain power, control, reduce conflict and improve your relationships. Classes begin soon. Mission Valley. Jay Schneider. LCSW. Lic-9573. www.manageangerdaily.com. 858-538-5587.

CLINICAL HYPNOTHERAPY. "What the mind can conceive, the body can achieve." All issues addressed. Free consultation. Patricia R. Parlin, Ed.D. CHT403-250. Call 619-442-3661 or 619-504-1935.

FEELING STUCK? STRESSED? Experiencing crisis? Relationship issues? Career problems? Family conflicts? Grief? Past trauma? Take back your power. Trish Deignan, LCSW21861. Free consultation: 619-723-9244.

GAY/ BISEXUAL MEN: Supportive individual therapy. Depression, anxiety, confusion, addictions, spiritual/ religious issues. Married, closeted welcome. Discretion, confidentiality assured. Mel Karmen, PhD, MFC-12709. 619-296-9442.

HERPES/ HUMAN PAPILLOMAVIRUS Support Group. Accurate medical information and support. Call: 619-491-1194. www.SanDiegoCityHELP.org.

LIFE COACHING. Explore and enhance life! Deal with career, legal, financial,

family, personal, and relationship issues. Call Ron Day: an understanding senior, long-term attorney, counselor/ therapist, investor, and teacher. Sliding fees. 619-298-0658. RonBDay@cox.net.

LOW-FEE COUNSELING. Children, adolescents, families, couples, adults. Sliding scale. For more information, call Martha Noderer at 619-920-5730.

PRIVATE COUNSELING. Your journey can be clearer, more peaceful; relationship issues, body image, self-esteem, anger. I can help. Work toward self- acceptance. Negotiable fee. 619-838-6817.

PSYCHOLOGICAL CONSULTANT. Unsure you need/want therapy? We walk, you talk. Someone to process with, vent. 25+ years' experience. 30- minute complimentary initial visit. 619-808-5218.

NOTICES

ACTIVE/RETIRED FEDERAL employees: hear how NARFE protects earned benefits. Third Wednesday monthly, 1pm. El Cajon Community Center, 175 East Douglas. Free. Refreshments/ parking. 619-464-2987.

ADAMA INSTITUTE OF SELF HEALING. The Knowledge Book revealed to the public! Get a sneak peak! Tuesday, November 10, 2009, 7-9:30pm. Journey into you with ADAMA and Candace Pittenger. Visit www.theAdamainstitute.com, or call 760-685-7252.

ADDICTED TO INTERNET pornography/ sex? Out of control? You are not alone. Call Sex and Love Addicts Anonymous, a 12- step fellowship. P.O. Box 3791, San Diego 92163 or 619-685-7211 or www.slaa-san-diego.org.

AL-ANON. Grupo paz mental. Sufre por el alcoholismo en su familia? Juntas sesionan Martes, 5:30pm-7pm, y Sabados, 1-2:30pm. 3450 Bonita Road, #207, Bonita, CA 91902.

ALCOHOLICOS ANONIMOS. Reunion de mujeres. Sesion Miercoles, 9am-10:30am. Desea dejar de beber? Lleve una vida util y feliz! 3450 Bonita Road, Suite #207. 619-280-7224.

ALCOHOLICOS ANONIMOS. Problemas con el alcohol? Nosotros le ayudamos a vivir mejor. Sesiones Lunes-Viernes, 7am y 8pm. Sabados, 8am y 7pm. Domingo, 8am y 5pm. Grupo Bonita Hispano, 3450 Bonita Road #207. 619-280-7224.

ANTIQUE/ COLLECTABLE SHOW. California Center for the Arts. 11/8, 10am-5pm, first Sunday of month thereafter. 340 North Escondido Boulevard. Free admission/ parking. http://www.artcenter.org, timothyswiftca@aol.com, 858-232-9474.

ARE DRUGS A PROBLEM? We can help. Call Narcotics Anonymous, 619-584-1007. In Espanol, 619-491-1984. In North County, 866-331-1958. Together we can.

ARE DRUGS MAKING your life miserable? Do you want something better? So do we, let's work together. Narcotics Anonymous, 619-584-1007. Espanol, 619-491-1984. North County, 866-331-1958.

AWARD-WINNING FILMS. November 8- 9am, 10am, 11am, 12pm. Open to public. No charge. Donations to Operations Homefront/ Socal. Gaslamp Theatre, 5th and G.

BI-SEXUAL MEN AND WOMEN discussion and support. Second Tuesdays (November 10): 7:30pm at LGBT Center, free. Hillcrest, Centre Street at University Avenue. 619-835-7202.

BREAST CANCER 3-DAY WALK. The walk is November 20- 22. I am Sunshine, 75 years young, doing 6th Breast Cancer walk to find a cure for Breast Cancer. I would appreciate your sponsorship if possible. 760-757-2191.

BREAST CANCER SURVIVORS needed. Dissertation study examining depression. California School of Professional Psychology. Eligibility: Completed initial cancer treatment within last 4 years. Information: eameier.research@gmail.com. 619-365-5160.

CAN PRAYER HEAL? Discover freedom and wellness. Find out how prayer works for you to eliminate chronic disease, pain, fear, anxiety, depression. 858-272-3246.

CO-OP. Assorted food items. \$15 per share. Terrific value and it's always different. Thursdays in North Park, 5pm-6pm. Must be reserved. Call 9am-noon Thursday to reserve yours, 619-283-3066.

EATING OUT OF CONTROL. Food Addicts Anonymous (FAA). Saturday, 10:45am, Serenity Shop meeting room. 4736 Clairemont Mesa Boulevard. www.foodaddictsanonymous.org. 619-284-2859.

FAMILIA DE ALIMENTOS. Donacion .50 centavos minimo. Pan, pasteles aveces, otros productos. Martes 12:30-2:15pm, Iglesia de Grace, esquina Fairmount Avenue en Redwood y Poplar. No necesita reserva.

FAMILY FOOD LINE. Donation requested. 50 cents minimum. Bread, sometimes pastries, produce, others. Tuesdays 12:30-2:15pm, Grace Church, corner of Fairmount Avenue at Poplar & Redwood. No reservation needed.

FREE CUSTOMIZED EMPLOYMENT Program for **Veterans with a Service Connected Disability** or those **Honorably Discharged within the last 48 months.** Space is limited. Call 619-424-6860.

FREE PRESCHOOL. Alpha Kappa Alpha Head Start is now enrolling children ages 3-5 years old from low- income families in the East County, and children with special needs/ disabilities. 619-444-0503.

FREE PSYCHIC HEALING/ Lecture Clinic. Free readings for new visitors. Mondays, 7:30pm, 12/7, 1/4, 2/1. Vessa's Clairvoyant Program students. 4455 Morena Boulevard, #108, 858-509-7582.

GET DISH. Free installation, \$19.99/ month. HBO & Showtime free, over 50 HD channels free. Lowest prices. No equipment to buy! Call now for full details. 877-238-8413. (AAN CAN)

MOVIE BUFFS. Interested in watching movies then discussing them afterwards (like book clubs)? Ages 25 to mature welcome. Please call 619-850-6075 or 858-231-0647.

NEIGHBORHOOD FUN DAY. Gethsemane Evangelical Church wants to meet our neighbors. Food, games, prizes, magic/ comedy shows, music. 11/14, 10:30am-1:30pm. Sunset Hills Elementary, 9291 Oviedo Street. www.gechurch.net. 858-240-6379.

OBSESSIVE COMPULSIVE Anonymous. 12 step meeting for people with OCD/ interested others. Free. Mondays, 6-7pm. Department of Health Services Complex, 3851 Rosecrans Street.

ORDER OF THE SPIRAL SERPENT occult discussions weekly. Teleemic ritual magick- based group. For more information: meetup.com/spiralserpent, or spiralserpent@hotmail.com.

OVEREATERS ANONYMOUS. Meetings daily. No dues or fees. 619-521-2538. www.oasandiego.org.

PIZZA FUNDRAISER. Soaring Eagles Dance Group! Thursday, November 5, 11am-9pm. Mountain Mike's Pizza on Clairemont Drive. When accompanied with invitation, up to 30% of all orders placed will be donated to support the Soaring Eagles Dance Group. For delivery, carry-out, or dine- in. The more you eat, the more we raise! **Email CFranco@dreader.com for invitation!** Invitations must be presented at time of ordering. 3089 Clairemont Drive. 619-ASK-MIKE.

PRAYER-BASED SOLUTIONS for problems. Achieve inner peace and balance, eliminate chronic disease, pain, lose crippling fear, addiction. 858-272-3246.

PREGNANT? CONSIDERING ADOPTION? Talk with caring agency specializing in matching birthmothers with families nationwide. Living expenses paid. Call 24/7, Abby's One True Gift Adoptions, 866-413-6293. (AAN CAN)

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SURTIDO DE ALIMENTOS. CO-OP. \$15 por donacion. Siempre diferente. Jueves en Parque Norte, 5pm-6pm. Primero debe llamar para ser reservados de 9am-12pm Jueves, al 619-283-3066.

TWELVE STEPS NOT WORKING for you? Try a self- empowering, skill- building approach with S.M.A.R.T. Recovery. Free support groups. www.practicalrecovery.com.

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

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REDUCE YOUR STRESS! For a relaxing getaway, we have cabins from \$74 plus tax! Southern California's 2nd best kept secret, 6200' in the sky! 11 individual log cabins, fireplaces, kitchens. Reservations: Edelweiss Lodge, 951-659-2787, www.1cabin4u.com.

PERSONALS

TO GREGORY C. H.: Happy belated birthday. I haven't forgotten about you. It seems like you have forgotten about me. Your wife, Yub Nub.

MUSIC EQUIPMENT / INSTRUMENTS

AMPS AND GUITARS. Recording King Lap Steel \$749, Epiphone V with Duncans and case \$450. USA Jackson Soloist \$849, Ibanez XPT 700 \$499. Crate V18 1x12 tube \$219, Mesa Boogie 1x15 cabinet \$319, GK 800RB \$399, Fender 59 Bassman Reissue \$849. Peavey Classic 30 \$299, Fender Cyber Twin \$550, Fender Champ 25 \$249, Martin DX1 \$329. At www.mozeguitars.com, 619-698-1185.

APEX MUSIC SINCE 1952! Get the gear you need at affordable prices. Sales, repairs and rentals. No one compares! 6210 El Cajon Boulevard. 619-583-1431, www.apex4me.com.

BALDWIN ACRASONIC PIANO in excellent condition. For exchange for leather sofa in mint condition to fit a living room. 760-723-7373, 818-535-9955.

ELECTRIC PIANO, Yamaha, \$499.99. 619-670-0271.

FENDER GUITAR. Resonator, mint condition. Shop around, my price \$450. Deal of the Century. 760-815-2140.

GUITAR AMP. Alesis Wildfire 60. 60 watt, 1 x 12". 80 factory presets. Includes expression pedal. Too big for me. \$225/ best. Rick, 858-530-1422.

GUITAR CASE, holds 2 standards, tri-lock, airline approved, SKB pro- style, cost \$350, sell \$200/ best. 619-741-4881.

GUITARS. Guitar setups, electric/ acoustic, guitar or bass \$25. Minor repairs plus new strings included. Fender/ Squire/ Strat plus small Yamaha amp, \$105. Tom, 619-857-5463.

HAVE FUN FOR THIS FALL! Singing, piano, guitar, all instruments. Lessons at home or our studios! Spectacular, motivating, skilled teachers. www.CaliforniaMusicStudios.com or call Dawn, 800-227-6222.

PIANOS WANTED! All pianos! Cash paid. Also, quality furniture and antiques. 1 piece or houseful. Bonded. Licensed. Since 1965. Same- day pick up. 1-800-840-4447. www.southcoastauction.net.

SINGER. Country Western band now forming seeks singer. Call Bob, 858-753-1775.

STEREO AND SPEAKERS. Kenwood stereo receiver KR-A20, graphic equalizer. 2 Infinity speakers, big wooden cabinet speakers 2' high, 1-1/2' across. \$150 for best for both, or can be sold separately. 858-274-5078.

MUSIC MUSICIANS AVAILABLE / WANTED

BASS PLAYER sought. Styles include modern, rock, funk, disco, jazz. Requirements: professional attitude/ gear, transportation, reliability, team player, youthful. www.jukeboxsd.com. Send bio, photo, audio: john@pisanosales.com.

COUNTRY WESTERN BAND. New band forming seeks lead singer and fiddle player. Call Bob, 858-753-1775.

FIDDLE PLAYER WANTED. Country and western band now forming seeks fiddle player. Call Bob, 858-753-1775.

GUITAR AND BASS: 2nd lead guitarist and bassist needed. Must learn songs quickly. Send bio/ photo/ sample to: pbbbandauditions@gmail.com. www.myspace.com/philbellante.

GUITAR PLAYER. Country Western band now forming seeks lead guitar player. Call Bob, 858-753-1775.

MUSIC

- Spanish Concert Classics and Flamenco
- Huss & Dalton, Taylor, Tom Anderson, Santa Cruz and McPherson Guitars
- Legendary Repairs by Yuris Zeltins, Drew Gallahar, Pat Quinn & William Dominick
- Lessons with Robin Henkel, Anna Troy, Steve Nichols, & Zack Coffman
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- Ko'olau, Pono, Kanelei & Kamaka Hawaiian Ukuleles
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GUITARIST/ BASSIST NEEDED. Metal/ rap project. Must be dedicated, talented, melodic and heavy. Influences: Tool, Slipknot, Rage, Deftones. Equipment/ rent must. Age: 21-35. Bobby, 619-944-0962.

MALE SINGER WANTED to sing Rolling Stones, Allman Brothers, Neil Young, etc. Acoustic guitar a plus. I play bass, guitar and harmonica. Mark, 760-738-8059.

MUSIC CRITICS WANTED. The Reader pays cash for CD and concert reviews! Find all the details at SDReader.com/critic.

NOW AUDITIONING baritone/ bass singers for vocal jazz ensemble. Must be able to sight-read. 858-558-2139.

PRODUCER seeks prolific, talented composers, performers, any age, original material. Interns, copyists. Have professional tools. 619-528-0907. YouTube: Swollen Monkeys. www.myspace.com/sherilopez, www.myspace.com/isitfrankzappa, www.myspace.com/phyllispryor, www.myspace.com/mindcontrolemonkeys, www.myspace.com/concretsummersday.

ROCK VOCALIST. Seeking band with management. Extensive recording and touring experience. Alice in Chains and Soundgarden influences. Serious inquiries only. SandJBoyd@cox.net.

SEEKING MUSICIANS. 21- year- old multi- instrumentalist looking for like-minded musicians. Drums, bass, keys, guitar, back-up vocals. Have shows lined up. tgrafmusic@gmail.com. www.myspace.com/tommygraf.

MUSIC SERVICES

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CD DUPLICATION SPECIAL! 100 CDs in jewel cases with 2- panel cover, tray liner and shrink wrap. Full color, \$2.40 each. Call 858-541-0256.

GUITAR REPAIR. Quick turnaround on routine jobs, setups, and adjustments. Fast, professional service. Why wait? Call Bill Meyer, Tecolote Guitar Works, Bay Park, 619-276-1677. www.tecoloteguitarworks.com.

RECORD A DEMO at HobarTrax. Efficient, experienced engineer. Pro Tools, Mackie, Avalon, etc. Session musicians available, all styles. Creative, inspiring atmosphere, \$30/ hour. www.hobartrax.com, 858-243-7728.

RECORD AT CV STUDIOS. San Diego's best value! ProTools, professional gear. Rates from \$25/ hour. Get the sound you want without pressures of expensive studios. Jon, 858-414-2143.

RECORD AT E.R STUDIO. \$40/ hour, \$100/ 3 hours. Engineer included. Electronic, Rap, Urban music. High- end equipment, Mac G5, Neumann U-87, Avalon. www.empirerecordings.com. 619-249-8355.

RECORD AT EARTHLING Studios. Analog and digital multitrack recording and mastering services. Call Mike for rates at 619-441-8341.

RECORD AT KING'S RANSOM Studio. Top vintage and contemporary gear for fat, warm sound. All styles music welcome. I care about your project as much as you do! Fast and efficient. \$30/ hour and up. 619-278-8752.

REHEARSAL IN OCEAN BEACH at Spotless. 1922 Bacon Street across from Winston's. 3 air-conditioned rooms with PA, available for hourly rentals. Parking, loading. 619-523-3073.

REHEARSAL STUDIO. Upscale facility, Kearny Mesa. All rooms have individual air conditioning, high ceilings and 24- hour access. Monthly rooms available. Adder Studios, 858-505-8644. www.adderstudios.com.

REHEARSAL STUDIOS for musicians, artists. Handy College Area location. Available. Monthly rental. Air conditioning. Call 4 appointment. 858-335-8455.

REHEARSAL STUDIOS: 24- hour, air conditioned lockout studios, \$250, \$350 and \$450. PA, drum sets, amplifiers available. North County. Call 619-957-5686.

REHEARSAL STUDIOS! Current special: \$100 off first month's rent with ad! Miramar Road. Monthly and hourly rates available. Universal Sound, 619-306-2222; 858-401-2973.

REHEARSAL STUDIOS. \$15/ hour with PA. Monthly: \$350-\$475. 1/2 off first month's rent! Ventilated, Wi-Fi connection. Affordable recordings, screen printing, DVD, CD duplication, web design services. Dead Records, Oceanside. Cell, 760-707-8606.

REHEARSE AT HINDSIGHT, Miramar. Hourly rooms, fully equipped (drum kit, two half stacks, bass rig, PA), starting \$18/ hour. PA only \$16/ hour. 858-635-9611, www.hindsightrehearsal.com.

ROOMMATES

BAY PARK. \$575. Nice upstairs room with large closet. Near bay, freeways, Sea World, etc. No drugs/ smoking/ pets. Quiet. Utilities \$15. 619-276-7873.

CARDIFF. Large furnished room, bath. \$795 plus utilities/ deposit. Community and privacy. Vegetarian/ seafood kitchen. Organic garden. Jacuzzi, laundry, distilled water. No smoking/ drugs. 760-753-0321.

CARLSBAD. \$700 includes utilities. Cozy, sunny, furnished bedroom/ bath. Private garden and entrance. Share large designer home on cul-de-sac. Small pet negotiable. 760-889-5658.

CLAIREMONT. Room with kitchen/ laundry privileges in quiet, secure, lovely home. Short walk to Genesee/ Balboa. Direct bus to UCSD. No smoking, pets. \$600, 1/3 utilities, Wi-Fi. Available now. 858-277-2044.

CLAIREMONT. Upgraded bedroom/ bath. Furnished home. Easy access to UCSD, Mesa, Beach. All amenities plus: Wireless, yard, spa, maid, office. Available. \$700, utilities shared. 858-449-9454.

CLAIREMONT. Room available in nice 4- bedroom canyon- ridge home. Share with 2 males, friendly dog, shy cat. \$575. Includes utilities. 858-273-6531.

CLAIREMONT. \$550 includes utilities, TV, Internet, cleaning, lawn. \$550 deposit. Sunny room, large house with yard. No smoking/ drugs/ pets/ perfumes. Massage chair. Celeste, 858-467-0776.

CLAIREMONT. \$540, utilities included. Female to share 3 bedroom, 2 bath house. Share bath with female. No smoking/ pets. Available now. Owner occupied. Gary, 858-531-4993.

CLAIREMONT. \$530. Furnished temporary rental through February 1. House near Clairemont Square, UCSD, UTC, Mesa College. Near freeways, buses. Kitchen/ laundry. No pets/ drugs. 858-337-1349.

CLAIREMONT. Fully furnished/ unfurnished large room. Internet, TV, cable and all utilities included. Quiet, clean house. Available now. \$550/ month. 858-779-1337.

CLAIREMONT/ NORTHWEST. 2 bedrooms, 12"x14', \$550/ month, including utilities and cable/ Internet, security \$500. Nice neighborhood. Near Intersection 52 and I-5. Ron at 858-581-2019; 619-573-7209.

COLLEGE/ UNIVERSITY. Upstairs room. View, balcony, kitchenette, laundry, cable TV. Share bath with male. \$525. \$75 utilities. \$500 deposit. No smoking, alcohol, drugs, pets. 619-584-2244.

EL CAJON. Extra large room. Utilities paid. Kitchen, cable. No alcohol. Quiet, good neighborhood. Laundry facilities. \$450. Double occupancy: \$550. 619-447-0803, 619-219-1203.

GOLDEN HILL. \$465. Utilities included. Large, quiet. Centrally located. 3 private bedroom apartment. Share bath and kitchen. Deposit. 2220 E Street. Appointment necessary. 619-584-5900.

HILLCREST/ NORTH PARK. \$535/ month. Room in 2 bedroom, 2 bath. Quiet gated complex near bus line. \$200 deposit. Off- street parking. Available now. 619-574-0890.

IMPERIAL BEACH. \$420/ month, includes utilities and premium cable. 1 mile from beach. Close to transit. No smoking/ pets. 619-429-9377.

LA JOLLA. High-end sober living. Males only. Shared rooms, \$550 and \$600. \$50 deposit. **Move in by November 9, get \$150 off!** Shared utilities, Jacuzzi. Vaulted ceilings. Granite kitchen counters and bathroom vanity tops. Plasma TVs. Furnished. Near bus/ shops. Call 858-450-9823 or contact owner 951-544-7242.


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LA JOLLA/ UTC. \$720/ month plus utilities, includes Internet access. Renovated master bedroom, shared

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LA JOLLA/ UTC. Female roommate wanted. \$500-\$800. Near freeway I-5, walk to shopping center. Washer/ dryer. Tennis, pool, underground parking. Available 11/11. scevergreen@aol.com. 619-379-6868; 619-846-7888.

LA MESA. 5 bedroom home, with rooms for rent. Nice kitchen, street parking, summer pool. Near SDSU. No pets. \$750/ up. \$100 off special. 858-772-0005.

LA MESA. \$525 including utilities. Deposit. Sunny room, hardwood floors. Share quiet, comfortable house. Laundry. Large yard. 15 minutes— Downtown San Diego/ SDSU. No pets/ smoking. 619-466-7500.

LINDA VISTA. Move- in special! \$460. 3 bedroom home. Ocean view, central, tropical yard. Quiet. Marble. Laundry. \$300 deposit. No smoking/ pets. Male preferred. 858-518-1517.

MIRA MESA. 1/2 off first month. \$550, plus utilities. Large home. \$250/ deposit. Fireplace. Large kitchen. Dayroom. Dishwasher. Washer/dryer.

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MIRA MESA. Near Mirmar College, shops, gym, buses, freeway. Quiet room. Security, pool, Jacuzzi. Male, no smoking/ drugs/ pets. Available now. \$500 including utilities. 858-361-1094.

OCEANSIDE. Large room in house, large yards, washer/ dryer, cable, fireplace. Just east of I-5, near park, public pool. \$575 plus 1/2 utilities. Message, 760-721-7978.

RANCHO PENASQUITOS. Camino Del Sur, off I-56, new community. \$600- \$700. DSL, Dish Network. No smoking/ pets. Leave message or call after 7pm. 858-780-0234.

SABRE SPRINGS. Townhouse. \$625, including utilities. Own bathroom. \$200 deposit. No pets. No smoking/ drugs. Nice neighborhood. Community Jacuzzi/ swimming pool. Female only. 858-232-1185. 858-748-9223.

SAN CARLOS/ LA MESA. \$549/ month. Includes utilities. Deposit. Laundry. All amenities. Nonsmoking. References. Pool, Jacuzzi, sauna. Excellent location. Quiet household. Furnished. Available 11/15. 619-469-3468, 619-750-6432.

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SAN MARCOS. Beautiful complex. Pool, spa, extra closet. Private bath. Wireless access. Garage. Near UCSM. No smoking/ pets. Female only. \$590/ month. 760-745-0482.

SANTEE. Room in large 4 bedroom house with 1 other person. Furnished/ unfurnished. \$500 includes utilities. \$500 deposit. No pets/ smoking/ drugs. Female only. noble.diaz@yahoo.com.

SERRA MESA. \$600, deposit \$400. Beautiful home, room for rent. Utilities, Cable/ Internet, all amenities included. Provide references, male preferred. No drugs, smoking, pets. 858-277-7003 or 858-449-6449.

SPRING VALLEY. Sober living. \$450 plus \$50 deposit. Furnished. Shared utilities. Near bus and shops. 2 homes available. 619-303-2030 or 619-303-1301.

SPRING VALLEY. Room for rent. \$500, 1/2 utilities, plus deposit. No pets, no smoking. Laundry facility. On- and off- street parking. Available now. David, 619-649-4313.

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RENTALS COMMERCIAL

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CITY HEIGHTS. New storage sheds, 10"x10. 1st month free! 12- month lease. \$49/ month. \$49/ deposit. Available now. Dry storage only, no cars. 619-368-9410.

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Tracy Ibarreta
Illustrator
Chula Vista

I identify with Mikey from *The Goonies*. I would gladly lead a group of friends to go on an adventure, looking for treasure and spooky artifacts. I like the Goonies' diverse personalities; I'm thinking of people I know who'd be great as Chunk and Sloth. I know too many people who are like Mouth because they're so talkative. Anyway, I further relate to Mikey because he had purpose and paid his respects to the dead.




Nico Triana
Student
Los Angeles

I would say either Bruce Willis or Robert DeNiro. I guess you mean characters from a movie and not the actors. Then I'd probably pick Bradley Cooper, who played Phil in *The Hangover*. He was the guy that was always talking, with the long hair and blue eyes. He was kind of a jerk. In abnormal situations he would just take command.




Franc Escobe
Field Technician
Los Angeles

It would be *Ben-Hur*. That's because I'm a recovering alcoholic. I haven't had a drink in two years. But it's like bondage, and the way it is with the bottle reminds me of how things were with Ben-Hur; scenes of breaking free from jailers, being chained to prisoners, is like wanting the bottle. You get obsessive about drinking. And then to finally get your freedom.




Manuel Robles
US Farms
Clairemont

I don't think there's a movie character that comes to mind. I'm kind of caught off guard with the question. There's a musician I can relate to. That's Dave Navarro of Jane's Addiction. His sense of fashion, along with his passion for music. But mainly, I remember reading an article about him, and he showed the type of mind-set that's similar to mine. Not just on his music, but goals he set for himself. An example would be, trying to lose ten pounds. No one can lose those ten pounds today, but if we take steps in the right direction, for just 60 seconds towards our goal, we've just strengthened our action-taking muscles.



Kat O'Brien
Headhunter
Normal Heights

The Clarice Starling character that Jodie Foster played in *Silence of the Lambs*. She was vulnerable at times, which enabled her to get certain pieces of information. She was also very intelligent and really knew how to handle herself in any situation. And she was faced with some very bizarre situations in that.



Emily Sholk
Student
Mission Hills

I can't say there's one specific character. Sometimes you see a bit of yourself in various movie characters. I'd go with Bella from *Twilight*. She's quiet and new to town. I'm not really new to town. I've lived here for a while. Her dad is a sheriff. I can't compare the Bella from the book to the film, since I haven't read it yet. And, yeah, I also think the vampire is cute.

I-5 and Balboa. Rent negotiable. 619-316-4127.

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GASLAMP ART SPACE! \$150/ up. High ceilings, tall windows. Gallery venue for shows. Uniquely affordable. 100-600 square feet. 402 Market. Hughes Management, Lic#955724, 619-239-1639 x103. www.HughesManagement.net.

LA JOLLA. Prime Birdrock retail/ office space. Great street- front location with large showroom windows. Air conditioning, upgraded flooring and electrical. 5530 La Jolla Boulevard, Suite A, 1575 square feet, \$1.75/ square feet. Contact Erik Karlson at TPPM, Inc. 858-454-4200 x115 or email info@torreypinespm.com.

MESSAGE ROOM FOR RENT at centrally located, professional massage center. Includes table, linen, blanket, towel/ warmer, music. Must be licensed/ insured. \$25/ hour. contact@healinghands-sd.com. 619-574-0053.

MISSION BAY/ CLAIREMONT. Office suite. 429 square feet at \$1.10. Upstairs. Clean. Near I-5. Easy access. Free parking. Near shopping center. 2445 Morena Boulevard. 619-275-3455.

NORTH PARK. Space for rent, 300-square-foot room in rear of retail store. \$20/ hour or 10% of fee- based events (whichever is greater). \$10 extra for out-of- store- hour times. Perfect for classes, meetings, or performances. 619-280-8408.

PACIFIC BEACH. Single- car garage with raised storage area. \$175/ monthly. Dry storage only. Extremely clean. Felspar at Everis. 858-945-1909.

PACIFIC BEACH. Retail store front, 1337 square feet. \$2400/ month. Available now. 1453 Garnet Avenue. Call Chris, 858-270-4492 x203.

POINT LOMA. 1262 Scott Street. \$800. Office with bathroom, upstairs, approximately 613 square feet. 2- year lease. 619-226-7368 or www.bkbinc.com.

RENTALS
HOUSES

CARDIFF. \$2895. 4 bedroom, 3 bath house with 2 car garage, fireplace, large yard. Year lease. 2000 square feet. 772 Mackinnon Court. 760-753-6575.

CHULA VISTA. Beautiful 3- bedroom, 2-bath. 1500 square feet. Great neighborhood. 2- car garage, 2 fireplaces and modern kitchen. Nice backyard. \$1875/ month. 619-254-5378.

CHULA VISTA. \$2300. 4 bedroom, 2 bath remodeled house with large yard, garage, laundry room, new carpet. Pet on approval. Section 8 OK. 209 H Street. www.sdforrent.com. 619-640-7530.

CITY HEIGHTS. 3875-1/2 39th Street. 1 bedroom cottage. \$695. \$300 off first month! Refrigerator, stove. No pets. 619-200-1657 or www.bkbinc.com.

CITY HEIGHTS. Move-in special: 1/2 off first month's rent! 1 bedroom, 1 bath, \$695. On-site laundry, parking, upper and lower units, senior or disabled citizens

only. 4122-4126 39th Street. Agent, 858-560-1178.

CLAIREMONT MESA/ GENESEE. \$1895 rent. \$1800 deposit OAC. Newer 3 bedroom, 2-1/2 bath. 1325- square- foot duplex townhouse. Garage, ample parking. Laundry hookups. No pets at 4439 Clairemont Mesa Boulevard #1A. Agent, 619-299-4034.

CLAIREMONT, NORTH. \$2000. 3 bedroom, new 1-1/2 bath. Open floor plan. Covered patio, fenced, 2- car garage. Sunday 12-3pm. Mowing provided. 5341 Cole Street. 858-273-7241.

CLAIREMONT. \$1635. 3 bedroom, 1 bath home. 1 car garage, washer/ dryer, small pet OK with additional deposit. 4819 Boise Avenue. 858-483-3534. www.cal-prop.com.

CLAIREMONT. \$2400. 3- bedroom, 2-bath house with nice backyard and great view, washer/ dryer, 2- car garage. Pet friendly. Available now. 4218 Mt. Henry. www.amgsd.com. 619-295-1165.

COLLEGE AREA. Two houses available: 2 bedroom, 1 bath with washer/ dryer, off- street parking, separate shower, hardwood floors, fenced yard, \$1500 includes water/ gardener. Also 1 bedroom, 1 bath, detached 2- car garage, washer/ dryer, hardwood floors, Jacuzzi, sunroom, fenced yards, \$1300. Nonsmoking. Please do not disturb tenants. Available 11/1. 6009/ 6011 Estelle Street. Tom, 619-573-3577.

COLLEGE AREA. \$1095. 2 bedroom, 1 bath house. Hardwood floors, all appliances. Off- street parking. Fenced yard. Near all. Near SDSU, 5820 El Cajon Boulevard, 92115. 619-285-3822.

COLLEGE AREA. \$2100. 3 bedroom, 2 bath house, garage, washer/ dryer. Available January 2010. 6216 Pembroke Drive. www.stevenleerproperties.com. 619-295-1161.

COLLEGE AREA/ CITY HEIGHTS. \$975. Woody 1-1/2 bedroom cottage. Cul-de-sac. Fireplace, wood floors, large closets.

Sun porch/ back porch/ laundry. Skylight. Quiet. No dogs. 619-269-7211.

COLLEGE AREA/ ROLANDO. \$1400. Spacious, renovated 2 bedroom, 1.5 bath townhome. Double garage, view, quiet, fireplace, all appliances. Washer/ dryer hook-up. No pets. Agent, 858-271-0038.

COLLEGE/ LA MESA. \$1195. Small, comfortable 2 bedroom, 1 bath house. Off- street parking. Small, fenced yard; washer/ dryer hookups. All electric. No pets. 619-276-6745.

CROWN POINT/ PACIFIC BEACH. *Charming 2 bedroom, 2 bath, hardwood floors, crown molding, fireplace. French doors, large yard. Beloved family pets welcome. Garage. Laundry. 3415 Yosemite Street. \$2950/ month. 858-454-4878. 619-221-9191.*

DOWNTOWN/ Fairmount Park, \$1595. 3 bedroom house in quiet neighborhood, on cul-de-sac. Newly renovated. Hardwood floors. New appliances. 1-year lease. No pets. 619-234-2722. 619-549-9212.

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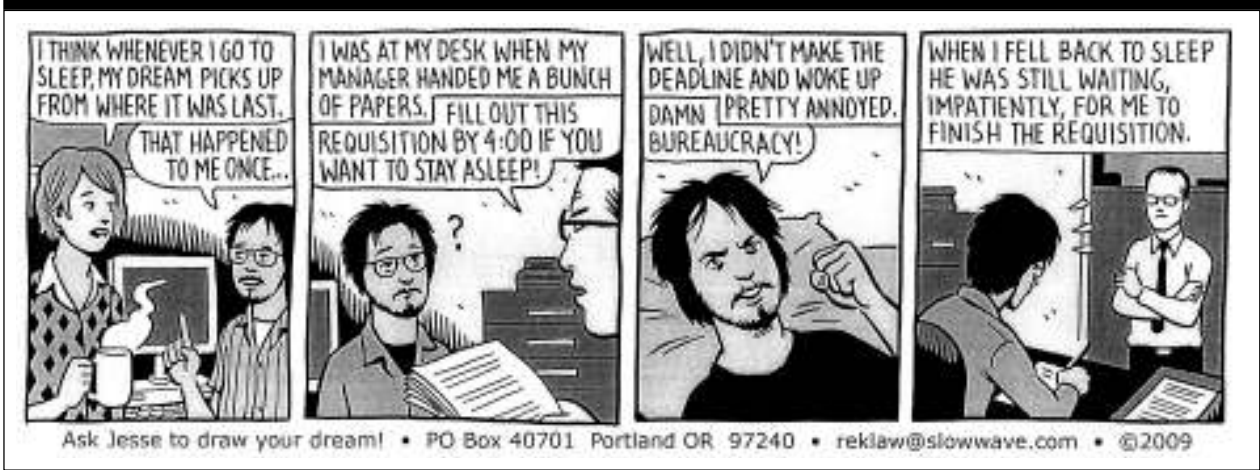
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ESCONDIDO. \$1650. Newly remodeled 3 bedroom, 1.5 bath. Dual garage. New carpet/ paint/ water heater. Central air/ heat. Appliances. Landscaped fenced yard. No pets. 760-484-2328.

GOLDEN HILL. \$680 plus utilities. Studio apartment in small complex. Hardwood floors, shared patio area, close to Downtown. Nonsmoking only. Quiet neighborhood close to freeway access, City College, public transportation. 1140-1/2 20th Street. Leasing Unlimited, 760-436-7273.

HILLCREST. 1 bedroom, 1 bath. Garage, covered patio, washer/ dryer. Pets welcome. One block from Balboa Park. Available 11/15. \$1395/ month. 1520 Myrtle. Call 619-787-7434.

HILLCREST. \$1800/ month. 3 bedroom, 2 bath house. Fireplace, fenced yard, 3 parkings. 3810 8th Avenue. 619-296-6455.

HILLCREST. Lovely 2 bedroom house, large living room, A/C, fireplace. Gourmet kitchen, laundry room, fenced yard. Garage, pets okay. 619-295-5344.

HILLCREST/ MISSION HILLS. \$1650. 3 bedroom, 1-1/2 bath townhouse. Available November 15, 2009. Painted in designer colors, new carpet, range, refrigerator, dishwasher, microwave, washer and dryer. Shared garage, enclosed patio off living room. Water and trash paid. \$750 security deposit. 1/2 off first month's rent with 1-year lease. Will consider small dog under 20 lbs. Cats/ dog are OK. 3784 Dove Street, San Diego, CA 92103. Contact Scott at 619-846-6615.

HILLCREST/ MISSION HILLS. \$3500. 5-bedroom, 4-bath, 2-car garage. Office, 3433 square feet, 2005 construction. Laundry hookups, stainless steel appliances. No pets at 1189 West Upas Street. Agent, 619-299-4034.

IMPERIAL BEACH. Brand new, never-lived-in house, 3 bedroom, 2 bath, 1500 square feet. 2-car garage, private yard, fireplace, granite countertops. No pets. \$1895. 858-459-9358.

JAMUL. \$1250. Country peace and quiet. Mountains to ocean views. 1400 square feet, renovated mobile home. 4 bedroom, 2 bath. Decks, yard, dog run. 619-445-0799.

KENSINGTON. \$1250. Deposit \$1000. 1.5 bedroom, 1 bathroom house. Clean, quiet. Hardwood floors, fireplace, free laundry. Garden-like patio. No pets. 4448 Marlborough. 619-756-4009. jgstam@cox.net.

LA MESA. Village. 3 bedroom, 2 bath home, \$2100. Southern views, fireplace,

dishwasher, double-car garage, pool. Includes gardener/ pool service. No pets. Agent, 619-296-3189.

LA MESA. \$1975. Very nice 4 bedroom, 2 bath house with view. New flooring, 2 yard, garage, A/C. Cat OK. 5895 Manon Street. Agent, 619-469-7790, www.westmanproperties.com.

LOGAN HEIGHTS. 3-bedroom, 2-bath, \$1495. Single family home, with large yard, 1-car garage, washer/ dryer hookups. 264 South 36th Street. www.amgsd.com. 619-295-1165.

MISSION HILLS. \$1795. 2 bedroom, 2 bath, 1600 square feet, garage, hardwood floors, fireplace, patio. No pets/ smoking. All appliances. Quiet. On-site laundry. 619-298-6436.

MT. HELIX. 2 bedroom, 2 bath duplex house, furnished. View. Wood floors. Balcony. Quiet. Garage. Air conditioning. Lease. References. \$1750, utilities included. Crestview Drive. 619-992-7791.

NORTH PARK. Small 1 bedroom house, wood floors, washer/ dryer hookups. No pets. Nonsmoking. Available 11/1. 4120 Iowa Street. \$800/ month plus deposit. 619-669-9953.

NORTH PARK. \$1150. Reduced move in, 2 bedroom, 1 bath cottage, laundry on site, small pet on approval. Section 8 OK. 4347 Utah Street. www.sdforrent.com. 619-640-7530.

NORTH PARK. \$795. 1 bedroom, 1 bath, upper unit. Laundry, parking, centrally located, close to freeway, newer carpet. 4553 Texas Street #7. www.amgsd.com. 619-295-1165.

NORTH PARK. \$1895. Charming 2 bedroom, 1 bath house on cul-de-sac. Hardwood floors, huge backyard. Pets OK. 3440 Georgia Street. Agent, 858-560-1178.

OCEAN BEACH. \$1645. Duplex. 3 bedroom cottage. Craftsman, wood floors, fireplace, coved ceilings, street parking. Washer/ dryer. 3 blocks south of Pier. No dogs. 619-269-7211.

OCEANSIDE. Surfrider Way #G. 2 bedroom, 1 bath house. Close to beach. Parking, laundry, new carpet, new paint. No pets. 619-226-7368. www.bkbinc.com.

PACIFIC BEACH. 3 bedroom, 2 bath house. Fenced yard, dishwasher, microwave, gas fireplace, ceiling fans, laundry hookups, gardener. Close to bay/ beach. \$2250. 858-273-3233.

PACIFIC BEACH. \$1900 per month. 3 bedroom, 2 bath house with garage. No pets. Want quiet tenant. 858-272-4770.

PACIFIC BEACH. 3 bedroom, 1 bath. Fireplace, patio, refrigerator, stove, spacious garage. Water/ gardener paid. No pets. Near bay. \$1995 plus deposit. Available now. 858-270-7497.

PACIFIC BEACH. \$2100. 3 bedroom, 2 bath house. 1-story home. Garage, patio, storage. No pets. Call Coldwell Banker Property Management, 858-488-2228.

PACIFIC BEACH. \$1895. 3 bedroom, 2 bath house. Parking, full-size laundry. Water paid. No pets. Available now. Call Coldwell Banker Property Management, 858-488-2228.

PACIFIC BEACH. \$1950. 3 bedroom, 1-1/2 bath house. Garage, 4 blocks to bay. Very clean. Laundry. No pets. 2119 Reed Avenue. Shore Management, 858-274-3500.

PACIFIC BEACH. \$1875. 3-bedroom, 2-bath home in rear of property. 2-car garage, washer/ dryer hookups, and large living room. Very clean. **Open Saturday 10:00-11:00.** 2011 Thomas Avenue. TTPM, 858-699-3851.

PACIFIC BEACH. Large 1 bedroom house in exclusive Crown Point. Easy bike, walk to beach. Fireplace, new carpet. Off-street parking. \$1295. Call 858-274-6699.

POINT LOMA. \$1300. Roomy 2 bedroom, 1 bath detached home near beach, public transportation, shopping! Washer/ dryer, new paint/ carpet. Available immediately! www.thedrwgroup.com or 619-421-9090.

POINT LOMA. \$2100. Spacious 2 bedroom house. Hardwood floors. Garage. Laundry. Large fenced yard. Gardener included. Pets considered. 619-298-7724.

POWAY/ NORTH. \$2275, 3 large bedrooms, 2 baths. Resort style. Peaceful, garage, deck, views. Remodeled, appliances included. Fireplace. Poway Unified School District. No pets. 858-204-3732.

RAMONA. 3 bedroom, 2 bath, 1/2 fenced acre, fireplace, air conditioning. \$1650 plus deposit. 760-789-0763.

RANCHO PENASQUITOS. 4 bedroom, 2-1/2 bath house, \$1795. Fireplace, dual master bedrooms, 2-car garage, washer/ dryer hookups, fenced backyard, Section 8 OK, pets OK. 15240 Amalia Street. People Helping Others Property Management, 619-282-5400. peoplehelpingothers.com.

San Carlos

3-bedroom, 2 bath house. \$2000. Beautiful garden yard. Corner lot. Walk to park, Benchley Weinberger School. Close to shopping, freeway access. Quiet neighborhood. 2-car garage, dishwasher, new bathroom tile, large backyard. Must see! No Pets. 619-697-5811.

San Diego

3-bedroom, 2-bath house. \$2000. Beautiful garden yard. Corner lot. Walk to park, Benchley Weinberger School. Close to shopping, freeway access. Quiet neighborhood. 2-car garage, dishwasher, new bathroom tile, large backyard. Must see! No pets. 619-697-5811.

SAN CARLOS. \$2100. Near SDSU. 4-bedroom (large master bedroom), 2-1/2-bath townhouse. 2-car garage. Washer/ dryer, refrigerator. Living room/ family room, fireplace. Small backyard. Avocado tree. 8011 Mission Vista Drive. 619-318-3060.

SAN DIEGO. 3 bedroom, 1 bath. Section 8 welcome. Cute, small home. Recently remodeled. \$1350/ month. 3446 Valle Avenue, San Diego, CA 92113. yolandacuevas@hotmail.com, 619-948-5103.

SOUTH PARK. \$1100. Detached house. 2 bedroom, 1 bath. Garage. No laundry. Available now. 2326 30th Street. www.stevenleepropties.com. 619-295-1161.

SPRING VALLEY. 3-bedroom, 1.5-bathroom townhouse. 2-car covered port. Stove, dishwasher, laundry. Section 8 considered. Deposit required. \$1650 rent. Move in ready. 619-991-9665.

TALMADGE. \$1300. 2 bedroom, 1 bath. Nice neighborhood. Hardwood floors, washer/ dryer, drought tolerant landscape, porch, ceiling fans, 2-car garage optional—\$200 extra. 619-225-1208.

RENTALS APARTMENTS / CONDOS

ALPINE. Alpine Creek Apartments. Huge 1 bedroom apartment, \$825. 800 square feet, stone flooring in entry and kitchen, spacious living room and dining room, washer/ dryer in unit. No pets. 1950 Arnold Way. Move-in bonus! Call 619-445-8392.

ALPINE. 55+. Spacious luxury living. 1 bedrooms, \$945. 2 bedrooms, \$1075. \$99 deposit OAC. Creekside Meadows, 1750 Arnold Way. Call 619-445-2480.

ALPINE. 2 bedrooms and 2 baths, \$1095. \$99 deposit OAC. Newly remodeled. Private garages, fireplaces, vaulted ceilings. Resort-size pool and spa. Alpine Woods, 1829 Arnold Way. 619-445-1341.

BALBOA PARK. \$825. 1 bedroom apartment in quiet, picturesque building. Beautiful street! Assigned parking, laundry, patio. No pets. 2449 A Street. 619-549-9542.

BALBOA PARK/ EAST/ HILLCREST. \$1250. Large 2 bedroom, 1 bath. Forest-like setting. Big balcony. Remodeled kitchen. Storage. Carport. Secured building. Very quiet. Laundry. Gated community. No pets. 619-347-0003.

BANKER'S HILL. \$660. Large studio, downtown view! Quiet, well-kept classic building designed by Gil. Appliances, gas included. Laundry. Near bus. No pets. 619-236-0452.

BANKER'S HILL. \$715. Studio bedroom, 1 bath apartment. 2230 Albatross Street #3. Cat OK with deposit. 858-483-3534. www.cal-prop.com.

BANKER'S HILL. Cute 1 bedroom apartment. Wood floors, view, air conditioning, forced air heating. Saint Jean Apartment, 2149 Second Avenue. Appointment only. 619-992-7791.

BANKER'S HILL. Beautiful, furnished studios. Available now. Move-in special: starting at \$150/ week. Spotless. Great location. Free wireless Internet/ local calls. More information: 619-232-1336.

BANKER'S HILL. 2 bedroom, 2 bath apartment. 900 square feet, air conditioning, secured parking included. On-site laundry, pets OK. \$13950. Greg, 619-239-7313.

BANKER'S HILL. Large studio, \$795 plus utilities. Large backyard. Victorian building. Completely renovated. Laminated floors. \$500 deposit. OAC. Private entrance. Small pet OK. 2132 Albatross. 619-549-9726.

BAY PARK. \$1050 includes utilities with half off second month. \$800 deposit. Pet deposit negotiable. 2 bedroom, 1 bath. Parking. Laundry facilities. Walk to Fiesta Island. Westwind Apartments, 619-275-2176.

BAY PARK. 2 bedroom, 1 bath. Upstairs, unit parking, on-site laundry, dishwasher. Small dog on approval. Rent: \$1130. 5572 Lauretta Street. Call Mike, 858-490-1600.

BAY PARK. \$815-\$825. Prime location. Walk to Mission Bay. 1 bedroom apartment. New paint/ blinds. Quiet complex. Pool. Barbecue. Laundry. No pets. Lease. 2515 Chicago Street. 619-276-1468.

BAY PARK/ MISSION BAY. \$785. Remodeled, large studio apartment. Parking. Paid utilities. No pets. New appliances. New carpet/ paint. Laundry. 3431 Del Rey Street. 619-275-3455.

CARDIFF. \$1725. Large 2 bedroom, 1 bath. Walk to beach, library, transit. Washer/ dryer. Reserved parking. Quiet complex. Downstairs. No smoking! Pets. 2111 Manchester. 760-942-7559.

CARLSBAD. Rising Glen apartments offers 1, 2 and 3 bedroom homes. Gourmet all-electronic kitchens, breakfast bars. Vaulted ceilings, spectacular views. Private balcony or patio. Fireplaces. Central air. Fitness center pool-side barbecues. 1 bedrooms from \$1300. 2 bedrooms from \$1420, 888-252-6823, www.RisingGlenCarlsbad.com.

CARLSBAD. \$795. Small studio cottage in village. Complete separate kitchen/ bath. Approximately 400 square feet. Funky with uneven floors. Parking. No pets. Lease. 760-505-7736.

CARLSBAD. Beautiful 1 and 2 bedrooms from **\$1150**. Some with fantastic views! **1 month free with 1-year lease, or 1/2 off with 6 months.** Pool, community laundry. Gated parking. Barbecue areas, spacious floor plans. Walk to the beach! No pets. 2303 Ocean Street. 760-434-7721.

CARLSBAD. \$1295. 2 bedroom, 1-1/2 bath townhouse-style apartment with large patio, 3 blocks to beach, near Tamarack Avenue. Secluded garden complex. 2 parking spaces. No pets. 350-370 Chingquapin Avenue. TTPM, 760-729-8132.

CARLSBAD/ LA COSTA. 1 month free! \$1175, 2-bedroom, 2-bath apartment! 3 bedroom, 2 bath, \$1300. Must leave deposit by 11/9/09 to qualify for this reduced rent and special. 1 month free with lease! Quiet. Hot tub. Assigned covered parking. Indoor cat OK. On-site laundry. \$700 deposit. Great neighborhood. 7552 Gibraltar Street. 760-943-7590. 760-402-8325.

CARMEL VALLEY. 3 and 4 bedroom townhomes from \$1653. Affordable properties. Section 8 welcome. Sorry, no pets. Call 858-793-0951.

CARMEL VALLEY. 1 and 2 bedroom remodeled apartments, new appliances. Full-size washer/ dryer. State-of-the-art fitness center, complimentary personal trainer. Heated competition lap pool. Lighted tennis courts. Free tennis/ swimming lessons. Pro tennis instructor. Sorry, no pets. The Club Torrey Pines,

12646 Torrey Bluff Drive. 1-866-354-2096. www.torrey.cc.

CARMEL VALLEY. Del Mar Villas. 2 bedroom, 2 bath, fully equipped kitchen, washer/ dryer. Spacious grounds. Club house, sauna, fitness. Pool, spa. Tennis. \$1650. 858-792-6564.

CASA DE ORO/ RANCHO SAN DIEGO. \$695 includes utilities. Immaculate, large studio. Quiet, private. Off-street parking. Near shopping/ freeway. No smoke/ drugs/ pets. 619-465-0482.

CHULA VISTA \$825 - 1 bedroom. \$925 for 2 bedroom, 1 bath. Beautiful garden courtyard. Controlled access. Very clean. Air conditioning. No pets. 540 Naples Street. TTPM, 619-422-5709

CHULA VISTA. One Park Apartments. Spacious 1 and 2 bedroom floor plans. Fully equipped kitchen, air conditioning. European-style cabinets. Select units offer skylights. Pool, 1 bedrooms from \$1075. 2 bedrooms from \$1285. 888-365-3205. www.OneParkApartments.com.

CHULA VISTA. Large 2 bedroom, 2 bath apartment, new carpet, dishwasher, central air, patios. Gated, laundry, off-street parking. No pets. \$1200. Deposit \$800. 619-425-6511.

CHULA VISTA. \$775. 1 bedroom apartment. Utilities included! New paint and carpet. Don't miss out! Parking and laundry on site. 318 G Street. Manager, 619-820-2584.

CHULA VISTA. \$925. 2 bedroom, 1 bath. Upstairs unit. Parking and laundry on site! Very clean. Low deposit! Move in special! 265 H Street. Manager, 619-646-5922.

CHULA VISTA. 585 E Street. Utilities included. \$840. 1 bedroom. Pool, laundry, parking. No pets. 619-200-1657 or www.bkbinc.com.

CHULA VISTA. \$725. Beautiful 2 bedroom, 1 bath. Spacious kitchen. Quiet seniors' community. New paint/ carpet/ blinds. Private parking. Near all. No pets/ smoking. 858-278-0729.

CHULA VISTA. \$775/month. Low \$150 deposit. 1 bedroom, fully furnished or unfurnished. 2 blocks from Chula Vista Center and trolley. Off-street parking. Laundry room. 521 Park Way. Office open daily (near Fifth and G). Call 619-420-5084.

CHULA VISTA. 1 bedroom/ 1 bath, \$850, \$600 deposit. 2 bedroom/ 1 bath, \$1025, \$900 deposit. 3 bedroom/ 2 bath, \$1325, \$1000 deposit. Laundry room. Close to mall/ freeway. No pets. Available now. 433 D Street, 91910. 619-757-8896.

CHULA VISTA. 1 bedroom apartments, \$695/ month. Deposit \$500. All utilities included. Pool, off-street parking. Laundry facilities. Call Park Regency Apartments. 619-422-0792.

CHULA VISTA. \$1050. 2 bedroom in upscale property with central vacuum and air conditioning. Beautiful garden setting, controlled access parking. No pets. Move-in Special! \$400 off 1st month's rent! 144 Garrett Avenue. TTPM, 619-585-1959.

CHULA VISTA. \$825. 1 bedroom, 1 bath with **all utilities included!** New paint, flooring. Best deal in South Bay. On-site parking and pool. Clean, quiet, secure. 540 Flower Street. Call Krista: 619-733-6928; or Rachael: 619-804-1044.

CHULA VISTA/ SOUTH BAY. Large 1 bedroom apartment, \$825. 1/2 off first month's rent. Gated. Air conditioning. Parking, laundry. No pets. 619-691-9377.

CITY HEIGHTS. \$775. 1 bedroom. Credit check \$25 fee. Move-in incentives. Gated community. Secured assigned parking. On-site laundry. Pool. New carpet, new appliances. Clean and excellent. Convenient location, close to shops and dining, buses/ transits. Nearby Fay Elementary School and Colina Del Sol Park. No pets. Contact Art at 619-283-9993.

CITY HEIGHTS. \$990/ month, \$700 deposit. 2 bedroom, 1 bath apartment, downstairs unit. Off-street parking, canyon view. 2815 and 2817 Menlo Avenue. 619-246-2572; 619-261-4299.

CITY HEIGHTS. Spacious 2 bedroom, 1 bath. Newly refurbished. Quiet gated community, close to everything! Pantry, huge linen closet/ coat closet. Section 8 welcome. No pets. 4054 Cherokee Avenue. Call 619-527-7724 or email clizardi@sdhc.org.

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Events Calendar

Cold and Flu Remedies. Tuesday, Nov. 17, 6:30-8pm. Find out what exactly colds and flu are all about and what you can do to help prevent or counter their intrusion into your busy life! Admission \$15. Holistic Hands, 3960 Park Boulevard, Suite E, San Diego 92103. 619-325-8338, www.holistichands.org.

The ADAMA Institute of Self Healing. Tuesday, Nov. 10, 7-9:30pm. The Knowledge Book revealed to the public. Get a sneak peek! Journey into you with ADAMA and Candace Pittenger. www.theAdamaInstitute.com, 760-685-7572.

Psychic and Healing Arts Festival. Saturday, Nov. 7, 9am-5pm. Professional psychics and healers, vendors offering clothing, jewelry, food, more. Admission \$5. Celebration Center for Spiritual Living, 5820 Oberlin Drive #108, San Diego 92121. 858-320-0090.

Children's Yoga Workshop with Snatam Kaur. Saturday, Nov. 14, 3 pm. Songs, stories, mantras and movement to build a fun Yoga experience for more peace and higher self-esteem in your child. \$10. With Sacred Chant concert in the evening. Sanctuary Studio, 2590 Truxtun Rd. (Liberty Station), Point Loma. www.SnatamTickets.com.

Snatam Kaur Sacred Chant Concert. Saturday, Nov. 14, 7 pm. Angelic voices, uplifting beats and peaceful melodies with world's most popular New Age artist. Opening act by local Yoga celebrity Bhava Ram. \$30-\$50. With afternoon children's Yoga workshop. McMillin Event Center, 2875 Dewey Rd. (Liberty Station), Point Loma. www.SnatamTickets.com.

Run for Fun. Wednesdays, 6pm. Locate new routes, test-drive Nike footwear, run with motivated people. Runners, walkers of all levels meet to run their choice of three-, five-, and seven-mile routes, starting from Nike Fashion Valley. Fashion Valley Mall, 7007 Friars Road, San Diego 92108. 619-294-9385.

Spiritual Galaxies. Wednesday, Nov. 4, 4-7pm. Local astronomer offers "The Sky Tonight" planetarium show. View real sky through telescopes after show (weather permitting) with San Diego Astronomy Association. \$9-\$10.50. Reuben H. Fleet Science Center, 1875 El Prado, San Diego 92101. 619-238-1233.

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CITY HEIGHTS. 400 square foot studio. Renovated, bright, charming. \$599/ month, \$599 deposit. Electricity included. Year lease. Pets OK. 2715 44th Street. Sara, 619-281-2989.

CITY HEIGHTS. \$850. Nice 2 bedroom apartment. Quiet building. Upstairs. Large rooms. Coin laundry. Cat OK. 4438 Menlo Avenue. Agent, 619-469-7790. www.westmanproperties.com.

CITY HEIGHTS. Quaint 55+ gated community. Around the corner from everything! 1 bedroom- \$790 per month. Section 8 welcome. Sorry, no pets. Call Anna at 619-527-7723 and mention this ad!

CITY HEIGHTS. \$750 plus deposit. \$50 off first month. 1 bedroom, 1 bath apartment. On-site laundry. Near everything. Pet negotiable. Se habla espanol. 619-995-1925, 619-995-1924.

CITY HEIGHTS. \$1550/ month. 2- bedroom, 1- bath house, canyon view. New paint, new carpet plus upgrades. Yard, Washer/ dryer. Available now. 619-561-4299.

CITY HEIGHTS. \$700. 4265 Chamounse Avenue. 1 bedroom, 1 bath, downstairs, carpet, central A/C, laundry room, plenty of parking not assigned. No pets. Section 8 OK. Phillips Realty, 619-291-6686.

CITY HEIGHTS. Large 1 bedroom, 1 bath. Rehabbed. New carpet, paint, tile. Second story unit. Parking. Laundry. Bright. \$750. Deposit \$750. Near golf course. \$562-299-2105.

CITY HEIGHTS. \$1275. 2 bedroom, 1.5 bath. No pets. Clean and bright townhome located on the second and third floor, with upgraded fixtures, granite countertops, stainless steel appliances, private entrance on both floors, stackable washer and dryer in unit, fresh paint, window coverings, close to 805 freeway, shops and restaurants nearby, assigned parking. Call **now** for this amazing deal! **First month's rent moves you in!** 4102 Marlborough Street, 92105. 858-571-1970.

CITY HEIGHTS. \$800. Studio condo with laminate wood floors, stainless steel appliances, granite countertops, fireplace, washer/ dryer and balcony. Gated building with covered parking. Broker, 619-977-1930.

CITY HEIGHTS. 1 bedroom, 1 bath apartment, \$700. Assigned parking, tile floors, upstairs, water/ sewer/ trash included, Section 8 OK. 4366 51st Street, #6, #7 and #8. People Helping Others Property Management, 619-282-5400. peoplehelpingothers.com.

CITY HEIGHTS. 1 bedroom, 1 bath upstairs apartment, \$700. Water/ sewer/ trash included. 1 parking space, coin laundry, 650 square feet. 1/2 off first month with 1- year lease! 4358 51st Street #7. People Helping Others Property Management, 619-282-5400. peoplehelpingothers.com.

CITY HEIGHTS. 2 bedroom, 1 bath apartments, \$895 month- to- month. Water/ sewer/ trash included, community laundry room. 4361 and 4361-1/2 49th Street. People Helping Others Property Management, 619-282-5400. peoplehelpingothers.com.

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City Heights. \$675. Spacious 1 bedroom apartment. Bottom floor with gas stove plus dishwasher! Tiled floors. Laundry and parking on site. No pets. 2617 Highland Avenue. Manager, 619-820-2584.

CLAIREMONT. Move-in special! From \$975. 1 bedroom/ 1 bath, 2 bedroom/ 1-1/2 bath. Large, sunny townhomes. Pool. Parking. No pets. The Gardens, 5544 Balboa Arms Drive. Call 858-278-5862.

CLAIREMONT. Free continental breakfast buffet, maid/ linen service! No lease! Free utilities! Studios starting \$1195/ month*, weekly starting \$300* (*subject to change, based on availability). Ask about our 6- month lease program. Heated pool/ spa. Laundry. Microwave. Refrigerator. High- speed Internet. California Suites Hotel, 5415 Clairemont Mesa Boulevard. 1-888-475-7147. www.californiasuiteshotel.com.

CLAIREMONT. \$1225. 2- bedroom, 1.5- bath townhouse. Parking, laundry on site, pool. 1- year lease. 5188 Balboa Arms Drive. Call Chris, 858-541-7683.

CLAIREMONT. 1 bedroom, 1 bath: \$995. Studio \$875. Parking, pool. Laundry on site. Gated. 5150 Balboa Arms Drive. Call Thea, 858-571-0104.

CLAIREMONT. Move- in special. 1 bedroom, 1 bath, \$925. Ask about 2 bedroom, 1.5 bath townhouse, \$1250. Gated, parking, on-site laundry, pool. No pets. Call Irena, 858-279-9590.

CLAIREMONT. 1/2 off first month! \$850, 1 bedroom. \$1150, 2 bedroom. Balcony, pool, laundry, off- street parking. 7322 Mesa College Drive. 858-560-6204.

CLAIREMONT. \$1365 plus deposit. Extra large 2 bedroom, 2 bath. Over 1200 square feet. 5 closets. New carpet, fresh paint. Carport. Gated entry. Indoor kitten OK. Wood- burning fireplace, ice-maker. On-site laundry room. 858-337-8054 or 858-206-2566.

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CLAIREMONT/ KEARNY MESA. Wexford Manor. Large 1 and 2 bedrooms in beautiful complex with pool, spa, laundry, air conditioning, dishwasher. Sorry, no pets. \$950- \$1275/ month. Photos at www.wexfordliving.com. 7870 Stalmer Street. Call 858-277-4843.

CLAIREMONT/BAY PARK. \$1300. 2 bedroom, 1 bath. View of Mission Bay from back porch/deck, yard. Parking. 3660 Moultrie Avenue. TPPM, 858-699-3851.

COLLEGE AREA. Large 3 bedroom, 2 bath, \$1500. Patio, off- street parking, new carpet, on-site laundry. No pets. Call for special! 619-564-8764.

COLLEGE AREA. Newly refurbished 2 bedroom, 2 bath, \$1100. Brand new carpeting, paint, tile. All amenities, controlled entry, parking, laundry on premises. Park- like setting. Fine residential area near all. 4546 52nd Street. 619-287-1996.

COLLEGE AREA. \$1095. 2 bedroom, 2 bath. Beats competition! Immaculate. Remodeled. \$600 off, OAC. Parking- 2 cars. 4435 48th Street. 619-203-9784.

COLLEGE AREA. Campus Village. \$1000 moves you in! 3 bedroom down to \$1200 per month. Pool, gated community, A/C, heater. Call now, 619-583-3339.

COLLEGE AREA. 2 and 3 bedroom apartment homes with garage! Near College Area. From \$1148. Section 8 welcome. Sorry, no pets. Call Anna at 619-527-7723 and mention this ad!

COLLEGE AREA. 2 bedroom, 2 bath condos. Hardwood floor/ tile. Balcony/ patio. Gas stove, microwave. Central air/ heat. Dishwasher. Washer/ dryer hookups. Gated. 2 miles to SDSU. Near all/ golf course. Pets upon approval. 5170 Orange Avenue. 92115. \$1195+ **1 month free.** On approved credit. Furnishings optional. For details call 619-285-3822.

COLLEGE AREA. Large 1 bedroom, \$775. Dishwasher, garbage disposal, microwave, air conditioning. Laundry facility, permit/ assigned parking. Close to drive- through Starbucks. No pets. 6725 Amherst Street. 858-483-5111.

COLLEGE AREA. \$750. Move- in Special! Newly decorated upper 1 bedroom. New paint, carpet, blinds. Beautiful patio. Assigned parking, air conditioning. No

pets. 4444 49th Street. 858-278-6135. 619-309-5039. 619-549-9542.

COLLEGE AREA. \$1000-\$1299. 2 bedroom, 2 bath apartment, air conditioning, parking, coin- operated laundry. Walk to SDSU. Available now. 5565 Hardy Avenue. www.stevenleproperties.com. 619-295-1161.

COLLEGE AREA. \$750. Studio with walk-in closet. On-site laundry. Air conditioning. If you can find one better, rent it! 7240 El Cajon Boulevard. Call Lynette, 619-602-0959, or Rachael at 619-804-1044.

COLLEGE AREA. Huge 2 bedroom, 1 bath, \$995. Complete remodel. New carpet, paint, and countertops. On-site parking/ laundry. Clean, quiet, secure. 4752 Seminole Drive. If you can find one better, rent it! Call Rachael, 619-804-1044, or Jeff, 619-713-1044.

COLLEGE AREA. \$625 rent, \$700 deposit, OAC. Upper studio apartment. Parking, laundry. No pets. at 6735 El Cajon Boulevard #B-8. Agent, 619-299-8515.

COLLEGE AREA. Move- in special! \$900/ up. 1 and 2 bedrooms. Fireplace. Central heat/ air. Microwave, dishwasher. Balcony. Gated. Intercom entry. 4828 Art Street. 619-298-7724.

COLLEGE AREA. 2 bedroom, 2 bath condo, \$1700. 1 month free with 1- year lease! 2- car tandem parking, stainless steel appliances, marble countertops, patio. 5540 Lindo Paseo #3. People Helping Others Property Management, 619-282-5400. www.peoplehelpingothers.com.

COLLEGE AREA. \$895. 2 bedroom, 1 bath. New paint! On-site parking. Clean, quiet, secure. 7240 El Cajon Boulevard. If you can find one better, rent it! Call Lynette, 619-602-0959, or Rachael, 619-804-1044.

COLLEGE AREA/ La Mesa. \$849. Large 1 bedroom condo. Remodeled bathroom fixtures, mirrored closets, air, storage, quiet, gated assigned parking. 619-520-9108, after 5pm, 425-533-7215, 619-583-0890.

COLLEGE AREA/ TALMADGE. \$900 rent, \$800 deposit OAC. Large 2 bedroom, 2 bath, laundry, parking, newer carpet, no pets. at 4423 Menlo Avenue #9. Agent, 619-299-8515 or 619-990-5021.

COLLEGE AREA/ TALMADGE. \$700 rent, \$700 deposit OAC. Large 1 bedroom apartment, parking, laundry, no pets, at 4423 Menlo Avenue #8 or #16. Agent, 619-299-8515.

COLLEGE/ MISSION VALLEY. Free rent. Spacious 2 bedroom, 2 bath. Huge 3 bedroom, 3 bath. Washer/ dryer hookups. Central air/ heat. Fireplace. Walk- in closets. Parking. Accepting dogs/ cats. Call for tour: 619-284-5285.

CROWN POINT. \$1550. 2 bedroom, 1 bath apartment. Upgraded, new carpet, coin laundry. No pets. 2169 Reed Avenue #A. www.cal-prop.com. 858-483-3534.

CROWN POINT/ PACIFIC BEACH. **\$1575. 2 bedroom, 2 bath townhouse. Granite counters. Fully remodeled. Patio. Laundry. Off- street parking. No pets. 4073 Promontory. 619-990-9301; 858-586-9996.**

DEL MAR. Furnished 1 bedroom guest unit. \$1300. Private entry, patio. Utilities paid. Includes cable/ Internet. Jacuzzi. Parking. No pets. Lovely area. Walk to beach. 12822 Via Nestore. 619-435-0387, 619-206-3089.

DEL MAR. \$1650. 3 bedroom, 2 bath condo in Del Mar Bluffs. Clean, quiet, secure building. On-site laundry/ parking. 13754 Mango Drive. Call Rachael for move- in special, 619-804-1044.

DEL MAR. 1 bedrooms from \$1480. 1 month free with 1- year lease or 1/2 off with 6- month lease. Garage, heated pool, spa, fitness center. Close to the beach. Agent, 858-755-4721.

DEL MAR. Ask about our specials! 2 bedrooms, 2 baths. \$1795+. Ocean views! 1 bedroom, \$1395+. Washer/ dryer in units. 201 Fourth Street. 858-481-9585; mikeatla@aol.com. www.summerpacific.com.

DEL MAR. \$1600. 2 bedroom, 2 bath apartment. Desirable setting over Torrey Pines Reserve and beach. Laundry. 12760 Via Cortina. TPPM 858-699-3851.

DOWNTOWN. Beautiful building, new furnished rooms. Refrigerator, microwave, TV, cable. Starting at \$175 weekly. 920 Beech Street. Call 619-234-1952.



DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.



DOWNTOWN. Comfortable rooms, \$450/ up. Studios, \$650/ up. Near Gaslamp District. Very quiet and clean. Free cable TV, on-site laundry, vending machines, community kitchen, shared bathrooms. Near shopping, restaurants, movie theatres and Horton Plaza. No pets. Arlington Apartments, 701 7th Avenue. Hughes Management, Lic#955724, 619-231-2385. www.HughesManagement.net. www.sdreader.com/news/rent2097.



DOWNTOWN. Economical furnished rooms, \$450-\$550, best price, save money. Conveniently located on C Street trolley line, near restaurants, free cable TV, shared bathrooms, on-site laundry facilities, vending machines, elevator service, no pets. 636 C Street (between 6th and 7th). C Street Inn, Hughes Management, Lic#955724, 619-234-4165. www.HughesManagement.net. www.sdreader.com/news/rent2098.



DOWNTOWN. Cozy rooms, \$486-\$625. Very comfortable, convenient location. Historic building near C Street Trolley. Choice of shared or private bathrooms. Free cable TV. On-site laundry, vending machines, modern elevator, no pets. Southern Hotel, 1159 6th Avenue at B. Hughes Management, Lic#955724, 619-239-3808. www.HughesManagement.net, www.sdreader.com/news/rent2099.



DOWNTOWN. Gaslamp area. \$425-\$550. Community kitchen, shared bath, on-site laundry, vending machines, no pets. Star Hotel, 522 7th Avenue. Hughes Management, Lic#955724, 619-235-6068. HughesManagement.net.



DOWNTOWN. Outstanding furnished rooms, \$450-\$500. Heart of Gaslamp. Shared bathrooms. Community kitchen. Free cable. No pets. Windsor Hotel, 843 4th Avenue. Hughes Management, Lic#955724, 619-239-3808. www.HughesMangement.net.



DOWNTOWN. Attractive rooms. Shared rooms. Shared baths. Utilities included. Near City College. \$450-\$595/ month. 719 14th Street. Villa Victoria. Hughes

Management, Lic#955724, 619-239-1639 x103. www.HughesManagement.net.

DOWNTOWN. Brand new rooms near City College. Single rooms with kitchenettes from \$140/ week, deposit (long- term). Includes utilities/ cable. Quiet, secure. Shared bath/ laundry. Hotel Mediterranean. 619-237-8656. www.hotelmed-sd.com.

DOWNTOWN. Stay the week, stay the month! Monthly rates from \$21.87/ night. Wireless Internet in all rooms. 1-2 blocks to bus, train. Flat- screen TVs. Weekly rates from \$37.14/ night: Community kitchen and dining area. European- style detached bathrooms. Monthly rentals must qualify under the San Diego Housing Commission's low- income program. Subject to availability. Taxes not included. 500 West Hotel, 500 West Broadway. 500WestHotel.com. Toll free: 888-281-2676 or 619-234-5252.

DOWNTOWN. \$950- 1 bedroom/ 1 bath and a \$750 studio available. Quiet building, gated, parking, on-site laundry. No pets. 1830 Market. 619-405-7368.

DOWNTOWN. \$800. 1 bedroom, 1 bath. 6- month lease. Carpeted floors, stove, new refrigerator. Paid water and trash. Fee. Free search at www.westsiderentals.com. 619-367-3333.

DOWNTOWN. Fully furnished studios with utilities included. Rates start at \$160/ week. Free wireless Internet. Baltic Inn: 521 6th Avenue. 619-237-0687. www.affordablehousingsd.com.

DOWNTOWN. Premier location. Furnished studios with full baths, from \$199/weekly. Two award-winning buildings to choose from, 24-hour staff, gyms, laundry rooms, sun decks. Free wireless Internet. Island Inn: 202 Island Avenue (Second/ Island), 619-232-4138. J Street Inn: 222 J Street, 619-696-6922. www.affordablehousingsd.com.

DOWNTOWN. \$775- Studio. Move in special! All utilities included! Laundry, street parking. No pets. Close to Balboa Park. 1758 6th Avenue. Agent, 619-298-7724.

DOWNTOWN. 777 Lofts. \$1245- \$1650. Move- in special! Incredible 1 bedroom loft across from The Ivy. Best rental loft/ condominiums, one block to Downtown's popular 5th Avenue. Washer/ dryer. Small pet considered. A must see! TPPM, 619-544-0017, or stop by 777 6th Avenue at F Street.

DOWNTOWN/ GASLAMP. Las Flores Hotel. Small, quiet. \$125/ week and up. Four- week minimum. Color TV with basic cable. Refrigerator in most rooms. Secure. 619-235-6820.

DOWNTOWN/ GASLAMP. Move- in specials. Live/ work lofts in heart of The Gaslamp! Roof decks with barbecue. Laundry on every floor. Parking available. Seven locations Downtown. Select pets OK. Visit loft leasing office: 315 Fourth Avenue. 619-231-1505 x12. www.trilogymanagement.com. Also visit www.sdreader.com/news/rent2064.

Urban Mini Lofts

Downtown/ Gaslamp. Historic Beaumanoir, unique urban mini lofts, \$650-\$900. Several sizes, 12' ceilings, brick, hardwood floors, near Horton Plaza. Hardwood furniture available. Paid cable/ electric/ water. Most include sleeping decks. Refrigerator/ microwave included. High- speed Internet available. On-site laundry, barbecue deck, outdoor kitchen. Impeccable renovation. No pets. 927 6th Avenue. Michael, 619-232-1517. beaumanor927@yahoo.com. http://www.sdreader.com/news/rent2127.

DOWNTOWN/ GOLDEN HILL. \$895. Large studio. Full kitchen. Private, fenced yard. Good neighborhood. Tile floors. Security gate. Utilities included. 942 23rd Street. Cat OK. Call 619-994-0449.

DOWNTOWN/ GOLDEN HILL. 1 bedroom. Tropical setting. Security gate. Tile floors. \$850. \$950 with private garage. 2559 C Street. Cat/ small dog OK. 619-994-0449.

DOWNTOWN/ HARBOR SIDE. \$750. 1 bedroom 1 bath. Private porch. 1 parking space. Near bay, Harborside trolley, SD Naval base, General Dynamics. \$500 deposit. 619-233-1700.

DOWNTOWN/ LITTLE ITALY. From \$800/ month. Private bath, cable TV, microwave, refrigerator. Utilities included. Secure, quiet, charming. Efficiency apartments with laundry. Near trolley/ bus lines, blocks from harbor. On-site manager. Villa Caterina, 1654 Columbia Street. 619-232-3400.

DOWNTOWN/ LITTLE ITALY. Studio, \$895; one bedroom, \$1095. 9' ceilings. Nice kitchen. Ideal location. Secure, quiet building with laundry. 1534 Front, near Beech. 619-233-7428.

DOWNTOWN/ MARINA DISTRICT. \$1185-\$1395. Park Row. Very nice 1 bedroom condos. Lush grounds. New carpet and appliances. No pets. 701 Kettner Boulevard. Agent, 619-469-7790. www.westmanproperties.com.

EAST SAN DIEGO. \$695. Furnished studio alcove apartment. Complete living room, bedroom and kitchen furniture. No SDG&E deposit or hookup fee required. Near 52nd and University. 5101 Towle Court. Close to SDSU. Laundry room. Off- street parking. Low deposit. Call 619-281-9451.

EAST SAN DIEGO. \$725. Spacious 1 bedroom, upstairs, in our lovely, small, gated community. On-site laundry. Assigned parking. No pets. 4336 Estrella Avenue. 619-298-7724.

EL CAJON. 2 bedroom, 1 bath fourplex, \$1225, water/ trash included. Garage, deck, storage, fireplace, fenced yard, 1039- square- foot living area. Brand new! 619-203-4695.

EL CAJON. \$900 and up. 2 bedrooms, 1 and 2 stories. Amenities. Pool, park- like grounds, laundry on premises, parking. Near town, shops, bus. 743 South Magnolia Avenue. 619-579-0174 or 619-464-1818.

EL CAJON. Spacious apartments. 1 bedrooms, upstairs, \$800. 1 bedroom downstairs, \$850. 2 bedroom upstairs, \$950. Pool, on-site laundry, assigned parking, freeway close. Pets welcome! Anabel Court Apartments, 303 East Madison Avenue. Ask about our move- in specials! 619-579-5640.

EL CAJON. 1/2 off 2nd month OAC! 1 bedroom, \$750; 2 bedroom, \$850+. Appliances, on-site laundry, air, pool, off-street parking. Lushly landscaped. 294 Ballantyne. **619-334-7934** or 858-703-4932.

EL CAJON. 2 bedroom, 1 bathroom. \$985 rent. Air conditioning, pool, balcony, laundry, parking. Centrally located. No pets. \$35 credit check, deposit \$600 OAC. 619-444-1876.

EL CAJON. 1 bedroom, 1 bathroom. \$950 rent. 2 huge closets, patio storage. Quiet community, gorgeous grounds, pool, spa, barbecues, laundry facilities. No pets. 619-442-0291.

EL CAJON. Large 2 bedroom 2 bathroom. \$1000 rent. Gated, air conditioning, laundry, transportation close. No pets. \$35 credit check. Security deposit \$700 OAC. 619-588-5420.

EL CAJON. \$2800. 2+ bedroom, 2 bath, converted garage office. Wood floors green walls. 619-746-3333.

EL CAJON. \$895/ \$700 move- in special, OAC. Large 2 bedroom. Pool. A/C, balcony, quiet, parking. Near bus/ all. Good location. 716 Broadway. Call 619-312-2356.

EL CAJON. Cajon Villas. 3 bedroom, 2 bath: \$1275. 2 bedroom, 2 bath: \$950. 1 bedroom, 1 bath: \$735. Pool. Parking. Air conditioning. Laundry room. No pets. Available now. 933 Peach Avenue. 619-447-9193.

EL CAJON. \$925. Move- in special! 2 bedroom, 1 bath. Balcony, dishwasher, new carpet/ vinyl, vaulted ceilings, air conditioning. Call 619-593-0211. www.sdapbtobrokers.com.

EL CAJON. 1 bedroom apartments, \$750- \$775. New carpet, paint. Assigned parking. Laundry. No pets. Available now. 452 Emerald Avenue. More Property Management, 858-514-8201.

EL CAJON. \$715. 1 bedroom. Attractive, well- maintained property with beautiful courtyard. Gated access and quiet

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location. 340 Orlando. TPPM, 619-818-9939. www.northwindapts.com.

EL CAJON. \$635. Studio in fabulous pool/ courtyard complex. Super clean apartments. No pets. Palm Towers Apartments; see www.palmtowers.com for details and pictures. 234 West Park Avenue. TPPM, 619-850-9722.

EL CAJON. \$705, 1 bedroom. 2 bedroom at \$825. El Cajon's best maintained property with beautiful courtyard and sparkling pool. No pets. **\$199 deposit!** 1072 East Madison Avenue. TPPM, 619-444-1614. www.fourwindsapts.info.

EL CAJON. \$725. 1 bedroom in beautiful property with sparkling pool. Walk to courthouse and Main Street shopping. No pets. **\$399 Deposit!** 163 Ballantyne Street. TPPM, 619-579-6248. www.tradewindsapts.info.

EL CAJON. \$825. Extra large 1 bedroom, 1 bath. Air conditioning, laundry, pool, barbecue areas, appliances, parking. Pet negotiable. 798 McClure #9. 619-384-9219.

EL CAJON. \$815. 2 bedroom, 1 bath starting. 3 bedroom, 1.5 bath. \$975. Very clean with great location and on-site parking and laundry. 432 Dominguez Way. TPPM, 619-405-4500.

EL CAJON. Gated community park. Trailers for rent, different sizes. From \$550-\$850. Plus utilities/ deposit. Conveniently located, close to trolley, bus, shopping. No pets. 619-933-5189.

EL CAJON. \$725. 1 bedroom. Beautiful landscape with gated entry. No pets. 1018 E. Lexington Avenue. TPPM, 619-838-8088. www.eastwindsapts.com.

EL CAJON. \$625. Studio in fabulous pool/ courtyard complex. Super clean apartments. No pets. 314 Wisconsin Street. TPPM, 619-742-7600. www.palместates.info.

ENCANTO. Beautifully terraced garden community. Large 2 and 3 bedroom floor plans from \$1039! Section 8 welcome. Sorry, no pets. Call Anna at 619-527-7723 and mention this ad!

ENCINITAS. \$825 and up. Sick of roommates? Cozy beach trailers in quiet park. Near beach, Coaster, restaurants, shops. 152 North Coast Highway 101. No pets. 760-753-4101.

ENCINITAS/ LEUCADIA. \$1350. Sunny, breezy 2 bedroom, 2 bath duplex near Beacon's Beach. On-site laundry and two parking spaces. No pets, nonsmoking, year lease. 760-931-1012.

ENCINITAS/ LEUCADIA. \$2900. 2 bedroom, 2 bath luxury duplex. Steps to beach, best area. All new/ remodeled. Pool, wood floors, fireplace, washer/ dryer. Huge deck with ocean view. No pets. 1571 Neptune Drive. TPPM, 760-436-6441.

FASHION VALLEY. \$1250. 2 bedroom, 1 bath condo. Near USD, upgraded with granite counters and stainless steel appliances, washer/ dryer in unit. No pets. 1205 Colusa Street #1. 858-483-3534. www.cal-prop.com.

FASHION VALLEY. \$1695. 3 bedroom, two bath condo! Large patio, washer/ dryer, fireplace. Tandem 2- car garage. 7087 Camino Degrazia. Call Jeff, 619-713-1044, or Rachael, 619-804-1044.

FASHION VALLEY. \$1350 rent, \$800 deposit OAC. Walk to USD. 2 bedroom, 2 bath townhouse, laundry in unit, granite counters, balcony, parking for 2 cars, no pets, at 1333 Brunner Street #B. Agent, 619-299-8515.

FASHION VALLEY. \$975-\$1100. Large 1 and 2 bedroom apartments. Huge walk-in closets. Dishwashers. On-site parking. Balcony. No pets. 5720 Gaines Street. 619-299-3477.

FASHION VALLEY. \$1295. Large 2 bedroom, 2 bath condo, 2 parking. A/C. No pets. Gated. Carpet/ paint. Dishwasher. Pool/ gym. 6406 Friars Road, #237. 619-275-3455.

FASHION VALLEY. Huge 3 bedroom, 2 bath that features 750sqft deck, 2- car garage, central air, vaulted ceilings, fireplace, and views of Mission Bay. Cats OK. \$2400. 5919 Mildred St. 619-296-6699. www.centrecity.net.

FASHION VALLEY/ USD. \$1175 rent, \$800 deposit OAC. Walk to USD! 2 bedroom, 2 bath, laundry, parking, no pets, at 1330 Eureka Street #14, #18 or #35. Agent, 619-298-5820.

FASHION VALLEY/ USD. \$1000 rent, \$800 deposit OAC. 2 bedroom, 1 bath apartment, parking for 2 cars, laundry, no pets, walk to USD, at 5550 Mildred Street #5. Agent, 619-291-1755.

FASHION VALLEY/ WEST. 3 bedroom, 2 bath. Ground floor apartment with garage. Walk to trolley, bike to beach. Approximately 1000 square feet. \$1475. 760-822-9899.

FASHION VALLEY/ WEST. \$1450. Open House Saturday and Sunday, 11AM-4PM! 2 bedroom, 2 bath, with extra room! Washer/ dryer hookups! Parking! Near USD! Minutes to Fashion Valley and the beach! 5845 Lauretta St, #1, 5865 Lauretta St. #8. No pets. 619-222-4836x14. www.liveatthebeachnow.com.

GOLDEN HILL. \$1495. 3 bedroom, 1 bath townhome. Contemporary setting, fully remodeled. Upstairs patio. 1300 square feet. Minutes to downtown. Garage. Laundry facility. 3035 Broadway. 619-247-7327.

GOLDEN HILL. \$1095. 2 bedroom garden apartment, laminate and tile floors, on-

site laundry, cat OK. 2849 B Street. Call 619-300-1365, or 619-588-4106.

GOLDEN HILL. \$2400. Beautiful tri-level townhome, 3 bedrooms, 2-1/4 baths. Hardwood floors, fireplace, stainless steel appliances, granite countertops, washer/ dryer. Front patio and huge balcony overlooking canyon and downtown view! 2- car garage. Extra storage. Available 11/1/09. 1- year lease. Walk to cafes and restaurants. 1304 24th Street. 619-523-2355.

GOLDEN HILL. Charming 2 bedroom, 1 bath. \$1095/ month. Hardwood floors. Great neighborhood, on-site laundry. No dogs. Available November 1. 2412 E Street. 619-857-3706.

GOLDEN HILL. Charming 1 bedroom, 1 baths. \$775 & \$600/ month. Hardwood floors. Great neighborhood, on-site laundry. No dogs. Available now. 2427 E Street. 619-857-3706.

GOLDEN HILL. Bright, charming studio; new paint. Tile. Gated property. Cat OK. Close to park, shops, Starbucks. \$650/ month. Year lease. On-site washer/ dryer. 619-487-1555.

GOLDEN HILL. \$775/ month, \$700 deposit. 1 bedroom. Near all freeways. All new carpet, wood blinds. Free laundry, 1 off- street parking. Credit check. \$15. 2851 C Street, #A (behind 2849 C). Available now. Nonsmoking. No pets. 619-213-2706.

GOLDEN HILL. \$750/ month. \$700 deposit. Clean 1 bedroom, upstairs. 2851 C Street #D (behind 2849 C). New carpet and paint, 1 off -street parking, free laundry. Available 11/15/09. No pets. Nonsmoking. Credit check, \$15. Call 619-213-2706.

GOLDEN HILL. \$850. Cute 1 bedroom, 1 bath apartment with hardwood floors. Near bus line, restaurants, freeway access. 3528-1/2 Broadway. Leasing Unlimited, 760-436-7273.

GOLDEN HILL. Bright, charming studio; new paint. Tile. Gated property. Cat OK. Close to park, shops, Starbucks. \$650/ month. Year lease. On-site washer/ dryer. 619-368-9410.

GOLDEN HILL. \$1195. 1 bedroom. Historic building, Golden Hill. Laundry. Parking. Available now. 2470 B Street #A. www.amgsd.com. 619-295-1165.

GOLDEN HILL. \$795. Studio. Historic building, Golden Hill. Laundry. Parking. Available now. 2472 B Street #F. www.amgsd.com. 619-295-1165.

GOLDEN HILL/ DOWNTOWN. \$895, water/ trash included. 1 bedroom, some view. Hardwood floors, decorator colors, on-site laundry. On bus line. Cat OK with deposit. 619-231-8723.

HILLCREST. \$200/ week and up. Refrigerators, cable TV and HBO. Embassy Hotel, 3645 Park Boulevard, San Diego 92103. 619-296-3141.

HILLCREST. Spacious 1 and 2 bedrooms! Berber carpet, fireplace, spa, gym, intercom and elevator. Sorry, no pets. Hillcrest Summit, 4134 4th Avenue. See photos at www.wexfordliving.com. Call 619-299-0047.

HILLCREST. \$1150-\$1350. 1 bedroom units, completely refurbished and upgraded. New kitchens/ bathrooms. Off- street parking. Walking distance to UCSD and Scripps Hospital. Call 858-613-1000x105.

HILLCREST. \$2500. 3 bedrooms. Completely refurbished and upgraded. New kitchen and bathroom, walk-in closets, off- street parking. Perfect for roommates! Call 858-613-1000x105.

HILLCREST. Hillcrest Palms. Senior complex, 55+. \$800. 1 bedroom apartments. Gated community. Convenient location. Near hospitals, restaurants, shopping. No pets. 4042 Albatross Street. 619-574-0784.

HILLCREST. \$980, 1 bedroom, 1 bath. Gated, parking, laundry on site. Small pet on approval. Available late November. 2 bedroom, 1 bath, \$1295. 1033 Robinson. Call 619-295-1210 or 858-490-1600.

HILLCREST. \$865. 1 bedroom. Stove, refrigerator, shared lawn area. Cat OK with extra deposit. Great location on the bus line. Available now. 3749 Fourth. Del Sol Property Management. www.delsolpm.com. 858-270-2071.

HILLCREST. \$1195. 2 bedroom, upstairs vintage unit. Stove, refrigerator, convenient location on bus line. Cat OK with extra deposit. Available 12/1/09. 3753-1/2 Fourth. Del Sol Property Management, Broker. www.delsolpm.com. 858-270-2071.

HILLCREST. 3815 Georgia. \$1495/ \$1000 deposit. 2 bedroom, 2 bath, gated, laundry, 2 parking spots, 2 balconies. No pets. 858-692-6601 or www.bkbinc.com.

HILLCREST. Large 3 bedroom with 3 bath Craftsman style. Hardwood floors, antique charm, washer/ dryer hookups, gas stove, refrigerator. \$1995 (negotiable). 1264 Robinson Avenue. 619-293-7426.

HILLCREST. \$1195. 2 bedroom, 1.5 bath apartment. Downstairs, new carpet, hardwood floors, new granite counters in kitchen. 1 parking. No pets. 3835 Third Avenue #9. 858-483-3534. www.cal-prop.com.

HILLCREST. Move- in special! \$1495. 2 bedroom, 2 bath apartments. Over 1000sqft! Balcony, canyon views. Pool.

PICTURE STORY



Froebel “Fro” Brigham, namesake of the Fro Brigham Preservation Band, 1981. In the 1950s, Brigham booked the Creole Palace in downtown San Diego. Billie Holiday, Count Basie, and Duke Ellington may have performed paying gigs elsewhere when in town, but afterward they’d show up at the Creole Palace and play with whatever band was booked that night.

According to Jacqueline Cogdell Djedje

YOU CAN PURCHASE THIS PHOTO AND MANY MORE AT THE SAN DIEGO HISTORICAL SOCIETY RESEARCH LIBRARY OR ONLINE AT WWW.SANDIEGOHISTORY.ORG. FOR MORE INFORMATION, CALL 619-232-6203, EXT. 127.

Laundry. Parking. Pet friendly. 4053 8th Avenue. 619-297-0269.

HILLCREST. \$875. 1 bedroom. Senior, 62 plus. Best deal in Hillcrest! Come make new friends at the ParkView Robinson Senior Complex. Units are painted in designer colors. Range, refrigerator, ceiling fan and air conditioning included. Bedroom has a walk-in closet. We have an activities room, elevator, and on-site laundry. Building is gated with intercom. \$300 deposit. \$400 off 1st month's rent with lease. We welcome Section 8 participants. 1220 Robinson Avenue, San Diego, CA 92103. Cats and small dogs OK. Contact the resident manager at 619-291-7284. scott@hendershawandassociates.com.

Photograph from the San Diego Historical Society

and Eddie S. Meadows (authors of *California Soul*), Brigham “was probably one of the earliest jazz musicians to organize a band to preserve a jazz tradition. In a 1995 interview, Brigham stated: ‘In the [Navy] barracks some of us would sit around and talk about preserving 100 years of music — I started one [a band] in New Orleans. I named my band Preservation....’” Years later, in San Diego, he’d use that name again.

— by Robert Mizrachi

Open Saturday and Sunday noon-1pm. 4225 Georgia Street. #8 TPPM, 619-299-1004.

HILLCREST/ MISSION HILLS. \$695-\$775. Low \$150 deposit. Fully furnished studios, alcoves, in excellent hillside location. Free basic cable. 1616 Guy Street. 619-298-6242.

HILLCREST/ MISSION HILLS. \$1325. 2 bedroom, 2 bath corner unit in attractive, controlled- access building near UCSD Medical Center. No pets. 4066 Albatross Street. TPPM, 619-944-0883.

HILLCREST/ MISSION HILLS. \$985. Rare 1 bedroom townhouse with view in beautiful, newer, controlled- access building near UCSD Medical Center. Gated parking. Laundry. No pets. 4022 Albatross. TPPM, 619-293-0373.

HILLCREST/ NORTH PARK. \$1275 rent, \$800 deposit, OAC. Large 2 bedroom, 2 bath, hardwood floors, parking, no pets at 1930 Georgia Court #9. Agent, 619-501-5542.

HILLCREST/ UNIVERSITY HEIGHTS. \$825. 1 bedroom, 1 bath. Stove, refrigerator, carpet. Bright, cozy, quiet. Near footbridge, Trader Joe's, Ralph's. No pets. 1021 Hayes Avenue. 619-249-7117.

HILLCREST/ UPTOWN. \$950. 2 bedroom, 1.5 bath. New carpet and paint throughout! Walk-in closet! Laundry and parking on site! Move- in special! No pets. 3620 Georgia Street. Agent, 619-279-2183.

IMPERIAL BEACH. 2 bedroom, 1.5 bath and 2 bedroom, 2 bath condos, unfurnished. Across street from beach. Complex newly remodeled. Pool. \$1195- \$1495. Agent, Bill, 619-823-1674.

IMPERIAL BEACH. 740 Georgia Street. \$1050. 1/2- off 1st month! Free basic cable. 2 bedroom. Gated intercom entry. Parking. Laundry. Storage locker. 619-750-4820 or www.bkbinc.com.

IMPERIAL BEACH. 750 11th Street. \$875-\$1100. 1/2 off 1st month! 1 and 2 bedroom. Parking, laundry. No pets. 619-423-4610 or www.bkbinc.com.

IMPERIAL BEACH. 1 bedroom apartment, stove, refrigerator. \$895-\$995. Feet from the beach. Pets negotiable. Laundry facilities. Off- street parking. Conveniently located. 619-424-9233.

Typo Patrol Results

Issue of October 29, 2009

Straight From the Hip

p.18 rehab within *should* be rehab. Within

Stringers

p.119 that the he *should* be that he

Clyde Christie (Coronado) \$20

Events listings

p.72, 73 *repeated times*

p.72 Dias *should* be Día

Back When

p.149 Leone. *should* be Leone."

Thomas Gibilisco (Lemon Grove) \$30

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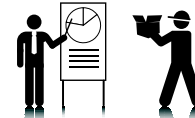
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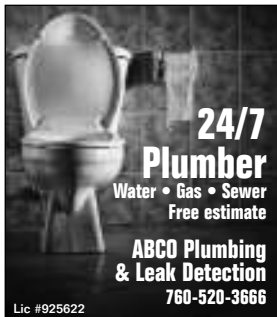


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LEAD STORY

— A male Swedish college student, Ragnar Bengtsson, 26, has begun pumping his breasts at three-hour intervals in a 90-day experiment to see if he can produce milk. If he succeeds, he said, it could prove “very important for men’s ability to get much closer to their children at an early stage.” A professor of endocrinology told the daily *Aftonbladet* that male lactation without hormone treatment might produce “a drop or two,” but suggested that men instead consider offering their breasts to babies as a matter of comfort and warmth, rather than as food. Bengtsson, who will report regularly on his progress via Stockholm’s TV8 channel and the station’s website, acknowledged that his timetable would sometimes require that he pump during classes.

Compelling Explanations

— In September, school officials in Australia’s Queensland state said they were investigating an incident earlier in the year in which two teenagers had consensual sex that they recorded on a cell-phone camera. The girl reportedly said she was convinced to lose her virginity out of fear that the world would soon end as a result of the sched-

uled re-start of the Large Hadron Collider near Geneva, Switzerland, later this year.
— Police in Deer Lake, Newfoundland, decided in August not to press charges against three boys whom they had previously believed had harassed a young moose so badly that it had to be put down. A final piece of evidence against prosecution came from the father of one of the boys, who vouched that the three could not have committed such a crime since they had been busy at the time, vandalizing a nearby church.

Not My Fault

— (1) A 60-year-old highway worker was injured when struck by motorist Catherine Stotts, 62, who was speeding down a blocked-off road construction lane near Willits, Calif., in July. The worker required hospitalization, but Stotts complained about receiving a traffic citation, telling officers that the man could have jumped out of the way faster. (2) Alexander Kabelis, 31, was arrested for slashing tires on almost 50 vehicles in Boulder, Colo., in May, but offered several explanations, including being overwhelmed by radiation from the nearby Rocky Flats nuclear facility and having been forced by his mother

to wear braces on his teeth as a child.

Ironies

— Athena Sidlar, 28, was fired in August from her trainee job at the Allentown (Pa.) State Hospital after being accused of helping a mental patient swallow metal objects. Belatedly, hospital personnel discovered that Sidlar, herself, has a history of compulsive metal-swallowing.
— In April, the Arizona State Parks Board unanimously chose Renee Bahl, thought to be a dynamic, experienced professional, to be director of state parks. However, her employment record while an assistant parks director in California in 2001 included an incident in which she was disciplined for etching “Renee 2001” into the wall of one of the parks’ historic adobe barns.

The Continuing Crisis

— Two motorists inadvertently wound up in backyard swimming pools recently: In July, flat-bed truck driver Nicholas Sparks, 25, hauling two motorcycles and towing two trucks, learned that he could not also handle talking on one cell phone while texting on another and accidentally crashed into a house in Lockport, N.Y., ending

up with his truck and part of his cargo submerged. And in Mesa, Ariz., in June, a 27-year-old man who had rigged to his steering wheel a short sword aimed at his chest, drove into a brick wall in an effort to kill himself. He failed in the attempt when an airbag inflated, causing him to lose control of the car, swerve into a nearby home, and plunge into the pool.

Things You Thought Didn’t Happen

— (1) Several state law-enforcement agencies raided a home in Shelton, Conn., in July, breaking up an alleged canary-fighting operation. (A neighbor called the raid “crazy.” “I can’t picture little canaries with razor blades taped to their feet.”) (2) Convenience-store developer Michael Sesera might have thought he was merely following New Jersey protocol when he offered Hanover mayor Ronald Francioli \$20,000 to intercede for him with zoning authorities (i.e., a bribe). However, Mayor Francioli actually called the police, and in August Sesera pleaded guilty.

Send your Weird News to Chuck Shepherd, San Diego Reader, P.O. Box 85803, San Diego, CA 92186 or to WeirdNewsTips@Yahoo.com

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NORMAL HEIGHTS. \$725. 1 bedroom, 1 bath, downstairs. Parking, close to Adams. Available now. 4575 Idaho Street #3 and #4. www.amgsd.com. 619-295-1165.

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NORTH PARK. Move-in special: 1/2 off first month's rent! 1 bedroom, 1 bath duplex, \$895. On-site laundry, street parking, pets OK. 3772 Villa Terrace. Agent, 858-560-1178.

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OCEAN BEACH. \$950. 1 bedroom, 1 bath downstairs unit. 1/2 block to beach! Laundry on site! No pets. 5057 Narragansett Ave #4. Call 619-222-4836x14, www.liveatthebeachnow.com.

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2	Bay Pointe	888-451-8713	\$895	\$1,2								
3	Trilogy	619-231-1505 ext. 12	CALL	\$1,2								
4	The Club Torrey Pines	866-354-2096	CALL	1,2,3								
5	Albert's College	800-760-5518	\$799	\$1,2,3								
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8	Rising Glen	864-400-2070	\$1,450	1,2	■	H	■	■	■	■	■	
9	Casoleil	864-400-2542	Call	1,2,3	■			■	■	■	■	
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PACIFIC BEACH. \$815. Studio bedroom, 1 bath apartment. Gated community. Spacious studio. Walk-in closet. No pets. 1845 Hornblend Street #7. www.cal-prop.com. 858-483-3534.

PACIFIC BEACH. \$925. 1 bedroom, 1 bath apartment. Upstairs, 2 blocks to bay, 1 parking space. No pets. 3723 Ingraham Street #5. 858-483-3534. www.cal-prop.com.

PACIFIC BEACH. \$1025. 1 bedroom, 1 bath apartment. Upstairs, blocks to beach, no pets. 1468 Missouri Street #6. www.cal-prop.com. 858-483-3534.

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PACIFIC BEACH. \$1495. 2 bedroom, 2 bath condo. 1 parking space. New carpet, paint, blinds. Great location, quiet street. No pets. 1740 Roosevelt Avenue #C. 858-483-3534. www.cal-prop.com.

PACIFIC BEACH. \$1695. 2 bedroom, 2 bath apartment. 2 parking spaces, 1 bath to beach. No pets. 861 Emerald Street. www.cal-prop.com. 858-483-3534.

PACIFIC BEACH. \$2295. 3 bedroom, 2 bath condo. Spectacular split-level townhouse, 2 tandem parking spaces, washer/ dryer in unit. 1844 Diamond Street #1. No pets. 858-483-3534. www.cal-prop.com.

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PACIFIC BEACH. \$860. Studio, 1 bedroom, apartment. 1 parking, downstairs. 3 blocks to beach. No pets. 1065.5 Diamond Street. 858-483-3534. www.cal-prop.com.

PACIFIC BEACH. \$950. 1 bedroom, 1 bath apartment. 1 parking space, upstairs unit, no pets. 2112 Balboa Avenue #8. 858-483-3534. www.cal-prop.com.

PACIFIC BEACH. \$1395. 2 bedroom, 1 bath apartment. Charming upstairs unit, 1 parking space. 2014 Oliver Avenue #4. www.cal-prop.com. 858-483-3534.

PACIFIC BEACH. \$2100. 2 bedroom, 2 bath condo. Birdrock area. All utilities included in rent. Furnished or unfurnished available. Pool, balcony. Pet OK. 5359 La Jolla Boulevard #23. 858-483-3534. www.cal-prop.com.

PACIFIC BEACH. \$2200. 3 bedroom, 2 bath apartment. Off-street parking. Laundry on site. No pets. 4451 Haines Street. Call Chris, 858-270-4492 x203.

PACIFIC BEACH. \$1600. 2 bedroom, 2 bath apartments. Upper or lower. Off-street parking. Laundry on site. No pets. 4451 Haines Street. Call Chris, 858-270-4492 x203.

PACIFIC BEACH. \$2600. Clean, light, airy 3- bedroom, 2-1/2- bath townhouse. 2-car garage. Cathedral ceilings. Fireplace. Washer and dryer, patio, deck, no pets. 1551 Hornblend. Call Chris, 858-270-4492 x203.

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Haines Street. Call Chris, 858-270-4492 x203.

PACIFIC BEACH. \$2500. 3- bedroom, 3-bath townhouse. 3- car garage. Fireplace, washer/ dryer, patio, deck. Clean, fresh paint. No pets. Available now. 1851 Grand Avenue. Call Chris, 858-270-4492 x203.

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PACIFIC BEACH. Mission Beach. \$1695. Furnished or unfurnished. 2 bedroom, 2 bath. Laundry. Parking. No pets. Nonsmoking. Call Coldwell Banker Property Management. 858-488-2228.

PACIFIC BEACH. \$1195. 2 bedroom, 2 bath unit with patio. Utilities included. Close to the Mid-Pacific Beach area. Bus lines. No pets. Call Coldwell Banker Property Management, 858-488-2228.

PACIFIC BEACH. 2 bedroom, 1 bath, \$1200, \$1200 deposit. Mile to the beach! One parking space. Laundry on site. 6-month lease. No pets. 619-435-3830.

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PACIFIC BEACH/ CROWN POINT. \$950. 1 bedroom, 1846 Oliver Avenue. Near Mission Bay. No pets. Off- street parking, laundry facility, approximately 700 square feet, first- floor unit, month- to- month rental. Photos on our website: http://www.freewebs.com/lefrontenac/. Contact "on-site manager". lefrontenac@inbox.com or 858-272-2825.

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PACIFIC BEACH/ NORTH. \$1050. Charming 1 bedroom, parking, appliances. 3 blocks to beach. 1035-1/2 Wilbur Avenue. 858-272-9547.

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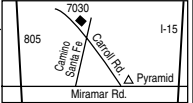
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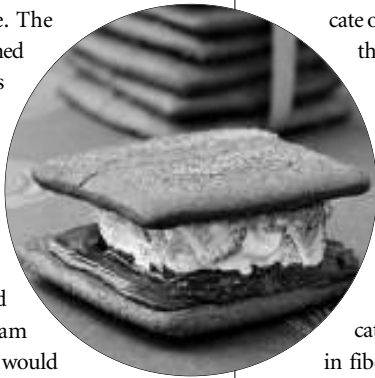
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BestBuys

—EVE KELLY

Our camping trip was near perfection. Long hikes in the backcountry, bird-watching, warm days followed by cool nights gathered around the campfire singing songs... The only wrinkle was the much-anticipated s'mores. On the way out of town, I popped into Trader Joe's to snatch up the graham crackers for that night's campfire. The Trader Joe's Old Fashioned Cinnamon Grahams (\$3.49 for 16 ounces) were a bust. "Thick & Hearty," the box read, and they weren't joking. The crunchy dark-brown crackers were more gingerbread in texture than graham cracker. I thought they would make a delicious midafternoon snack on their own, but their strong flavor soured the s'mores experience for the kids. Hubby Patrick promised a bonfire at the beach later in the month to try out the s'mores cooking again — with a different cracker.

I hit the stores, stuck with the non-cinnamon



"These almost taste like a matzo cracker," said Patrick with a grimace.

varieties, and then headed home for some finger-licking goodness. Friend MaryAnn, always ready to help with tasting, came over one evening and helped hubby Patrick and me find a better graham.

"Where do these crackers get their name?" asked Pat. "Who is Graham?"

The internet to the rescue. I sat at the computer and read from *Snopes.com*. "The Reverend Sylvester Graham, a Presbyterian minister who became a social reformer and ferocious advocate of healthful living, is the man who put the 'graham' into...graham crackers.... Graham (1794–1851) believed physical lust was harmful to the body and caused such dire maladies...as pulmonary consumption, spinal diseases, epilepsy, and insanity.... Graham believed a strict vegetarian diet would aid in suppressing carnal urges; to this end, he advocated a regimen devoid of meat and rich in fiber as a way of combating rampant desire. His famed 'Graham Bread' was fashioned from the coarsely ground wheat flour he espoused."

I left that statement hanging and dove lustfully into the crackers.

We started with a winner: the Nabisco Honey Maid (\$3.28 for 14.4 ounces at Walmart). "This completely conforms to what I think a graham

cracker should be," announced MaryAnn. "This leaves me craving milk...but in a good way," added Pat.

The next bunch of boxes left us less than satisfied. "More air than matter in this cracker," noticed MaryAnn, holding up a Great Value Honey Graham (\$2.50 for 14.4 ounces at Walmart), "and less taste."

The Kroger Value Graham Crackers (\$1.69 for a one-pound box at Ralphs) fared even worse. "These almost taste like a matzo cracker," said Patrick with a grimace. "Crunch and air, with a hint of cardboard," he laughed. "Sounds like a recipe for poor s'mores."

The Safeway Lowfat Honey Graham Cracker (\$2.49 for 14 ounces at Vons) was mealier than the average graham and carried a bad aftertaste. "Reminiscent of biting into an apple and thinking it's going to be crisp but it turns out mealy," added Patrick.

Albertsons Lowfat Honey Graham Crackers (\$1.69 for 14 ounces) had the opposite problem. The crunch of the cracker was audible across the room. "The texture of this is too much like a saltine," offered Patrick, "and too flaky. I don't think you want flake in your graham."

Its relative, Albertsons Honey Graham Crackers (\$1.69 for 14.4 ounces), lacked the flakiness but also lacked taste.

We finally tasted a winner: Ralphs Wild Animal

Honey Graham Crackers (\$1.99 for 9 ounces), meaty wheat taste, not too sweet, not too dry. But good ol' Pat, ever the naysayer, reminded us that they wouldn't work for s'mores. "Too small to work with them over the fire."

We left him to his grousing and cracked open another box: Annie's Bunny Graham's Honey (\$3.59 for 7.5 ounces at Henry's). We knew the small bunny-cookie size would also be a problem for s'mores.

Of the two Keebler grahams — the Original Graham Crackers (\$3.89 for 15 ounces at Albertsons) and the Honey Graham's Crackers (\$3.89 for 16 ounces at Albertsons) — the honey type struck the right sweetness-and-texture balance. The original was a little bland and dry.

Ralphs Graham Honey (\$1.99 for 16 ounces) perked the man right up. "Snappy, crunchy instead of mealy. These are my favorite. I'm not getting that licking-graham-cracker-paste-off-my-molars feeling. That's a good thing."

"They come in squares...very smart packaging," added MaryAnn. "The traditional-shaped crackers always snap, anyway. Might as well start them as squares."

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

dishwasher, balcony, fireplace. Gated parking, on-site laundry. No pets. Move-in special. 619-298-7724.

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UTC. 55+-. Spacious luxury living. Pool, spa, golf course. 1 bedrooms, \$995. 2 bedrooms and 1 baths, \$1145. Brand new! 2 bedrooms and 2 baths, \$1650. \$99 deposit, OAC. Town Park Villas, 4633 Governor Drive. 858-453-0441.

UTC/ LA JOLLA. \$1695. 1/2 off first month's rent. 2 bedroom, 2 bath at Verano. First floor. 3 parking spaces. Washer, dryer, large deck with storage. Hiking trails, pools, saunas, etc. Nonsmoking. No pets. Agent, 619-582-4119.

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T.G.I.F.

The sun-worshipping cult of Southern California has a genuine fear of the cold and dark.

By John Brizzolara

It may well be behind us as this sees print, but I will comment again on the fascination this part of the country has with the macabre at this time of year. Between Halloween — which really lasts weeks here — and Day of the Dead, we are possibly closer to our prehistoric roots than many other parts of the country.

By this, I mean that — assuming harvest festivals, dancing around bonfires, and rituals were the origins of All Hallows' Eve and what have you — we seem far closer to that tradition than an East Coast tux party with feathered black masks meant to decorate rather than conceal.

One theory (and I am no anthropologist) is that the sun-worshipping cult of Southern California has a genuine, underlying fear of the cold and dark. This may well be born of the cold, long winters from which we have emigrated or, in the case of the native San Diegan, a fear of the little known. I am among the former, having arrived from Chicago via New York, but my superstitions are more along the lines of what I call a duty-free set of Catholic sensibilities.

I am not suggesting that San Diegans believe much of this stuff: gob-

lins, red-painted devils in store windows, or (and I saw this on a window mannequin in Hillcrest) a life-sized woman wrapped in bloody bandages, suggesting extensive plastic surgery to the point of the grotesque. A fear of aging among the wrinkly adolescents of our town? Or is it all just playfulness in a town that loves to party?

I am suggesting that San Diego may well rival New Orleans or Rio de Janeiro when it comes to an enthusiasm for at least informal Mardi Gras sensibilities.

My own idea of a good time on a late October or early November night is to, first off, keep warm somewhere and to read something not only frightening but convincing and done with care. I refer not strictly to things that go bump in the night, the undead, or ghosts, but more often to works dealing with the truly horrible ways we can misunderstand each other, abuse each other, or the inexplicable kind of evil that seems endemic to our world. It is this last that will send me for metaphoric and spiritual cover.

Homelessness frightens me greatly...it is something of which I have had some experience. Hospitals, jails (where so many inmates seem to genuinely enjoy themselves), and insanity are always good ones. I am no doubt more than halfway arrived at insanity, but like so many with types of "unsoundness of mind," I can remain oblivious to it until some horrendous consequence to some particular madness results.

An online commenter asked me for some recommendations for weird and seasonal reading, and I have done enough of it — just not lately. Not too many columns back I mentioned Cormac McCarthy's novel *The Road*. This certainly is the single most frightening piece of fiction I have read in years, particularly for fathers of young boys.

As for Stephen King, I have enjoyed several of his books and stories but have little to recommend to the more discerning reader. His stories (and this is undoubtedly me speaking with some age) seem to take on more of the quality of white bread as I try one after another.

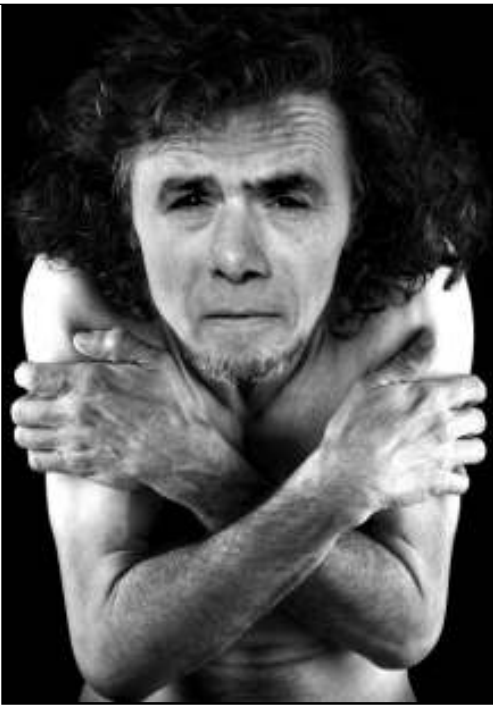
H.P. Lovecraft is an obvious choice and more reliable than many others who come to mind. Lovecraft himself was a fan of Edgar Allan Poe —

consistently capable of creeping one out — and Robert Chambers, author of *The King in Yellow*. If you haven't read it, give it your time and don't forget your patience.

Finally, when I was 25 years old, I happened upon *The Philosopher's Stone*, by Colin Wilson, with an introduction by Joyce Carol Oates. The sense of fear and intellectual excitement was extraordinary. A sequel, the unfortunately titled *Mind Parasites* (like a 1950s Roger Corman film), was equally disturbing. Both are Lovecraft pastiches and possibly more appropriate to intellectual entertainment seekers in their 20s.

Still, I recall how all of these stories have moved me in appropriately frightening ways at various times in my life.

For more stories by this author, go to sdreader.com.



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BACK WHEN *in the Reader*

Thirty Years Ago

A few months ago, local homosexual activists were eagerly anticipating passage of the first "human rights" ordinance in San Diego County. Legalization drafted by the San Diego Democratic Club, a political organization of liberal gays, included sexual preference minorities in a long list of groups against whom housing and job discrimination was not to be tolerated. County Supervisor Lucille Moore had promised to introduce the measure, and her colleagues Roger Hedgcock and Jim Bates had pledged their support for it (this assuming passage of the proposal).

— CITY LIGHTS: **"LOCAL GAYS TOSS LUCILLE BALL,"** Jeannette De Wyze, November 8, 1979

Twenty-Five Years Ago

When Carl walked down the streets of Encinitas at night he set the dogs barking. If he reads this I hope he'll understand and forgive me, but there was just something about him,

something eccentric, and the dogs knew it. Maybe they could smell it. Maybe they could hear it in the rhythm of his gait. They might let 50 people pass by in the dark, including fall-down drunks, gurus with shaved heads and third eyes painted on their brows, teenage hitch whores, and hyped-up marines gone AWOL. But when Carl walked by, their hackles rose.

— **"THE MAN WHO BROKE THE RULES,"** Steve Sorensen, November 8, 1984

Twenty Years Ago

A comparison of the October birth records in eight area hospitals (Kaiser, Coronado, Grossmont, Scripps in Chula Vista, UCSD, Tri-City, Mercy, and Palomar) shows several trends in San Diego county.

The most popular boys' names (in order of occurrence)

1. Christopher and Michael (a tie)
2. Alexander
3. Matthew
4. Nicholas
5. Johnathan

6. Ryan
 7. José and Daniel (a tie)
- The most popular girls' names

1. Jessica
 2. Brittany
 3. Ashley
 4. Stephanie
 5. Breanna and Sarah (a tie)
 6. Amanda
 7. Chelsea
- CITY LIGHTS: **"JUST NAME IT,"** Brae Canlen, November 9, 1989

Fifteen Years Ago

Juan Vargas is mad as hell. "I am adamantly opposed to Proposition 187. This is a racist, mean-spirited attempt," says the outspoken San Diego city councilman, who represents the largely Latino constituency of South Bay.

Vargas is so angry that he wants the city council to vote on a resolution he has drafted condemning Proposition 187, the so-called "Save Our State" ballot measure that would strip illegal immigrants of their social services.

But he's hit a roadblock: Mayor Susan Golding, who controls what goes on the council agenda.

— CITY LIGHTS: **"MAYOR SUSAN DUCKS A HOT PROPOSITION,"** Glenn Daly and Thomas K. Arnold, November 3, 1994

Ten Years Ago

"After my parents divorced, I was basically on my own. My father left me the money and the car. I had a checkbook, and I was alone in the house. One time I came home from school and he was smoking pot with my friends. My friends thought he was so cool, and I was like, 'Oh my God.'"

— **"CAN'T I JUST HAVE A DAMN VALENTINE?"** Lisa Michaels, November 4, 1999

Five Years Ago

On Halloween last year, Bob Petricelli bought a '67 Corvette. "I fell in love," he tells me, "with the Corvette and especially this style, way back in '63. One of the older guys had one." "Why did you wait so long to buy



San Diego Reader, November 9, 1989

one?" I ask.

"They're expensive. My car, new — I have the original bill of sale — cost \$4400 in 1967 at Courtesy Chevrolet. I'm the third owner. The first owner had it almost the entire time. The original owner lived about four blocks from the house where I grew up in Clairemont. I learned that from the bill of sale.

— DRIVEN: **"BOB PETRICELLI'S GREAT AMERICAN SPORTS CAR,"** Ken Kuhlken, November 4, 2004

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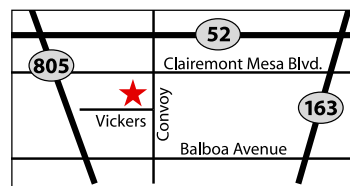
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THINGPART

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SHEEP AND GOATS
PLACES OF WORSHIP REVIEWED

Denomination: Roman Catholic
Address: 4070 Mission Avenue, Oceanside, 760-757-3250
Founded locally: 1798
Senior pastor: Charles Talley
Congregation size: 5000 families
Staff size: n/a
Sunday school enrollment: n/a
Annual budget: n/a
Weekly giving: around \$20,000
Singles program: n/a
Dress: casual to formal
Diversity: diverse
Sunday worship: 8 a.m., 10 a.m., noon (Spanish), 5 p.m.
Length of reviewed service: 1 hour, 10 minutes
Website: sanluisreyparish.org

This year, the City of Oceanside couldn't afford to host its downtown celebration of Dia de los Muertos, but the festival found a new (if slightly smaller) home on the grounds of Mission San Luis Rey. Masked caballeros stomped out their dances on the pavement in front of the bone-white Mission façade, followed by a bellowing brass band and then Mesoamerican dancers adorned with feathered headdresses. The emcee asked attendees to gather at 1:15, "when we will attempt to revive one of our dead." In the mean-

time, the crowds bought street food, poked around the vendors' stalls, and searched for a patch of shade.

Part of the festival's spiritual element — marigold-laden altars dedicated to deceased loved ones — was tucked a few dozen yards to the west, in front of the Mission's Serra Center (where the parish's faithful do their actual worshipping). A placard placed at the foot of one altar did some explaining: "The Day of the Dead is a Mexican celebration of indigenous Mesoamerican origin which honors our ancestors on November 1 and 2 just as the Catholic celebrations of All Saints' Day and All Souls' Day," which were in turn inspired "by the pagan Celtic ritual of Samhain, or The Day of the Banquet for the Dead. At present day, the Day of the Dead in Mexico represents a mixture of Christian devotion and pre-Hispanic customs and beliefs."

For instance: a trio of sugar skulls might signify the Trinity, and the memorial candles might bear Christ's image, but the Northgate Market

brand Pan de Muerto? That's for the spirits of the dead, drawn by the smell of marigolds so that they might enjoy once more the goods of the world. It's also important to have a bowl of water "for the souls to calm their thirst after the long journey" to the altar.

Death got a mention inside the Serra Center as well, when the man leading the prayers of the faithful asked intercession "for the dead — we remember and pray for those who have been called home to God by our sister, Bodily Death, from whom no one can escape. May they rest forever in the peace of Christ." The reference to death as sister came from St. Francis of Assisi's Canticle of the Sun, portions of which were depicted in backlit stained glass along the center's rear wall: "Praise be to You my Lord...through Sister Bodily Death; blessed are they she finds doing Your will."

But for Catholics, the general Day of the Dead was still a day away, on November 2. November 1 was for honoring the saints, those who, as the reading from Revelation put

it, "have survived the time of great distress," who "washed their robes and made them white in the Blood of the Lamb." Now, in heaven, they praised God's glory. (From the opening hymn, "Ye Watchers and Ye Holy Ones": "Respond, ye souls in endless rest/ Ye patriarchs and prophets blest/ Alleluia! Alleluia!")

The church was set up on an axis: baptismal font, Paschal candle, and pulpit at one end, facing the altar at the other. The congregation sat (or stood) on either side. Father Philip Garcia bore the Gospels from altar to pulpit and read Matthew's account of the Beatitudes: "Blessed are the poor in spirit.... Blessed are they who mourn.... Blessed are they who hunger and thirst for righteousness...." Then he descended into the space between altar and pulpit and began his homily, pacing and pausing as he preached.

"Saints," he said, "were people who continued to believe...no matter whether they were having a good day or a bad day. They continued to transform everything that



Mission San Luis Rey
Roman Catholic
Parish
Oceanside
★★½

Table with 2 columns: Category and Rating. Rows include Sermon content, Sermon delivery, Liturgy, Music (congregational, band), Snacks, Architecture, Friendliness, and a Poor to satisfactory scale.

they experienced into the blessing that renews the face of the earth. Brothers and sisters, we are called to the same thing. We are called to transform our hunger for righteousness so that others can have justice and peace.... We are children of God" who "through the light of Christ within our

life...become comfort and mercy and meekness and justice. We become the blessed."

At the presentation of the gifts, the cantor sang a long litany, asking for the intercession of Saint Timothy, Saint Elizabeth, Holy Mary, Saint Juan Diego, Saint Catherine Drexel, Saint Francis, Saint Lucy, and on and on.

Garcia's final blessing included a final invocation of the blessed. "God is the glory and joy of the saints. May the merits of the saints deliver you from present danger and their example of holy living turn your thoughts to the service of God and neighbor.... God's holy Church rejoices that her children are one with the saints in lasting peace. May you come to share with them in all the joys of your Father's house."

What happens when we die?

"Hopefully," said Garcia, "we wing our way back to the Genesis from where we came."

— Matthew Lickona

Videos of this church and others featured in this column are available at sandiegoreader.com.

metallic, all records, second owner. Bargain, \$10,300/ best. 619-408-9733.
MITSUBISHI ECLIPSE, GS, 1999. Hatchback, 2 door, automatic. Exterior: burgundy, rear spoiler. Interior: tan leather. Small front damage— still good condition. 100,008 miles. \$4500. 858-484-6026.
NISSAN MAXIMA. 2000. \$1000 down drives you away. Buy here, pay here. Vin #525704. A Plus Truck and Car Rentals, Inc. 760-633-3552.
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TOYOTA COROLLA. 1990. \$500 down drives you away. Buy here, pay here. Vin #299742. A Plus Truck and Car Rentals, Inc. 760-633-3552.
TOYOTA COROLLA. 1994 wagon. Original owner, well maintained, in

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VOLVO 850. 1995. \$500 down drives you away. Buy here, pay here. Vin #096837. A Plus Truck and Car Rentals, Inc. 760-633-3552.
VOLVO 850. 1996. \$1000 down drives you away. Buy here, pay here. Vin #240990. A Plus Truck and Car Rentals, Inc. 760-633-3552.
VOLVO S70 SE. 2000, 4 door, white exterior/ cream interior. Original owner, meticulously maintained, all records. Leather seats, climate control, premium sound. \$6300/ best. 619-818-6799.
VOLVO S80. 1999. \$1000 down drives you away. Buy here, pay here. Vin #026596. A Plus Truck and Car Rentals, Inc. 760-633-3552.
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CHEVROLET SILVERADO. 2001. \$1000 down drives you away. Buy here, pay here. Vin #134503. A Plus Truck and Car Rentals, Inc. 760-633-3552.
DODGE GRAND CARAVAN, 1996, Braun Entervan, side loading, wheelchair access van, \$4500. 858-384-2886.
FORD EXPLORER. Limited Edition. 1994. With most options including leather and 4x4. 6 cylinder. 113,000 miles. Burgundy

color. Well maintained. \$2400/ best. 760-602-9370.
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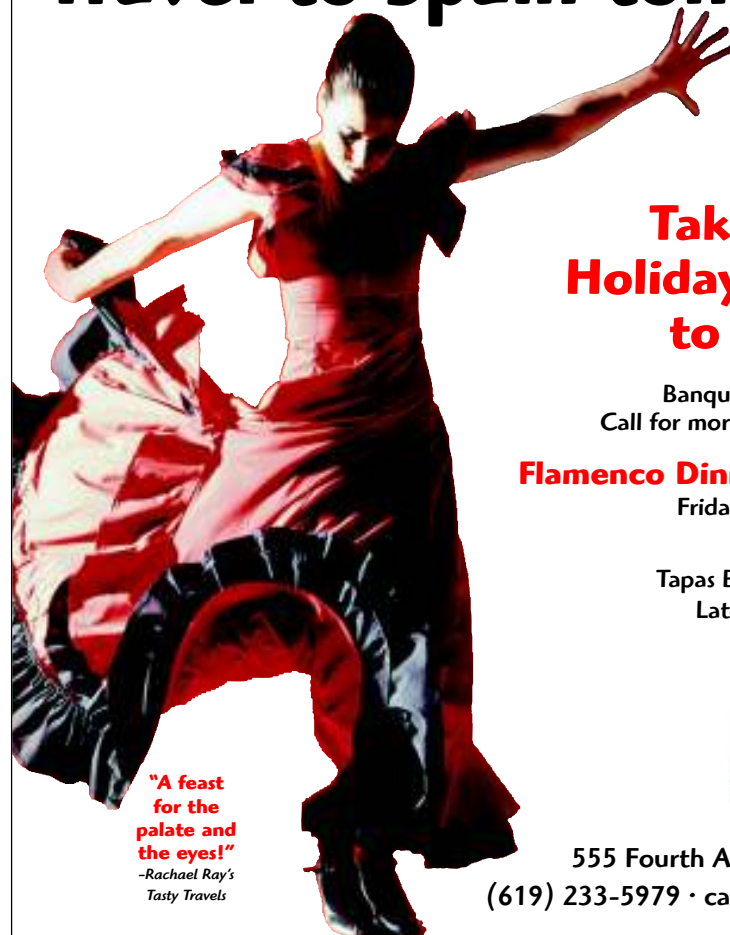
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