I never thought I’d become a Welfare Queen

Poverty does not become me. I’m sure it doesn’t become anyone, but it really doesn’t become me.

I was supposed to be somebody by now, and by that, I mean somebody other than this woman who holds up grocery-store lines with her WIC checks.
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Ariana, 20 years old, has received classical ballet training at California Dance Theatre for the past 11 years. She has attended summer programs on scholarship with American Ballet Theater, Ballet Paciﬁca and Boston Ballet, and recently competed in The American Grand Prix where she received the opportunity to dance in New York. We photographed Ariana at 3rd Street Dance Studio in Los Angeles wearing the Tank Thong Bodysuit in Lapis and Opaque Pantyhose in Sangria.
SAN DIEGO 2010
Black Film Festival
JAN. 28TH – 31ST
SPOTLIGHT ON AFRICAN AMERICAN & AFRICAN DIASPORA CINEMA
Over 100 Films Screened: Drama, Comedy, Documentaries, Gospel, Animation & GLBT

Tickets:
- Film Screening Tickets $10
- Screening Pass $50
  (Access to all films of your choice, each day of the festival).
- Festival Pass $100
  (Access to all films of your choice, each day of the festival plus access to all parties, panel discussions, etc).
- VIP Credential $200
  (Access to all films, all parties, Awards Dinner & Gala, and more).

Opening Day:
Meet & Greet Acclaimed Actor
Danny Glover
(Lethal Weapon, The Color Purple)
"Slap the Donkey"
After the Reception, Join Danny Glover for the West Coast Premiere of His New Film Thursday, January 28, 7:30PM

Thursday Jan 28th:
Opening Reception: 6pm
$25--Includes the opening reception with Danny Glover (Courtyard by Marriott, 6th & Broadway) and your choice of 1 of 4 opening films.
Opening Films: 7:30pm
- Slap the Donkey
- Coming Correct
- The Okra Principle
- 10-20

Friday Jan 29th:
Early Bird Screenings: 3pm
Don’t Miss The Early Bird Film Screenings.
Red Carpet: 5:30pm
Watch Filmmakers and Stars Arrive, 4th Ave at E St. Free To the Public. (In Front of Balboa Theatre)
Prime Film Screenings: 7:30pm
Catch World Premier Films.
Shaft Superfly Party: 10pm
$50 - An old-school party with soul and disco too. “Gone with your bad self.” The fun starts here.

Saturday Jan 30th:
Film Screenings: 11am - 8pm
All Day Long and Into the Night. Catch the Morning, Afternoon and Prime Screenings.
Panel Discussions: 11am
Join serious discussions on the state of African American cinema and the motion picture industry. Hosted by industry professionals. (Courtyard by Marriott). Open to the public w/ film Ticket.
Filmmakers Meet & Greet: 2pm
Meet filmmakers and motion picture stars at Regal UA Theatre, Horton Plaza. Film Ticket Required.
Awards Dinner & Gala: 9pm
$100--Dine with the stars at the Awards Dinner & Gala. Who’s the best director? Which is the best film? Black Tie. (Westin Emerald Plaza - Crystal Ballroom, Broadway & Columbia)
Awards Party: 10pm
$60--Immediately following the Awards Dinner, there’ll be dancing with the stars. (Westin Emerald Plaza-Diamond Ballroom. Broadway & Columbia)

Sunday Jan 31st:
Closing Films: 11am
Your last chance to catch the 2010 San Diego Black Film Festival screenings!

Box Office Information:
- Festival Office: Courtyard by Marriott 6th & Broadway. (Starting January 15th, Open Daily 11am - 7pm)
- Box Office also open at UA Theatre (during the festival).
- Tickets Available Now Online!

For More Info:
www.SDBFF.com
619.685.7215

Complete List of Films, Descriptions and Program Available Online and at Box Office
January 7, 2010

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San Diego Reader January 7, 2010

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

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**Car alarm**

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- $199

**You pay**

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**Paging Car Alarm Blowout!**

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

**Purchase price**

- $399

**You pay**

- $249

**Receive a $150 Instant Gift Card with this item.**

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**Blowout Deal on a New Technology Extended Range**

(up to 1 mile) Paging Car Alarm with Remote Car Start

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

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- $499

**You pay**

- $349

**Receive a $150 Instant Gift Card with this item.**

As calculated in box at left.

**New for 2009 – Introducing a fantastic new in-dash navigation unit with a 7” touch screen color monitor, DVD, CD, MP3 with iPod Control (cable optional), Built-in Bluetooth for Hands-free Calling. Navigation has turn-by-turn voice guidance, 12.3 million points of interest & Icons for specific Landmarks. Optional satellite radio, HD radio and rear-view camera, 6-channel 5v preamp outputs for connecting multiple amplifiers.**

**Was**

- $1299

**Now**

- $999

**Authorized Eclipse dealer.**

**ITEM OF THE WEEK**

**Phase Linear 7” Touch Video Screen which Plays MP3/WMA/USB/SD Card/DVD and has a front panel Auxiliary Input. Also this unit is 1-Pod Ready, has a rear camera input and is remote control capable with 2 composite video outputs. HURRY THESE WON'T LAST LONG!!**

**Was**

- $249

**Now**

- $199

**Super Sale on a Remote Controlled Car Alarm**


**Rear-View Backup System with Rear-view Camera and Mirror with Screen**

Save $100 off MSRP **Now**

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**Kenwood Huge Blowout on a 200-watt AM/FM/CD Player with Front-Panel iPod Input**

**Now**

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**Save over 50% off MSRP**

**Authorized Kenwood dealer. Installation charges not included.**

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**Car Audio Heaven Announces a SUPER SALE on The World’s Speaker Technology Leaders and**

Buy any set of Boston Acoustics or Infinity speakers & get the 2nd set of equal or lesser value **FREE!**

**Pioneer DEH 11E**

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**Sports Arena**

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**Kearny Mesa**

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**San Diego**

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

---

**Kenwood In-dash stereo**

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**$69**

---

**Coustic Car Audio**

- Includes (4) 120-watt 6.5” Speakers **Now**

- $149

**Authorized Kenwood dealer. Installation charges not included.**

---

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**Purchase price**

- $399

**You pay**

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-Shaun Phillips, Pro Football Player

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$400 Off
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- Most Insurance
- FLEX Spending Account
- Military and Law Enforcement Discounts

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---

**Affordable PPO Health Plans**

For Individuals and Families

<table>
<thead>
<tr>
<th>Age*</th>
<th>Male Rates</th>
<th>Female Rates</th>
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<th>Female Rates</th>
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<td>60</td>
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<td>$405</td>
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*Call for rates based on your age.

$30 Co-pay Office Visit • Prescription Drug Card
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Monthly rates effective 7-1-09 for San Diego County. Aetna $2500 PPO Plan.

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Monthly rates effective 7-1-09 for San Diego County. Aetna $2500 PPO Plan.

---
### Considering Laser Vision Correction?

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

**Free $500 Gift Card through January**

- $500 off both upper and lower lids* or
- $100 off either upper lids or lower lids.*

*See office for details. All offers not valid with certain plans or insurance. Cannot be combined with other offers. Must bring ad at time of visit. Offer expires 1/31/10.

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- **Marisa K.**

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San Diego contributed a total of $140,000 year to date. One thousand eight hundred ninety-six dollars was paid to the City of San Diego for its part, the City of San Diego paid $56,000 in the third quarter of last year shows that District Attorney Bonnie Dumanis attributed $29,466 of special assistant Gail Stewart-Brockman’s salary to her work lobbying the state legislature. Among the Dumanis office’s other lobbying-related expenses was a $258.66 tab at Sacramento’s Citizen Hotel, recently featured on the travel pages of the New York Times; the paper noted that the “designer boutique hotel that is part of California’s Joie de Vivre collection” features “a tented meeting space, gym and the trendy Grange restaurant and Scandal bar.” Another $269.14 was spent at the Hyatt Regency Sacramento. (A photo of a glum Stewart-Brockman on the Sacramento’s Citizen Hotel, recently featured on the paper’s website looks like a jail mug shot, in contrast to the beaming faces of most of the other influence peddlers there.)

For its part, the City of San Diego paid $56,000 in the third quarter to the lobbying firm of Sloat, Higgins, Jensen and Associates, for a total of $140,000 year to date. One thousand nine hundred sixty-one dollars was spent to take California’s secretary for natural resources lobbying firms and paid an additional $23.97 to $32,610 on Carpi and Clay.

SFO’s Mike Chrisman — who provided a free apartment to then–San Diego mayor Pete Wilson in 1982, when he was in the midst of a divorce and running against Jerry Brown for the U.S. Senate — gave $10,000 to Democrat Brown’s gubernatorial exploratory committee. Rancho Santa Fe’s Martin Wygod, chairman of WebMD, and wife Pamela demonstrated a contribution of $101,600. Cubic Transportation Systems gave Brown a total of $25,000.

La Jolla’s Donald Cohn — who provided a free apartment to then–San Diego mayor Pete Wilson in 1982, when he was in the midst of a divorce and running against Jerry Brown for the U.S. Senate — gave $10,000 to Democrat Brown’s gubernatorial exploratory committee. Rancho Santa Fe’s Martin Wygod, chairman of WebMD, and wife Pamela demonstrated a contribution of $101,600. Cubic Transportation Systems gave Brown a total of $25,000.

La Jolla’s Peter Farrell, executive chairman of ResMed Inc., gave $12,950 to Republican Steve Poizner’s campaign for governor. Cognex executive Robert Shillman gave Poizner $10,000, as did La Jolla’s Ann Agnew Woolley. Contractor Douglas Barnhart gave $500. Democrat Chris Kehoe, termed out of her state senate seat next year, is gathering cash for a prospective 2012 assembly race. Contributing $7800 was Pathway Genomics, a Sorrento Valley–based outfit offering a $199 DNA test kit that allows customers to “trace your ancestral path,” according to the firm’s website. Another offering, costing $299, provides information on “risk markers” for prostate and breast cancer, cardiovascular diseases, and “many more.”

Meanwhile, on December 23, the San Diego County GOP picked up $25,000 from Sempra Energy, bringing the utility giant’s grand total for 2009 to $28,500.

— Matt Potter

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

By Jeannette De Wyze

I asked Sergeant Bret Righthouse about the bad old days, back in 1994, before a cadre of mounted San Diego Police Department officers began routinely patrolling Balboa Park. Transients and illegal aliens had set up permanent encampments back then. Some had built huts on the rooftops of buildings such as the Balboa Park Club and the House of Charm. Illicit sexual activity was rampant, along with drug sales, in the brushy hillsides of the west mesa. Discarded syringes littered the playgrounds, and car theft rings abounded. “It was honestly to the point where I wouldn’t bring my family here,” Righthouse recalled. “Maybe you’d go to a museum for an hour or two, but it wasn’t a park you could just walk in and enjoy.”

When a 24-year-old actor was killed in a drive-by shooting one night as he strolled just walk in and enjoy. “Maybe you’d go to a museum for an hour or two, but it wasn’t a park you could just walk in and enjoy.”

This is a fitting time for reminiscence because the horse-patrol unit will soon cease to exist, a victim of the current efforts to eliminate the City’s massive budget deficit. Although the unit’s numbers over the past few years have dwindled, department higher-ups have calculated that some $243,000 in operating expenses can be saved by getting rid of the horses. That figure includes such items as feed and vet bills and the 3.5 percent bonus earned by the seven remaining mounted officers. (It doesn’t include their salaries. The base pay for experienced police officers in the City of San Diego ranges from $63,048 to $76,200 per year.) The five men and two women will be reassigned to other jobs within the department. As of Monday, all the tack and other gear at the unit’s headquarters in Gold Gulch (the little canyon that runs behind the Organ Pavilion parking lot) had been inventoried and packed up. The eight horses were confined to pens in back of the police barn, their fates undecided. Righthouse was expecting to get word to put them up for auction, using an online auction service, where each animal probably would fetch $2000 to $2500, if previous

continued on page 12

continued on page 12

shortly after midnight Wednesday. Initially, the car lot was set upon by a “commando-type” attack team of at least ten men who hurled incendiary devices into parked automobiles, destroying ten of them. Afterward, the adjacent hospital was strafed with assault rifles, shattering windows and damaging the façade. Nearly 100 shell casings were found in front of the hospital.

A piece of paper with a “narcomensaje” was left behind, indicating displeasure with the doctor’s treatment initiatives. The doctor speculates that his clinic and the car lot were targeted because he had treated four men with gunshot wounds on Monday, December 28. The doctor said two of the men were DOA. He also stressed in his statement that he does not discriminate in offering medical services to those who seek it.

Source: Frontera, El Mexicano, El Sol de Tijuana

By T.B. Beaudeau, 1/2

Grub on the Run

Cappuccinos and Burritos on the Trolley Line

Mission Valley — On a chilly morning last weekend, the San Diego Metropolitan Transit System unveiled a new food kiosk on the platform of the Fashion Valley Transit Center. The retail kiosk — dubbed Station Shop — replaces a trailer snack bar and vending machines. For sale are...
Bankruptcy
$795
plus court fees

Chapter 7

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- Chapter 7 Bankruptcy:
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Not way up
continued from page 6

and leasing jobs dropped by around 2 percent.

This year, real estate will be spotty — bad in some categories, good in others. Last year, permits for new single-family homes were dismal. But interest rates and prices have come down sharply. In 2009, single-family permits were around 2000 — “the lowest since World War II,” says Alan Nevin, economist for MarketPointe Realty Advisors. This year, “I would be stunned if it hit 2000,” he says. “There will be no condominiums started, but there could be as many as 1500 apartments. These are projects being built on land meant for condo development.” There are also what Nevin calls “broken projects” — originally intended as condos but now containing both condos and rentals. With prices having taken a bath, “The resale market is booming,” says Nevin. “The problem is that there is virtually no inventory because owners of homes that are not in trouble are not listing them. We are down to less than a three-month inventory, and typically you would want a six- or seven-month inventory.”

Last year, half the sales were foreclosures or so-called short sales, transactions in which the bank agrees to take a hit on the home price. This year, foreclosures and short sales will be about one-third the total, says Nevin. All told, it appears that there won’t be a big gain in real estate jobs this year.

The second-largest sector of the San Diego economy is government — 17 percent. That compares with 13 percent nationally and 12 percent in California. This includes the presence of the military (uniform and nonuniform personnel, for example). These figures do not include money that pours into San Diego in aerospace/defense contracting, including shipbuilding. However, employment in aerospace manufacturing was off more than 9 percent last year. The county once had much more aerospace contracting and military presence than it does now. From an economic standpoint, I would rather see San Diego be a Navy Town, as it used to be, than a Real Estate Town, which it is now. Once a building is constructed, it doesn’t add much to the economy other than taxes (hopefully). Construction employment has been sinking for some time and last year was down more than 9 percent.

Government employment tends to be steady, and the military contribution should be relatively stable. One of the biggest battles locally is over the extremely generous pay and pensions of government employees. With the City teetering on the brink of financial disaster, many say that government pay and fringes should be slashed. But there are laws protecting the benefits, and politicians don’t want to battle with politically potent government employees.

In the United States and in San Diego, manufacturing has fallen dramatically in the past 50 years, replaced by various kinds of service jobs. In San Diego, business and professional services make up 14 percent of the economy, third highest. This trend is serious because manufacturing jobs tend to have higher wages than service jobs. In the U.S., manufacturing has dropped from 28.3 percent of the economy 50 years ago to 9.25 percent. It’s worse in San Diego — the plunge has been from 27 percent to 7.6 percent over roughly the same period.

From 2001 through 2008, San Diego had one of the fastest-growing economies in the nation, says Cunningham. The major reason was the growth of technology, including biotech. But last year, employment in technology-manufacturing areas such as computers and peripherals, electronic instruments, and audio and visual manufacturing dropped between 3 and 7 percent. “For the first time in a long time, that business was down,” says Gin. “But that will be one of the strongest in 2010, with biotech research and development the strongest.”

Leisure and hospitality services are 4.5 percent of the local economy. Through October of 2009, the total number of visitors to the county was down 5.5 percent from 2008 and down almost 8 percent from the same period of 2006, according to Convention and Visitors Bureau figures. Employment in tourism took a hit last year. Hotels were particularly vulnerable, says La Jolla tourism guru Jerry Morrison. Through November of 2009, occupancy was down 9.7 percent and revenue per available room down 21.1 percent, according to Smith Travel Research. Hotels that were built or refinanced in the past five years are underwater financially, says Morrison. “I’m afraid that 2010 will wind up the same as 2009,” says Morrison.

Agrees Skip Hull, vice president of CIC Research, “Discretionary leisure travel depends on spending, and you have to have jobs to have income for travel.” And most economists believe that U.S. unemployment will remain high all year. Potential visitors won’t have the funds, and companies slash travel, including convention attendance, in bad times. “I hope I am wrong, but I expect a flat year — bumping along a bottom. We might get some growth in the third and fourth quarters, but it would be modest. Our hopes are pinned on 2011, but it will take a couple of years beyond 2011” for San Diego to get back to levels before the industry took a big rainfall.

Ah, but there is some good news. Gin predicts San Diego will add 2000 to 3000 jobs this year. That doesn’t sound like much, since total nonfarm employment is 1.25 million. But some other economists are predicting further job shrinkage, says Gin.
In summer, the teams “like a citywide strike force.” Horseback could be used to recognize that cops on little, police supervisors Righthouse said. Little by to enlist its aid. “All you had troubled areas. The unit the equestrian unit had begun parts of the city and how attention of police in other years. He recalled how the had working in the unit over experiences showed him that “ten horses rear up or stam- and noises that would make a crowd with a horse is far less than that required by foot officials. We move very slowly; we don’t even touch panicking. Crowd control (Because it was a holiday, didn’t work the beach. The sergeant and his offi- turned out to be quiet, and event. But that block party officers weren't invited back. In the absence of the mounted teams, the crowd was fractious again. So the horse units returned the year after that — and once again things were so quiet it appeared as if they were unnecessary. Righthouse also notes that the infamous Labor Day 2008 melee in Pacific Beach occurred on the only day that entire sum- mer when the mounted unit didn’t work the beach. (Because it was a holiday, the officers would have qualified for extra pay — an expense the department decided to forgo.) As intimidating as a mounted officer can be, the irony still seems to amaze Righthead. That many people feel “the horse is the most approachable, lovable thing.” That startled him in his early years on a police horse. Parolees whom he’d sent to jail would walk up to him and his hackles would rise. Bad guys don’t usually approach cops. But as often as not, the guy would want to know if it was okay for him to pet the horse. Righthouse says sometimes it was okay with him.
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a description of the suspect and the suspect’s clothing: jeans and a sweatshirt.

The suspect was spotted and detained by police less than a mile from where the incident occurred on Woodland Way. Carlsbad police lieutenant Kelly Cain said the suspect was found wearing the victim’s jeans and sweatshirt.

No Room at the Pier
Tight Security on Ocean Boulevard

Pacific Beach — The day after Christmas, I took a friend to the beach in P.B. Near Crystal Pier, I was talking about the cottages built there in the ’30s. I noticed a bunch of people with walkie-talkies yelling at a couple. After 15 minutes of this, the couple walked away. Down Ocean Boulevard a few blocks, three cop cars surrounded the couple. They were detained for an hour.

After they were allowed to leave, I asked the couple what happened. Caryn Pearl told me, “My boyfriend and I were passing the cottages and thought we’d take a look. The gate was opened, and we walked down. One of the [cottages] was open, so we went inside. We were talking about possibly renting one and wondered if the noise or waves would be too loud.”

“The door burst open and a crazy-looking guy came in. We had walked by him a few minutes earlier. I thought he was just a homeless person. He yelled at us about trespassing.”

“We walked outside and there were people with walkie-talkies that started yelling at us. We told them we were just looking at the place and they asked about my backpack. They also asked why we shut the door. The manager first offended me by saying, ‘You must be the stupidest person on the planet to think you could go in there.’ As we talked, he said, ‘You are so fucking stupid.’ At that point I walked away. He said he called the cops, but I figured he was lying.”

By Michael Donovan, 12/31

Victorious Seals
But Five Pups Lost

La Jolla — Wednesday morning, December 30, volunteers from Seal Watch manned their posts in the cul-de-sac above the La Jolla Children’s Pool.

“The most current news is unfortunate,” said Tony, a Seal Watch volunteer. “We’ve lost five pups due to premature births just this month.” Tony stated that a rope barrier was erected on December 16 on an emergency basis as a way of protecting both seals and their observers.

“Propped up on the seawall beside Tony was a sign that read: ‘Please Don’t Go On The Beach When Seals Pass Rope.’”

“A long-awaited victory for the seals occurs tomorrow, January 1, 2010: a state law goes into effect that allows the City to manage the beach as a marine mammal park.”

By Carolyn Grace Matteo, 12/31

Comments

1. Disturbing to some readers, long-time surfers, and others, is the fact that we have to go to work every day, whereas these know-nothing, bleeding heart libs seem to have all the time in the world on their hands. Clearly, they don’t spend any time at any of the harbors where the seals are more than a mere nuisance. At any given time, there are hundreds, if not thousands
of them, pooping, barking, creating havoc with the environment, interfering with commerce and the movement of watercraft. Five pups, in the greater scheme of things, is not even a drop in the bucket.

By bluewhitegokart 2:41 a.m., Jan 1

2. Actually, the animals you speak of that bark and you say are a nuisance are sea lions. Sea lions have large front flippers and are much more animated than seals. La Jolla’s seals are the only seals I know of that we can observe so closely in their natural habitat. That is why there is such a movement to protect them.

By Pigfiddle 6:25 a.m., Jan 1

Tag — You’re It

16-Year-Old Booked on 232 Counts

Vista — According to a sheriff’s press release, deputies arrested a prolific graffiti tagger at his Vista home on December 28. The 16-year-old suspect was booked into the San Diego Juvenile Detention Facility on 232 counts of felony vandalism.

Most of the damage was done to Vista’s South Santa Fe corridor but was not exclusive to that area. For about a year, the tagger painted graffiti on homes, businesses, sidewalks, and “anything else he could find,” said deputy Elvis Cabrera.

If convicted, his parents will have to pay for the damage, which city officials estimate to be over $100,000. An investigation is still under way to determine if an additional 85 acts were committed by the same young man.

By Craig Vansant, 12/31

Comments

1. I’d like to know where they got 232 counts? Not only is it a weird number, but, I’d like to know if the cops were watching him and recording 232 counts. This story seems awfully fishy to me.

By PistolPete 11:10 a.m., Jan 1

2. Police photographed graffiti, due to gang connections, and also, they recognize certain taggers work because of the frequency they come across it, and will document it and pursue finding the person responsible.

There is a freeway on-ramp at S. 35th and Oceanview Blvd., N-15, that features a large blank wall, constantly graffitied, and it is right across the street from a firefighting station. Taggers work in teams, one as a lookout, one as the tagger. They are hooded and wear dark clothes, so you can’t identify them, or call the police to catch them.

Tagging is an addiction. You have to treat taggers to break them out of the addiction.

By CuddlFish 11:22 a.m., Jan 1

Almost All Aboard

The Smoking Samaritan Oceanside — While purchasing a train ticket shortly after 7:00 p.m. on Sunday, December 27, I witnessed some of the chaos of this holiday travel season.

An Amtrak passenger had been left behind after she had detrained in Oceanside. She was expecting the train to take her to the next stop in Solana Beach.

As I waited in line to purchase a ticket, I heard an Amtrak ticket clerk page the passenger. The woman came rushing in, and the agent told her that the conductor was on the phone and had the purse the passenger had left on the train.

The angry passenger yelled, “That [delusional deleted] woman that was continued on page 16
working left me on the platform after I got off the train to help an 80-year-old woman. She closed the door in my face, and as I was running alongside the train she just looked at me."

From their ensuing conversation, I learned that the passenger had also gotten off the train to smoke. She told the station employee that the train conductor told her she had to be 20 feet from the door in order to smoke and that because the train was about 15 minutes late not to get off.

The empathetic ticket clerk called the Solana Beach station and had an employee meet the train to retrieve the passenger’s belongings.

By T.B. Weipert, 12/31

More People, More Stuff
Better Treasure in the Wet Sand
Mission Beach — Last Sunday afternoon, December 27, Eric Olson and his wife Takako, each armed with a metal detector, scoured the sand.

“We’ve been doin’ this for about a year and a half now,” said Mr. Olson. “We’ve found about 83 rings so far...most of ‘em silver.” In addition to rings, the Olsons said they have found coins, necklaces, and cell phones. When I asked Mr. Olson what they did with the valuables, he said, “We keep ‘em...unless they’re traceable, then we try to find their owners.”

Although the two were searching dry sand, they both agreed that searching wet, compact sand is better. “You’ll find more stuff in the dry sand...but better stuff in the wet sand,” said Mr. Olson, pointing toward the water.

The Olsons are members of a club called the Coinshooters of San Diego. One of the club’s members (and a friend of the Olsons’) is Frank Trutta, who has made a business out of searching for treasures on the beach and is available for hire to help those who have lost valuables.

“O’ course,” said Mr. Olson, “summer’s always better...more people...more stuff.”

By Carolyn Grace Matteo, 12/29

Contamination Remediation
Bad Soil on Market Street
Downtown San Diego — The Centre City Development Corporation announced on Tuesday, December 29, that environmental remediation work will soon begin on an agency-owned location on the 700 block of Market Street.

The East Village site is a 187-car parking lot surrounded by Market Street, Seventh, Eighth, and Island Avenue. The project—which will remove a significant portion of contaminated soil from the site—is expected to begin on January 4 and will take approximately five months to complete.

By Nathaniel Uy, 12/31

H1N1 — You Swine
Almost One Million Vaccinated Here
Downtown San Diego — According to the County of San Diego Health and Human Services, the number of cases of the H1N1 virus is on the rise. Last week, the county released news that four people who had passed away later tested positive for the flu formerly known as Swine.

Those deceased include three males, aged 39, 45, and 56, and a 37-year-old female. Of the four, two had “underlying” medical conditions.

“Fifty-four individuals were San Diego County residents while the other seven were nonresidents visiting our community at the time of their death,” read the press release. “San Diego County has had 771 hospitalized cases of H1N1 to date.”

So far, through December 18, there are 985,000
One for the Bicyclists

Clairemont Drive

Restriped

Clairemont — On December 17, a group calling itself the Clairemont Residents for Common Sense called a meeting with City of San Diego senior traffic engineer Gary Pence to discuss the loss of two lanes on a main artery. Citizens had awoken one morning to find a section of Clairemont Drive between Burgener and Denver restriped, changing it from two lanes in both directions to one lane with a bike path. This stretch of road being a main artery to the i-5, commute times got a little bit longer.

About 50 citizens attended the meeting at the South Clairemont Recreation Center, with councilmember Donna Frye representing the mayor’s office. Frye had to remind everyone present to keep it civil. Residents stated that the restriping caused significant delays during peak hours and stated that the City of San Diego did not gather input from the community before changing the flow of traffic.

Gary Pence showed statistics on accidents in this downhill area. He shared strategies the City had employed before changing the lane configuration. Although one group of Clairemont residents demanded that the street be immediately restriped to the old configuration, a surprising number of residents (over 50 percent) preferred the new single lane due to the enhanced safety of all the road users, including bicyclists.

By Dorian Hargrove, 12/28

Comments

1. So what you’re reporting have been filled in doses of the H1N1 flu vaccine have been filled in San Diego County. By Dorian Hargrove, 12/28

Comments

1. The city screwed this up. What they should have done was have one lane going up the hill and two lanes going down the hill. This would still leave room for the bike lanes.

By PistolPete 4:40 p.m., Dec 29

Clairemont — Restriped Clairemont Drive

Comment

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Fish Flakes
Your restaurant column frequently recommends Operacaffe on Fourth Avenue as being a good restaurant for “locals only.” (“The Year in Restaurants,” December 31).

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

Praise The Pharmaceutical Companies
Re: “The Little Pills That Sent Me on My Journey” (Cover Story, December 31).

I always enjoy the Reader and have never felt the need to actually send an email to respond to any particular article. But today I must say that has changed. As a person who was diagnosed with depression 12 years ago, then bipolar II disorder, I would like to draw a line in the sand.

In addition, I am also currently an LVN who works with the mentally ill.

Without medication, many people will not return to their lives or their “normal” standard of functioning. This just doesn’t include those with anxiety, depression, or phobias, but even those with such serious illnesses as schizophrenia. As I teach my clients, the medication is able to take you halfway, and you must do the rest. Will there always be the need to take the medication? For some the answer will be no, but for others yes, they will have a lifetime of taking medication and of having to adjust those medications as their lives change and their bodies change as well. So praise the pharmaceutical companies for developing drugs that help, as it is a very expensive thing to do. I have seen it change many, many people’s lives — as, in having no life to having their life back.

With respect to the writer, D.B. LVN via email

Sorry, Atheist Offspring
In the December 24 cover story, “This Is Christmas, Damn It! What Happened?”, Matthew Lickona’s interlocutor Thomas Reifer writes that his parents were “Jewish atheists.” I’m sorry, Thomas, but his parents were “Jewish atheists” just because the father was Jewish and the mother was an atheist. This is not the case in Judaism. There is no concept of “Jewish atheist.”

Sorry, Atheist Offspring

I went through the psychiatric mill for 30 years. No medication worked for me, and like Taylor says, the doctors just hand you the next pill. The symptoms of my illness were easier to tolerate than the side effects from the meds. I think psychiatry is a bogus field and if you take a pill it helps, then good for you. But if it doesn’t, and it often doesn’t, you shouldn’t have it forced on you. My former therapist has been in the business for over twenty years and says sometimes meds work and sometimes they don’t. She had seen me struggle with the side effects and supported me when I did away with all drugs.

Last summer, I stopped seeing her and started concentrating on my health and practicing Zen Buddhism. When I saw my primary care physician in September, I thought she’d jump all over me for not being on meds, but she said, “You look better than I’ve ever seen you look.” She’s been my doctor for years.

Sorry, Matt Lauer. I’m with you.

Ken Leighton responds: Original talent buyer Mac Falk put the Belly Up on the map. He died of a heart attack in 1995. While Mac brought many breakthrough music acts to the Belly Up, he also brought spoken-word headliners like Hunter S. Thompson, Abbie Hoffman, and Soupy Sales to the Belly Up. Nobody made Mac laugh like Dave Bradley, an outrageous singer-songwriter who wrote hilarious songs. He played in various local nightspots in the ’70s. Mac had him play the Belly Up regularly, and Mac recorded some of his shows. I think he even released some of those recordings on vinyl. As I recall, Dave Bradley moved out of the area many years ago.

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

Cover Story
Published Dec. 30
By thestoryteller 2:28 p.m., Jan. 1, 2010

I went through the psycho-
Heymatt:
Why when a guy breaks up with you do people say you have a broken heart? Where did your heart start to be the same as sadness or emotions?
How can your heart break?
— Heather B., via email

Yeah, Heather, it’s hard to believe that some middle-school dork who takes somebody else to the annual sock hop can crinkle your heart into little pieces. But you know, it’s possible. Sort of. Mildly, but crinkled nonetheless. You may not get it now, but odds are there will be major crinkling in your future. That’s just how life goes.

And it’s gone that way since pretty much forever. There are references to the heart as the center of emotions from the earliest writings. So, there must be something to this “broken heart” thing if it’s lasted this long. But, of course, emotions don’t come from the heart; they come from the brain. The limbic system, specifically. But since no one can feel what’s going on in their brain but can really feel the gut-punching, chest-crushing misery of a broken heart, no wonder we’ve connected hearts and despair for millennia.

But does a heart really break — like bad valves on a Chevy? The folks at Johns Hopkins med school decided to get to the bottom of it. In the end, they came up with the official medical diagnosis of broken-heart syndrome. It mimics a mild heart attack, and it seems to be caused principally by stress. The stress of having true love walk out the door or your dear dog die or living with a spouse that short-sheets your bed and hits you with frying pans, that sort of thing.

When true love hits the road, the immediate stress registered in your brain is a signal to shoot adrenaline and other stress hormones directly to your brain is a signal to shoot adrenaline and other stress hormones into your bloodstream. Blood pressure and heart rate increase, the immune system punks out, heart vessels work harder, and the added workload weakens the heart and makes actual physical changes in it. That’s what the medicos call a broken heart. You have to agree, it’s pretty broken down. Luckily, the symptoms aren’t permanent. Within a week or so they’re usually gone, unlike heart attacks, which make permanent heart muscle changes.

If lost love is stressful, so is new love and other good stuff. When you’re going all googly and texting each other like crazy, you’ve got another big load of adrenaline in your system. But this time you also get endorphins and other “good stress” hormones that make you feel terrific, and the effects are not damaging.

So, the ancient Greeks were right, your heart can “break” like a cheap watch. Who’s most susceptible? Postmenopausal women, say Johns Hopkins. Nine out of ten subjects with a broken-heart diagnosis were women. It’s known that the hormones associated with falling in love produce a stronger addiction in women than in men. And when the endorphins are suddenly removed, women suffer a stronger negative reaction than men do.

So, there you go, Heather. Grandma Alice’s advice to keep you out of the ER with broken-heart syndrome! Stay calm. Stay alert. And remind yourself often that there are other fish in the sea. Or other dorks in biology class. Whatever your particular gene pool happens to be.

Matt:
Do flies get sick? Considering the environment they live in, you’d think they’d be fighting off bugs all the time.
— Bugged, La Mesa

Heck, yes, flies get sicker than dogs. But not very often. It’s only logical that any creature destined to spend its life wallowing in garbage, feces, and rotting flesh must be able to handle most of what comes its way. One slow afternoon, when nothing else was going on in the lab, I guess, some scientists decided to count the bacteria residing on a random sampling of garbage-dwelling flies. Average population was 3.683 million per fly. Of course, a bacterium or two will inevitably find its way inside the fly. As will viruses, protozoa, worms, and fungi. Flies not only stomp around in filth, they eat it, too. Flies are more revolting than you ever imagined.

Just as a nuclear-plant worker might get suited up to dig around in a pile of plutonium, our friend the fly is protected from its environment by its hard outer shell, its exoskeleton. The chitin-and-protein armor is tough, resistant to chemicals, and waterproof. That helps reduce the fly’s exposure to infectious microorganisms in the first place. But when they are infested, the bug’s digestive fluids destroy most of the invaders.

And from time to time, the fly is over whelmed and heads into a swoon. Since flies aren’t particularly complex organisms, they usually go from a lively musca domestica to musca mortissimo in short order, with only a fleeting period spent as musca not-feeling-so-hot.
I'm not saying it's not a great story — it is a great story, and I'm not saying it's untrue. I'm just saying it's a story. Imagine how many interviews Oher, his adopted mom, dad, sis, and brother have given over the past nine years. The December 29 special edition of 20/20 is only the latest broadcast about Oher. Before that there were write-ups in the New York Times, USA Today, Oprah.com, and everywhere else — you get 556,000 "Michael Oher" hits on Google. Movie promotions, book promotions, speaking engagements — "Michael Oher Available For: Corporate Appearances, Endorsements, Speaking & Autograph Signings." And, "Sean & Leigh Anne Tuohy. Subjects of The Blind Side. Exclusive Representation by Greater Talent Network;" years of it.

Do that many interviews and you become a polished interviewee. Reporters ask the same questions, so you develop the same answers. It's not that you're trying to present a false front, it's more a Pavlovian response. You see the interviewer react positively when you say, "Dog food is too expensive," and you think, Hm....that's a good answer. You repeat your good answer in the bestsellers list. And three years is only the latest broadcast about Oher. Didn't begin that way. His mom was a crack addict, and he never met his father. Oher was one of 13 children, on his own from the age of seven. He attended 11 schools in nine years, occasionally stayed in foster homes, occasionally homeless, always without a family.

I don't altogether buy the public version of how this happened, but in 2002 he enrolled in a private Christian high school outside of Memphis. He came in functionally illiterate with a D- grade point average, still semi-homeless, still sleeping around in different houses. That slowly changed when he came across Leigh Anne and Sean Tuohy and began staying at their house. The Tuohys eventually became his legal guardians. They brought in tutors, paid his way, made him one of their own. Michael raised his grades from 0.6 to 2.52, accepted a scholarship to Ole Miss, while there made All-Everything in football and the dean's list twice. He graduated in criminal justice, was taken in the first round of the 2009 NFL draft by Baltimore (signed a five-year, $13.8 million contract), and has started every game as left or right offensive tackle, in this, his rookie season.

The movie is actually about the white family (dad owns more than 70 Taco Bell and Kentucky Fried Chicken outlets) that takes in a black homeless teenager, gives him their love, money, and time. The boy with a D- average goes on to become a college graduate and NFL star.

Regarding Michael Oher

BY PATRICK DAUGHERTY

SportingBox
Maranatha Christian gets revenge against Pacific Hills
Posted December 29, 2009
Maranatha Christian exacted a bit of revenge Monday night in the quarterfinals of the MaxPreps Holiday Classic Senators Division. The Eagles knocked off Pacific Hills (West Hollywood) 60-44 at Cathedral Catholic, avenging a first-round state playoffs loss from last season.

“It helps with our confidence, and it shows us that we’re ready to play on that level,” said Maranatha Christian point guard David Porter.

In the first half, neither team led by more than four, and Maranatha Christian led by only two at halftime. The Eagles took control in the second half with a stifling defensive effort, frustrating last year’s Division V state runner-up with a two-three zone and holding the Bruins to seven third-quarter points.

“We picked it up on defense and played the lanes a little bit,” said Eagles head coach Raleigh Nichols. “We took their shooter out of the game. We just had to move out our defense a little bit.”

Late in the third quarter, Maranatha Christian pulled away with an 11-0 run capped by a Chen Cai jumper to take a 39-26 lead. The Eagles never led by less than nine the rest of the way en route to a 16-point win.

La Costa Canyon wins a nailbiter in Holiday Classic
Posted December 30, 2009
La Costa Canyon’s road to the MaxPreps Holiday Classic American Division championship game has been anything but comfortable. The Mavericks beat St. Joseph Notre Dame (Alameda) 57-55 in the semifinals Tuesday night on their home court — winning their third games in the tournament by a combined six points.

“We’ve been in this situation before,” said Mavericks center Dennis Kramer. “I thought we came through in the end and made some plays down the stretch.”

After La Costa Canyon led by seven at the end of the first quarter, both teams played evenly in a back-and-forth game. For the first time in the tournament, the 6’10” Kramer played against someone his own size in the paint, St. Joseph Notre Dame’s 6’10” center Brendan Keane.

“It gets me going. I get tougher inside and keep going strong to the basket,” Kramer said. “I look at it more as an advantage.”

Both Kramer and Keane found themselves in foul trouble in the second half. The Pilots center picked up his fourth foul with 3:02 to play in the third quarter, while Kramer picked up his fourth with 6:02 to play. Both bigs saw limited action in crunch time as a result. Both ended up with 12 points.

With the win, La Costa Canyon (12-0) plays Los Osos (Rancho Cucamonga) (10-2) in the American Division championship Wednesday at 5:05 p.m. at T orrey Pines. The Grizzlies advanced to the title game by beating Foothills Christian 81-77 in overtime in the first semifinal.

How does Sweet Leaf Tea create some of the most stylish email campaigns around? They use Emma.

Meet David and Clayton. As co-founders of Sweet Leaf Tea, the best bottled homemade goodness in Austin, they’re using email to share the latest products, announce contests and build their quirky brand. And they’re doing it in style, with Emma’s custom design, real-time tracking and exceptional service. It’s easy, it’s affordable, and it’s helping 25,000 organizations just like Sweet Leaf Tea send their email campaigns in style.

Hey, we’ll drink to that.

What’s new at Sweet Leaf Tea? Join their email list at www.sweetleafftea.com and be among the first to know.

We paid $65 for this story. What are you waiting for?

Almost All Aboard
By T.B. Weipert | Published Thursday, Dec. 31, 2009

While purchasing a train ticket in Oceanside shortly after 7:00 p.m. on Sunday, December 27, I witnessed some of the chaos of this holiday travel season.

An Amtrak passenger had been left behind after she had detrained in Oceanside. She was expecting the train to take her to the next stop in Solana Beach.

As I waited in line to purchase a ticket, I heard an Amtrak ticket clerk page the passenger. The woman came rushing in, and the agent told her that the conductor was on the phone and had the purse the passenger had left on the train.

The angry passenger yelled, “That lextקטive deleted! woman that was working left me on the platform after I got off the train to help an 80-year-old woman. She closed the door in my face, and as I was running alongside the train she just looked at me.”

Up to $75 for stories, $10 for photos, $15 for videos. sdreader.com/neighborhoods
BY JOHN BRIZZOLARA

“I’ve been coming here for 10 or 15 years. We don’t have many places like this. It’s something special.”

It is the Sunday after Thanksgiving, two days after “Black Friday,” a term originating (according to Wikipedia) with the Philadelphia PD in the 19th Century to denote this holiday’s weekend traffic that is a bitch to police. In weeks I will turn 59 years old, and I find myself with a menu in my hand at Hob Nob Hill, at 2271 First Avenue at Juniper Street.

Hob Nob has attracted much publicity over the years and recently was featured on the Food Network. I didn’t see it. And if Mr. Bedford has recently written about it, I am unaware. No matter, anyway, this is no restaurant review. I do not even get to coffee this particular morning.

The seating capacity for Hob Nob must be close to 200, and some ten to 200, and some ten to 200, and some ten to 200, and some ten seating choices near them. Chambers has made a point of bringing his brunch date here, it would seem.

The food? “I really like the food,” Chambers says.

On my trip to the men’s room and back, I had noticed the plates of seated patrons sported multicolored foodstuffs: tomatoes, fruit, and vegetables. Even clay-colored frijoles and cheddar cheese offset the popular biscuits and gravy, and Cream of Wheat or oatmeal, and the memory of Hob Nob as a sea of white gruel for the toothless. The most expensive item seemed to be filet mignon and two eggs at $15.25. “One thing I like is that they write out the price in cursive. I haven’t been back in so long, I guess I’ll find out if it has improved.” Chambers does point out the larger number of patrons under 60 than I recalled from years ago.

Chambers and his friend get up when their name is called, and several women of age replace them next back in so long, I guess I’ll find out if it has improved. “This is LaFollet’s first visit to the restaurant.” I live at Fourth and Laurel, “Chambers says.

“I live at Fifth and Maple,” says his friend. Neighbors to each other, but there are certainly other dining choices near them. Chambers has made a point of bringing his brunch date here, it would seem.

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“After four or so, I can feel all the seasoning starting to tear up my tongue.”

Organic Dry Roasted Unsalted ($3.79 for 12 oz.). “These have a hearty crunch and a punch of flavor,” rhymed Lissa. “And there’s that blend of sweetness and tang that I like,” added Patrick. “A really almondy essence.” The nonorganic version from Trader Joe’s ($4.99 for 15 oz.) also had a hearty almond flavor, but Lissa didn’t care for the texture. “The skin is very dry; it feels unpleasant on my tongue. I need something to wash down these almonds; saliva won’t cut it.” I got her some water, and she needed it again after the salty blast of Trader Joe’s Roasted & Salted ($4.69 for 16 oz.). “These are too salty and don’t taste much like almonds,” she said. Last up from Trader Joe’s: Roasted & Salted Marconas ($4.69 for 6 oz.). A Spanish specialty, the almonds were skinless and oddly flat. “Looks like a Corn Nut,” suggested Patrick. “Don’t be lowbrow,” I countered. “They’re a delicacy,” Lissa disagreed, grimacing as she chewed. “It’s so brittle that it shatters in your mouth as you chew it, and then it becomes pasty on the tongue and hard to swallow.” “And it’s kind of nasty,” added Patrick. “Gimme a Corn Nut any day.”

“Now compare it to this,” I said, passing the Whole Foods goodies, I said, breaking open the organic ($7.99 for 12 oz.) and regular ($4.69 for 12 oz.) offerings from the store’s 365 brand. Both were tops in the crunch department and offered hearty roasted flavors. Extensive comparisons revealed the organic to be the more flavorful, “but I don’t think the difference warrants that much more money,” said Patrick.

I handed him one of the Whole Foods store brand raw almonds ($5.99 for 16 oz.). “A little chewy, like the Blue Diamond,” he mused, “but it gives you a sense of why they call it the meat of a nut. It fills your mouth in a substantial way. And the almond flavor is pure.”

“Now compare it to this,” I said, passing the store’s Supreme Raw ($15.99 for 16 oz.). “For being raw, it has an amazing amount of crunch,” he allowed. “I like the sweetness,” I said, “and the way the nut shivers along these planes as I chew. It’s so well balanced.”

“Figures,” said Patrick.

For more stories by this author, go to sdreader.com.
SAN DIEGO READER  JANUARY 7, 2010

LOAD YOUR LOCKS

A cute and easy way to deck your head in feathers and baubles is with an embellished headband, such as this flirty and flashy piece that can be found at Charlotte Russe for $6.99.

SHIMMER STOCKINGS

Let your gams glow in sequined leggings! La Rok might be selling their version of these tights for $350, but you can get a pair that’s just as sparkly at H&M for $19.

BIB NECKLACES

Imagined by Vera Wang (whose pieces sell for $500), these multi-purpose necklaces ($15–$50 at Icing or Loehmann’s) can breathe new life into last year’s LBD.

BLING IN THE NEW YEAR!

Sure, no girl doesn’t love a little blue box, but keep your money in your oversized purse because thrift is the trend, and sequins are the new diamonds. Get the most bling for your buck with these chic accessories.

SO UGLY THEY’RE CUTE?

San Diegans seem to be giving one latest trend the boot. While over-the-knee latex and leather boots were parading on the catwalks of New York and Paris, the streets of San Diego were “Ugg-biquitous” with these sheepskin shoes. Worn in Australia for over 200 years, Ugg boots (so named for their homely appearance) hit the States as a fashion essential in 2003. Apparently, comfort is still king.

Load Your Locks

A cute and easy way to deck your head in feathers and baubles is with an embellished headband, such as this flirty and flashy piece that can be found at Charlotte Russe for $6.99.
Gotcha.

**Typo Patrol Results**

- **Errors**
  - p.10 should be page 10
  - 1/4 should be 1/4

**Barry Like This**

- p.10 should be page 10
- The Mayor and the Dirty-Money Guy

**Extra listings**

- p.8 should be page 8

- John Mann (Jinda Vista) $372

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**Gotcha.**

1. **Welcome to re-join Typo Patrol starting Jan. 7, 2010 issue.**

   You must send in a copy of the printed error — either the actual page or a copy (including page number). Exceptions: direct quotations, slang, colloquialisms, horse/writer style idiosyncrasies. Ex: ads, blogs, user reviews, movie showtimes, puzzle results, and letters to the editor. Submissions accepted until Monday at 7 a.m. after the issue in question. First identification of error wins $10 or a Reader T-shirt (indicate preference). Winnings limited to $300/year per household. Mail to: Typo Patrol, SD Reader, Box 8803, San Diego, CA 92118; or fax to 619-231-0489; or deliver to 1703 India Street in Little Italy (we have an after-hours mail slot).

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- Berry Swirl
- Bull Weevil
- Bongiorno’s
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- Bread Bites
- Brew House at Eatlake
- Broken Yolk Cafe
- Bua Thai
- Cabo Cabos
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- Caliente Mexican Food
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- Canyon Club
- Capri Blu
- Carmela Cucina Italiana
- Carvel
- Casa Machado
- Casa Nueva
- Cavallion Restaurant
- Cheeburger Cheeburger
- Chicken Pie Diner
- ChickenNest
- Chile Peppers
- Chin’s Szechwan
- Coast 101
- Cold Stone Creamery
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- Crema Coffee
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- Via Sicilia
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Lost in Resolution

by Barbarella

I think in terms of the day’s resolutions, not the year’s.

— Henry Moore

January is my least favorite month. February is cozy with groundhogs and hearts, March is revelry with Mardi Gras and St. Patrick, April delights with tulips and bunnies, May is mindful of moms and memorials, June ushers in summer with a hat-tip to dads, July explodes with patriotism, August is sultry and nostalgic, September revolves around my birthday, October brings mischief with candy and costumes, November reminds us to be thankful, and December enchants with lights to match the twinkle in everyone’s eyes. Then there’s January...the hectic Monday at the office after a long weekend, the comedown after a phenomonal bender.

I’m sure plenty of people think January is wonderful with its promise of newness — a tabula rasa on which to scribble all of our hopes and dreams. I think that’s a lot of pressure for a tired month in the middle of winter.

In December, magazines churn out their version of the “year in review,” and everyone takes inventory of the year’s accomplishments as if compiling data for the curriculum vitae they plan to produce at the pearly gates. As the holiday fever fades and party chatter turns to talk of resolutions, I can’t help but feel negligent for not having any deep thoughts about the year before or any declarations regarding how I plan to improve my life in the year to come. I tend to do any “year before/year ahead” thinking on my birthday.

I know from reading the bestseller lists that people respect those who have personal goals. This is why, each year, I strive to invent a resolution that sounds impressive and original. I choose to fabricate my New Year’s pledge because my personal goals are, well, personal, and because I rarely have one ready by the stroke of midnight.

Maybe my disinterest in New Year’s resolutions stems from being an avid blogger, tweeter, and columnist, which requires constant reflection. I don’t put off to the last minute of the year things I want to change or ways in which I wish to improve. When I quit smoking (around the time I met David), I did so early in December, for no reason other than that was when it occurred to me that my lungs would probably appreciate some less toxic air and because I couldn’t think of any good reason to wait until the end of the month.

Last week, with the new year on the horizon, I Googled the top ten resolutions to help me prepare my answer for the question of the day. The first thing that struck me was how generic they all seemed, each one a slightly different way of saying, “I’m going to be a better person.” I wanted something more descriptive, more specific, more...awe-inspiring. Maybe, I thought, I could take a few of the most popular resolutions and reshape them into something individual.

The trendiest resolution was to get in shape. I guess it makes sense to want to focus on health after a three-month eating-and-drinking binge (beginning with candy on Halloween). Only a monastic few escape the holiday bulge. I overdo it so much that, come January, I’m craving broccoli. If you told me three months ago that I would have a stash of chocolate stash, as I couldn’t stomach the idea of any more sugar or butter.

Insisting our excesses by promising ourselves that we will be the epitome of restraint on January 1. It is because of the sudden, synchronized emphasis on health that I dread going to my gym in January, when a surge of gym rats invade. During this month of self-reinvention, exercisers who are unfamiliar with gym etiquette hoard my favorite machines, turning a routine act of going to work out into an unpleasant ordeal akin to catching a movie on opening weekend or dining out on Valentine’s Day.

Even more irritating than negotiating my way through the mass of bumbling newbies is being mistaken for one of them. It never fails that someone perks with inspiration will assume I had the same bright idea — at the same time — to get my ass in shape. I learn of this assumption when said newbie goes out of her way (it’s always a woman) to offer me encouragement, usually by way of “Good for you!” In response, I smile and thank her, stifling the retort in my head: “Yo, presumptuous bitch, I’ve been coming here at least three times a week for over two years.”

I wrote off “work out more” as too common and continued scanning the list. Another favorite was “spend more time with family and friends.” That was good. What better P.R. than to pronounce to loved ones that your resolution declares them as your priority? I decided to keep that one in my back pocket as my failsafe.

I was surprised to see “enjoy life more” right up there with losing weight.
and quitting smoking. My heart went out to those who felt the need to make a pact with themselves in order to find pleasure in living. I read past “quit drinking,” as no writer/wino could recite that one with a straight face.

Ooh, now “get organized” was a good idea. That’s one I tell myself I’m going to do every day of the year but actually get around to on only a few. “Get out of debt” was another good one, but not very realistic in this economy. I didn’t want to depress people; I wanted to amaze them. My eyes lingered on “help others,” while I contemplated what that might entail. Maybe I’ll keep that one to myself, I thought, and not make any grand commitments.

I don’t know why I cared so much about formulating a resolution when I knew that in a week it wouldn’t matter. Nobody asks about resolutions after the first of the year. It’s an unspoken rule; there’s an understanding that to ask how one is doing on their resolution after the first is like inquiring about someone’s weight or IQ.

We are to assume people are doing their best; it would be rude to probe them on their progress.

But as a week was so far away, and I had a few New Year’s Eve soirees to hit up, I settled on a safe, unique, true-ish answer to the question: “My resolution? Ah, yes, well...to become conversational in Japanese.” And you?

For more stories and videos by this author, go to sdreader.com.
I went to a huge Christmas party a couple of weeks ago at the University Heights home of Liz Abbott and Kent Johnson. They publish the San Diego Troubadour — a local paper that covers country, roots, jazz, and bluegrass music.

I was told that in previous years hundreds of people showed up and the party became costly. This year, they asked folks to bring a dish to share.

I invited my friend Bonnie, who I knew was friends with some of the folks who would be there. Because she had been a tad rude to me at the last few parties I had brought her to, I put her in charge of picking up a dish for us to bring. She came through with two great bottles of wine and a delicious mango dessert.

I saw longtime record-store owner and Troubadour columnist Lou Curtiss sitting near where we set down the dessert.

I looked around for local musician Sven-Erik Seaholm. I would’ve liked to talk music with him, although I got my fill with Bart Mendoza. He was in a section of the house that wasn’t connected to the rest. A few of the people were smoking pot (though Mendoza wasn’t), so I figured it was okay to whip out my cigar. My girlfriend and Bonnie said that Liz was upset about that, and they spent the next 15 minutes telling me how rude I was.

I had seen Mendoza’s band the Shambles play a few times with one of my favorite L.A. bands, the Negro Problem. I told him about their singer Stew saying hello when I went to see him in New York.

“"I’m not quotable. And you can quote me on that.”

Mendoza talked about the few times the band slept on his living room floor and how they would’ve been huge if it wasn’t for their name and businesses refusing to put posters of their shows in store windows. Mendoza told me Nation of Islam representatives showed up at one venue and caused a stink. When they saw a Mexican band on the bill, they thought they were the ones with the Negro Problem name. Stew, who is a huge African-American, walked in and said, “What’s the problem? I am the Negro Problem!”

Some of Mendoza’s best stories involved his time working for Capitol Records. They had a rule about not asking people for autographs, and he almost got fired for asking David Cassidy to sign something. He said, “That’s only because my dad was their driver for a brief time.”

Another time, Mendoza went somewhere with his boss, who told him, “When we stop at this guy’s house, don’t talk to him or even look him in the eye.” That guy was Bruce Springsteen, who invited him in, gave him a beer and cigarette, and initiated a great conversation. Mendoza said, “My boss wondered why I was smoking since I wasn’t a smoker. I said, ‘If Springsteen offers you a cigarette, you take it.’”

There was a guy next to me who told a great story about being a roadie for a few shows and meeting a young kid who wanted Brian May’s autograph. He hooked the kid up, even though security told him that was against the rules. May had a daughter who was this boy’s age and they met. The roadie guy ended up getting the boy’s mother’s phone number.

I grabbed some sparkling Italian wine and went to check out the desserts. I saw musician Gregory Page with a Ding Dong on a plate, eating it with a fork. I asked, “Who puts a Ding Dong on a plate?” He replied, “An angel, that’s who.”

I overheard Page telling Bonnie, “I ate five Ding Dongs. I love them. I took a sixth, even though I didn’t really want it. It was just the last one, and I didn’t want anyone else getting it. I put it in my back pocket and now it’s crushed.”

Another dessert disaster happened with the fudge. Someone had placed it under a lamp on the table and it had melted. That didn’t stop me from grabbing a piece and trying my best to suck it off my fingers.

When I arrived at the party, I had seen singers on the side of the house. In the backyard was a group that included instruments such as an accordion, lap steel guitar, and stand-up bass. I’ve never heard such cool versions of Christmas songs.

The small living room was packed with people and a band. As wacky columnist/musician Jose Sinatra was setting up, I heard a person in the crowd say, “There’s bad acid going around.” Another said, “Yeah. Stay away from the brown acid.”

Sinatra and I started talking, and at times, I felt as if I should be on speed or acid to keep up. He’s an encyclopedia of movie and music trivia, and he talks fast. He threw some Beatles trivia questions at me that were wrong in Trivial Pursuit. (I got the one right about them playing in Hamburg, Germany.)

Sinatra introduced me to the guy with the funky Salvador Dali mustache. It was Skid Roper. I told him how much I enjoyed his songs as a teenager. He smiled and said, “Yeah, I used to be somebody.” When he was informed that I was writing about the party, I said, “It would be a
thrill to quote you saying something.” He said, “I’m not quotable. And you can quote me on that.” Later, when he heard Bart and me talking about the band Sweet playing in town, and I got to the show and found out Sweet didn’t have most of their original members, Roper piped in with “So, what you really saw was ‘semi-sweet.’”

I noticed a lot of people dressed up in interesting ways: lots of scarves and sport coats, a few tweed blazers, and a variety of hats. It was like characters at a Dickens Christmas party.

One of these guys looked like Ray Davies (of the Kinks) and was even talking about Davies at one point. I stopped listening when he said, “There’s never been a better pop song than ‘Moon River.’”

I overheard a few women talking about putting the fudge in the fridge. One of them said, “That would make it hard again. I just don’t want anyone to see me opening the refrigerator, thinking I’m grabbing something out of there.”

Sinatra and I eventually got back to our movie conversations. He told me his favorite film was Women in Love and promised to lend me his copy. He talked about hating The Sting, which I loved. Page walked by and said, “Sting? I loved him in the Police but hated him solo.”

A woman excitedly walked over, saying, “You guys know Sting? I love him!” She accidentally kicked over Sinatra’s camera bag, and papers and discs rolled onto the ground. He screamed, “Oh my God! My tampons are in there!”

This was a very funny and fun crowd.
“But this isn’t the way it was supposed to be,” I complained, “I have a master’s degree.”
I never thought I’d become a Welfare Queen

Poverty does not become me. I’m sure it doesn’t become anyone, but it really doesn’t become me. I was supposed to be somebody by now, and by that I mean somebody other than this woman who holds up grocery-store lines with her WIC checks.

I used to suck my teeth and sigh in irritation at WIC-check users. I hated the way they popped their gum and had those slack looks on their faces, as if they didn’t give a damn that they were holding the rest of us up.

And then one day I was one of them.

continued on page 32
That first time, before I learned to do my shopping during empty-store hours, the people behind me shook their heads and rolled their eyes in exasperation while the cashier ran my checks through the machine as slowly as she could. The people farther back craned their necks to see what idiot had stalled things. On top of it all, I was eight months pregnant and dressed for nothing more than comfort in sweats, flip-flops, and a bursting-at-the-seams T-shirt. In short, I looked like one of them.

Then, without so much as a look in my direction, the cashier stopped the conveyor belt and paused her slothlike movements to call over the intercom for someone to switch her to direct people toward the company call center. I attempted an apologetic smile at the woman behind me. She pursed her lips in a less-than-friendly grimace that read, “You should have come when the store was empty.”

My husband and I used to bitch about how broke we were while stuffing our faces with $50 platters of sushi or making the choice between putting the rent on credit and asking my mom to pay it. Both options are embarrassing.

Our downfall began in November 2008, when my husband was laid off from his job as a Teamster truck driver. This was just over a month before our daughter was born. It’s slightly more complicated than it sounds because he had been on what the Teamsters call “soft layoff” during the previous year. “Soft” because you’re still working on call, which was four or five days a week that year. At $22 per hour plus lots of overtime, it was a decent living, even on layoff. But then, as happens every year, the freight company he works for put him on “hard layoff” (which means no work at all) 15 days before the holidays — not just because business is slow in November and December but also because union rules state that if an employee works within 15 days of a holiday, he receives pay for said holiday. So to save themselves a few bucks, the company lays off a bunch of guys at the bottom of the seniority list. Then, when the holidays are over, the company calls them back, or at least takes them off hard layoff and lets them work on call.

Over the years, we’ve gotten accustomed to it. We stress a little, do what we can to make ends meet, and then breathe a sigh of relief when the holidays are over and he’s back at work. My job doesn’t help during these times because I work for a nonprofit at a public school. Holidays are always unpaid for me.

Our situation was further complicated by my pregnancy. The Teamster contract states that to receive health insurance, an employee must work at least 100 hours for full coverage or 60 hours for catastrophic coverage (hospitalization only). The hours worked count not for the month immediately following but for the one after that. Because my husband was laid off before he worked 60 hours in November, we wouldn’t have insurance in January or February. The baby was due January 10.

Having a baby with no insurance is a bad idea, and we were nervous. Plus, if work was slow in January, we’d be in trouble in March too.

Enter my mother, a 30-year veteran of the State of Idaho’s Health and Welfare Department, whose job as an eligibility examiner was to direct people toward the resources and services they needed to get through hard times. True to her pragmatic personality, she broke it down and laid it out.
It would be for only a couple of months, and it sounded relatively simple. We were wrong on both counts.

* * *
The County of San Diego Health and Human Services Agency on 73rd Street is easy enough to find if you keep your eye out for a small crowd of people at the bus stop on the corner of El Cajon and 73rd. The block where the squat, yellow-brick building sits is, during business hours, the busiest in the area. The sidewalk between the building and the bus stop bustles with men, women, and families coming and going. My fingers are crossed that my visit today will be relatively painless, since all I have to do is drop off paperwork.

Obtaining Medi-Cal was a process that included so many phone calls, so much paperwork, and such great reserves of patience that I had to hand over the job to my husband. We both agreed that it wouldn’t do any good for me to freak out on our caseworker and/or break down in a heap of tears and hair pulling. He is much more even tempered and tolerant than I am, so he took over. All I remember about the process is that every time someone from the County called, it was a different person claiming to be our caseworker. We have an accordion file with a broken elastic band that snapped because the volume of Medi-Cal paperwork was too much for it to handle. We keep it as evidence of my husband’s strength — he did not snap. I’ve blocked out all other memories of that experience.

We recently received a thick packet of documents ominously titled “Medi-Cal Redetermination.” The packet seems to be a request for the same information we gave the County in 2008, when we first applied. Apparently, the Deficit Reduction Act of 2005 says that Medi-Cal beneficiaries must provide proof of citizenship and identity to renew their benefits. I don’t get that. How would we have gotten coverage in the first place if our paperwork weren’t in order? But here I am, walking into the County office, redetermination packet in hand. Why didn’t I simply mail it? I could have and would have if not for two (unintentionally) hilarious lines in the letter: “We need the original citizenship and identity documents” and “The County will make copies and mail them back to you.”

Hilarious? Why? Because two weeks ago, a County worker called and left a message for us to call her back. We returned the call the next morning. Here’s how the conversation went:

Me: Hi. This is Elizabeth Salaam. I’m returning your call.
Her: Spell your last name, please.
Me: S-a-l-a-a-m.
Her: Okay. How can I help you?
Me: Um, I don’t

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**Apple New Year from the Little Italy Farmers’ Market!**

Open Saturday, January 9, 9 am-1:30 pm.

Resolve to eat tasty, farm-fresh produce and local food!

- **Buy one lean BBQ Brisket Sandwich, get one 1/2 off!**
  - Valid Saturday, January 9, 2010 only
  - One coupon per customer per booth.

- **1 off purchase of Orange Travel Mug**
  - Valid Saturday, January 9, 2010 only
  - One coupon per customer per booth.

- **$1.50 off purchase of Famous Salmon Chowder or Salmon Burger!**
  - Valid Saturday, January 9, 2010 only
  - One coupon per customer per booth.

- **$1 off famous salmon, chowder or salmon burger!**
  - Valid Saturday, January 9, 2010 only
  - One coupon per customer per booth.

- **1 bag of sweet, just-picked tangerines**
  - Valid Saturday, January 9, 2010 only
  - One coupon per customer per booth.

- **$1 off 1 lb. of ripe avocados**
  - Valid Saturday, January 9, 2010 only
  - One coupon per customer per booth.

- **$1 off 2 baskets of mixed olives**
  - Valid Saturday, January 9, 2010 only
  - One coupon per customer per booth.

- **$1 off Avocado Oil — the perfect healthy cooking oil (regular or lemon flavored)**
  - Valid Saturday, January 9, 2010 only
  - One coupon per customer per booth.

- **One bunch broccoli FREE with two at regular price**
  - Valid Saturday, January 9, 2010 only
  - One coupon per customer per booth.

- **One bag of sweet, just-picked tangerines**
  - Valid Saturday, January 9, 2010 only
  - One coupon per customer per booth.

- **One coupon per customer per booth.**

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**Little Italy Farmers’ Market!**

Open Saturday, January 9, 9 am-1:30 pm.

Visit the Little Italy Mercato at Date & India Streets 9 am to 1:30 pm Saturdays year-round, rain or shine.

www.littleitalymercato.com
know. I’m returning your call. I got a message yesterday asking me to call you back.

Her: And what was the call regarding?

Me: I don’t know. You didn’t say. You just asked me to call.

Her: I’m sorry, ma’am, but I can’t help you unless I know what this is regarding.

And these are the people I’m supposed to send original passports and birth certificates to?

Um, no. I’ve given myself a generous 20 minutes before I have to be back on the road for an appointment with a treadmill, and when I enter the building, I’m pleased to see that there’s no security line. I remember a crowd at the door when I came to get the application the first time. I smile big at the busty little security officer and tell her I’m just here to copy and turn in some documents.

“Put your bag down on the table and step forward, please.” She gestures toward the metal detector.

“Oh, no,” I say, smiling even bigger now. “I’m not applying. I’m just here to have some documents copied.

There was a ten-day waiting period, and, voilà!, my husband had a $900 check every two weeks.

Renewal papers.” I hold up my Manila envelope.

She points toward the waiting room. “The line’s in there.”

Just past the metal detector are three large Plexiglas windows. Applicants stand at two of the windows, but the third is open. A County worker on the other side of the window sits staring at a computer screen.

I ask, “Can’t I just hand these to him?”

There was a ten-day waiting period, and, voilà!, my husband had a $900 check every two weeks.

Qualified participants must:

• Be 18 to 65 years of age
• Have had a manic, hypomanic or mixed episode of bipolar disorder
• Have suffered from a depressive episode for at least the past four weeks

Qualified participants receive:

• All study-related care and study medication at no cost
• Compensation for time and travel

To learn more, please call toll-free:

SYNERGY CLINICAL RESEARCH
888-365-3203
or visit: bdSTUDY.com

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CLINICAL RESEARCH
SCHIZOPHRENIA • DEPRESSION • BIPOLAR DISORDER

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

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

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

To learn more, call the Sharp Mesa Vista Hospital Clinical Research Center at (858) 836-8350.
“It’s just one line,” she tells me. Her face is blank and her tone is weary. Clearly, she’s tired of saying the same thing over and over.

“No,” I say, more out of fear than defiance. My husband was gone all day when he came to apply. He told me about that line. It was long, long, long, and it never moved.

“Yep,” she says.

I turn around and walk out. There’s no way. That line is the kind of thing you have to be prepared for.

* * *

Of the three suggestions my mom made, unemployment was the simplest to obtain. The online application form on the Employment Development Department’s website was easy, the financial calculations were relatively simple, there was a ten-day waiting period, and, voilà, my husband had a $900 check from the State of California every two weeks. At the end of February, a federal stimulus payment was even higher, an additional 13 weeks for states, like California, saddled with high unemployment rates. So in addition to the 52 weeks, my husband can apply for 33 more.

Maternity leave doesn’t qualify as a reason for unemployment compensation, so $475 a week was the best we could do.

Despite the ease of attainment, problems arise when we have specific questions that are not addressed on the website. Of all the branches on the tree of public assistance, the Employment Development Department is the least accessible. You can spend days or weeks calling repeatedly without ever getting through the labyrinthine automated system to talk to an actual person.

We have questions because our circumstances are complicated. Being on soft layoff means my husband does get called in to work. It’s not nearly as frequent as it was last year — usually one or two days per week, if at all. With the 15 percent pay cut that general legislation extended unemployment insurance benefits twice, for a total of 20 extra weeks for all states, plus an additional 13 weeks for states, like California, saddled with high unemployment rates. So in addition to the 52 weeks, my husband can apply for 33 more.

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**RESEARCH STUDIES**

**Do You Have Type 2 Diabetes?**

Dr. Henry and his associates have a clinical research study that is looking at the safety and effectiveness of an investigational medication (similar to aspirin) compared to placebo, in the treatment of Type 2 Diabetes. The study drug is approved by the FDA to treat arthritis, but it has not yet been approved for diabetes. See if the TINSAL study is right for you.

**Inclusion Criteria:**
- Male or female age 18-74
- Diagnosed with Type 2 Diabetes
- Diabetes controlled with diet and exercise or up to 3 medications, stable for 8 weeks (excluding current use of Actos, Byetta, and insulin)
- HbA1c between 7.0-9.5%
- No recent weight loss of greater than 10 lbs. or currently on any weight loss drugs
- No Plavix, Heparin, Coumadin, or any other anticoagulants (aspirin OK)

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

**Duration:**
- Approximately 95 weeks total: 11 clinical study site visits at UCSD
- Study visits include: an initial screening visit, visits, laboratory samples, physical exam, EKG, medical history, quality-of-life questionnaires, blood sugar readings from provided glucose monitor

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

**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

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**Have you been diagnosed with schizophrenia and currently taking medication?**

**Are you:**
- Male or female between the ages of 18-55?
- Currently taking a stable dose of medication?
- Currently in a stable living situation?

If you answered yes to all of these questions, you may be eligible for our investigational drug research study. If you qualify and choose to participate, you will receive physician consultations, study-related medical examinations, laboratory evaluations and follow-up visits at no charge. You may receive study medication to be used in addition to the schizophrenia medication you are currently taking. 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

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**Sadness? Low energy? Trouble sleeping? Can't concentrate? These are symptoms of depression!**

**If you, or someone you know, is:**
- Between the ages of 18 and 55
- Currently experiencing a depressive episode
- In overall good health

If you answered yes to all of these questions, you may be eligible to participate in a research study for an investigational drug for depression. If you qualify and choose to participate, you will receive study-related consultations, study-related medical examinations, laboratory evaluations and follow-up visits at no charge to you or your insurance company. You may be reimbursed for participation.

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

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**Forgotten 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 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:
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employees at his company have recently taken and no overtime, two days’ work yields about $316. In that case, he completes the form that comes attached to the unemployment check and claims the amount he made. If his weekly earnings are $101 or more, the first 25 percent is not subtracted from his $450. So, in a week when he makes $316 at work, $237 (75 percent) is subtracted from the $450 unemployment allowance. Then, with the $25 federal stimulus, the total unemployment check is $238. My point is, if he works one or two days, he earns slightly more than he would have by staying home.

Every now and again, when several senior guys are on vacation or when a convention creates extra work, my husband might get called in enough that he makes more than $475 in one week. Which is where the problems begin. The first time, the employment department sent a letter that basically stated, “We’re not giving you any money for last week.” No big deal. It’s to be expected.

The second time it happened, they sent the same letter but included a window of time and a day (a Sunday afternoon, believe it or not) that he was to be available for a phone interview. The letter also said that if he missed the call, his unemployment insurance payments would be terminated. The call came during the scheduled time, he explained everything,

My husband says it’s my middle-class upbringing that causes me to expect indulgences like courtesy and respect.
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

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)

Try to Manage your Type 2 Diabetes?

Do you struggle to control your blood sugar levels? Controlling blood sugar is difficult. New medicines are needed, and study volunteers help make this happen. A new clinical research study is underway. Join us if you struggle with blood sugar control.

WHEN YOU TAKE PART IN THIS CLINICAL RESEARCH STUDY:
- Health professionals closely monitor your diabetes and blood sugar levels
- Qualified participants will receive:
  - Study medicines
  - Blood sugar meter and supplies
  - Diet counseling
  - Study-related medical care and testing
- Qualified participants may be compensated for time and travel

YOU MAY QUALIFY IF YOU ARE:
- Age 18 to 85
- Diagnosed with type 2 diabetes for at least 3 months
- Not taking insulin or other injectable diabetic medicines
- Struggling to control blood sugar (HbA1c greater than or equal to 7% and less than or equal to 10%)

There is no cost for participation. A doctor at our clinic will determine if this study is right for you. If you participate in the study, you will receive study-related medical care at no cost and may be compensated for time and travel. No insurance is required.

To learn more about this research study, please call eStudySite toll-free at:
1-877-500-eSTUDY
1-877-500-3788

eStudySite is currently evaluating patients

for a research study who have a RECENT WOUND INFECTION
3 inches across or more and one of the following:
- Your wound hurts, or
- Your wound is swollen, or
- Your wound is warm to the touch, or
- Your wound is tender to the touch, or
- There is pus coming from your wound, or
- You have a fever, or
- You have any of the above signs or symptoms

There is no cost for participation. A doctor at our clinic will determine if this study is right for you. If you participate in the study, you will receive study-related medical care at no cost and may be compensated for time and travel. No insurance is required.

To learn more about this research study, please call eStudySite toll-free at:
1-877-500-eSTUDY
1-877-500-3788
Do you wake up to pain?

Consider volunteering for a clinical research study

To qualify, you must:
- Be at least 18 years of age
- Have chronic low back pain that you treat with medication
- Other criteria will apply

As a qualified participant, you will see a study doctor to discuss your pain. All study-related care is included and no insurance is required.

Please Call: 888-478-6339
www.chroniclowbackpainstudy.com

and the employment department was satisfied. Things went back to normal. But every time since then that he’s earned more than $450 in one week, he’s been dropped without notice. At first, we thought his paperwork had gotten delayed and we waited for it. In the meantime, he called the number on the department’s website, hoping to get someone who could inform him as to the problem. Every four out of five calls, the phone was busy. On the fifth, when he’d get through to the automated system, he’d be put on hold for sometimes as long as five minutes only to be told (by an automated voice), “Due to high call volume, we cannot take your call at this time. Please try back later. Good-bye.” And then, the dead click of a hang-up.

This, as far as we knew, was the only way to get in touch with the employment department. There is no address where you can go to wait in line to talk to someone directly. After two weeks of zero income and no fewer than ten attempts per day to get through by phone, my husband decided to try something new. When asked if he was calling for a scheduled phone appointment, he pressed 1 for “yes.” His big lie paid off. Within minutes, his call was picked up by a female human being. She took his name, pulled his file, answered his questions, and reinstated his case. She was pleasant and friendly, and only once did she get under his skin — when she told him he should have called sooner. (Luckily for everyone involved, it was my husband she spoke to. He was quiet in his irritation. I would not have been.)

* * *

My husband says it’s my middle-class upbringing that causes me to expect indulgences like courtesy and respect. I don’t know if that’s true or not. What I do know is that after nearly a year on public assistance, I’m still tempted to dress up before I go to the County or WIC offices in hopes that my fashionable businesswear will help me look the

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RESEARCH STUDIES

If your child is between the ages of 12 and 17, and in good health, he or she may qualify for a research study of an investigational medication for migraine headaches. Qualified participants will receive:
• Compensation for time and travel
• Study medication and study-related medical care
• Study-related medical evaluations

Call 858-ARTEMIS (278-3647) today to see if your child may qualify for this research study.
Confidentiality is honored.
858-278-3647
www.ArtemisSD.com

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.
Where Individual Care Drives Global Solutions

Artemis
INSTITUTE FOR CLINICAL RESEARCH
858-278-3647
www.ArtemisSD.com
Do you have Type 2 Diabetes?

Profil Institute for Clinical Research is looking for adults with Type 2 Diabetes to participate in a research study.

To qualify, you must:
- Have Type 2 Diabetes
- Be 18 to 65 years of age
- Managing Diabetes with metformin alone or in combination with other anti-diabetic medications, not insulin
- (If female) post-menopausal or surgically sterile

You may be compensated up to $4,500 for your time and travel. 19 overnight stays will be required.

For more information, call Profil Toll Free @ 1-866-245-4569
part of the educated woman who’s going through hard times rather than one of the truly poor and uneducated for whom hard times are a way of life.

I sometimes imagine that showing up in a cute-shirt/smart-slacks combo with a pair of downtown-office heels will earn me respect with the County workers or the WIC employees. Usually, however, it serves only to make me stand out as either (a) someone who is poaching resources from those who really need them or (b) someone who thinks she’s someone, which she obviously isn’t.

So on my second trip to the County building to turn in our Medi-Cal redetermination packet, I’ve decided to go with a simple jersey knit skirt, an old T-shirt, and cheap sandals. My hair is a rat’s nest (because why bother?), and by the time I pass through security and take my place as 22nd in line, I realize I’ve made a mistake.

Today’s crowd is — save for a couple of young girls in hoochie jeans and midriff-baring T-shirts — made up of the dignified sort of people who press their shirts and shine their shoes. None of their clothing looks expensive, but at least half of them have chosen to dress from the side of their closets where the special stuff hangs. Beside them, I look sloppy and in need of a pedicure. Hopefully, my babbling nine-month-old daughter will draw everyone’s attention away from me and my hideous toes.

I can hear my husband’s voice in my ear: “Please. Nobody’s thinking about you. They’re starving and trying to figure out how they’re going to pay next month’s rent.”

Oh. Of course.

But if anyone does look my way, they’ll see me reading a book of Chekhov’s short stories, and it will be apparent that I’m smart and educated and just passing through. Right?

The line snakes through the far side of the waiting room in three distinct sections. The first section consists of six to eight people standing between a wall and one of those flat RESEARCH STUDIES

Do you have Type 2 Diabetes?
Are you currently taking Lantus®, Levemir®, Humulin® N or Novolin® N? Has your doctor told you your blood sugar level is not adequately controlled?

Medical researchers are studying an investigational oral medication to see if it can help improve blood sugar levels.

To pre-qualify for this study, you must:
• Be 18 years of age, and
• Have been diagnosed with Type 2 Diabetes, and
• Be currently taking either Lantus®, Levemir®, Humulin® N or Novolin® N with or without metformin and/or a sulfonylurea, and your dose has been unchanged for the last several weeks

Qualified participants will receive all study-related medical evaluations and study medication at no cost. You may also receive reimbursement for time and travel.

For additional information, please call: 888-365-3203

Embezzled by Acne?
Therapeutics Clinical Research is conducting a research study evaluating an investigational medication for acne.

We need participants:
• 12-40 years of age with moderate to severe facial acne
• In general good health

Qualified participants will receive:
• Study-related evaluations by a board-certified dermatologist and study medication at no cost
• Compensation for participation

No insurance required
Confidentiality maintained

Call us at 619-512-DERM (3376)
Conveniently located in Kearny Mesa
9025 Balboa Avenue, San Diego, CA 92123
ACNE@therapeuticsresearch.com
www.therapeuticsresearch.com

Synergy Clinical Research

Confidentiality Maintained
Conveniently located in Kearny Mesa
Call us at 619-512-DERM (3376)
9025 Balboa Avenue, San Diego, CA 92123
Email: info@therapeuticsresearch.com
Website: www.therapeuticsresearch.com

Therapeutics Clinical Research is evaluating the efficacy of two treatment regimens in the treatment of moderate plaque psoriasis.

We need participants:
• 18 years of age or older
• With plaque-type psoriasis

Qualified participants will receive:
• Study-related evaluations by a board-certified dermatologist and study medication at no cost
• Compensation for participation
Pain?
Do you have pain from Chronic Pancreatitis?

Sanofi Aventis is leading a research study using an investigational drug to see if it reduces pain from Chronic Pancreatitis.

- Chronic Pancreatitis pain moderate to severe
- 18-80 years old
- Single infusion of study drug or placebo

Sanofi Aventis

SYNERGY CLINICAL RESEARCH
Call: 888-365-3203

Looking for: Males with Type 2 Diabetes

Accelovance is currently recruiting Males 40-75 years of age to participate in a clinical research study that is evaluating an investigational non-invasive diabetes screening device.

We need:
- White Males
- 40-75 years of age
- Diagnosed with Type 2 Diabetes

Study requires one visit that will last 2 1/2 hours. Volunteers will be compensated for their participation.

Accelovance

Call 619-291-2845

CONSTIPATION......
......STRAINING
......BLOATING

A 3-month clinical trial for men and women, from 20-80 years of age, who struggle with the bloating, discomfort, and straining associated with chronic constipation is underway. An oral investigational medication will be evaluated to see if it may address these and other symptoms of constipation.

To possibly qualify:
- Male or female, 20-80 years of age
- Have a history of chronic constipation (fewer than 3 bowel movements per week) for at least 6 months
- Bloating, straining and discomfort
- Not taking narcotics or medication which can cause constipation

Participants may receive at no cost all study-related:
- Exam and consultation with a board-certified specialist
- Labs, EKG, colonoscopy (if necessary) and study medications
- Compensation for your time and travel

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

Going, Going, Going Too Often at Night

A 16-week clinical research study is underway to evaluate a marketed oral medication taken daily for urgent, frequent nighttime urinations in men and women over 18 years of age. Getting up numerous times at night causes interrupted sleep and subsequent tiredness. If you have been getting up multiple times nightly for at least 3 months, you may have nocturia, or frequent nighttime urination.

To possibly qualify to participate:
- Men or women, 18 years or older and experiencing overactive bladder symptoms with frequency and urgency, especially at night, for at least three months

Qualified participants may receive:
- Study-related examination and consultation by a board-certified physician
- Study-related labs and EKG at no cost
- Study-related medication or placebo (an inactive look-alike pill) at no cost
- Compensation for time and travel

Medical Center for Clinical Research
(619) 521-2841 • www.mccresearch.com
nylon dividers that slip into the slots of two plastic poles. Above the first section’s heads, Stuart Little is playing on an old television that sits inside a grubby cubby-hole behind a dirty slab of acrylic.

While the people in section one would be the most obvious targets of envy (due to their proximity to service), my envy is for those in the second section, which runs along a wall lined with benches. To sit would make the wait less excruciating.

After seven minutes of waiting, with no line movement whatsoever, the first person in line (a tall girl probably just into her 20s, toting a barefoot toddler and wearing shiny silver earrings that dangle to her shoulders) is finally called to a window, and everyone takes a step forward. I watch along with the rest of section three as a large woman in a floral sundress transitions from our section to section two. When she sits, the bench creaks. Her sigh of relief is audible; her smile just a bit smug.

After that, there’s a wave of movement, and in less than half an hour, a young man sporting cornrows, a behooded Muslim woman behind me, and I are all among the envied. We pass smiles back and forth, aware of our shared fortune, as we take our places on the bench. As I sit, I notice that the line behind us now stretches into a fourth section.

People are now waiting along the wall on the opposite side of the room where the bathroom doors are located.

By this time, my up-until-now quiet and patient daughter is alternately mashing little bits of sweet-potato snacks into her mouth and shrieking for more. Another 20 minutes pass. I sigh heavily and tell Cornrows to keep his fingers crossed that I don’t run out of snacks for the baby before it’s my turn at the window. He says this is nothing, that mornings are way worse, a hell of a lot more crowded. Then he tells me a story about how the last time he was here, an argument broke out because one lady refused to get up and stand in section one.
San Diego Reader  January 7, 2010  43

**Irritable Bowel Syndrome with Constipation**

**Feel Like Everyone’s Going But You?**

Researchers are evaluating an investigational medication to see if it effectively treats Irritable Bowel Syndrome with Constipation (IBS-C) in men and women.

You may qualify for a research study if you have any of the following symptoms:
- Abdominal pain or discomfort
- Bloating and/or straining
- Have fewer than 3 bowel movements per week

All study-related care will be provided at no cost. Insurance is not needed.

To learn more, call: Medical Associates Research Group 858.277.7177 • www.MARGinc.com

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**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

To learn more, please call toll-free at: 888-365-3203 or visit: Synergy Clinical Research

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

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

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

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

---

**Too Shy?**

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!

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http://nas.psy.sdsu.edu

Center for Understanding and Treating Anxiety

6386 Alvarado Court, Suite 301, San Diego
when the line moved.
“Everyone in the back of the line was yelling, like, ‘Get up, b— h!’ ” he says. “I was, like, ‘Dang!’ ”

This slow-moving line is where you go no matter what. If you have to turn in a form, you stand in this line. If you want to ask a question, you stand in this line. If you’re applying for the first time, you stand in this line. If you have several complicated and time-consuming issues to take care of, yes, you stand in this line. You wait and you wait, and when you’re finally called, if the people behind the glass partitions can’t help you, you’re sent back into the waiting room until you’re called by name. Here, you wait just to be told you’ll have to wait some more.

“What you really want,” Cornrows tells me, indicating a set of doors back through the entrance area and past the glass windows, “is to get through those double doors. That’s when you know you’re almost done.”

Interesting. I hadn’t noticed them. But, apparently, that’s where I want to be.

Finally, after more than an hour and a half of standing, sitting, and then standing again, I’m called to one of the blessed windows. There I find a middle-aged woman in a sparkly turquoise T-shirt and matching sparkly turquoise headband. Her bright-red lipstick calls attention to an already prominent mouth. As I hand her the paperwork, I explain that I’m here to turn in my redetermination documents and the reason I’ve included my marriage certificate is because my passport (which is proof of my citizenship) has my maiden name while all the other documents have my married name. I am using my happiest, friendliest voice, trying to be helpful and maybe establish rapport.

“Everybody back here has at least a high school diploma,” she answers. “I’m sure they’ll figure it out.” She doesn’t so much as look up.

I’m too stunned to be insulted.

She takes the neatly stacked and clipped pile of check stubs, passports, Social Security cards, birth certificates, and other papers and leaves her post to photocopy the documents. While she’s gone, I look to the left, toward those double doors. Every now and again, someone comes out from behind them and heads straight outside. They look exhausted but satisfied, as if they’ve accomplished a mission, maybe. Each time the doors swing open, I try to peek behind them. I never do see anything, but I imagine a clean, spacious hallway leading to sunlit offices populated by friendly, customer-oriented employees who offer coffee or cookies as they inquire, “What can I do to help you today?” Yes, Cornrows was right. That is where I want to be.

Red Lips returns with my documents and slides them under the window. They’re now in such a mess that it takes me a couple of minutes to make sure nothing is missing. While I’m in the process of checking and rearranging my documents and paperwork, she slides another piece of paper under the window and says, “Do you need to fill this out?”

I see that the top of the form refers to children with no proof of identity.

“I don’t know,” I say. “Do I? I’m starting to hate her.

“I don’t know,” she says, and waits.

She has to be kidding. I try to look past the thick lipstick and big
Destroy fat cells without surgery or downtime

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Body Contour Wrap $95 (reg. $110) 2 hours.

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- Full Body Wrap: Bust, Shoulders and Arms
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Mini Day Spa $90 (Valued at $100) Includes: 1-hour facial with 15-minute head and neck acupressure and back massage, alpha hydroxy peel (smooths and softens skin texture and appearance), European facial, plus spa manicure and pedicure. A natural face-lift that helps cleanse the skin and removes fine lines, freckles and blemishes.

Pamper Yourself Package $124 (Valued at $145) Includes: Deep pore cleansing facial, 1-hour full body therapeutic massage, manicure and pedicure.

Escape a Day Away $159 (Valued at $210) Includes: microdermabrasion, 1-hour full body massage, manicure, pedicure, and your choice of one spa body therapy.

Microdermabrasion $80/hour, Series of 3 $220, Series of 6 $400

Permanent Makeup Eyeliner $200 ($300 value), Eyebrow $200 ($300 value), Lip-liner $200 ($300 value), Full Lip $400 ($500 value)

Eyelash Extensions $130 New Japanese technique. Lasts 4-8 weeks. All natural.

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The closest WIC office to our apartment in City Heights is near the corner of Wrightman and Highland, right in the middle of what city planners call an “urban village.” It’s a pedestrian-friendly area where public services (library, schools, clinics, post office, police station, etc.) and commonly used commercial services (grocery stores, banks, fast-food locations, and such) are located within close walking distance. Until my first time going inside the WIC office, I only used its mirrored-glass door as a vanity check on my way to Blockbuster or Albertsons. As I passed, I’d slow down to check my hair for frizz or to see if my stomach looked as flat as I hoped it did.

Inside the tiny waiting room of the WIC office, beneath posters extolling the virtues of breast-feeding, five or six hard plastic chairs are occupied by pregnant women, new mothers (sometimes accompanied by their older children), and the occasional father. A few square feet in one corner have been designated as a play area for the more active.
children.

Both the size of the waiting room and the structure of the WIC program make it a decidedly more intimate experience than filling out Employment Development Department paperwork online or visiting the County Health and Human Services building. Each time I go in, I’m guaranteed a chance to speak with someone who will do his or her best to answer my questions. Granted, it’s not always done with the best attitude, but I do appreciate the human contact.

That first time I went to the WIC office, I walked right in and, without having to wait, sat down in the low chair in front of the Plexiglas window (why is there always Plexiglas?) and presented my paperwork to a real live person. She was about my age, with a gentle face and shiny black hair. She wore a purple-print shirt that looked like something I would wear. I felt a kind of kinship in her. Maybe under different circumstances she was a nicer person, but her cold, businesslike answers to my questions changed my mind about her face. Her jowls made her look mean. And besides her mean-looking face, she told me that my husband’s year-to-date income (as per his check stub, which I’d been instructed to bring) put us significantly above the income eligibility cutoff. Of course, $775 per week put us above the limit as well. She didn’t seem to understand that we weren’t trying to cheat on the income requirements; we were trying to
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little bit helps.”
“ ... But this isn’t the way it was supposed to be,” I complained; gingerly lowering my big fat pregnant butt onto the couch. “I have a master’s degree. Where’s my maid and my masseuse and my flat in Paris?”

I’m sure there are plenty of people reading this who would like to stone me for complaining at all. I’m sure there are others who would like to beat me for usurping precious taxpayer-provided resources while maintaining my biweekly date with my husband, when we treat ourselves to pizza and hot dogs. (That, plus two drinks and a shared sundae cost less than seven bucks! God bless Costco.) To the former, I say, “You’re absolutely right.” To the latter, I have no excuse but my own middle-class upbringing and any number of self-help books I’ve read that claim joy as a right, not a privilege. A life with no dates is a life without joy.

My mom told me that in all her years working in the realm of public assistance, it was the educated middle class who came in with the most expectations and therefore the most complaints. I must say, though, that as much as I complain about the quality of service and the lines and the other crap I’ve had to endure for the sake of public assistance, I am grateful it’s out there. Cheese is expensive, and health insurance is too. And where else can you ask for money just because you don’t have any? But.
That said, during my bimonthly visits to the WIC office, I still go with the hope that the workers on the other side of the Plexiglas will see me as one of their own kind — an educated woman with hopes and dreams and aspirations who might be fun to have drinks with. And when it becomes clear that the woman who calls me to the window sees me as an other, I make it a point to gesticulate with my left hand so she can see how much bigger my engagement ring is than hers. Petty, I know, but this is what I’ve been reduced to.

* * *
On my third visit to the County building, I don’t make it quite by 8:30. It’s more like 8:45, and I’m surprised to see not only is the security line not winding around the building as I’d expected, there isn’t a security line at all. Honestly, I’m a
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tiny bit disappointed because I wanted Cornrows to be right so I could hate Red Lips even more. At the same time, I’m grateful it’s not as bad as I’d expected.

Inside, the line is about the same as it was last time, but the waiting room is more crowded, and nearly all the benches are full. The end of the line is crowded into the corner just past section two, and then it flubs out into the waiting room. It’s not five minutes, though, before (lo and behold!) I’m sitting on the bench in section two. And not five minutes after that, two women appear from beyond the double doors and start pulling people out of line.

I’ve decided my mantra will be “I need to see a worker about my redetermination status,” and no matter what I’m asked, I’ll keep repeating myself until it happens. I’ve come with snacks for myself and the baby, diapers galore, a book to read, and enough water for days. I’m prepared to wait as long as I must to get my questions answered.

The first of the two women calling people out of line is wearing a long blue rayon dress printed with giant green flowers. She stands at the front of the line and announces that those with new applications should let themselves be known. She also says something about a QR7, and even though I don’t know what that is or even if I’ve heard her correctly, I’m tempted to claim QR7 status so she’ll take me back beyond the double doors. I figure once I’m in her office, she’ll have no choice but to listen to my story. Of course, I chicken out.

The second woman (who’s wearing a tank top and jeans — really? at work?) starts at the beginning of the line and one by one asks people the reason for their visit. By the time she gets to me, she’s pulled so many people out of the line that I’m only three away from the front.

“What do you need, hon?” Her voice is smoky and her expression one of permanent impatience. I’m desperate to get beyond the double doors, but I’m...
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not so sure I want to go there with her. She has a mean vibe. "I need to see a worker about my rede millennium."

She cuts me off. "Go to the double doors." And then, "What do you need?" She's already on to the next person.

Four other people (not counting a toddler in tight red pants and a gurgling baby in an infant carrier) stand outside the double doors waiting to be told to go through. After another minute or two, Smoky arrives (with two more people in tow), looks at the small crowd of us, and says, "Oh, boy. I sure pulled a lot of you, didn't I?"

Some of us smile. Some of us don't.

She pushes open the doors and walks through. We shuffle through behind her. It's reasonably well lit, I suppose, but not the utopia I'd imagined. Just a long hallway, the eight of us (not counting the babies), and four chairs lined up against the wall. I choose to stand. So much for coffee and cookies.

As it turns out, the chairs are lined up directly across from Smoky's office. She calls in an older Asian woman, tells her to sit, and neglects to close the door. From where I'm standing, I can't see the woman anymore, but I can see Smoky. She looks like the kind of woman who could drink any man under the table. Her voice is loud enough for all to hear (isn't that a breach of confidentiality? Do we really need to hear about each other's cases?), but I try not to pay attention to what she's saying. Instead, I watch the little red-pants toddler make faces at my baby. I coo and talk to them both in a too-loud voice meant to drown out the conversation in the office.

A couple of minutes later, the Asian lady leaves and Smoky calls in whoever's next. The two women (mom and grandma?) who brought the toddler scoop her up and head into the office. Within seconds, Smoky's voice rings out. "Is that in pencil?"

I look up in time to see her slam down a pen on the desk and shove it toward whichever of the
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two women has just handed her a form filled out, apparently, in pencil.

“Julia,” Smoky admonishes loudly, “legal papers cannot be done in pencil! Use eyeliner if you have to. Even Crayola would work. But you can’t ever use a pencil!”

The lady on the seat next to me smiles. I smile back. The eyeliner bit is funny, and filling out a form in pencil isn’t the smartest idea in the world, but Smoky’s words come off as mean. I start preparing myself for a confrontation. Smoky had better not speak to me that way.

When the little family finishes, Smoky calls for the next person, who doesn’t get up fast enough. “Come on, come on!” she urges, throwing a conspiratorial wink out at the rest of us. She doesn’t seem to understand that as much as the rest of us would like to be done with our business as quickly as possible, we’re not going to wink back. Our sympathies lie with whoever sits on the other side of the desk.

Finally, it’s my turn. I sit down in the one chair across the desk from Smoky and situate my daughter’s stroller beside me. My lonely chair is backed up against a blank wall. No posters, no pictures, no color. The office looks like an interrogation room. I’m guessing you’re not supposed to get comfortable here.

“I speak as if I’ve rehearsed, which I have.”

“‘There are some complications with my Medi-Cal, and I want to make sure everything is in order with my redetermination documents.’

She asks for my Social Security number and my name. I watch as she types in the information. Strangely enough, though her dress and mannerisms are sloppy and crude, her fake nails are long and tipped with sparkly silver and purple polish. Not at all what you’d expect from such an otherwise mannish woman.

“Okay, well, it looks like your case hasn’t been processed yet…”
“Right,” I say, not having gotten this far in my rehearsals. I suppose I’d assumed that getting beyond the double doors would mean I’d talk to someone who’d know something. “Is there any way to talk to someone about that? Because, like I said, there are some complications that might not be clear on paper. I’d like to avoid the automatic denial if I can.”

“Well, if it’s denied—”

Suddenly, the sound of loud but poorly amplified country music fills the office. “Excuse me,” she says, reaching under her desk and pulling a pocketbook up from the floor. The music is her ringtone. As she digs...
around inside the purse, she mumbles, “I guess I forgot to turn that off.” Then she pulls out her cell phone and answers it. I sit, appalled, while she has a brief conversation with someone and then hangs up. She does not apologize.

“So, I was saying that if it’s denied, the back of the letter will tell you how to go about requesting a fair hearing.”

“Yeah, I say. “I was kind of hoping to avoid all that and maybe talk to someone who might be able to help—” She interrupts to tell me that’s not going to happen because so far no one has been assigned to my case. And when I tell her I thought there were no longer workers assigned to cases at all, she says that’s true. The task group currently has my case, but eventually someone specific will have to process it, and if that person has any questions, he or she will contact me.

“Okay, so then once that happens, I’ll have someone to talk to?”

“No. It just means that’s the person who will process your paperwork.”

“And that’s the person who makes the decision about whether I’m denied or approved?” She nods yes.

“But I can’t talk to them? Now or ever. Is that what you’re saying?” For a second, Smoky looks at me as if she’s just now seeing a person in the chair across from her, as if until now I was just a blur, a number, not even a reason not to answer the phone. For one tiny moment, she looks as if it has dawned on her how ridiculous this set of circumstances must sound.

But rather than offering an alternative, a suggestion, a moment with her supervisor, or something I can use to get through this bleeping mess, all she says is “It wasn’t our idea.” And then she laughs. That’s right, she laughs. It’s a throaty smoker’s laugh, and like her voice, it’s too loud. But unlike a normal laugh, it carries with it no joy. I feel defeated. Despite having no desire to join in on the joke (whatever it might be), I smile back. One day I’ll laugh about all this too. “I’ll giggle and guffaw about the WIC cheese and the lines (the lines, the lines!) and the surprise of suddenly finding my expectations of a life of luxury dashed to smithereens on the side of a County welfare building.

Smoky is still chuckling as I gather my belongings, unbrake the stroller, thank her for her time, and walk out. Just before the doors swing shut behind me, I hear her call out, “Come on, people. Who’s next?” At the time of printing, the writer is still waiting for the County letter stating whether her Medi-Cal has been renewed or denied.

— Elizabeth Salaam
**LETTERS**

*continued from page 18*

Tom Cruise on this one.

Off the Cuff (“Have you ever smuggled anything?”)  Published Dec. 30

By refroidgringo 6:54 p.m., Dec. 30, 2009

My daughter was born in Mexico, I used to take her into the U.S. a lot when she was little before we got her a green card. I would buy her a lollipop so she wouldn’t betray her native language and simply declare her to be a U.S. citizen. My wife was so little before we got her a green card. I would buy her a lollipop so she wouldn’t betray her native language and simply declare her to be a U.S. citizen. My wife was so nervous she couldn’t cross with us, she went ahead of us. I never had an issue.

And one time I smuggled an ounce of marijuana into the U.S. I was crossing in the morning with my wife and we were arguing about something. I reached into the pocket of my jacket and felt a baggie full of weed and felt a baggie full of weed and felt a baggie full of weed and felt a baggie full of weed and felt a baggie full of weed. I reached into the pocket of my jacket and felt a baggie full of weed and felt a baggie full of weed and felt a baggie full of weed and felt a baggie full of weed.

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San Diego Reader January 7, 2010 61
The staff is friendly, and the service, fine. But, as several yelpers have written, this place is better for drinking than for dining. I would hope that there is a better "New" Mexican joint in town. I’ll stick with my old favorites. Let’s see what 2010 brings! By ncbq 12:38 p.m., Dec. 31, 2009

I wouldn’t quibble about one restaurant in such an expansive year end review. I agree with most of Ms. Wise’s decisions and putting this year-end review together must have been huge feat! I just wish I was in San Diego at the time to try the closed restaurants she pined about, they sounded wonderful. Here’s to a great 2010 and more great reviews.

By millerowski 7:03 p.m., Dec. 31, 2009

To: ncbq:

I was not “quibbling.” I was adding a different perspective regarding a restaurant. Ms. Wise’s “Top Restaurants of 2009” list will be very influential, and as I said in my preface to comment #1 above, I appreciate the overall article (and, further, I am a fan of Ms. Wise’s reviews).

The point is: anyone who is going to spend $X amount of hard-earned dollars benefits from knowing in advance what she/he is going to get for those dollars. Mayahuel has potential, but the menu is formulaic and the ingredients—IMHO, not prepared very well: tasteless shrimp, salty and dry “steak,” etc.

This was Wise’s nominee for “Best Inexpensive Mexican.” My point is that it is not all that inexpensive, and it is not very good. So I just want to warn potential diners...they can check yelp.com or chowhound.com and find comments similar to mine. However, Bravo to La Wise!

And best wishes for 2010! By Naomi 7:26 p.m., Jan. 1, 2010

First — two important corrections.

1. While Argentine tapas definitely made my “boca” very “alegre,” the name of the Argentine tapas place that made a happy-happy hour is Puerto La Boca (not Puerto Alegre). It’s at 2060 India St. (at Hawthorn), Little Italy, 619-234-4900; www.puertolaboca.us. And I’ll repeat about it — if you’re looking for a loud bar scene with shrieking blondes, etc., this is not the place. Just great food, yummy wines, and a non-tourist South American atmosphere.

2. Sorry to say that after coming back from the dead, Chilango’s expired again. Damn, damn, damn! (By the way, the obits list was truly incomplete. Saw 5 more deaders en route to the Gaslamp two days ago. Mainly no great losses on that route.)

Okay, now — Cantina Mayahuel. I ate there in April. Obviously, they’ve raised prices since then. I didn’t see how they could survive on their low prices, and apparently, they realized the same. I swear to you, my Margaritas cost $5 each — I had three of them, I should know! (And was still able to walk, talk, and then take notes perfectly well, so they may have been a bit weak, if delicious.) All I ate were the $10 specials, as I’m not really excited about tacos (as a 10-year resident of scien...
Thursday | 7

**WALK AND DRAW**
This moderately-paced three-mile hike, led by naturalist Liz Goetz and her daughter Bea, allows for many stops for scenery sketching. No artistic experience necessary, and if you don’t have your own materials, some will be provided. Magnifying glasses are handy for capturing details. See OUTDOORS, page 68.

**TALKING TECHNO-ART**
Technology is in style at the Oceanside Museum of Art, where sci-fi Hollywood prop master John Zabrucky (set decorator for Battle Beyond the Stars) will give a PowerPoint lecture on the making of his flat-relief work that suggests “both the beauty and terror of life in a high-tech world.” See LECTURES, page 72.

Friday | 8

**COOL SCOUTING STUFF**
The Boy Scouts of America is celebrating its 100-year anniversary by trucking “Adventure Base 100” around the U.S., and they are making a stop in San Diego. Experience a rope course, zip line, digital interactives, an IMAX-like dome, a display of artifacts from the Boy Scout museum, and more. See SPECIAL, page 68.

Saturday | 9

**HAWKWATCH 2010**
Visit Ramona’s grasslands to witness the resident- and winter-migration of hawks, falcons, and eagles during this outing led by the Wildlife Research Institute. The event includes demonstrations of hawk-banding and tracking eagles with transmitters. Bring binoculars for an even closer look. See OUTDOORS, page 66.

**EXPECTING ISABEL**
The Moxie Theatre presents Lisa Loomer’s “comedy about infertility, family, and hope” in which a New York couple attempting to procreate “explores the booming fertility trade and adoption industry.” Directed by Jennifer Eve Thorn. See THEATER, page 76.

Sunday | 10

**THE LAST DAYS OF JUDAS ISCARIOT**
In this life-and-death tale of a quintessential traitor, a man is innocent until proven guilty. Triad Productions presents Stephen Adly Guirgis’s modern interpretation of Purgatory, in which Judas Iscariot stands trial for his alleged betrayal of Jesus. See THEATER, page 76.

**ECO-FRIENDLY WHALE WATCHING**
Guided kayak tours get “very close to the whales, without large boats and crowds of people to startle the whales or spoil the experience.” Participants may encounter sea lions, garibaldi, leopard sharks, and other wildlife. See SPORTS, page 74.

**STEEL MAGNOLIAS**
The Welk Resort Theatre presents Robert Harling’s “gossipfest” at Truvy’s Beauty Parlor, where there’s “no such thing as a natural beauty” — where women can be as fragile as flowers and as resilient as metal. See THEATER, page 76.

Tuesday | 12

**SOIL-TO-HEALTH CONNECTION**
Soil-ecology expert Angie Tagtow addresses the way our food choices affect our soil, focusing on Iowa’s food landscape. Play the Iowa Good Food trivia game and get tips on how to support a healthy food system — all part of the San Diego Natural History Museum’s Sustainable Planet food lecture series. See LECTURES, page 72.

Wednesday | 13

**PHASE SPACE**
It’s the opening reception for Sally Hagy-Boyer’s show, in which she shares her exploration of “collected and deconstructed elements of her childhood memories and daily life into ‘phase space’” with image-diagrams composed of charts, diagrams, statistics, and maps. See GALLERIES, page 71.

**WICKED PLANTS**
Amy Stewart visits Del Mar to give a presentation based on her newest book, subtitled The Weed That Killed Lincoln’s Mother and Other Botanical Atrocities. Sponsored by the San Diego Horticultural Society — for obvious reasons. See IN PERSON, page 72.
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Earl Burns Miller Japanese Garden, Long Beach
By Lisa Duclo

One of the loveliest Japanese gardens in the state is relatively close by — the Earl Burns Miller Japanese Garden is about two hours north, up the 5 and 405 freeways, on the campus of Cal State Long Beach. Admission is free to the public.

This beautiful spot is perfect for an afternoon of introspection. I almost had to be dragged out because it was so beautiful. A paved path leads around the garden, and there are many spots for sitting or taking photo ops. I filled up an entire photo disk on my digital camera and spent several rolls of film in my “old fashioned” camera. (They don’t mind if you take pictures in the garden with a regular camera, minus your tripod, but would prefer that you don’t haul in your professional photo equipment without making prior arrangements with the staff.)

Just because it isn’t massive in size doesn’t mean that the garden is lacking anything — quite the contrary. There are bridges, waterfalls, koi ponds, stone lanterns, and statues. There’s also a sand-and-rock garden and a replica of a traditional Japanese teahouse, and there’s plenty of signage describing traditional Japanese plants as well as the history of the garden.

My favorite thing — or, rather, things at the garden were the friendly koi fish who acted like hungry puppies waiting for a handout. I’d never seen anything like it before. These koi, most of which were large, would come out of the water — sometimes 10 or 20 at a time — and perch themselves halfway upon the shore to eat fish food out of my hand.

Earl Burns Miller Japanese Garden:
1250 Bellflower Blvd., Long Beach. Open Tuesday through Friday, 8:00 a.m. to 3:30 p.m. For general information and educational tours call 562-985-8420. For site rentals call 562-985-8889.

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Sedona continued from page 64

This modest community in northern Arizona is dwarfed by red rock formations that surround the town with names like Cathedral, Bell, Coffeepot, and Thunder Mountain. One is renowned for its resemblance to Snoopy.

Take a red-rock tour where you’re escorted in four-wheel-drive vehicles that drive onto the huge rocks for an up-close view of buttes and monoliths. I was astounded when my driver urged us to “Hang on!” as he maneuvered our vehicle onto a boulder. It was a tad hair-raising, but the payoff was worth it — some of the finest natural scenery in the western United States.

Locals claim that various points around Sedona are vortexes that attract psychic energy or power from the earth. I cannot verify this, but judging by the number of psychics and aura readers that populate Sedona, there seem to be many believers.

The surrealist painter Max Ernst came to Sedona in 1950, and the beauty of the rocks has attracted artists and those seeking creative inspiration ever since. A local artist community thrives, and there are many art galleries and shops. The Chapel of the Holy Cross to the south of town seemingly rises out of the red rocks. It was designed by a Frank Lloyd Wright student in collaboration with Wright’s son, Lloyd.

Sedona is a mecca for hikers and other outdoor enthusiasts, as the forests surrounding town provide a multitude of trails. At an elevation of 4326 feet, Sedona enjoys a more moderate climate than the southern part of the state, so one does not have to be as wary about heat waves. The Oak Creek Canyon area to the north of Sedona is particularly spectacular. You can also take a day trip, as I did, to the Grand Canyon.

Recent Chilly Days and Nights

Only confirm that San Diego’s lowest temperatures (according to more than a century of weather records) tend to occur during the month of January. January’s mean temperature at Lindbergh Field is about 55 degrees Fahrenheit. (July’s mean is a balmy 70 degrees.) To experience much colder temperatures, journey to the Guaymas; -1 and -4 degree readings were once recorded there — the two lowest temperatures ever recorded in the county.

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.

The Latest Sunrise of the Year

on standard, not daylight time)

Where’s Venus These Days?

Outdoors

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OUTDOORS

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Where’s Venus These Days?
Flat Cat Canyon is the curious name given to a rugged gorge southwest of the Anza-Borrego Desert State Park visitor center and not far outside the community of Borrego Springs. Park rangers once found a dead bobcat (presumably very dead) in this canyon and followed the honorable Western tradition of assigning colorful names to colorful places. From down below, Flat Cat Canyon appears as a steep, boulder-choked ravine — of keen interest perhaps to coyotes and bobcats, but seemingly of little interest to humans. The canyon’s upper reaches, though, hold a surprise or two.

Should you decide to nose your weary way up this canyon, wear long pants and sturdy shoes to help protect you from the needling of cactus spines and the invasive thrusts of catclaw and desert apricot thorns. Serious bushwhacking and rock-scrambling challenges await you, so forget it if you’re not ready for a sweaty affair that may involve some frustration with the sometimes-glacial rate of progress. Need we say you are going to need sturdy footwear, as well as drinking water?

To get to the starting point from Borrego Springs, follow Palm Canyon Drive (Highway S-22) west to Montezuma Highway and turn left, remaining on S-22. Continue 0.7 mile to the large trailhead parking area on the west side of Montezuma Highway. If you’re arriving from the west, this trailhead is located near the bottom of the twisting Montezuma Grade, at mile marker 16.5.

From the trailhead, follow the trail leading west, straight toward the wide mouth of Hellhole Canyon — but leave this trail and bend right toward Flat Cat Canyon (which is the narrower and steeper canyon to the north of Hellhole Canyon) after about a mile. Once you get into Flat Cat Canyon, your first mile of travel, partly on a sandy wash and partly over the rocks of the canyon walls, nets you about 1000 feet of elevation. Take note of the contrast between the dark, desert-varnished rock high on the canyon sides, and the whitish, flood-scoured boulders on the lower slopes. Past the first scattered California fan palm trees (our local desert’s native palms), notice on the north side of the canyon a nice example of exfoliation in granitic rock. Physical and chemical weathering has broken up the rock into concentric layers, resembling those of an onion.

If your stamina and patience allow, continue scrambling uphill, past more palms and trickles or riffles of water (depending on the amount of recent rainfall), to a place where Flat Cat Canyon evenly divides at 2600 feet elevation. The canyon’s largest grove of about two dozen palms resides here. At that point you’ve come 2.5 miles in all and gained 1800 feet of elevation. Return the same way you came. Enjoy the spacious view of the desert floor, spreading east and framed by the canyon’s V-shaped profile, on your descent back to the starting point.

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.
January 7, 2010  

**Calendar Local Events**

**How to Send Us Your Listing:** Contributions must be received by 5pm Friday the week prior to publication for consideration. Do not phone. Send a complete description of the event, including the date, time, cost, the precise address where it is to be held (including neighborhood), a contact phone number, and a phone number (including area code) for public information to READERS EVENTS, Box 85803, San Diego, CA 92186-5803. Or fax to 619-881-2401. You may also submit information online at SDReader.com by clicking on the events section.

Ranch — La Honda trailhead, 3024 La Honda Drive. (ESCONDIDO)

Seagulls Galore! All gulls are not the same; learn to identify your Western from your Mew, and a half dozen others, guided by staff from San Diego Natural History Museum. Participants receive a reference booklet. Bring binoculars. Call for meeting place and registration. 619-255-0283. Saturday, January 9, 9am; $30-$38. San Diego Natural History Museum, 1788 El Prado. (SAN DIEGO) **1788 El Prado.**

Diego Natural History Museum, January 9, 9am; $30-$38. San Diego Natural History Museum. (SAN DIEGO)

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**“Walk and Draw”** Naturalist Liz Goetz and daughter Bea lead moderately paced three-mile hike with stops for scenery sketching. No artistic experience necessary. Materials provided or bring your own. Magnifying glasses are handy. 760-839-4860. Thursday, January 7, 215pm; free. Daley Ranch — La Honda trailhead, 3024 La Honda Drive. (ESCONDIDO)

**TLC for Famosa Slough** Join a “party” (work party, that is) to plant native plants, remove invasive plants, and pick up litter in the salt marsh wetland. Bring garden tools if possible, wear sturdy clothes. Under 18 need parent’s permission. Meet at the corner of West Pt. Loma Boulevard and Famosa Boulevard. Sponsored by Friends of Famosa Slough. 619-224-4591. Saturday, January 9, 9am; free. Famosa Slough, West Point Loma Boulevard and Famosa Boulevard. (OCEAN BEACH)

**Tidepooling for All at Dike Rock** Fall and winter are excellent times to explore local tide pools because lower tides reveal wider beaches and pools teeming with native marine life. Learn about ocean critters when Birch Aquarium at Scripps hosts tidepooling led by aquarium naturalist. Required reservations: 858-534-7336. Sunday, January 10, noon; $12. 2 and up. Birch Aquarium at Scripps, 2300 Expedition Way. (LA JOLLA)

Up join a guided hike exploring Kate O. Sessions Memorial Park overlooking Mission Bay. Sponsored by San Diego Natural History Museum. 619-255-0171. Sunday, January 10, 9am; free. Kate Sessions Park, 5115 Soledad Road. (PACIFIC BEACH)

**Community Events**

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**Cool Scouting Stuff** Boy Scouts of America is celebrating its 100th year anniversary by trucking an “Adventure Base 100” around the U.S. Experience a rope course, zip line, digital interactive, IMAX-like dome, display of artifacts from National Scouting Museum, and more. 619-255-0171. Friday, January 8, 10:30am; Saturday, January 9, 10am; Sunday, January 10, 11am; free. Westfield Mission Valley Center, 1640 Camino Del Rio North. (MISSION VALLEY)

**Entropy…** And “feel-good solutions to environmental problems” considered when P&R Discussion Group meets. 619-370-1027. Thursday, January 7, 7pm; free. Filz, 4906 30th Street. (NORTH PARK)

**Fresh-Air Yoga** Experience yoga in the great outdoors. Taught by registered yoga instructor. Donations: $5 to $10. 858-323-5007. Saturday, January 8, 9am; free. Museum Bay Visitors’ Center, 2688 East Mission Bay Drive. (PACIFIC BEACH)

**Gem Faire Returns** More than 80 manufacturers, wholesalers, importers offering jewelry, gems, beads, crystals, silver, and mineral classes, workshops for all skill levels. Weekend pass: $5. 760-390-3599. Friday, January 8, noon; Saturday, January 9, 10am; Sunday, January 10, 10am. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

**Good Vibrations** Aileen Marie and Diane Mandel team up to offer an evening of Kripalu yoga and Tibetan bowl sound healing. Pre-registration required. 760-635-1200. Sunday, January 10, 5:30pm; $15-820, 7 and up. EZIA at the Sanctuary, 230 Birmingham Drive. (CARDOF)

**Grey Whale Season Returns** Outings hosted by Birch Aquarium at Scripps and San Diego Harbor Excursion boast Scuba ecotourists on hand to share information about gray whales, the ecology, and history of San Diego Bay and Scripps Institution of Oceanography. Detect, learn to whistle and dolphin sounds in real time using state-of-the-art research equipment from Scripps Institution of Oceanography. Dolphins, sea lions, marine birds make guest appearances. Registration: 619-234-4111. Thursdays, 9:45am and 1:30pm; Fridays, 9:45am and 1:30pm; Saturdays, 9:45am and 1:30pm; Sundays, 9:45am and 1:30pm; Mondays, 9:45am and 1:30pm; Tuesdays, 9:45am and 1:30pm; Wednesdays, 9:45am and 1:30pm; Thursday, April 4, 9:45-1:30. San Diego Harbor Excursion, 1050 North Harbor Drive. (DOWNTOWN)

**Icy San Diego?** “Fantasy on Ice” promises ice-skating outdoors adjacent to Horton Plaza. Skating sessions last two hours. Fee includes skate rental: 619-234-1031. Thursday, 10am; Friday, 10am; Saturday, 10am; Sunday, 10am; through Sunday, January 10; $10-22. Horton Plaza, 225 Broadway. (DOWNTOWN)

**It’s a Bird! A Painting! A Dome, display of artifacts from National Scouting Museum, and more. 619-255-0171. Friday, January 8, 10:30am; Saturday, January 9, 10:30am; Sunday, January 10, 11am; free. Westfield Mission Valley Center, 1640 Camino Del Rio North. (MISSION VALLEY)

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**Lucy Award Stress!** Laughter yoga class led by Dr. Punshine, a.k.a. Caroline Meeks, M.D. Expect video presentation followed by laughter exercises, laughter meditation. No yoga mats or special clothing required. 619-573-1396. Friday, January 8, 11am; free. La Jolla Museum of Art, 700 El Prado. (LA JOLLA)

**Middle-Eastern Drum and Belly-Dance Class** Doumbek drumming class for all levels taught by Frank Iazzaro (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; 5pm; WorldBeat Cultural Center, 2100 Park Boulevard. (BALboa PARK)

**Planning a Wedding?** Bridal bonanza includes fashion show, samples of cake and other food, exhibits by more than 100 wedding professionals. 626-356-9036. Saturday, January 9, 10am; $12. Pala Casino, 35008 Pala Temecula Road. (PALA)

**Predictions** Two-day “Psychic Fair and Metaphysical Conference” features free lectures on the theme...
of predicting events. Alexandra Andrews presents lecture on Saturday at 5:30pm. Tarot, palmistry, other psychic arts practitioners on hand. Admission is free; $20 per reading. 619-298-3422. Saturday, January 9, noon; Sunday, January 10, noon; free. Alexandra’s Bookstore, 3545 Midway Dr., suite G, MIDWAY DISTRICT.

REVO San Diego REVO events raise money for groups that help the needy, such as Street Angels and Invisible Children. View and purchase local art, hear live music, discover more ways to get involved. Cover donation: $5. 619-201-2376. Sunday, January 10, 7pm; 21 and up. Bondi Bar and Kitchen, 333 Fifth Avenue. (DOWNTOWN)

Rooftop Yoga Yoga One leads vinyasa flow mixed-level classes for hotel guests (free) and public ($15 per class). 619-544-0164. Thursdays and Fridays, 9am; Sundays, 5:30pm; Mondays, 9am; Tuesdays, 5:30pm; Wednesdays, 9am; free-$15. Porto Vista Hotel & Suites, 1268 Grand Avenue. (DOWNTOWN)

Walk to End Human Trafficking Soroptimist International of Vista offers resource tables, speeches, walk to raise awareness about human trafficking. Kimberly Hunt of Channel 10 News serves as keynote speaker. Walk begins 2:15, covers about a mile of downtown Vista. Donation of $5 gets participants T-shirt. Event takes place at corner of Indiana and Main streets, near Avo Playhouse. Saturday, January 9, 1pm; free. Avo Playhouse, 303 Main Street. (VISTA)

Where Did Japantown Go? Before World War II, what is now the center of the Gaslamp Quarter was a bustling Japantown. A new exhibit by the Japanese-American Historical Society and the Gaslamp Quarter Historical Foundation traces the changes to the neighborhood and the people forced to leave it for internment camps. Opening reception features speeches, refreshments, walking tour and several of San Diego’s “internees” on hand. 619-233-4692. Sunday, January 10, 1pm; free. William Heath Davis House Museum, 410 Island Avenue. (DOWNTOWN)

Where Models Meet SD Modeling and Photography “meet-up,” showcasing member talents in modeling, photography, makeup. Fashion show. 760-480-4101. Saturday, January 9, 7pm; free. Escondido Municipal Gallery, 142 West Grand Avenue. (ESCONDIDO)

CLASSICAL MUSIC

Clarinet Quartet Free 45-minute concert features the San Diego Clarinet Quartet. Program will include music by Bach, Mozart, Gershwin, and more. 858-552-1668. Wednesday, January 13, 7pm; free. Carmel Valley Library, 3919 Townsgate Drive. (CARME VALLEY)

Core Music San Diego Symphony and conductor Jahja Ling are joined by Che-Yen Chen on the viola and San Diego Master Chorale in the next installment of its "Jacobs' Masterworks" core classics series. Program includes “Three Psalms of Jerusalem” by Ratzbun, “Violin Concerto” by Handel, “Flos Campi” by Vaughan Williams, “Symphony No. 5” by Prokofiev. 619-235-0804. Friday, January 8, 8pm; Saturday, January 9, 8pm; Sunday, January 10, 2pm; $20-$93. Copley Symphony Hall, 750 B Street. (DOWNTOWN)

Free Jazz Acoustic bassist Rob Thorsen performs. 858-581-0034. Wednesday, January 13, 7pm; free. Pacific Beach Library, 4275 Cass Street. (PACIFIC BEACH)

ICE Contemporary Ensemble Ensemble performs music by Greek composer Iannis Xenakis, conducted by Steven Schick. Tickets $25, student rush $1. 858-534-3229. Wednesday, January 13, 7pm. Conrad Prebys Music Center at UCSD, Russell Lane at Gilman Drive. (LA JOLLA)

“Musica de los Californios” The Hutchins Consort samples music that has ties to California, including traditional Mexican songs, composers who lived here such as Igor Stravinsky, and an old Arabic tune that was adopted for surf music and Pulp Fiction. 760-753-7376. Saturday, January 9, 11am; free. Encinitas Library, 540 Cornish Drive. (ENCINITAS)

Organ Concert Civic organist Carol Williams in concert. 619-702-8138. Sunday, January 10, 2pm; free. Spreckels Organ Pavilion, 2211 Pan American Road. (BALBOA PARK)

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Argentine Tango Class taught by Florentino and Isabel for all levels. 8:55-437-3775. Thursdays, 8pm; through Thursday, January 28, $5. Dance Motions, 12120 Alta Carmel Court, Suite 410D. (RANCHOBERNARDO)

DANCE

Argentine Tango Class taught by Florentino and Isabel for all levels. 8:55-437-3775. Thursdays, 8pm; through Thursday, January 28, $5. Dance Motions, 12120 Alta Carmel Court, Suite 410D. (RANCHOBERNARDO)
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"45 Paintings" Reception for exhibition of new paintings by Steve Gonzalez in studio 225, 619-504-4714. Friday, January 8, 6pm; free. Studio Arts Building, 2400 Kettner Boulevard. (LITTLE ITALY)

"Phase Space" Opening reception for exhibit of "image diagrams" by Sally Hagy-Boyer. Event also marks opening of photographic exhibit "Venezia È L'Isola Dei Vagabondi" in the Rotunda by Miranda Blazevic-Krietzman and books of photos by Ian Hamilton Finlay in the North Reading Room. All exhibits end February 13. 858-454-5872, Friday, January 8, 6:30pm; free. Athenaeum Music and Arts Library, 1008 Wall Street. (LA JOLLA)

IN PERSON

Car Lover's Fantasy The focus is on Shelby American, the maker of high-performance cars for more than 40 years. Author Colin Comer (The Complete Book of Shelby Auto- mobiles: Cobras, Mustangs, and Super Snakes) teams up with chief Shelby engineer Phil Remington to discuss and sign Comer's book. Purchase the book at $65, and get two free tickets to the weekend's La Jolla Motor Car Classic (see Specials). 858-454-0347. Friday, January 8, 6:30pm; free. Warwick's Bookstore, 7812 Girard Avenue. (LA JOLLA)

DimeStories Smackdown Participants get three minutes to read a story they have written (about 500 words), compete for prizes with audience judging. Themes for this event: Teeth and misunderstanding. 858-822-4532. Tuesday, January 12, 8pm; $5. Loft, 9500 Gilman Drive. (LA JOLLA)

Elvis's 75th Birthday Technomania parody Elvis, Burning Man, Lady Gaga, "ourseles and everything else we can think of!" Parody show includes puppets, bizarre circus acts by Planet Jemini, performance art. Covered outdoor seating with heaters. Saturday, January 9, 8pm; $10-$15.3 and up. Center for Amusing Arts, 2438 Commercial Street. (OF HEIGHTS)

Eric Blake Now host and headliner of an upcoming comedy series on Showtime, the L.A. native and veteran comic performs. 877-771-2946. Thursday, January 7, 8pm; Friday, January 8, 8pm and 10pm; Saturday, January 9, 8pm and 10pm; $22. 21 and up. Pechanga Resort & Casino, 45000 Pechanga Parkway. (TEMECULA)

Fantasy Writing Author Kris Neri (High Crimes on the Magical Plane) leads writing workshop on combining fantasy with other genres and how fantasy writers can create more mystery. 858-268-4747. Thursday, January 7, 7pm; free. Mysterious Galaxy Books, 7051 Clairemont Mesa Blvd., Suite 302. (MEERLY MESA)

Folktales Sung and Told Heather Forest spins tales from world folklore, combining music, poetry, prose, at the USD Manchester Auditorium. Suitable for 12 and up. 619-288-5683. Saturday, January 9, 7:30pm; $10. University of San Diego, 5998 Alcalá Park. (LINDA VISTA)

Four Freedoms Allegorical novelist John Crowley signs books. 858-268-4747. Friday, January 8, 7pm; free. Mysterious Galaxy Books, 7051 Clairemont Mesa Blvd., Suite 302. (MEERLY MESA)

Gelato Poetry Series John Rubbo reads his poetry, followed by open mike performances. 760-434-1240. Friday, January 8, 7pm; free. Korky's Ice Cream and Coffee, 2375 San Diego Avenue. (OLD TOWN)

Happiness is... San Diego Junior Theatre presents You're a Good Man, Charlie Brown, the musical adaptation of Charles Schulz's comic strip, 619-239-8355. Friday, January 8, 7pm; Saturday, January 9, 2pm; Sunday, January 10, 2pm. Del Mar Fairgrounds, 1650 El Prado, Suite 208. (BALBOA PARK)

Jewelry by Wire Learn the art of making jewelry by wire wrapping from Carolyn Eddy, author of Let's Get Wrapped! and All Wrapped Up! Classes and free book signings held at Gem Faire (see Special), 801-391-1419. Friday, January 8; Saturday, January 9; Sunday, January 10; $25-$50. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

The Kumeyaay Join a fireside chat with Cheryl Hinton, director and chief curator of the Barona Cultural Center and Museum. Stay for Q&A and refreshments. Sponsored by the Lemon Grove Historical Society, 619-460-4353. Thursday, January 7, 7pm; free. H. Lee
Lee discusses and signs copies of her novel, "a tale of love and betrayal set in war-torn Hong Kong," 8:58-454-0347. Thursday, January 7, 7:30pm; free. Warwick’s Bookstore, 7812 Girard Avenue, (LA JOLLA)

**LECTURES**

**Alternatives to Violence** Local Violence project members lead workshop focusing on "creative conflict resolution and communication tools." Donation: $5.70. 619-298-9978 x8014. Saturday, January 9, 1pm. First Universalist Church of San Diego, 4190 Front Street, (LA JOLLA).

**ArtStop** Take a 15-minute tour of one to three works from the museum’s permanent collection, focusing this week on Indian photography. Free with museum admission. 619-232-7931. Thursday, January 7, noon. San Diego Museum of Art, 1450 El Prado. (BALBOA PARK)

**Dine with the Talmis** Yoav Talmi presents "Orchestras in Israel: An Historic Overview and the Wagner Issue," with musical selections by Talmi performed by four members of San Diego Symphony Orchestra, along with brief video of Talmi’s life with music by Gil Talmi (free admission). Dinner: $72. RSVP: 858-362-1134. Monday, January 11, 6pm. Lawrence Family Jewish Community Center, 4126 Executive Drive. (LA JOLLA)

**Finding People in the Family Tree** Private investigator Linda Fredin discusses how to go beyond traditional databases and online sources to trace your genealogy. 619-583-0826. Sunday, January 10, 1pm; free. Lawrnce Family Jewish Community Center, 4126 Executive Drive. (LA JOLLA)

**Good Night, Sleep Tight** Sleep specialist Milton Erman, MD, provides tips on how to get a good night’s rest. Preregistration: 619-727-4777. Thursday, January 7, 6pm; free. Scripps Memorial Hospital La Jolla, 9888 Genesee Avenue, (LA JOLLA)

**Healing Words** Author Sharon Bryn (When Words Heal: Writing Through Cancer) leads four-session workshop on using writing to cope with illness or turmoil. No previous writing skills required, but pre-registration and prescreening is a must. 858-637-3070. Tuesday, January 12, 2pm. free. 18 and up. Jewish Family Service — Turk Family Center, 8804 Balboa Avenue. (HEARNY MESA)

**Highest Yield, Best Product** Learn process of producing cannabis flowers from starter plants up through harvest during three-part "Growing with Hydrosol" course. Instructors cover basics of watering, lighting, ventilation, cyclus, equipment options. Registration: 858-864-8787. Saturday, January 9, 3pm; $99, 21 and up. Legal Cannabis Institute of California, 302. (HEARNY MESA)

**Wicked Plants** Amy Stewart makes presentation based on her newest book, subtitled The Weed That Killed Lincoln’s Mother and Other Botanical Atrocities. Sponsored by the San Diego Horticultural Society; free for members, $10 nonmembers. 760-295-7089. Monday, January 11, 6pm. Surfside Race Place at Del Mar Fairgrounds, 22640 Durianne Boulevard. (DEL MAR)

**FREE LUNCH & FREE GIFT**

Free Lunch-and-Learn Workshop at VIP Restaurant
5541 Clairemont Mesa Blvd.
San Diego 92117
Thursday, Jan. 14, 2010, 12-1 pm

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*Learn the natural solutions to pain, including headache, arthritis and carpal tunnel.*

*Eliminate tiredness-fatigue-irregular sleep cycles.*

*Find out why you have difficulty breathing and what you can do about it.*

*Find out why your hormones are failing you and what you can do about it.*

R.S.V.P. – limited space. Sign up at the cashier or call and reserve your seat at: 619-275-3683

Presented by: The Foundation for Wellness Professionals, a Non-Profit Organization Wellness Consultant. Dr. Richard A. Engell, DC
San Diego Reader
January 7, 2010

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**Calgary Local Events**

**LIVE MUSIC**

**Visual Underground Reunion**
A film-rock-art showcase. View exhibition by local artists, then screening of several short films, including *Transfer’s Wake* to Sleep. Crash Encore, Republic of Letters follow, with projection of Aviscous VJs. 619-232-4355. Thursday, January 7, 7pm; $6-$10, 21 and up. Cash. 2528 Kettner Boulevard. (LITTLE ITALY)

**Sports**

**Bicycle Country Roads, Fairly Flat!** Knickerbickers lead a 28-mile swing around Escondido, have lunch together in mall food court afterward. (bring money.) Meet in the parking lot near Nordstrom, 858-610-3444. Saturday, January 9, 9am; free, Westfield North County Shopping Centre, 272 East Via Rancho Parkway. (ESCONDIDO)


**Downtown, Old and New** Take a fresh look at the Gaslamp Dis trict and East Village on this one-hour “casual” walk with Walkabouts, followed by an optional lunch. Meet outside the Balboa Theatre at Horton Plaza, 619-232-3756. Saturday, January 9, 11am; free, Balboa Theatre, 868 Fourth Avenue. (DOWNTOWN)

**ECO-FRIENDLY WHALE WATCHING** Guided kayak tours “get very close to the whales without large boats and crowds of people to startle the whales or spoil the experience.” Tours include La Jolla’s sea caves. Participants may encounter sea lions, garibaldi, leopard sharks, other wildlife. Sights not guar anteed. Wetsuits included in fee. Reservations: 888-459-1114. Thursdays, 10:30am and 1:30pm; Fridays, 10:30am and 1:30pm; Saturdays, 10:30am and 1:30pm; Sundays, 10:30am and 1:30pm; Mondays, 10:30am and 1:30pm; Tuesdays, 10:30am and 1:30pm; Wednesdays, 10:30am and 1:30pm; through Monday, February 15, $65-$110. La Jolla Kayak, 2199 Avenida de la Playa. (LA JOLLA)

**From the Beach to Orchards** Cycle with the Knickerbikers from Oceanside Harbor to Fallbrook, have lunch in a deli (bring money), and then back again. Meet east of the railroad track through the tunnel. 619-255-2890. Sunday, January 10, 9am; free. Oceanside Harbor. (OCEANIDE)

**Lighthouse Ride** Join San Diego Bicycle Touring Society riders for 30 mile jaunt to Point Loma Light house. 619-255-5360. Saturday, January 9, 8:45am; free. De Anza Cove, 3000 East Mission Bay Drive. (PACIFIC BEACH)

**MUSEUMS & PUBLIC ART**

**Antique Gas and Steam Engine Museum** The museum locates, collects, documents, and preserves historical gas-, steam- and horse-powered equipment related to agriculture and the general de velopment of America. The collection is made up of equipment used in lumbering, mining, oil-drilling, and construction industries. Black-smith and wheelewright shop, country kitchen and parlor, steam-operated sawmill, and 1/3-scale train. 2040 North Santa Fe Ave., 760-541-1971. (VISTA)

**Bancroft Ranch House Museum** Bancroft Ranch House Museum houses indigenous Indian artifacts and memorabilia of early settlers in the area, run by the Spring Valley Historical Society. The home, built in 1863, was registered as a National Historic Landmark in 1962 and is on a spot where Kumeyaay Indians camped more than 1000 years ago beside the spring that later gave the area its name. 9050 Memory Lane, 619-469-1480. (SPRING VALLEY)

**Barona Cultural Center and Museum** 1995 Barona Rd., 619-445-7003. (LAMESIGE)

**Birch Aquarium at Scripps** What makes the seashore a fish, though it doesn’t look like one? How do male seahorses get pregnant, give birth? “There’s Something About Seahorses” explores biology, adaptations of these creatures. Exhibit includes more than a dozen species of live seahorses and their relatives, including pipefish, and seadragons. Continues through December 2011. Facility is a component of the Scripps Institution of Oceanogra phy at UCSC. More than 40 tanks contain habitats of life of Pacific Northwest, California coastline, Mexico’s Sea of Cortes, and South Pacific. The La Jolla Kelp Tank is a two-story high tank with giant kelp plants and nearly 300 species of local marine life. “Feeling the Heat: The Climate Challenge” ex-

**Chula Vista Nature Center** Interactive living museum devoted to the endangered Southern California coastal wetlands and the Sweetwater Marsh National Wildlife Refuge. Visitors use a bioscanner to view animals macroscopically; use a Wentzscope for views of microscopic organisms found in the “Sweetwater Soup” and interact with computerized videos exploring how tides affect the bay in the “Mooms, Tides, and the San Diego Bay” exhibit. Pet sharks and rays in the David A. Wergeland Shark and Ray Experience, see burrowing owls and migratory birds, and enjoy the xerophytic gardens.

**Coronado Museum of History and Art** Why are Navy SEALs called frogmen? Who were some of the streets of Coronado named after? Find out in “Coronado: We Remember,” combining stories, historical vignettes of artifacts, photographs, textiles, documents from archives of Coronado Historical Association. Closes Tuesday, June 1. Ongoing exhibits explore the overall history of Coronado, Navy and Army, Tent City, and the Hotel del Coronado. 1100 Orange Ave., 619-435-7322, (CORONADO)

**Heritage of the Americas Museum** More than 100 Chinese jades of the Late Neolithic (4300-2500 B.C.) through the Ming periods (A.D. 1368-1644) are included in “The Stone of Heaven: The Enduring Art of Jade Age China.” From ancient times, jades in China were treasured as talismans, worn on the body either as final adornments in death or as ornaments in life. See a rare and valuable jade burial suit of the Han dynasty (206 B.C.-A.D. 221), one of only about two dozen that have been exca vated in China. The suits were made of more than 2000 square and rectangular plates of jade sewn together with threads of gold, sil ver, or bronze (depending on the status of the wearer). Ongoing. The museum features art and artifacts from South and North America, concentrating on the utilitarian and decorative artistry of craftsworkers from ancient cultures. The museum also features dedicated to natural history, archaeology, education, anthropology, and fine art. Find the museum on the Cuyamaca College campus. 12110 Cuyamaca College Drive West, 619-670-5194. (RANCHO SAN DIEGO)


**John De Witt Historic Mu seum and Library** Museum and library, operated by the Alpine His torical Society, is located in the 1897 home/office of Dr. Sophronia Nichols. She was the first doctor in Alpine and the first female doctor in the East County. Indian artifacts from the KIngery family on exhibit. 2116 Tavern Rd., 619-659-8740. (ALPINE)

**La Mesa Depot Museum** Located in a restored 1894 wooden train station, exhibits include original railway equipment, pot-bellied coal stoves, period furniture. The adjacent freight train display features 1923 steam locomotive, 1957 refriger a tor car, 1941 caboose. La Mesa Boulevard and Spring St., 619-465-7776. (LA MESA)

**Mingei International Museum** “Fisch Out of Water — Sea Creatures of Arline Fisch” is the des igner craftswoman’s first major in stallation. The more than 150 objects crocheted from color coated copper wire are life-size re-creations of specific jellyfish species and objects suggesting sea anemones and coral. Fisch is professor of art (emerita) at SDSU, where she founded its program in jewelry and metalsmithing in 1971. Through Sunday, May 16.

“Transformed by Fire” is a career-spanning exhibition of 90 ob jects by June Schwarcz, considered the nation’s premier enamelist. Also on view: “Fifty-Six Chinese Hat Boxes — And One Hat!” Exhibition of 56 Qing Dynasty (1644-1911) hatboxes created to hold eco nical hats boasts boxes made of wood, lacquer, paper, leather, all from late 19th or early 20th Century. The hat in question is a sum mer hat. Both exhibits close Wednesday, March 21.

“Sonabai: Another Way of Seeing” continues through Sunday, September 5. The self-taught artist lived in enforced isolation for 15 years in a remote village in central India, developing an innovative art form that she later taught to other artists. Exhibition includes 33 sculptures by Sonabai and her family as well as 38 works by four artists trained by Sonabai. 1439 El Prado, 619-239-0083, (BALBOA PARK)

**Museum of Contemporary Art San Diego, La Jolla** “Auto matic Cities: The Architectural Imaginary in Contemporary Art” is innovative exhibition mapping the influence of architecture on contemporary visual art in an international context. Exhibition sets work by architecturally engaged artists such as Julie Mehretu, Matthew Ritchie, Rachel Whiteread in dialogue with that of emerging practitioners including Catharina van Eertveld, Jakob Kolding, Sarah Oppenheim. On view through Sunday, January 31.
“Museums in Miniature: Works by Marcel Duchamp and Joseph Cornell” explores use of collage, assemblage, staged tableaux by Duchamp and Cornell “as plays on the notion of an exhibition space.” Closes Sunday, January 31, 700 Prospect St., 858-454-3541. (LA JOLLA)

Museum of Making Music “Waves of Inspiration: The Legacy of Moog,” on view through Friday, April 30, highlights inventor Bob Moog’s career, impact it had on world of music. See rare vintage synthesizers, other related Moog instruments and memorabilia from Bob Moog Archives and private collections. Exhibit explores numerous musicians, engineers, colleagues who played vital roles in evolution of Moog sound. Instruments featured trace history of Moog’s work. “ON! The Beginnings of the Electric Sound Generation” presents rarely seen examples of early, electrified instruments from 1900 to 1965. Exhibit includes iconic electric and electroacoustic guitars, lesser-known electric instruments such as banjos, violins, bases, keyboards, amplifiers, effects pedals, and unusual applications of electrification such as the electric zither. Through March.

The past 100 years of American music and music making are highlighted at the museum, with over 450 vintage instruments, hundreds of audio and video clips, and an interactive stage. 5790 Armada Dr., 760-438-5996. (CARLSBAD)

San Diego Museum of Art “From Rembrandt’s Studio: The Prints of Ferdinand Bol” focuses on printmaking in Rembrandt’s Holland. Exhibit documents efforts of Dutch painter/printmaker Ferdinand Bol “to arrive at his own style while working with Rembrandt, the greatest artist of his time.” Closes Sunday, March 7.

“American Artists from the Russian Empire” features nearly 70 paintings and sculptures by many of the best-known artists working in America in the postwar period, including Louise Nevelson, Jules Olitsky, Mark Rothko, Ben Shahn. Take this foray into work by artists of Russian descent and training who left the Russian Empire before the end of 1930s through Sunday, January 17, 1450 El Prado, 619-232-7931. (BALBOA PARK)


Twenty of the 2009 winning and honorable mention images of the 2009 Olympus BioScapes Digital Imaging Competition are on display through Saturday, February 6. Olympus selects authorities who were a world-champion rodeo rider, The Bancroft Memorial Rose Garden is on the grounds. Rare documents, historical exhibits, books, photographs, and a research library are also part of the complex. 645 Main St., 760-789-7644. (RAMONA)

National City Depot San Diego Electric Railway Association operates museum in historic Santa Fe depot with exhibits, video displays, trolley equipment, restored passenger car from National City and Otay Railroad. 922 West 23rd St., 619-474-4400. (NATIONAL CITY)

Olaf Wieghorst Museum Displays paintings and prints by Olaf Wieghorst and features exhibits of other artists’ American West art. Adjacent to museum is courtyard with cactus garden, 20x20-foot reproduction of Wieghorst’s painting Navajos at Castle Creek, and original restored home Wieghorst lived in for many years starting in 1945, 131 Rea Ave., 619-590-3431. (EL CAJON)

Ramona Pioneer Historical Society and Guy B. Wood-Museum Complex of historical buildings includes the Ver- laque House (the only Western adobe home of French provincial design still in existence), wagons, antique exhibits, and artifacts. There is a cowboy bunkhouse, women’s clothing and accessories from 1700 to 1800, a ranch blacksmith shop and tack room. The Casey Tibbs Memorial Exhibit is dedicated to Tibbs, a local resident who was a world-champion rodeo rider. The Bancroft Memorial Rose Garden is on the grounds. Rare documents, historical exhibits, books, photographs, and a research library are also part of the complex. 645 Main St., 760-789-7644. (RAMONA)

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Expecting Isabel
Monie Theatre “explores the booming fertility trade and adoption industry” in Lisa Loomer’s comedy. Miranda and Nick didn’t want children, until they did. Jennifer Eve Thorn directed.

MOXIE AT ROLANDO THEATRE, 6663 EL CAJON BLVD., SUITE N, COLLEGE AREA. 619-337-1525. 8PM SATURDAYS, 2PM SUNDAYS, 8PM FRIDAYS, 8PM SATURDAYS, 3PM SUNDAYS, THROUGH JANUARY 24. \$15 student rush tickets

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STAR OF THE GROUNDBREAKING MOTION PICTURE AS JESUS

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Soup of the Evening

So, holidays are over, all the fun is gone. All the money's gone. Sorry, Gate, but you got here late, all the jive is gone. What now? Drown your Visa bill in a nice hot bowl of soup.

You can actually sample the inspiration for Lewis Carroll’s carol to mock-turtle soup (“beautiful soup”) at Grant Grill, but what inspired this column was a different mess of potage. The highlight of Thanksgiving dinner at Quarter Kitchen was chef Nathan Coulon’s joy-making chestnut soup with sweetbreads. “You should do a piece in early January just on good, warming soups,” my companion suggested. Loved the idea, wished I could include that chestnut potion. (Nathan, Nathan, for what are you waiting? Put it on the winter menu, already!)

The word “supper” derives from “soup.” On family farms, farmwives would make a big lunch for the family and the hands; for the evening meal, there’d be bread and soup, cobbled together from whatever was on hand. We may not be rural here, but some restaurants offer soups so filling and fulfilling, they’re sufficient for supper. (If you’re too tempted by the rest of the menu to stop there, you can fill out dinner with shared appetizers and maybe dessert.) This survey covers a wide price range, including higher-end restaurants, because your soul needs comfort too — and nobody’s forcing you to order an entrée.

I’m not even going to start diving into the great Asian noodle soups — all those fabulous phos, ramens, uds. To do them justice I’d need a year’s paid sabbatical to cruise Convoy Street and City Heights. (Hint: the current Chowhound pho fave is Pho Cow Calli, née Pho Hoa Calli. Izakaya Sakura seems to be the Japanese noodle favorite.) I’m mainly hitting western comfort foods here, for the family and the hands; for the evening meal, perhaps even Western medicine recognizes hot peppers are considered antidotes to cold wet weather, and even Western medicine recognizes the value of the huge antibacterial whoops of Vitamin A and C carried by dried hot peppers, not to mention the fever-breaking magic of a health-restoring sweat evoked by the spice. Best thing for a cold? Hot, hot hot!

And, hey, need your help! Anybody know a great local source for New England clam chowder (with fresh milk and/or cream, rather than canned condensed milk, and not too much flour thickening or excessive potato)? I haven’t found a single flawless one in nearly ten years. How about a great cream of mushroom soup, now that Better Half is defunct? An Italian restaurant serving Tuscan’s “La Ribollita,” or a world-beating minestrone? Anybody have a source for Trinidadian cow-heel soup? Pipe right up (email or website) and share the good news.

For addresses and phone numbers, check our website or the phone directory. The following are all delicious, but asterisks below indicate “best in their class” — that is, unique, outstanding soups you want to slurp before you die or the restaurant dies.

Nurturing Chicken Soups:

D.Z. Akin’s: Jewish-mother chicken soup. You can get it with matzo balls (fluffy but ridiculously huge) or with noodles or with both. Don’t be a chazzer (pig), choose just one or the other — too much starch spoils the whole balance off. (If you’ve never eaten matzo balls, take the noodles.) Farther north, also consider Milton’s in Del Mar. I haven’t tried their chicken soup, but no reason it shouldn’t be just as good as D.Z.’s, since their chicken liver is. (City Deli also serves it, but what can I say? The local Chosen People and their mothers do not favor their food.)

DeDe’s: Hot Sour Soup. It’s hard to find a good one locally — this is the best I’ve had in a decade. Their rendition is a little more hot than sour, judiciously thickened with cornstarch to a mouth-filling, satiny texture, and loaded with lengths of soothing soft tofu, strips of rehydrated wood ear mushrooms, bamboo shoots, and Chinese leeks. Ahh!

La Especial Norte: This Leucadia institution specializes in soups, and their Mexico City Chicken Soup tastes precisely like a soup I loved in D.F. It’s based on a full-flavored, made-from-scratch chicken broth laced generously with shredded and diced chicken meat, avocado slices, and cilantro, with just enough rice to give it body. Another winner (they’re all winners) is eggplant soup, a clear chicken soup (that same rich stock) with a little tomato. In it float bite-size pieces of diced eggplant, a few minced vegetables for texture, lots of cooked-in cilantro, and little clouds of ethereal relleno batter, serving as floating croutons.

Rama and Celadon: Tom Kha, hot-sour coconut-milk soup, is beyond rich. Instead of the usual canned coconut milk, it’s made from fresh coconut, the chefs shredding the flesh and soaking it in half-and-half or cream (rather than water), then squeezing out the liquid. A school of straw mushrooms and your choice of shrimp, chicken, or veggies floats in the red-velvet broth. Before serving the soup, they scoop out the knobby lemongrass roots and Kaffir lime leaves that contribute pleasantly sour undertones, ensuring that you won’t encounter any nasty surprises at the bottom of the bowl.

*Sab-E-Lee: Tom Yum Goong, a five-star dish if there ever was one, has red peppers all over the surface but tastes nearly mild (it’s a slow burn), as well as rich and sweet, from the caramelized sugars of plentiful onion shreds and an army of tenderly cooked garlic cloves, plus juicy Asian mushrooms and tender, moist, large shrimp. (They also make it with chicken or veggies.) The broth

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The only 24/7 restaurant in Downtown
828 Sixth Avenue, between E and F Streets in the Gaslamp  I  619-702-8410
is the thickest, most substantial I’ve ever encountered in this dish, resembling the best French onion soup, but more exciting.

“Tender Greens: The Rustic Chicken Soup is a work of art. It really is better than Mom’s, even if your mother is Jewish or Chinese. It’s a greaseless, deeply chicken-flavored broth loaded with carrots, noodles, and plentiful chunks of tender fowl, which are smoky from the mesquite-fueled grill. I didn’t even miss the matzo balls (or the wontons).

In desperation, China Two, downtown, makes a passable wonton soup (my lifelong fallback when I feel crummy), and they deliver over a wide area of the central city. When you’re too sick to bestir yourself any more than dialing the phone and answering your doorbell, passable wonton soup is better than no soup at all. Rest of the food’s not too bad either (e.g., the “chef’s specialties”) — better, I think, than most at their price range south of Convoy Street.

**Seafood Soups, Chowders, and Bisques**

Lobster Bisques: Not all lobster bisques are the same. Some of the fancy chef versions have gotten so frou-frou, they’re no longer satisfying, while others (e.g., in some “view” restaurants on the coast) are ill-made with godawful extruded “lobster on the coast” are ill-made with (e.g., in some “view” restaurants longer satisfying, while others


“Bull’s BBQ: Gumbo. Thick, rich, emphatically piquant, dark as Hades, loaded with bay shrimp, shredded chicken, andouille, red and green peppers, and carrots, based on a foundation of deepest-mahogany, near-smoky roux (Louisiana’s long-cooked flour-and-oil blend), it’s the best gumbo in town — and comes with moist, corny, jalapeño-splashed mussels.

Candelas (both downtown and Coronado): Along with a rich black-bean soup and a very filling four-cheese soup with shrimp, the soup star here is Crema Fabiola, a semi-spicy chile poblano cream soup, soothing but subtly seething with banked fires from the chilies. In the center is a small Pacific lobster tail propped up on a heap of exotically, slightly glutinous rough purée of potatoes — most closely resembling Bolivia’s chuno, freeze-dried mashed potatoes — that eventually melts into the soup as added enrichment. Like them or not, you can’t love the soup. Currant: The last time I ate at Currant, caramelized five- onion soup was a whole new twist on the classic, actually a meat soup, filled with tender shreds and bits of short ribs among the very sweet onions and tangy liquid, plus (somewhere) black truffles, topped with a crouton spread with roasted beef-marrow butter. Since then, the chef has changed, but an onion soup of the same name is still on the menu; let’s hope he left this winner untouched. Other great French onion soups: Mille Fleurs (of course), and a fine Normandy version at Chez Loma in Coronado, flavored with apple cider. El Vitral: Crema de Elote con Poblanos — creamy corn chowder topped with streaks of poblano chile aioli, offering sensual, primal comfort and most of a meal for $8.

1500 Ocean: The seasonal, sensational-sounding soup from chef Brian Sinnott (who loves and understands root vegetables) is a celery-root bisque with braised pork belly and beet “foth.” How to get around the steep entrée prices? Just choose an appetizer “tasting” plate (alumina, raw seafood, cheeses) or the substantial appetizer pasta.

Gourmet India: Mulligatawny soup. Nearly all Indian restaurants offer soothing lentil soups as starters. In addition to the standard, this one also serves “mulligatawny” (its usual Western spelling), a rich, filling south Indian specialty with lentils in a coconut-milk broth, available either vegetarian or with chicken.

Kous Kous Moroccan Bistro: Harira. Morocco’s lemony, herb-loaded vegetarian lentil soup is irresistible but usually comes only as the first course in prix-fixe Moroccan dinners. At Kous Kous, everything’s à la carte (and wonderful).

Mona Lisa: Minestron. For all the shopping I do there (prosciutto, cheeses, pasta, bottled anchovies, mostarda, etc.), I’ve never gotten around to eating at Mona Lisa, but this one is the “blogger’s choice” for the best minestron in town.

*Pomegranate: Borscht. I grew up hating borscht, thinking it was that horrible cerise puree my mom poured from Manischewitz bottles. I discovered the real thing later, tasting it in (of all places) a Ukrainian restaurant in Kathmandu, then seeking it out at Russian restaurants in San Francisco. Georgia makes the “soul food” of the Slavic world, and to my tastes, Pomegranate’s herb-rich Georgian version actually beets — oops, beats — all of them. The vibrant, chunky mixture of potato, beets, carrots, tomato, red pepper, cabbage, and beef is built on a rich soup-base of marrow bones and meat, finished off with a jungle of fresh dill, cilantro, and tarragon, plus an optional dollop of sour cream to crown the princely potion.

Super Cucina: Whatever’s available. This Mexican restaurant, with “housewife” cooks from all regions of Mexico, has an ever-changing array of foods, but the daily fare always includes at least one substantial and delicious soup. ■
Happy Hour with Aguilar

“This may be the oldest leather-chair design in the world.”

The shiver. Down my spine. Can’t help feeling it every time I walk into Old Town. Honest. Something happens when you saunter up that dusty path from the trolley-bus depot, around the wooden fences, and into the big ol’ plaza. You expect Judge Roy Bean to come waddling out; you expect a bunch of silver-haired dons to ride in on horseback with silver spurs.

Anyway, today I’m just here by default. Carla was supposed to have margaritas with her buddy Ria, who has Spanish-Irish roots too. But Carla has her Italian class tonight. So I’m the stand-in.

It’s 4:00 p.m., at Old Town trolley station. There’s Ria on the platform. Those big Spanish eyes.

“Where to?” I ask.

“Follow me,” Ria says. “There’s only one place on Thursdays in Old Town at happy hour.”

So, it’s across San Diego Avenue, up the back path where the cactus grows, and into the plaza. “Uh, Ria, kid,” I say. “Gotta tell you. Don’t have a whole lot of dinero...been a hard week.”

“Don’t worry.” She laughs. “That makes this the perfect destination.”

And she leads me toward that long, low wall that, last time I looked, held in the Jolly Boy Saloon. Now it’s Barra Barra, and it’s kinda Mexican again — before the previous makeover, it had been Rancho El Nopal. And before that — like, in 1838 — when this was still Mexico, this site was the home of a corporal in the mission guard, José del Rosario Aguilar. Funny to think of him sleeping here.

By 4:00 p.m., at Old Town trolley station, it’s 4:00 p.m., at Old Town trolley station.

“Rich on Thursdays.”

“Don’t worry. ” She laughs. “That makes this the perfect destination.”

So, here’s what happens next: We order two of the Indian flatbread tacos, a chicken and a carnitas (pork). Chicken’s fine, the carnitas is great. Ordinary flour tortillas and these Indian flatbreads seem pretty similar, but Drew, the manager, claims the flatbreads are softer, thicker. “Less pressed,” he says, “so they puff up. There’s a bit of yeast in there.”

Main thing is, this food is filling. And just as we’re through with the tacos, out come appetizers — free — for the tequila-tasting crowd. That’s us. One plate’s crispy chicken flautas, the other’s boneless chicken wings. I love them both.

“We don’t even have to hoard. They have plenty left by the time we’re full to the brim. It’s been so cheap, I get me a second margarita (another $3 one, natch).”

“This, ” Ria says, “is the life.”

We look up at where the Casa de Bandini is being turned into the Cosmopolitan Hotel, at the other end of the plaza. “What do you think about them making the old square more Anglo?” I ask.

“My great-great-grandmother fled to Mexico when the U.S. Marines arrived,” Ria says. “That was 1846. She thought the gringos would destroy everything. If she could see now, she’d be astonished, thrilled.”

“Let’s drink to her. One more margarita? I can afford this.”


“Rich on Thursdays.”

The Place: Barra Barra, 4016 Wallace Avenue (in Old Town Plaza, between San Diego Avenue and Congress Street), 618-291-3200

Type of Food: Mexican

Prices: Happy-hour Indian flatbread tacos (beef, chicken, carnitas, carne asada, bean and cheese), $2; Thursday tequila-tasting appetizers (e.g., jalapeño poppers, quesadillas, chicken flautas, chicken tenders), free; “locals’ specials”: choice of seven dishes in fixed menu, plus “best margarita in California,” $10; tortas, $6.95; tuna salad, $8.25; achote pork combination platter (with rice, beans), $7.95; chiles rellenos, $5.50 for two, or $7.95 as a combination platter; enchilada de puerco en salsa verde, $7.95; sea bass Veracruz rosada, $13.95; chicken mole Oaxaca, $12.95

Hours: 11:00 a.m.—9:00 p.m., Sunday–Thursday; till 10:00 p.m., Friday–Saturday; happy hour, 4:00–7:00 p.m., Monday–Friday; free tequila-tasting and appetizers, Thursday 4:00–6:00 p.m.

Buses: 8, 9, 10, 14, 28, 30, 35, 44, 105, 150

Nearest Bus Stops: Old Town Transit Center, Taylor Street and San Diego Avenue

Trolleys/Trains: Blue, Green Lines (trolley), Coaster

Nearest Trolley Stop: Old Town Transit Center

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Baja

From the United States use the prefix 01-52 when calling Mexico.

Big Boy Restaurant
Boulevard Agua Caliente #8982, Tijuana, 664-686-3788. Besides having excellent Mexican-American food and big gringo breakfasts, this Big Boy knock-off draws a cross-section of Baja’s big shots. Open 24 hours. Inexpensive.

La Espadana
Avenida Sanchez Taboada #10113, Tijuana, 664-658-1488. This place does great oven-cooked leg of lamb, tasting like wine, garlic, and herbs, but the owners insist it’s just Tocate lamb baked slowly in its juices with oranges. Terrific flame-grilled beefsteaks, too. Moderate.

Mediterraneo
1347 Tavern Rd., Alpine, 619-445-9902. Tasteful, ambitious little trattoria with scenic patio dining. The pizzas are outstanding with airy, silken crusts. Entrees change with the seasons. Desserts are very expensive. Expensive.

Alpine

Nacido Café 3118 Carlsbad Bl., Carlsbad, 70-620-2233. Lamb shish kebab is the house specialty, but even better is French owner’s mom’s kabab (nut-tipped lamb meatball) and rosewater-scented Khanouza lo dessert. Lovely elevated patio. Moderate-plus.

California Bistro 7100 Four Seasons Point, Carlsbad, 60-403-6886. Fresh California cuisine in a luxurious hotel dining room. View, parking lot. Inexpensive.

Nozomi 3050 Pico Dr., Carlsbad, 70-729-7877. Gorgeous Japanese-in-style premises from food ranging from simple nigiri-nori to party rolls to fusion grazing dishes and entrées

Carlsbad

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Coronado

1500 Ocean 1500 Ocean Avenue, Coronado, 619-522-8490. Modern Cal cuisine with a blissful bay view and superb ingredients, so finely cooked you’d be thrilled to eat your veggies. Expensive.

Del Mar


San Diego Reader January 7, 2010

RESEARCHER

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.
Surf ‘n’ turf by the sea, with a patio overlooking the waves. Menu offers seafood with fusion-y touches, Prime or Choice steaks. Crabby Dungeness crab cake appetizer makes a whole lunch. Lunch and Sunday brunch moderate, dinner expensive. Milton’s Deli 3660 Via de la Valle, Del Mar, 858-792-2225. Jewish deli goes multiracial. Stuff yourself with stuffed cabbage, overstuffed deli sandwiches, crisp-skinned cheese blintzes, matzo brei, hot brisket with latkes — or chicken-fried steak, if that’s your bag. Inexpensive to low moderate.

Star of India 3860 Valley Centre Dr., Del Mar, 858-792-1111, Also 423 S St., Downtown, 619-234-8000. The lunch buffet can lead you by the nose into the nose into Punjabi food. Pick among vegetable fritters, eggplant with potatoes, chicken curry masala, palak paneer (spinach with curry). Inexpensive to moderate.

**Downtown**

Bay Café 1000 N. Harbor Dr., Downtown, 619-595-1083. If famished at the ferry landing, you eat decent burgers, good clam chowder, or other basic fare in the bare-bones interior, or tote it upstairs to a serene bay-view terrace. Inexpensive.

Blue Point 565 Fifth Ave., Downtown, 619-231-6623. In a handsome, plushy, noisy dining room, pristine seafood and Prime-grade steaks and chops. Expensive.

Brian’s 24 828 Sixth Ave., Downtown, 619-702-8410. Open 24/7, it has a fabulous peanut butter burger with bacon. Plus a gothic bar with Joan Crawford’s heel marks denting it where she danced. And bargain breakfast and lunch specials. Inexpensive to moderate.

Curren Sofía Hotel, 140 W. Broadway, Downtown, 619-792-6309. Parisian-chic brasserie decor with light, seasonal “American brasserie” cuisine that’s often uneven but can include a glorious five-onion soup with short ribs and marrow that beats the French classic, and creative desserts to finish with. Moderate to expensive.

Dublin Square 554 Fourth Ave., Downtown, 619-239-5818. The pub was handcrafted in Waterford, shipped over, and installed (by Irish craftsmen) in the Gaslamp. There’s a fine corned beef and cabbage, plus Guinness beef stew, shepherd’s pie (made with ground beef), steaks, and grilled fish. Moderate.

The Fish Market 750 N. Harbor Dr., Downtown, 619-232-3474. Additional locations in Solana Beach and Mission Valley. The sushi bar downtown is superb, with just-right rice, pristine seafood, and expert preparation. Otherwise, a noisy barn with plain cooking. Moderate to expensive.

Gourmet India 810 Fourth Ave., Downtown, 619-792-7967. Rare regional delicacies include appetizers of crunchy achar pani (wheat wafers with a fresh spicy topping), bol pani (India’s rubbery snack), and Chennai’s sambus, pancakes. Entrées include mîchê tikka, tender tandoori chicken steeped in spiced lime-tamarind marinate. Moderate.

Grant Grill 326 Broadway, Downtown, 619-744-2077. Now thoroughly Southern Californian (although they did resurrect the fabled mock turtle soup) with nods to the “slow food” movement. Well-raised meats, local produce. Very expensive.

Island Prime 880 Harbor Island Dr., Downtown, 619-298-6802. Amazing bay-view venue with delicious steaks and roast beefs, plus chef Deborah Scott’s creative appetizers and sides like shaved corn with black truffle and a seared ali stack. Very expensive.

Kansas City Barbecue 660 W Market St., Downtown, 619-231-9680. The beef and pork ribs (or rib tips or chicken breast) are smoky, cooked over an oak-fueled fire, although some diners complain of toughness. Good happy hour deals. Inexpensive to moderate.

Monsoon Exotic Cuisine of India 729 Fourth Ave., Downtown, 619-234-5955. The younger sister to Hillcrest’s Bombay Exotic Cuisine sometimes shares the same chefs and serves the repertory of “northern Indian cuisine made easy.” Inexpensive buffet lunches; moderate à la carte dinners until 11 pm.

Nobu 207 Fifth Ave., Downtown, 619-814-4124. Imaginative Japanese-based fusion from international celeb chef Nobu Matsuhita, ranging from miso soup and classic sushi to moderate-priced Nihon-Persian grains to caviar-topped tarts and Wagyu beef (at “market price,” meaning “if you have to ask…”). No reservations for sushi bar. Moderate to expensive.

**Surf & Turf by the Sea**

Surf ‘n’ turf by the sea, with a patio overlooking the waves. Menu offers seafood with fusion-y touches, Prime or Choice steaks. Crabby Dungeness crab cake appetizer makes a whole lunch. Lunch and Sunday brunch moderate, dinner expensive.

Sally’s Seafood on the Water One Market Place at Manchester Grand Hyatt, Downtown, 619-558-6740. Great view, and an appetizer sampler makes delicious grazing, as does a raw tuna and salmon Napoleon. Black cod

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956 Broadway Circle, Downtown, 619-231-6623. In a handsome, plushy, noisy dining room, pristine seafood and Prime-grade steaks and chops. Expensive.

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**Sunrise-Buffet**

3860 Convoy Street, Suite #121 • 858-715-1608 4536 Camino de la Plaza, San Ysidro • 619-662-2985
What the Chef Eats

In a large bowl, combine the chicken stock and olive oil. Add the salt and pepper and whisk well until combined. Add all of the vegetables, basil leaves, and melon and marinate for eight hours (or overnight) in the refrigerator.

After marinating, add the entire mixture, including the marinade, to a blender or a large-capacity food processor. With the blender running, add the balsamic vinegar and blend for about 1 minute or until the mixture is a smooth consistency. (If using a smaller food processor, blend only half at time to avoid spillage.)

Add salt and pepper to taste and serve cold. The soup can be garnished with thinly sliced fresh mint leaves, diced melon, prosciutto, or pesto, if desired.

To get other recipes from local chefs, go to sdreader.com.

**Golden Hill**


**Easy** Centre City Café 2680 S. Escondido Blvd., Escondido, 760-489-6021. Classic American fare, including exemplary chicken-fried steak with a crackly crust and smooth, peppery cream gravy. USDA Choice steaks offered at rock-bottom prices. Huge portions, low prices.

**O-Nami** 552 First St., Downtown, 619-295-0882. Formerly called O-Nami. Recipes are from all of Europe for down-home cooking includes all-day smoking. The carne asada — zesty, smoky shreds of thin-citron sauce, and a parillada (mixed grill) to serve two. Moderate. Inexpensive to low-moderate.

**Verde** 1551 S. Coast Hwy., Encinitas, 760-943-9612. Also 248 5th Ave., Hillcrest, 619-299-6282. A narrow, middle-class eatery at the edge of Balboa Park has Indian breakdowns — try chicken curry or pescatarian (mung bean crepe with onions, peppers, ginger, chilis, and chutney). Good Mexican and decent Chinese food, too. Inexpensive.

**Kemo Sabe** 3958 Fifth Ave., Hillcrest, 619-284-2460. Also in Carlsbad, Coronado, La Jolla. Freshness, quality, Service, and smooth, peppery cream gravy. Also much loved here are the signature Skirts on Fire — a tender, grilled skirt steak imbued with a pickle marinade. Extremely noisy. Moderate.

**La Posta de Acapulco** 1980 Third Ave., Hillcrest, 619-230-0272. Several San Diego locations. The carne asada burritos are rich-tasting, fresh, generous. Also much loved here are the chick and the quesadilla with carne asada. Inexpensive.

**Baja Betty’s** 639 Fifth Ave., Hillcrest, 619-295-2970. This comfy, middle-class eatery at the edge of Balboa Park has Indian breakdowns — try chicken curry or pescatarian (mung bean crepe with onions, peppers, ginger, chilis, and chutney). Good Mexican and decent Chinese food, too. Inexpensive.


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Saigon on Fifth


Taste of Szechuan


The Tractor Room

3687 Fifth Ave., Hillcrest, 619-543-1007. Menu highlights include identical stews of wild game berries served with duckling salad. Low-moderate.

Imperial Beach

Lydia’s Cafe and Nightclub

1628 Palm Ave., Imperial Beach, 619-429-3603. Easygoing dancing/entertainment (since 1957) offers specially available entrée platter of bò bia (goat in its juices) and filling snacks like taquitos de carne (a corn tortilla stuffed with ham, cheese, and sour cream). Inexpensive.

Kearny Mesa

China Max

4098 Convoy St., Kearny Mesa, 619-850-3333. Local Asians flock here for authentic Hong Kong cooking, including seafood in live tanks (black cod, Dungeness crab, abalone), dim sum daily, superb Peking Duck. Even hominy dishes (e.g., hominy soup, crab-meat cakes) sing with flavor. Inexpensive to exorbitant, mainly moderate.

Emerald Chinese Seafood Restaurant

3709 Convoy St., Kearny Mesa, 858-365-8688. Among the best Chinese restaurants in the country, local Chinese go here for family dinners, dim sum, and Hong Kong specialties. Mainly moderate, with splurges like live fish and Peking duck balanced by down-home comfort. Inexpensive.

The Original Pancake House

3906 Convoy St., Kearny Mesa, 858-565-1740. Additional locations in Poway, Encinitas, and Vista. The Apple Pancake is a batter-filled, five-egg puffed-up paradise with slices from two Granny Smith apples. The German Pancake or Dutch Baby are good oven-baked alternatives, as is the filling mushroom omelet. Inexpensive.

Suzuya Japanese BBQ


Kensington-Talmadge

Kensington Grill

4055 Adams Ave., Kensington-Talmadge, 619-281-4014. A comfortable but sophisticated neighborhood restaurant has found a fine formula for seasonal California cuisine. Early-bird three-course dinner moderate; regular menu moderate to expensive.

Tofu House

4646 Convoy St., Kearny Mesa, 858-576-6433. Korean tofu dishes, flavorful and healthy, but with meat, too. Try sootgye soup (beef, pork, seafood, or mushroom) with raw egg drop you drop yourself and a side of tasty fried kimchis. Inexpensive.

Tropical Star


Kensington-Encinitas

Kensington Grille

4055 Adams Ave., Kensington-Talmadge, 619-281-4014. A comfortable but sophisticated neighborhood restaurant has found a fine formula for seasonal California cuisine. Early-bird three-course dinner moderate; regular menu moderate to expensive.

La Jolla

Brockton Villa

1235 Coast Bl., La Jolla, 858-454-7393. Great Cove view, with best food at breakfast/brunch. Coast Toast, the French toast of your dreams, fluffy and airy with orange flavor. Coffee is excellent. Moderate to expensive.

La Jolla Brew House

7356 Fay Ave., La Jolla, 858-456-6279. Solid food, like the prime rib sandwich (which goes great with their Russian stout) or the roasted potato. Best of all, the hefty, low-cholesterol buffalo burger. Inexpensive to moderate.

Michele Coulon Pastries

7556-D F at Ave., La Jolla, 858-456-5098. Cakes are light, moist, rich, and available as wholes, slices, and even “miniatures,” plus you can choose tarts, chocolates, ice creams, and breakfast pastries. Moderate. Delightful Pannikin Coffee & Tea


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Sushi

Sushi

619-702-6010

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With purchase of regular-priced entrée of equal or greater value and two drinks. Valid Mon-Thu. Max value $5. Not valid with specials. Dine-in only.

Free smoked BBQ sandwich

With the purchase of a sandwich of equal or greater value and two beverages. Some restrictions apply.

Free frozen yogurt

With purchase of an entrée of equal or greater value and two beverages. Some restrictions apply.

Free Mexican entrée

With purchase of another entrée of equal or greater value and two beverages. One coupon per table. Present coupon before ordering. Some restrictions apply.

Free frozen yogurt

With purchase of an entrée of equal or greater value and two beverages. Some restrictions apply.

Free steak, chicken or gyro wrap

With purchase of wrap and two drinks.

Free Italian entrée

With the purchase of an entrée of equal or greater value and two beverages. Up to a $9.95 value. Cannot be combined with other offers. Not valid on Fridays. Dine-in only on this coupon. Some restrictions apply.

Free Mexican entrée

With purchase of an entrée of equal or greater value and two beverages. Max discount $7.95. Valid Monday-Thursday. One coupon per customer. Some restrictions apply.

Free 10% off catering

Not valid with any other offer or discount.

Free 50% off Mexican entrée

With purchase of one entrée of equal or greater value and two beverages. Max discount $7.95. Valid Monday-Thursday. One coupon per customer. Some restrictions apply.
ers and good bar snacks, including a zesty jalapeño dip. On Sundays (1 to 7pm only), their ten-ounce New York steak, fries, beans, and salad is a must. Inexpensive.

Lake Murray Café 3645 Lake Mur- ray Blvd., La Mesa, 619-433-0180. Comfort food in generous quantities. All the omlettes are four-eggers, with sides like biscuits and gravy. Evening meals include meat loaf, liver and onions, stuffed pork chops, whole (head-on) fish. Inexpensive.

Mystic Grill and Bakery 6990 Uni- versity Avenue (at 78th Street), La Mesa, 619-694-1955. Former pizza joint now offers exciting Middle Eastern revela- tions. Top ingredients (Halal Prime beef, fresh halal chicken) and skilled cooking from scratch create flawless falafel, thrilling kibbe (Mediterranean schnitzel), lemony spinach pie, sensi- tively grilled seafood and shawarma, and sublime desserts. (Also basic take- out pizzas) No alcohol. Inexpensive.

West Coast Barbecue 6126 Lake Murray Blvd., La Mesa, 619-462-3663. Pit-smoked Texas-style “Q”, but more like the Bushes of Crawford than the soulful South. Best bets are full flavored ribs, chicken wings, and authentic Texas beef-beer chili with classic fixins. Low-moderate.

Ye Olde Bicycle Place and Café 6792 University Ave, La Mesa 619-582- 4024. A bike museum with food offers tasty toasted panini and cold sand- wiches. Inexpensive.

Leucadia
The Calypso Café 574 N. Coast Hwy 101, Leucadia, 760-632-8235. The cuisine is French, ranging from soups to special sauces to the delightful panini. In Season offer special vin to Gallo-Cal-Italian-Pacific Rim hy- phenates. Mussels are the specialty, and their rapid turnover here ensures fresh- ness. Upper-moderate.

Linda Vista
Sab-E-Lee 2403 Ulric St., Linda Vista, 858-650-6886. Tiny eatery serving authentic, fiery, fabulous food from northeast Thailand, as spicy as you want. Don’t miss onion-rich tom yum soup or amazing larb salad. Look for “Linda Vista Food” awning. Cash only, IRYC, no reservations, waits at prime- time. Inexpensive.

Little Italy
Anthology 1337 India St., Little Italy, 619-595-5350. User-friendly, modern- American cuisine (local produce, nat- ural meats, wonderful breads) in huge, chic, jazz nightclub. Expensive on up, if you drink anything but tap water.

Rainwater’s on Kettner 1202 Kett- ner Blvd., Little Italy, 619-233-5727. Well- aged USDA Prime beefsteaks and roast with “Continental” sauces, milk-fed calf’s liver, plus some seafood and poultry. The chef is one of a few who can manage Beef Wellington correctly. Very expensive.

Logan Heights
La Doña 1784 Newton Ave., Logan Heights, 819-233-4939. A long-time favorite for “Mexican” food, from meat loaf, liver and onions, to the traditional takeout menu. Inexpensive.

El Pollo Loco 2795 Main St., Logan Heights, 619-395-0847. Several San Diego locations. The flame-broiled poultry has crisp, richly seasoned, salty skin, the flesh can vary from barely done to overdone, but usually is just right. Inexpensive.

Midway District
Hancock Street Café 3354 Hanc- cock St., Midway District, 619-296- 2860. Maris is from New York and knows his pasta. You can expect a good value special, like spaghetti and meat- balls. Sometimes he’ll throw in a bottle of red wine. Inexpensive.

Mardi Gras Café 3185 Midway Dr., Midway District, 619-223-3501. N’awl- ins-style food to eat in, to go, or to have catered at your party. Deli-grocery also sells the ingredients, including ready- made roux, Cajun sauce (spiced ham), boudin blanc (rice sausage), and craw- fish sausage in season. Inexpensive.

Mira Mesa
Abbey’s Real Texas Bar-B-Q 6904 Miramar Rd., Mira Mesa, 858-566- 2533. Texas-style “Q” featuring mari- nade-mopped meats and poultry smoked “low and slow” over mesquite until tender, with picnic-fare sides. In- expensive to moderate.

Bolso Vietnamese Restaurant 9235 Mira Mesa Blvd., Mira Mesa, 858- 593-3663. Hospitable chef-owner Kim Trang makes excellent pho bo (beef noodle soup) but also offers hundreds of other items, all cooked home style. Inexpensive.

Madras Café 9484 Black Mountain Rd., Mira Mesa, 858-695-8229. Vegetarian cuisine of South India, center- ing on stuffed pancakes — from thin, crisp, crepe-like dosais to lacy rice-flour aapams drenched in coconut milk to hefty, fri-}

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La Bonne Bouffe
Endeavor, 4717 Encinitas Blvd., 760-436-3018
Expires 1/31/10 • Coupon code: G1FSDR

Family special
$22.95
Includes one 18" one-topping pizza, one large family sized, and one order of garlic knots. $2 extra for specialty pizza. Not valid with any other offers.

% 50 off Mexican entrée
With purchase of another entrée and two beverages. Limit one per table. Not valid with any other offers.

La Tapatia
Ensenada: 140 W. Grand Ave 760-747-4282
Expires 1/31/10 • Coupon code: G1FSDR

Free entraée
With purchase of an entrée of equal or greater value and two beverages. Limit one per table. Not valid with any other offers.

Big Red Pizza
Carlsbad: 7740 El Camino Real Ste. F 760-435-9000
Expires 1/31/10 • Coupon code: G1FSDR

Free pasta dish
Buy one pasta dish and two drinks, get one pasta dish free. Dinner and take-out only. Excludes other offers.

The Bullpen Bar & Grill
Encinitas: 149 S. E. Camino Real 760-435-9020
Expires 1/31/10 • Coupon code: G1FSDR

20% off sushi
20% off your entire bill. Not valid with any other offer or on Happy Hour Menu.

Hooked On Sushi
Carlsbad: 2304 El Camino Real 760-434-8811
Expires 1/31/10 • Coupon code: G1FSDR

Free steakhouse appetizer
With purchase of two entrées and two beverages. Steakhouse menu only. Not valid with any other offers.

Steakhouse at Jaipeño Grill
Encinitas: 105 N. Grand Ave 760-233-1104
Expires 1/31/10 • Coupon code: G1FSDR

Free Italian cuisine entrée
With the purchase of an entrée of equal or greater value and two beverages.

Dominic’s Italian Gourmet
Encinitas: 391 N. Leucadia Blvd. 848-545-3736
Expires 1/31/10 • Coupon code: G1FSDR

Free yogurt
With purchase of another yogurt.

YoFresh
Encinitas: 5220 S. E.ENCINITAS BLVD 760-432-8490
Expires 1/31/10 • Coupon code: G1FSDR

Free Hooters entrée
With purchase of one entrée at regular menu price. Max value $19.99. One coupon per table. Dinner only. Some restrictions apply.

Hooters
Encinitas: 3686 Vista Way 760-436-4348
Expires 1/31/10 • Coupon code: G1FSDR

Free Greek, Armenian or Persian lunch
With purchase of another lunch item and two drinks.

Kabob Cuisine
Vista: 3686 S. Melrose Dr. 760-927-2222
Expires 1/31/10 • Coupon code: G1FSDR

Free Happy Hour
4-7 PM MON.-FRI.

Order one entrée at regular price and two beverages and receive a second entrée of equal or lesser value free. No take-out. Not valid with any other discount or Happy Hour.

Operations: Valid for 2 to 4 people. One check, one coupon per table. Offer expires 1/20/10.

8738 LA JOLLA BLVD. • (858) 454-0369 • PARKING
www.sucasarestaurant.com

Fresh Guacamole prepared at tableside!

VOTED THE BEST MEXICAN FOOD
Award-Winning Cuisine Mexican and Seafood Specialties

2 FOR 1 LUNCH OR DINNER
OPEN 11:30 AM (EXCLUDES SEAFOOD)
Order one entrée at regular price and two beverages and receive a second entrée of equal or lesser value free. No take-out. Not valid with any other discount or Happy Hour.

Valid for 2 to 4 people. One check, one coupon per table. Offer expires 1/20/10.

673S LA JOLLA BLVD. • (858) 454-0369 • PARKING
www.sucasarestaurant.com

Free French dinner
Buy one entrée with one alcoholic beverage and receive a second entrée for up to $18.75 value. Limited to one coupon per table. Not valid with any other offer or on holidays.

La Bonne Bouffe
Endeavor, 4717 Encinitas Blvd., 760-436-3018
Expires 1/31/10 • Coupon code: G1FSDR

Family special
$22.95
Includes one 18” one-topping pizza, one large family sized, and one order of garlic knots. $2 extra for specialty pizza. Not valid with any other offers.

Flippen’ Pizza
La Jolla: 1200 Prospect 858-499-7873
Vista: 760-598-4005
Encinitas: 760-437-7197
Carlsbad: 760-436-4448
Expires 1/31/10 • Coupon code: G1FSDR

Free entraée
With purchase of an entrée of equal or greater value and two beverages. Limit one per table. Not valid with any other offers.

Jake’s Tiki Bar at Mission Bay
1358 Quivira Way, Mission Beach, 619-223-5056. This everyday deli does the usual sandwiches, burgers, and dogs for boozed-up crowds — but on Sunday afternoon don’t miss the scene at the palapa with beer and live music. It’s one of this town’s best-kept secrets. Delicious daily till dusk. Inexpensive.

Saska’s & Saska’s Sushi
1376 Mission Bl., Mission Beach, 858-488-7311. This venerable local steak-and-sushi joint that tries harder, from the thin home-made teriyaki sauce (sweet up front, fading to bitter ginger) for the well-terraced (if mild-flavored) fish to the cut-on-the-premises aged beef. Service will till midnight or later. Moderate.

Sportsmen’s Seafoods
1617 5th Ave., Ocean Beach, 858-224-3551. The menu is devoted to “the fruits of the sea” and includes a seafood platter (shrimp, squid, king crab, fish, and salad). And, of course, a crispy fish ’n’ chips platter. Inexpensive.

Mission Beach
Izakaya Masa
828 Ft. Stockton Dr., Mission Hills, 619-342-3354. Friendly spot serves interesting Japanese tapas. Among the hits: crunchy, spicy chuka salad (jellyfish salad); fried oysters (daki); beefy, fresh, and quail eggs in broth; kara-age (spicy fried chicken). Inexpensive to moderate.

Saffron Thai Grilled Chicken
3731 India St., Mission Hills, 619-574-0177. Saffron Noodles and Saté is sit-down, all about Thai noodles and saté. Next door, take-out only, owner Su-Mei Yu serves skewered grilled chicken marinated in garlic, ginger, and spices. Delicious, green curry, too. Inexpensive.

Shakespeare Pub & Grill
3701 India St., Mission Hills, 619-299-0230. English pub grub is gruff and plain-spoken. Shepherd’s pie, bangers and mash, ploughman’s plate (the pickled onions and cheese, Scotch egg, and Bramston pale ale make it the real thing). Inexpensive.

Mission Valley
All American Grill
7510 Hazard Center Dr., Mission Valley, 858-296-9600. This huge indoor-outdoor sports pub offers generously sized meals from a wood-fired oven and grill. The gifted chef highlights seasonal American ingredients (local) in creative mini-pizzas, grapes, hearty entrées, smart desserts. MUTED TV’s sound track is on for game Sundays. Low moderate.

Bully’s East
2401 Camino del Rio South, Mission Valley, 619-281-2665. Word is, they serve more prime rib with asparagus and red-rosemary-laden mashed potatoes than any eater in San Diego. OR try the Bully Burger, French dip sandwich, or calamari sandwich. Inexpensive to low-moderate.

Ikea Restaurant
2149 Fenton Parkway, Mission Valley, 619-283-6166. Healthy Swedish food amidst Nordic housewares: meatballs with Swedish lingonberry (not cranberry) sauce; Seafood is big—the shrimp open-faced sandwich, the salmon plate with potatoes and broccoli, and the Gravad Lox Plate (cured salmon) are always on. Inexpensive.

King’s Fish House
825 Camino de la Reina, Mission Valley, 619-574-1230. Generously sized entrées come with soup or salad and two hefty side dishes. The menu changes daily to reflect the fresh catch, and includes some rotating regional specialties (e.g., New Orleans, Hawaii, New England). Moderate.

National City
Lai Thai Restaurant
1430 E. Plaza Bl., National City, 619-474-5366. The soups, tom yum (spicy coconut) and tom yum (hot and sour), are good, as is the house Lai Thai Fish (usually tilapia) in delicious panang-curry-curry sauce. Inexpensive to moderate.

McDin’s
105 E. 8th St., National City, 619-474-6771. Open continuously since 1890 in various locations, now under a new owner who spiffed up the room. The eats are hearty-diner-style food like Irish breakfasts, meat loaf sandwiches, roast beef. Inexpensive to moderate.

Normal Heights
Jyotis Bihanga
3351 Adams Ave, Normal Heights, 619-282-8116. Bengali-tinged vegetarian health food from Sri Chinmoy devotees can be delicious. Chutney-topped Naan breads, unoiled, intriguing flavors. Even the accompanying mashed potato and gravy tastes different. Also delicious: Bhama Burrito, Infinite Blue (brown rice salad with blue cheese dressing). Inexpensive.

North Park
Lefty’s Chicago Pizzeria
3448 30th St., North Park, 619-295-3720. The ultimate is Lefty’s “stuffed” pizza, a 14-inch, 8-pound monster that needs one hour “make and bake” time. The Chicago hot dogs, char burgers, beautiful spicy fries, juicy Italian beef au jus sandwiches. Inexpensive to low-moderate.

The Linkery
3794 30th St., North Park, 619-255-8778. The artisanal “slow food” cuisine here features local ingredients and made-from-scratch preparations. The focus is on salsas. Some of the best include the juicy “super boni-Mex-dog,” the linguica, and the Polynesian pork. Moderate.

Pomegranate Russian-Georgian
Restaurant
3252 El Cajon Blvd., North Park, 619-297-4007. Georgian food sings with fresh herbs, garlic, touches of hot pepper. Don’t miss the world-famous beefy, herb-jungle borscht, the bio- bean dip, and Olivier salad. The chef’s slow-smokes mustard barbecued beef and pork and cold-smokes whole trout. Moderate.

The Ritual Tavern
4905 30th St., North Park, 619-283-1618. A quiet, civilized tavern serving Niman meats, lardo chicken, locally grown organic vegetables, and a mouth-filling, etouffe-thick...
Saddlesbury (Yankee) gumbo that’s not remotely Cajun or Creole (it’s got carrots but no okra or file). Moderate.

El Sol Mexican Restaurant 2037 University Ave., North Park, 619-298-0874. Miguel “Nacho” Madera does breakfasts and all sorts of Mexican food, including seafood (crayfish tostadas is great). But if you want the burger, ask for his Clintonburger with cheese and bacon. Inexpensive.

Oceanside

Paul’s Place 3671 Mission Ave., Oceanside, 760-721-0124. The menu strikes a balance between American and Greek fare. The baked Greek half-chicken, the spiced grilled chicken skewer over salad, and the gyro mix with all-American three-egg breakfast specials and meaty burgers. Inexpensive.

Old Town

El Agave 2304 San Diego Ave., Old Town, 619-220-0892. Serious Mexican food highlighting mainland regional cuisines, including five different Oaxacan mole (plus a sixth from Chiapas). Moderate.

Pacific Beach

The Australian Pub 3014 Grand Ave., Pacific Beach, 858-273-9921. Try the RoadKill sandwich (grilled chicken breast with hot sauce and cheese) or the huge, baroque Aussie Burger. Inexpensive.

Chateau Orleans 926 Turquoise St., Pacific Beach, 858-488-6744. Charmingly setting with folk art, live blues, offering Louisiana fare in dire need of a fresher course (avoid the jambalaya). Safest choices: crawfish bisque, hush “purple fare” (eggplant), gumbo. High-moderate.

Karinya Thai 825 Garnet Ave., Pacific Beach, 858-270-5900. Karinya remains true to its Thai origins. Try tom yum (hot and sour shrimp soup), a meal in itself served over a charcoal fire at your table, or pa naed, sauteed seafood in spicy sauce. Inexpensive to moderate.

Rum Jungle Smoothies and Deli 4150 Mission Blvd., Pacific Beach, 858-273-2227. Rum Jungle Smoothies serves up spot-on, the flesh of a Brazilian palm nut, for breakfast, adding your choices of granola, banana, strawberries, blueberries, mango pieces. Inexpensive.

Point Loma

The Pearl 1410 Rosecrans St., Point Loma, 619-226-6100. The fare is Californian-eclectic and emphasizes grilling, with local produce and sustainable meat and fish. Candied pork belly, “deconstructed” shrimp nachos, wings, and newcomer. High-moderate.

Red Sails 2614 Shelter Island Dr., Point Loma, 619-223-3030. Vintage water front eatery serves seafood and steaks of uneven quality. Start with clams on the half-shell or clam chowder. Coconut shrimp entree is a good, guilty pleasure; finish fare less well. Low-moderate.

Solare Ristorante Lounge 2820 Rosser Rd., NYC Promenade, Point Loma, 619-270-9670. Northern Italian cuisine with Asian-fusion touches like a seafood carpaccio with yuca. Chef cooks from scratch with mainly local or organic ingredients, including Brandy beef. Fastia moderate, entries expensive.

Sapporo Japanese Restaurant 5049 Newport Ave., Ocean Beach, 619-226-4886. Lush and expensive give you a miso soup, salad, and a combo like chicken teriyaki and California rolls and wasabi. Other specials include yaki udon, shrimp noodle soup, and the chicken burger. Inexpensive.

ZPizza Carmel Mountain, 11925 Carmel Mt. Rd. 858-673-4204. Express 1310 • Coupon code: G1FSDR

Free Indian cuisine entrée
With purchase of one entree and one beverage. Some restrictions apply.

50% off yogurt
Buy one yogurt, get 50% off second cup of equal or lesser value.

Yogurt Heaven Scripps Ranch
12060 Scripps Summit Dr. 858-543-9205

Free pizza or large salad
Free $10 pizza or large salad with purchase of any extra large specialty pizza 21”.

ZPizza Carmel Mountain, 11925 Carmel Mt. Rd. 858-673-4204

50% off frozen yogurt
Buy one, get second of equal or lesser value at 50% off. 12 flavors daily, 9 fresh fruits, 30 toppings.

Yoberry Yogurt
Ramona Shopping Center, 16500 El Camino Dr., Ste. 130
858-617-4204

$5 off bundt cakes
Any purchase of $25 or more. Immediately assorted flavors from chocolate chip to pecan praline. Some restrictions apply.

Nothing Bundt Cakes
Pavement: 12255 Scripps Power Play
1-800-866-7724

50% off chicken pie
Buy one entree and get a second entree for 50% off.

Bongiorno’s New York Pizzeria
3033 3033 Power Rd. 858-679-3273

$5 off BBQ
Minimum purchase of $25. Not valid with any other offers or discounts.

Korean at Joe’s

All-U-Can-eat Korean BBQ Buffet

10% off regular price of $79.99, party of 8 or more. Only at Joe’s Joe’s

Happy Hour
Mon-Thu 11:30 am-3 pm, Fri-Sat 11 pm-9 pm, excl. holidays. Regular price $19.99 Mon-Thu 9-9 pm & Fri-Sat, excl. holidays. Seniors over 60, Kids 6-12 yrs. $9.99. Joe’s

Korean BBQ Buffet

Jeong Won (Happy Place)
4690 Convoy Street, Suite 104
San Diego, CA 92111
858-292-4670

Open 11:30 am to 11 pm

All major sporting & pay-per-view events! Draft beer!

Go to JeongWكونoreanBBQ.com

50% off Thai entrée
With purchase of an entire and two beverages. Dine-in or take-out. Excludes seafood, BBQ, and specialties. Not valid with any other offer. One coupon per customer.
New York Times’ hardcover graphic books best-seller list. “I started doing business with him by mail order in the mid-’70s, when he bid on some 78s on my auction list. He liked those old dance bands from the ‘20s on the Grey Gull label. He didn’t buy the really big-money items, but those were rare records.

“We communicated by letter a few times, and I talked to him once or twice on the phone, and then he came down to San Diego when we were presenting the Rhythm Rascals in concert. He looked like the Robert Crumb he draws, the hat and the whole thing. I showed him my collection, and he talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He talked about his… He 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THIS FEBRUARY, TRADE CUPID FOR COSBY

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Eng’s M.E.B. Theory

“After being in the local scene for two years, I’ve seen a lot of people come and go,” says singer-songwriter Kenny Eng, who cites three factors that he feels are most responsible for failing at a music career: motivation, entitlement, and balance.

Motivation: “I’m talking about the people who see music as a stepping stone for other aspirations, such as fame, money, and power… I remember having a conversation with a singer-songwriter about what his goals were with his music. He simply said, ‘To be famous.’ While my initial reaction was to laugh, it was quickly followed by a gut-wrenching sadness because I knew what he meant by that and because I knew he wasn’t joking.”

Entitlement: “The entitled musician is the person who thinks that the world and its people owe them something… They [feel they] deserve respect and adoration from all people everywhere. However, the entitled musician is rarely ever willing to work and earn these accolades.”

Balance: “Musicians who don’t have a sense of balance in their personal lives usually end up the most bitter of all, tending to travel down the path of depression and loneliness for the rest of their lives. These are the people who don’t understand how important it is to maintain your personal and emotional health, as well as the relationships with people they care about. We musicians are so thankful for our fans, but once the fans are gone, whom do we look to?”

Eng confesses, “I suffer from one if not all of these symptoms, as if I was rehashing my life story to you.” His own hurdles also involve performance anxiety, “I still get stage fright every time I play… It’s gotten easier to overcome it, but on occasion, I clam up and get extremely self-conscious about my singing, my lyrics, and my guitar playing. I become the impotent man-boy instead of the rock star that I can be.”

“You still get that, don’t you?”

“Also, one time a guy said I reminded him of Tracy Chapman. I’m still not sure if that was a compliment.”

Kenny Eng’s solo acoustic album Live from Lestat’s debuts January 15, with a release party at — where else? — Lestat’s.

— Jay Allen Sanford

Record-Release Roundup


On January 23, songstress Astra Kelly has a release party for her EP Battling the Sun at Ruby Room. On the same day, jazz diva Karin Carson launches her new full-length The Time Is Now at Tango Del Rey. “There is a time and a place for new beginnings,” she says of the album title. “We are constantly on the verge of change. The things that seemed so important so many years ago, weeks ago, months, or even days ago, are consumed…”

Alyssa Jacey’s new CD-release party happens January 27 at the Belly Up.

On February 10, flautist Holly Hofmann releases Three’s Company at the La Jolla Athenaeum, where her longtime pianist Bill Cunliffe and guest saxman Ken Pepowski will also perform. Screamo specialists a Shattered Hope are hoping to put out their newest by the end of February, if they can coax some good (and free) cover art out of someone.

March will see new dropings from Biff (Infestation), as well a full-length from the Glee girls of Bitter Sober. “We’re in the studio with [producer-bassist] Beth Ladwig, recording with elliot-theodog music,” says percussionist Megan Jane. The group spent their summer touring West Coast hotspots in Seattle, Las Vegas, Portland, and Phoenix. Jane’s other band Veronica May is also in the studio, recording a full-length with King’s Ransom.

Other locals with new releases include goth rockers Faith and the Muse, post-punkers the Dabbers, silky Steph Johnson, hard-rockers Superunloader, and oh-so-romantic crooner Jac.

— Jay Allen Sanford

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TRAVEL AGENT

Friday, January 8 • No Cover

HIGHLAND DRIFTERS

(night)

PLATO SOUL

Sunday, January 10 • No Cover

HIGHLAND DRIFTERS

(day)

BLUES JAM anchored by the BLUES BROKERS

Mondays and Tuesdays

DOUG ALLEN and SUZY BONGO

Wednesday, January 13 • No Cover

JEFF MOORE

Thursday, January 14 • No Cover

ALTHEA & CO. with DANNY DiCARLO
San Diego Reader January 7, 2010 91

HOUSE of BLUES
SAN DIEGO

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sonic-youth sic alps

WHERE'S THE BAND?

STATE RADIO
LET IT GO
THE AGGROLITES

JAN. 7 ALL AGES

JAN. 8 ALL AGES

San Diego Reader January 7, 2010 91

ALKALINE TRIO
NEVER SHOUT NEVER
HEY MONDAY + THE CAB

CURIOUS
APR. 1 ALL AGES

ON-SALE SAT.

ON-SALE SUN.

FIVE FINGER DEATH PUNCH
THE GREAT MISDIRECT TOUR
BETWEEN THE BURIED AND ME

JAN. 14 ALL AGES

JAN. 15 ALL AGES

ELOTT TWIN

BONSIRE

JAN. 16 ALL AGES

JAN. 17 ALL AGES

THE USED

TIMBERLAND

JAN. 22 ALL AGES

JAN. 23 ALL AGES

JAN. 24 ALL AGES

JAN. 25 ALL AGES

9 / 21 / 10: LIGHTS A TRIBUTE TO JOHNNY CASH
2 / 19 / 10: LIGHTS A TRIBUTE TO JOHNNY CASH

1 / 18 / 10: OFF IVY
1 / 21 / 10: LIGHTS A TRIBUTE TO JOHNNY CASH
1 / 29 / 10: LIGHTS A TRIBUTE TO JOHNNY CASH
2 / 7 / 10: STLOOD
2 / 21 / 10: STLOOD
2 / 26 / 10: LIGHTS A TRIBUTE TO JOHNNY CASH
3 / 4 / 10: LIGHTS A TRIBUTE TO JOHNNY CASH
3 / 12 / 10: LIGHTS A TRIBUTE TO JOHNNY CASH

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San Diego Reader January 7, 2010 91
Few of any “alt-rock” bands over the past three decades have held their mettle like NYC art-punk perennials Sonic Youth. Some expert wrote that the band’s a “living glue,” bonding ‘70s post-punk to ‘80s alternative to ‘90s DIY to the Goths’ retro-age indie cultiah. I’ll buy that. Last year, SY signed to Matador after 20 years as Geffen’s vanguard of indie cultcha. I’ll buy that. Last year, SY signed...

**Friday 8**

If country-fried swing’s your thing, there will be lots to hoot and howl about when the Southland’s big bopper Big Sandy & His Fly-Rite Boys make their appearance at Casbah’s month of 21-year-anniversary gigs Friday night. The rockabilly revivalists have been a Casbah staple for as long and will headline sets that include that double-neck devil TK. Smith and his Smith’s Ranch Boys and like-minded locals Brawleyey... Latin-jazz maestro Pete Escovedo brings his family band to Anthology. The Pete Escovedo Orchestra includes his percussionist kids Juan, Peter Michael, and Sheila E. Suggest you stretch your hips, kids, that’s a lot of P.S.... Reggae rolls into Belly Up when U.K. toaster Pato Banton takes the Solana Beach stage. FYI: Banton is a “spiritually enlightened Urantian” now, touring to spread the word... And uptown there’s a trio of solid indie/quirk-punx and beach-blanket throwbacks that will stack up solid studio dudes Atari.... Prog and fusion freaks, Brick by Brick presents/...
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Produced by WorldBeat Center & Moss Jacobs Presents
Smooth Sax

“I did gigs for Reagan and Nixon, even though my politics were different from theirs.”

Founded in 1977, Forecast specializes in what regional radio used to call “lights-out jazz,” a progressive sort of lounge sound almost verging on rock and roll. Mining the same smooth ground as locals Fattburger and Hollis Gentry’s Neon and national acts such as Spyro Gyra and the Yellowjackets, Forecast revolves around sax and flute of bandleader Greg Pardue.

“We play jazz-rock fusion, contemporary smooth jazz, swing, and funk, along with standards from the great American songbook, Brazilian, Latin, and classical jazz,” says Pardue. “Lately, most of our gigs have been for a duo or trio, although sometimes the band is as large as a six-piece. The piano player Max Zape and I have been together over 20 years.”

Pardue also plays with the Will Faeber Band (classic rock), the San Diego Nite Big Band (orchestral jazz with up to 20 members), and PHD Jazz, which he describes as “an offshoot of a jazz improvisation workshop I’ve been in for several years. We can be as small as a trio and as big as a septet.”

WHAT’S IN YOUR CD PLAYER?
1. Thelonious Monk Quartet with John Coltrane, at Carnegie Hall. “A modern-classic jazz quartet just doesn’t get any better than this. Two awesome jazz giants at their peak.”
2. Tower of Power, Live. “The greatest funk band of all time. I spent years playing their music in clubs.”
3. Ivan Lins, A Love Affair: The Music of Ivan Lins. “Ivan Lins is one of the great modern Brazilian composers, and this CD has all kinds of artists covering his songs — people such as Sting, Grover Washington Jr., and Chaka Khan — along with an all-star backup band. Just gorgeous music.”
4. Sting, Bring on the Night. “This is a live CD, and it’s arguably his best band ever, with great jazz musicians like Branford Marsalis and Kenny Kirkland. The guy is a great songwriter.”
5. James Carter, Conversin’ with the Elders. “Carter is my newest favorite sax player. It’s obvious why he wins multiple jazz polls every year — he plays his ass off. A friend of mine said he’d probably break his teeth if he tried to do what James does on the sax, and I agree. The guy has redefined jazz sax playing.”

LOCAL HANGOUTS?
1. “My wife and I love to go for walks on the La Jolla coastline.”

MUSIC

JAY ALLEN SANFORD

MARSHALL

BROOKLYN

GERMAN

ARMY

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A LOVE

AFFAIR:

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3.

2.

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3. Ivan Lins, A Love Affair: The Music of Ivan Lins. “Ivan Lins is one of the great modern Brazilian composers, and this CD has all kinds of artists covering his songs — people such as Sting, Grover Washington Jr., and Chaka Khan — along with an all-star backup band. Just gorgeous music.”

WHAT’S YOUR DAY JOB?
“‘I’ve been in the musical products biz for a long time. I go to the National Association of Music Merchants show every year, and I used to run product clinics for some of the companies I represented.”

FINISH THIS SENTENCE: “IF I HAD PSYCHIC POWERS…” “…I’d know exactly what the keyboard player was going to play next, so my solos would be out of this world.”

BRUSH WITH FAME?
“When I was in high school, I got to meet Count Basie and Duke Ellington. Needless to say, I was in awe. Over the years, Forecast has opened concerts for Kirk Whalum, Richard Elliot, and War, among others, and we got to hang out with them.”

EVER MIX MUSIC AND POLITICS?
“Well, in the past, I did gigs for Ronald Reagan and Richard Nixon — when they were each the governor of California — and I got to meet each of them. That was interesting, even though my politics were different from theirs.”

MOVIE YOU CAN’T SIT THROUGH?
“Just about any movie with Sly Stallone. That guy is a terrible actor.”

GOOD ADVICE?
“My dad and mom always said, ‘Save your money for when you get older.’ Good advice, considering the economy these days.”

HEART’S DESIRE?
“I’m still not the jazz sax player I want to be.”

PHOTOGRAPH BY DUANE REED
TONIGHT

TONIGHT

TONIGHT

AN EVENING WITH
KEB’ MO’
SOLO ACOUSTIC
FRIDAY 1/15 • 9 PM

CROSS CANADIAN RAGWEED
FRIDAY 1/15 • 9 PM

“GUITAR LEGEND”
DICK DALE
FRIDAY 1/15 • 9 PM

PURE PRAIRIE LEAGUE
THURSDAY 1/21 • 8 PM

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2/10 St. Vincent
2/11 ALO
2/12 Dumpstaphunk
2/13 Los Lonely Boys Acoustic
2/14 The Mother Hips
2/15 Raul Malo–seated show
2/16 Midlake
2/17 Galactic feat. Cyril Neville (of the Neville Brothers)
2/18 Pine Mountain Logs
2/19 The Thermals
2/20 Rogue Wave
3/2 Milky Chance
3/3 Pink Mountain Logs
3/4 The Thermals
3/5 The Mother Hips
3/6 Raul Malo–seated show
3/7 Galactic feat. Cyril Neville (of the Neville Brothers)
3/8 Pine Mountain Logs
3/9 The Thermals
3/10 The Mother Hips
3/11 Raul Malo–seated show
3/12 Midlake
3/13 Galactic feat. Cyril Neville (of the Neville Brothers)
3/14 Pine Mountain Logs
3/15 The Thermals
3/16 The Mother Hips
3/17 Raul Malo–seated show
3/18 Midlake
3/19 Galactic feat. Cyril Neville (of the Neville Brothers)
3/20 Pine Mountain Logs
3/21 The Thermals
3/22 The Mother Hips
3/23 Raul Malo–seated show
3/24 Midlake
3/25 Galactic feat. Cyril Neville (of the Neville Brothers)
3/26 Pine Mountain Logs
3/27 The Thermals
3/28 The Mother Hips
3/29 Raul Malo–seated show
3/30 Midlake
3/31 Galactic feat. Cyril Neville (of the Neville Brothers)
4/1 Pine Mountain Logs
4/2 The Thermals
4/3 The Mother Hips
4/4 Raul Malo–seated show
4/5 Midlake
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BLUEGRASS BOYS BROTHERS BAND

Sat.
1/9
5-8 PM
NECTARINE

Wine, dine & skip the line next door at the Wild Note Café • 858-720-9000

143 South Cedros Ave., Solana Beach

www.winstonsob.com
By William CRAIN

In 2007 I was lucky enough to see Sonic Youth play their landmark 1988 album Daydream Nation in its entirety. From opener “Teen Age Riot” to the closing “Triptych: Eliminator Jr.,” it was awesome. For an encore, they played some new material, and a palpable wave of disappointment came over the gray-haired heads of the crowd. I have thought of Sonic Youth as one of my favorite bands for something like 25 years now, but sometime in the mid-’90s I stopped buying all the band’s records that sound like Sonic Youth for more than 20 years). But, as the title suggests, there’s nothing really new about The Eternal. It mostly serves up a familiar mix of oddly tuned guitars clanging like bells, oddly sung vocals, lyrics steeped in pop culture and the art world, and Steve Shelley’s immanently steady drumming. But this time, the songs are more concise than they have been in years. It just flat-out rocks. Listening to The Eternal, I can’t imagine living without this band’s music in my life.

SONIC YOUTH: House of Blues, Thursday, January 7, 7 p.m. 619-219-2985. $27.50.

SONIC YOUTH

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.

Chateau Orleans: 926 Turquoise St., Pacific Beach, 858-488-6744. Friday, 6:20pm — Robin Henkel. Blues/jazz.

Congregation Beth El: 8660 Gilman Dr., La Jolla. Sunday, 7pm — San Diego Jewish Men’s Choir. Hebrew/Ladino/Yiddish. $9-$18.

Dirk’s Niteclub: 7662 Broadway, Lemon Grove, 619-469-6344. Friday, 9pm; Saturday, 9pm — Dirty Leslie. Rock.


Don’s Cocktail Lounge: 13321 Business Highway 8, El Cajon, 619-443-2444. Friday, 8:30pm; Saturday, 8:30pm — The Taylor Harvey Band. Acoustic/covers/rock.


House of Blues: 1055 Fifth Ave., Downtown, 619-299-2583. Thursday, 8pm — Sonic Youth. With the Sci Alps. Alternative/indie rock. $27. Friday, 7pm — Where’s the Band Tour. Featuring Dust...
It is doubtful that anyone who knows who these guys are would mind my calling them a supergroup. In the classic sense of the term, that is exactly what they are — a traveling supergroup of prodigy-level prog rockers and fusion artists who are each no more than a few degrees of separation from King Crimson drummer Bill Bruford. A brief review of the players: Allan Holdsworth got my attention some 40 years ago as the New Tony Williams Lifetime guitarist. His style is fluid, complex, and unpredictable. A beer connoisseur, he told a reporter that the U.S. was a beer desert compared to his native U.K. This may be predictable. A beer connoisseur, he told a reporter that the U.S. was a beer desert compared to his native U.K. This may be predictable. A beer connoisseur, he told a reporter that the U.S. was a beer desert compared to his native U.K. This may be predictable. 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Navajo

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

Thursday, January 7
Charlie Ayers & The
Second Chance Comedians
Van Hagar
(A Tribute to David Lee Roth & Sammy Hagar’s Early Years)
Friday, January 8
Classic Rock
1 Louder
Saturday, January 9
Modern Alternative
Mad For Mary
Monday, January 11
Karaoke
Wednesday, January 13
Austin Ross
Privatized Air • Hocus

Santee

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

Thursday, January 7
Mower • Electric Dynomite
Six Reasons • Authentic Sellout
Caskets On Parade

Friday & Saturday, January 8 & 9 • 9 pm
Classic Rock
Serious Guise

Upcoming
Friday, January 15
Camel Tones
Saturday, January 16
The Farmers

Pool Tables • Dart Boards • Free Parking
Hot Spot & Lotto • Free WiFi Access

SUNDAY JANUARY 17
CALIFORNIA CENTER
FOR THE ARTS
340 N. ESCONDIDO BOULEVARD • ESCONDIDO • 6:00PM DOORS • ALL AGES
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CHARGE BY PHONE 800 988-4253

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868 FOURTH AVE • SAN DIEGO • 6:00PM DOORS • ALL AGES
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TICKETS ALSO AVAILABLE AT THE CIVIC THEATRE AND BALBOA THEATRE BOX OFFICES

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CALIFORNIA CENTER
FOR THE ARTS
340 N. ESCONDIDO BOULEVARD • ESCONDIDO • 7:00PM DOORS • ALL AGES
TICKETS AT CALIFORNIA CENTER FOR THE ARTS, ESCONDIDO TICKET OFFICE
CHARGE BY PHONE 800-988-4253

Kris Kristofferson

SUNDAY JANUARY 17
CALIFORNIA CENTER
FOR THE ARTS
340 N. ESCONDIDO BOULEVARD • ESCONDIDO • 6:00PM DOORS • ALL AGES
TICKETS AVAILABLE FROM CALIFORNIA CENTER FOR THE ARTS, ESCONDIDO TICKET OFFICE
CHARGE BY PHONE 800 988-4253
January 20 — Cowboy Mouth.
January 22, January 23 — O Cromati.
January 30 — Atomic Punks.
February 3 — Rhet Miller.
February 11 — ALO.
February 13 — Los Lonely Boys.

January 13 — A.A. Bondy.
January 31 — Firehorn, Heavy Glow, Nautical Disaster, BoyScout.

Copley Symphony Hall: 750 B St., Downtown, 619-234-0000.

Cricket Wireless Amphitheatre: 2050 Entertainment Circle, Chula Vista, 2050 $75 (Includes post show education programs)

in concert
with special guest David Poe
This Monday, January 11 at 8pm

Proceeds benefit
The Old Globe Education programs

prices: $75 (includes post show reception with Duncan Sheik), $45 and $25

CHECK OUT SONGS FROM WHISPER HOUSE at TheOldGlobe.org.

DUNCAN SHEIK

January 13 — Pre-Me.
January 19 — Cowan.
February 3 — BREAK.}

Invisible Girl

Review by Meghan McIntire

Garage-rock duo the King Khan & BBQ Show ignite a blast from the past with their new Vice Records disc Invisible Girl. The collection taps doo-wop, retro garage, and bold punk for a heady brew of nostalgia.

King Khan’s lead riffs, croons, and energetic shout-alongs are buoyed by one-man-band Mark Sultan’s doo-wop-style backing vocals and stratumming, bass drum-thumping, snare-tribbing array of sound that mines ’60s Nuggets for timeless gems.

The rebellious punk lyrics of this album range from bold to silly to raunchy. “I told you, pretty baby, that I’d be your slave! I’ll even dig your grave, but you won’t talk to me,” from their song “Lonely Boy” is a prime example of their twist on a ’60s vocal-group love song. Songs such as “I’ll Be Loving You” and “Invisible Girl” are romantic if not downright poetic. “Animal Party” is a song about Khan partying...with animals. “Tastebuds” is vile but fun — listener beware.

These inspired garage-rockers do the genre justice with clever lyrics, catchy riffs, and soulful rhythm. Invisible Girl is “Johnny Be Good” gone bad. It’s combo of bow-da-bow-dow-dow vocals, guitar wails, and wit make this album the duo’s best to date. The track “Third Ave.” speaks volumes: “Who knows how to rock? We do!” To twist the gist of most of the press on Invisible Girl, this isn’t rock and roll revisited, this is rock and roll revived.

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EVERYONE’S A CRITIC

Belly Up Tavern: 143 South Cedros Ave., Solana Beach, 858-481-8140.
January 15 — Keb’ Mo’.
January 20 — Cowboy Mouth.
January 22, January 23 — O Cromati.
January 30 — Atomic Punks.
February 3 — Rhet Miller.
February 11 — ALO.
February 13 — Los Lonely Boys.

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DUNCAN SHEIK

January 13 — Pre-Me.
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February 3 — BREAK.
Concert Review
by John Lososio

I feared the Christmas lights decking the stage at Belly Up would be incongruous to the sepia tones of rust-belt Americana act Son Volt, but the band tore through their set with an intensity that suited the rainy weather and shrugged off the festive decor.

Behind singer-guitarist and Son Volt figurehead Jay Farrar, their secret weapon on this night was Brit guitarist James Walbourne, who was on loan from the Pretenders. Walbourne’s haunting leads gave older numbers (“Ten Second News,” “Fear Stained Eye”) new life and new tunes (show starter “Down to the Wire” and “Jukebox of Steel” from this summer’s American Central Dust) fresh-from-vinyl immediacy. A show highlight was “Cocaine and Ashes,” Farrar’s tribute to Keith Richards, for which Walbourne switched to lap steel, giving the already mournful tune a graveyard vibe that would chill “Keef” himself.

The band played one encore, a Stones-y take on Doug Sahm’s “I’m Not That Kat Anymore,” and were gone. Unlike (former Uncle Tupelo partner) Jeff Tweedy’s Wilco, Son Volt probably will not love this night was Brit gui-tarist and Son Volt figurehead Jay Farrar, their secret weapon on this night was Brit guitarist James Walbourne, who was on loan from the Pretenders. Walbourne’s haunting leads gave older numbers (“Ten Second News,” “Fear Stained Eye”) new life and new tunes (show starter “Down to the Wire” and “Jukebox of Steel” from this summer’s American Central Dust) fresh-from-vinyl immediacy. A show highlight was “Cocaine and Ashes,” Farrar’s tribute to Keith Richards, for which Walbourne switched to lap steel, giving the already mournful tune a graveyard vibe that would chill “Keef” himself.

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Saturdays, 9pm, Sundays: DJ Kool T. Spins Top 40, techno, and ‘80s. 15 and up. 775 Metcal St., Escondido. 760-741-2081.

Thursdays
San Diego
Saturdays
Sundays
Fridays

8pm: DJ Mick B. Spins hip-hop in Downtown. 619-696-8888.

Omar. Electronic/hip-hop. Henry Diaz. With T one Capone and Fannie’s Nightclub:
El Cajon Grand:
The Coyote Bar & Grill:

Carlsbad. 760-729-4695.

Dumesnil. 300 Carlsbad Village Dr., and other hits. 4100.


Other hits. 351 W. Main St., El Cajon. 619-444-0049.

Fannie’s Nightclub: Thursdays, 8pm: DJ Mick B. Spins hip-hop

8pm: DJ Kuki. 2895 University Ave., North Park. 619-295-1688.

Satin Lounge: Thursdays, 9pm: Hot Latin Beats. Reggaeton, salsa, and merengue. 18 and up. Fridays, 8pm: Funky Fresh Fridays. Hip-hop/mash-ups. 18 and up.

Saturdays, 9pm: DJ Duzzy D. Spins hip-hop, old skool, and technos. 18 and up. Wednesdays, 9pm: Blazin’ 98.9 Night. With guest DJs. 619 University Ave., College Area. 619-544-1177.


Side Bar: Thursdays, 9pm: Ruby Tones. 9734 University Ave., College Area. 619-544-1786.

Kristen. ‘80s/hip-hop/house. 639 2204.

Cookies with DJ Dirty Kurty. 3780 2204.


Onyx/Thin. Saturday, 8pm: Monsters from Mars. With Lights On and DJ Cris Herrera. Electronica/DJ, rock. $10. 852 Fifth Ave., Downtown. 619-235-ONYX.

Pacific Beach Bar & Grill: Wednesdays, 10pm: DJ Tony. 860 Garnet Ave., Pacific Beach. 858-527-7278.

Fryeview Pub/Bub’s Whiskey Dive Bar: Mondays, 6:30pm: Metal Mondays. Metal all night long. 301 Pier View Way, Oceanside. 760-757-2827.


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21+ and up. 3936 30th St., North Park. 619-284-6784.


Xavier’s Bar & Grill: Thursdays, 8pm: Almost Famous Thursdays. Electro/funk/house. 21 and up. Saturdays, 9pm: Feel the Noise. With Gabe Vega and Saul Q. Dance/indie/rock. 21 and up.


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Happy Hour

East Village

Basic Urban Kitchen and Bar: Monday-Friday, 4-7 pm: $5 Imperial vodka, $4 local beer, $6 wine. Free samples of Basic pizza.

East Village Tavern and Bowl: Monday-Thursday, 3-7 pm: $3 drafts, wells, wine. $4 premium drafts, margaritas, Friday-Saturday, 11 pm-close: $3 drafts, wells, wine. $4 premium drafts, margaritas. $4 Jager, Bacardi, Smirnoff.

Jewel Box: Monday, 2 PM drafts. Wednesday, 6-2: $5 Jager bombs & happy hour all night w/military ID. Thursday, 6-2: Industry Night. $3.75 calls.

El Cajon

Double D’s on Broadway: Every day, 11 am-noon, 4-7 pm: $2.50 domestics, $3.50 off mixed drinks, $1 off shots.

El Cajon Grand: Monday-Friday, 4-6 pm: $3 wells, domestic. Saturday-Sunday, 9-10:30 pm: Every day, $3 lager bombs.

Saturday-Sunday, 2-7 pm: $2.50 Import Drafts, 5-7 pm: $4 hot dog, garlic skewers.

San Diego Friday-Sunday, 11-6 pm: $2.50 domestics, $.50 off mixed drinks, $1 off all beer/wine/spirits. All day: $1 off solo shots, surf and turf.

Grantville

Tio Leo’s: Monday-Friday, 3-7 pm: $3 pints, $4 house margaritas, wells. $5 appetizers.

Hillcrest

Bangkok Thai Bistro: Every day, 4-7 pm: $2 off wine, $2.50 appetizers.

Cafe Eleven: Every day, 2-6 pm: $4 house margaritas, $3 wells, house wine, bottled beer. $3 appetizers, shrimp cocktail, stuffed mushrooms, Thai chicken skewers.

Wine Steals: Tuesday, 5-30-7 pm: $10 wine tasting.

Kensington-Talmadge

Beauty Bar: Monday, $4 bombs. $5 Burnett/Blandes. Tuesday, $4 bombs. $5 Burnett/Svedka.

Three Olives. Wednesday-Thursday, 3-7 pm: $3 wine. $6 martinis. 1/2 off select wine bottles. Friday, 3-7 pm: $4 bombs. $5 Burnett/Svedka. $3 Peroni.

Kensington Cafe: Every day, 3-7 pm: $4 house margaritas, 1/2 off all glasses of wine, all tapas under $2.50.

The Kensington Club: Every day, 10-6 am: $2.50 drafts, $3 wells.

Kensington Vine: Monday-Friday, 3-11 pm: No charge.

La Jolla

Beaumont’s: Every day, 4-6 pm: $3 drafts, $4 well drinks. $4, $5 and $6 appetizers.

Clay’s La Jolla: Monday, 4-7 pm: $3 drafts, $4 wells, $5 sangria, $6 house wine.

Lindsey Matters

HAPPY HOUR

4-8 pm Daily & All Day
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$1 Domestic
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LA MESA

Hooley’s Irish Pub & Grill: Every day, 3-7 pm: 10 pm-close: $3.50 off drafts, $1 off all mixed drinks, bottled beers, glass of wine.

Rivera Supper Club & Turquoise Room: Every day, 4-6 pm: $2 off all cocktails, wine, drafts. $2 off 8-oz. sirloin.

Tarroz Sports Bar: Monday, Wednesday-Sunday, 2-7 pm: $2.50 domestic beer, tequila shots. $3 imported beer, $4 premium drafts.

Mission Valley


Mira Mesa Lanes: Monday-Friday, 3-4 pm: $2 domestic pints, $7 pitchers. $3 imports pints, $10 pitchers. $2.50 wells. $3.50 chicken strips, wings.

Mission Hills

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

Bar Dynamite: Monday-Saturday, 5-9 pm: $2 domestic drafts and bottles, $3 wells. Free food from Lucha Libre Taco Shop. Sunday, 12-8 pm: 5-9 pm: $2 domestics bottles and drafts, $3 wells. Free food from Lucha Libre Taco Shop.

Shakespeare Pub & Grill: Every day, 4-7 pm: $4.95 all imported 20 oz. draught beers, $3.75 well drinks, $3 all bottled beers and house wines by the glass.

Starlite: Monday-Saturday, 5-7 pm: $3 drafts, wells, $1 off Sunday. All night: $5 males. $15 off wine bottles.

Mission Valley

950 Lounge: Wednesday, $3 drafts, beer, house wine.

All American Grill: Monday-Friday, 4-7 pm: $3.75 selected craft beers, $5 specialty drinks, $2 off wine by the glass and grazing menu.

The Little Fish Market Restaurant: Every day, 4-6 pm: $3.75 selected craft beers, $4.50 fish tacos, $3.75 spicy tuna roll, $4.50 Cajun shrimp skewers.

National City

Cafe La Maza: Tuesday-Friday, 4-6 pm: $1 off all drinks; $2/10 appetizers in the bar.

Lai Thai Restaurant: Every day, 4-6 pm: $2 Thai.

McDini’s: Monday-Friday, 5-7 pm: $2 off domestic pitchers, $3.50 wells.

Happy Hour 7 Days, 5-6:30 pm
Sale: $2.75 (hot/cold) California Roll $3.50
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Potstickers $4
Spicy Calamari $4

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To Begin With

It affords an opportunity to stretch himself without the obligation of credibility.

Jeff Bridges in Crazy Heart is pretty much the whole show. His Bad Blake, given name to be held back for the gravestone, is an over-the-hill and down-on-his-luck C&W singer still living the life of a C&W song, four marriages behind him, long lonely drives and cheap motels and cheaper women in front of him, a chain smoker and a hard-at-it alcoholic (preferred poison, fictitious McClure’s bourbon) on a free fall to the unseen bottom and, on impact, the uncertain bounce-back to redemption. As one of his lyrics neatly sums it up: “I used to be somebody, now I’m somebody else.” The film — a first by actor-turned-director Scott Cooper, more precisely and typically actor-turned-actor-director — surrounds the central character with a set of circumstances rather than a string of incidents. The bowling-alley venue at the start tells an untold tale (seated at the bar, facing the camera with the lanes behind him, Bridges could almost be back in The Big Lebowski, minus the White Russian), and the showbiz stereotype depends on the details for revitalization: an unbuckled belt and unzipped fly for driving the long hauls and a handy gallon water jug to avoid rest stops along the way.

The actor’s singing voice amounts to a dull blade that has a hard time cutting through the expert arrangements by T Bone Burnett, who with the late Stephen Bruton co-wrote the original songs in the crying-in-your-beer genre. But then too, the actor’s speaking voice, a low rumble through a mouthful of marbles, has a hard enough time cutting through thin air, as if he could use a hit of oxygen before and after each utterance. To outward appearances, he’s approximately one-third Kris Kristofferson (the constipated voice and the wheezy wince to produce it) and two-thirds Waylon Jennings (the greasy stringy hair, the bedraggled beard, the shades, the leather vest, the paunch), in no part original but in every part authentic. Maggie Gyllenhaal is the single-mom reporter who provides motivation for Bad to get better (“I’m Bad, and I’m an alcoholic”), and Colin Farrell is the ponytailed one-time protégé who has passed him by and can now offer a hand-up, and Robert Duvall is the friendly neighborhood barkeep who brings with him the ghost of his down-and-out alcoholic country singer in Tender Mercies. (Oscar voters, take a hint.) But these likewise are mere circumstances rather than characters in their own right, mere appurtenances, mere accoutrements of Bridges, little more than his belt buckle and water bottle, cigarettes and whisky. It’s his show, and it’s a generous one.

Miguel Arteta’s Youth in Revolt is a cut-above teen comedy whose nerdy hero is an anachronistic Sinatra fan, aspiring novelist, voracious reader, condemned virgin. When he stumbles on a prospective soul mate who seems his equal in youthful pretension — a Francophile who loves Gainsbourg and Breathless, but who can also correct him on his misidentification of the Japanese director of his “favorite” film, Tokyo Story — he develops an anarchic

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The Rookie

Leap Year, directed by Anand Tucker, seems to exist solely to fill the monthly rom-com quota. In it, a New York control freak gets into her head to join her boyfriend of four years on a business trip to Dublin, planning to take advantage of the local leap-year custom of “ladies’ privilege” in proposals of marriage. Instead she gets rerouted to Wales by bad weather, thence by boat to Dingle (somehow) on the far side of the island; and under the spell of Celtic magic and of a devil-may-care pub owner and sometime cab driver, she discovers her inner romantic. It’s a standard formula, the predestined lovers butting heads till locking lips, with the standard ton of pop songs on the soundtrack, and it lives or dies entirely on the charms of its stars: Amy Adams, whose charms are well known and on full display, and the manneristically elongated Matthew Goode (body by El Greco), whose charms are her match. He could well have a future in this sort of thing, as opposed to the Single Man sort of thing, if (a) he wants it and (b) Gerard Butler is busy. For the present, he and she bring the mechanism precariously to life.

MOVIE LISTINGS

All reviews are by Duncan Shepherd. Priorities are indicated by one to five stars (agreeing to a hike: “Like John Muir, I enter the wilderness armed with nothing more than my journal and a childlike sense of wonder”) is long on charm. I enter the wilderness armed with nothing more than my journal and a childlike sense of wonder.”)

Paper Heart

The Imaginarium of Doctor Parnassus presents a Terry Gilliam exercise in excess, as dense, as heavy, as torpifying as a Christmas fruitcake. (Or as Brazil, The Adventures of Baron Munchausen, The Brothers Grimm.) The muffled narrative, revolving around an immortal travelling showman, his alter ego, François Dillinger, outfitted with cigarettes, dark shadows under his eyes, a pencil mustache, and a mile-wide cruel streak, to counsel him in his courtship. An even bigger question than how long till Michael Cera, twenty-one, can no longer get away with playing teenagers is the question of when his on-screen persona, a/k/a his shick, will lose its freshness and find fatigue. The answer to both questions, somewhat surprisingly, is not yet.

Insecurity and inferiority are built to last, and his diffident, apologetic, unexpected way with a funny line (agreeing to a hike: “Like John Muir, I enter the wilderness armed with nothing more than my journal and a childlike sense of wonder”) is long on charm. I enter the wilderness armed with nothing more than my journal and a childlike sense of wonder.”

The Blind Side — Soft warm cozy sports story from the maker of The Rookie; John Lee Hancock, about a headstrong well-to-do white Memphis housewife who takes under her wing and under her roof a home- less black gentle giant, an irresistible force meeting an immovable object. Sandra Bullock stays obstinately on the surface of her role, and Quinton Aaron is touchingly minimal as Michael Oher, a future first-round NFL draft pick. Very late in the game a couple of apertures are cast on the motives of Oher’s adoptive parents, apertures which, if shown to be even fractionally valid, might have made a more interesting movie. With Tim McGraw, Jae Head, Lily Collins, Kathy Bates, and assorted college-football coaches as themselves, Nick Saban, Phil Fulmer, Lou Holtz, et al. 2009.

Avatar

An even bigger question than how long till Michael Cera, twenty-one, can no longer get away with playing teenagers is the question of when his on-screen persona, a/k/a his shtick, will lose its freshness and find fatigue. The answer to both questions, somewhat surprisingly, is not yet.

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Broken Embraces — Almodovar, as is his wont, gives you splatters and splashes, swatches and swaths, of vibrant color, and he gives you the occasional rock-you-off-your-heels image (a swordsman slicing into a man's neck at the end of a sword and a dancing man in the middle of a white sheet cocoon), and he gives you deliberately over-the-top domestic melodrama played straight: The World's范围内 a straight: A blind filmmaker (shades of Woody Allen’s Hollywood Ending, albeit darker shades), a kept woman turned addicted to drugs, a.Your praise is sincere, which means I have to thank you for your feedback, and let me assure you that I will continue to work hard to maintain the quality of my responses. In the meantime, I hope you have a great day and I look forward to serving you again soon. Keep your questions coming! — James Verniere, Reader

Daybreakers — Futuristic vampire film by the twin brothers Michael and Peter Spierig starring Ethan Hawke and Willem Dafoe.

Did You Hear about the Morgans? — Review this issue. With Jeff Bridges, Maggie Gyllenhaal, Colin Farrell, and Robert Duval; directed by Scott Cooper.

An Education — A precocious English student becomes the object of two competing suitors.

The Imaginarium of Doctor Parnassus — With Christopher Plummer, Andrew Garfield, Lily Cole, Heath Ledger, and Tom Waits; directed by Terry Gilliam.

Invictus — Doughboy's review of the film that explores the complexities of race and reconciliation in South Africa.
Leap Year — Reviewed this issue. With Amy Adams, Matthew Goode, Adam Scott, and John Lithgow; directed by Anand Tucker. ★ (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 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; Poway 10; RIVER VILLAGE 6; SANTE FE DRIVE 2; TOWN SQUARE 14)

Mr. Hulot’s Holiday — The things that can go haywire at a Riviera resort. By and with Jacques Tati, cold, mechanical, precise, and French, and quite apart from all that, occasionally actually funny. 1954. ★★ (HEN, 1/8 THROUGH 14)

New Moon — Second installment in “The Twilight Saga” from the best-selling girls’ books by Stephenie Meyer, a vampire movie sprinkled with pop songs, long and slow and slack. (New director: Chris Weitz.) Whatever may be the attributes that make this franchise a “phenomenon,” they seem to ensure that it will also have a significant silly factor e.g., the extracurricular alignment of Team Edward against Team Jacob. Hardy has the lipsticked bloodsucker (a narcissistic Robert Pattinson as Edward) given his human girlfriend the kiss-off for her own good — “Leaving you,” he will later allow, “was the hardest thing I’ve done in a hundred years” — than his only romantic rival (a bulked-up Taylor Lautner as Jacob) turns into a werewolf and, again for her own good, gives her another kiss-off. (Further fun: he and his bare-chested pack are good werewolves, preying only on bad vampires and leaving humans as well as good vampires untouched.) Kristen Stewart, who looks now a little different, as if possibly she spent summer vacation getting an advanced degree at cosmetology school, makes something palpable of the adolescent tragedy of rejection, quite an achievement in the circumstances. With Billy Burke, Michael Sheen, Dakota Fanning. 2009.

NINE — Former choreographer Rob Marshall’s third directorial effort, a retasting of the Broadway musical based on Fellini’s 8½. In essence the filmmaker has taken an intensely personal film (so named as it was Fellini’s eighth and a half opus, counting three collaborations as halves) and depersonalized it, trivialized it, into nostalgic cinemaphilia circa the mid-Sixties and secondarily into generic Italophilia, the cultural di-vide highlighted by a principal cast of non-Italians, Daniel Day-Lewis as the Fellini figure, Penelope Cruz, Marion Cotillard, Nicole Kidman, Kate Hudson, Judi Dench, pop singer Fergie, excepting only Sophia Loren, not all of them pretending to be Italians. Each gets to perform at least one would-be showstopper. Cruz (dubbed! — so scarily matters in her scanties) and Fergie come closest to attainment of that go, and Cotillard outside of her would-be show-stopper attains a loftier goal of tangible humanity. Somehow the notion of a Broadway show of this origin seems less objectionable because it’s in a different medium and not in direct competition. Dion Beebe’s rich rite cinematography is commendable on its own merits when not dipping into directly competitive black-and-white. 2009. ★ (CARMEL MOUNTAIN 14; FASHION VALLEY 18; FLOWER HILL 4; GASSLAMP 15; GROSSMONT CENTER 10; HORTON PLAZA 14; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; Poway 10; RIVER VILLAGE 6; SANTE FE DRIVE 2; TOWN SQUARE 14)

Precious: Based on the Novel Push — A bit of well-meaning manipulation, unevenly photographed, alternately oversaturated and washed-out and glossy and grainy, centered around a Harlem African-American illiterate obese unwed teenage mother of a Down’s daugh- ter, now pregnant again, expelled from school, abused and battered at home by her welfare mother, an incestuous rape victim of her absentee father, and oh, HIV-positi- ve. We don’t find out all of that at once. It piles up. Some interesting effects are gotten from the heroine’s first-person voice-over, interwoven at competitive volume with the dialogue, such that it plays as interior monologue rather than expository narra- tion. The fantasy scenes almost attain a sim- ilar musings quality, triggered as they are by the heroine’s urgent desire to escape, but the actual content of these fantasies — a red-carpet Hollywood premiere, a mirror reflection of a slender beautiful blonde in place of a fat black, a subtitled black-and- white takeoff on a telecast of De Sica’s Two Women, etc. — exhibit a consistent inanity which works to rob sympathy from either the film’s heroine or its director, Lee Daniels. One or the other. You choose. With Gabourey Sidibe, Mo’Nique, Paula Patton, and Mariah Carey. 2009. ★ (HALLCREST CINEMAS; MISSION MARKET- PLACE 13; PALM PROMENADE 24)

The Princess and the Frog — Throwback Disney cartoon, a blessed retreat from plumped-up computer animation and smart-aleck anachronisms. The updated and retold fairy tale serves primarily as a valentine to Old New Orleans: jazz, voodoo, gumbo, beignets, riverboat, street- car (okay, one sneaky anachronism: “Stell- ahhh!”). The songs, though they mostly stay true to the place and period, are unim- memorable, and the ending approaches the endless. With the voices of Anika Noni Rose, Bruno Campos, Keith David, Michael-Leon Wooley, Jim Cummings, and Jenifer Lewis; directed by Ron Clements and John Musker. 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 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; Poway 10; TOWN SQUARE 14)

The Road — From the novel by Cormac McCarthy, a post-apocalyptic road movie of a man, a boy, a gray wasteland, and roaming bands of ragtag cannibals whom Mad Max would have blown away with a sneeze. Nat- uralistic science fiction, it amounts to an anti-2012 (careful what you wish for) from the maker of the Australian anti-Western, The Proposition, John Hillcoat, a small-scale spectacle of unrelieved gruesomeness and gloom, short on characters, thin in incident, thick with sallow grumpy hairy closeups (Viggo Mortensen and a barely recogniza- ble Robert Duvall among them), a spitting- up of blood here and an upheaval there, a gun-held repeatedly to the head of a child. The boy’s cultivation of morality and char- ity in defiance of his father’s stormy heart, defenses, offers a hint of dramatic interest. With Kodi Smit-McPhee, Charlie Theron, Guy Pearce, Molly Parker. 2009. ★ (HORTON PLAZA 14)

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 autobiographical sense, this one must be acknowledged as extra personal, as it is in the Minneapolis suburb of their adoles- cence (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 outstretched, his pant cuffs riding up to his calves. And their subtly bulging face shots and torsos...
LELAND BATSON
Cinephile
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Alvin and the Chipmunks: The Squeakquel (PG) Fri.-Sun. 10:50, 12:55, 3:05, 5:10, 7:30, 9:40, Avatar (PG-13) Fri.-Sun. 11:30, 12:00, 3:00, 3:35, 6:30, 7:30, 10:20, Avatar 3D (PG-13) Fri.-Sun. 10:45, 2:15, 5:45, 9:20, The Blind Side (PG-13) Fri.-Sun. 1:20, 4:25, Daybreakers (R) Fri.-Sun. 11:00, 1:20, 3:40, 5:55, 8:10, 10:25; The Imaginarium of Doctor Parnassus (PG-13) Fri.-Sun. 10:40, 1:35, 4:25, 7:05, 9:55, Inviscer (PG-13) Fri.-Sun. 11:40, 1:30, 3:00, 4:00, 6:00, 7:00, 9:00, 10:00; It’s Complicated (R) Fri.-Sat. 12:00, 1:40, 2:40, 3:50, 7:00, 8:00, 9:45, 10:45; Nine (PG-13) Fri. 12:00, 1:00, 3:00, 4:10, 5:25, 6:50, 7:55, 9:20, 10:30; Sun. 12:30, 1:30, 3:00, 4:10, 5:25, 6:50, 7:55, 9:20, 10:30; Leap Year (PG) Fri.-Sun. 1:30, 3:30, 5:40, 8:05, 10:20; Nine (PG-13) Fri.-Sun. 2:30, 8:00, The Princess and the Frog (G) Fri.-Sun. 11:15, 2:00, 4:20, 7:00, Sherlock Holmes (PG-13) Fri.-Sun. 11:05, 12:00, 2:30, 5:35, 7:25, 8:30, 10:10; Up in the Air (R) Fri.-Sun. 11:15, 1:40, 4:15, 7:00, 9:35; Youth in Revolt (R) Fri.-Sun. 11:15, 1:25, 3:30, 5:40, 7:35, 10:05

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San Diego Reader January 7, 2010 125
Astonish your friends & become famous!

THE READER PUZZLE:

RULES OF THE GAME

1) Submit your completed puzzle to The Reader each week for our ongoing contest! We choose a winner each week, and the winner receives $100 cash. Your puzzle must be mailed in by 7:00 a.m. Monday, and your entry must include your name and your name in the paper along with your brief message (10 words or less, no URLs or phone numbers). Entries must be legible and format must be standard. We reserve the right to edit or reject inappropriate text.

2) Late entries will not be considered.

3) One entry per person per week or mailed to the Reader Puzzle, P.O. Box 85803, San Diego, CA 92138. 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 or viewable.

4) Employees of the Reader and their immediate families are not eligible.

Across
1. “NCIS” network
2. Suit
3. Spooky
4. Ancestors from east and west of Poland?
5. Brand created by an American businessman named Lessard
6. Brand created by an American businessman named Lessard
7. Sandal
8. “____ unrelated note ...”
9. Treat
10. Brand created by an American businessman named Lessard

Down
1. A Marx brother
2. An ancestor of Eve’s
3. “____ Mir Ist Du Schoen” (Andrews Sisters hit)
4. “____._._.”, First Amendment
5. Actress Mendes
6. Sawyer’s pal
7. Wishing you won’t make a wish
8. Lobster order
9. “Understand?”
10. se
11. Agent Gold on HBO’s “Entourage”
12. Tennis star who also plays basketball
13. Novelist Kesey
14. Brings up
15. White-nose syndrome
16. Jar
17. Win a year in the Washington, D.C., area
18. Brings up
20. “____ Six Feet Under” brother
21. Hitch
22. Intro to physics?
23. “____ far out” (Andrews Sisters hit)
24. Win a year in the Washington, D.C., area
25. Monday.
26. Iron ______
27. Spooky
28. Brings up
29. Running wild
30. Suicide
31. Comes close
32. Brings up
33. Brings up
34. Least outgoing
35. Is in Spain?
36. New Yorker cartoonist Chast
37. Least outgoing
38. Brings up
39. Running wild
40. Brings up
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55. Sweater style
56. Brings up
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58. Brings up
59. Humorist Bombeck
60. TD scorers
61. Brings up
62. The “S” of RSVP
63. Brings up
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65. Rev.’s address
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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 PUZZLE:


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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 sandiego- reader.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 125 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 (100 words or less, no URLs or phone numbers). Entries must include a message. This is 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 be 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 1761 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.

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Address: ________________________
Neighborhood/City: _______________
State: __ Zip Code: ____________
Cir T-shirt size: __________________
Personal Message: ________________

SOLUTION TO LAST WEEK’S SUDOKU PUZZLES:

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FREE MUSIC:

Mark My Words, Mark My Words
Steve Schorr, Encinitas, 2.

Great start for the New Year here to get a tshirt.
Cherie Calvo, San Diego, 14.

A new year and a new day to my options?
Bill Horten, Santee, 3.

Free music!
Steve Schorr, Encinitas, 2.

Great start for the New Year to my options?
Bill Horten, Santee, 3.

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San Diego Reader January 7, 2010

West One.

Ralph Levy, La Jolla, 13.

John Strauch, Point Loma, 3.

1/5/10  7:07 PM  Page 129

Delfin Bernardo, National
America refuses to honor it

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Danna Beach, Clairemont, 13.

Karla Sandoval, National
America, 619-745-6391.

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Asian Massage

60-30 Min., $150

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You must send in a copy of the printed error — either the actual page or a copy (including page number). Exceptions: direct quotations, slang, colloquialisms, house/style/diary idiosyncrasies. Ex: ads, blogs, user reviews, movie showtimes, puzzle results, and letters to the editor. Submissions accepted until Monday at 7 a.m. after the issue in question. First identification of error wins $10 or a Reader T-shirt (indicate preference).

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Would you tell someone they had bad breath or body odor?
## Rental Communities Directory

<table>
<thead>
<tr>
<th>Property Name</th>
<th>Phone</th>
<th>Starting Rate</th>
<th>Bedrooms</th>
<th>Short-Term/Corporate</th>
<th>W/D in unit</th>
<th>Laundry Facility</th>
<th>Balcony/Patio</th>
<th>Pat.</th>
<th>Pool</th>
<th>Covered Parking</th>
<th>Fitness Center</th>
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<td>1 Bay Pointe</td>
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<td>6 Albert's College</td>
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<td>7 California Suites Hotel</td>
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<td>8 Studio 15</td>
<td>888-813-9461</td>
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### Winter Break Specials!

**Studies $795 • 1 bedrooms $995 • 2 bedrooms $1395**  
Ask how to get zero deposit OAC and money off your 1st month’s rent.

Olympic-size pool, 2 spas, 2 basketball courts, 5 lighted tennis courts w/ pros, clubhouse & barbecue area, 6 laundry facilities, movie night, heat & A/C, close to freeways, cats welcome, Saturday continental breakfast, new business center

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OCEAN BEACH. 1 bedroom, 1 bath in small (25-unit) complex. Building is gated with an interior courtyard. Laundry on premises. Assigned parking, large storage area, view, secure, quiet and clean. $1600, 2 bedroom, 1 bath. $1150, 1 bedroom. 7624.

OCEAN BEACH. Nice 2-bedroom, 1 bath in very nice 1-bedroom complex. New wood floors, new appliances, parking, patio, laundry, gated community. $995, 2 bedrooms, 1 bath. 4030 Louisiana. 619-483-3225.

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**LEAD STORY**

Among the health-insurance upgrades demanded by Philadelphia-area transit workers and agreed to by the Southeastern Pennsylvania Transportation Authority in November was removal of the 10-tablet-per-month rationing of Viagra and similar medications, to allow as many as 50 per gallon, according to a U.S. House subcommittee in October, citing Pentagon officials (factoring in the security necessary to bring fuel through Pakistan).

**Unclear on the Concept**

— On July 13, 2009, William Thomson, 55, feeling bad recently about having violently resisted arrest by the Salisbury, Mass., police in a drunk-driving incident in 1997, brought hot coffee to a Salisbury station house and sought symbolic forgiveness from the officers on duty. The next day, however, Thomson was arrested again in a drunk-driving incident, and again he resisted, punching a Breathalyzer machine, threatening an officer, and attempting to flood a lock-up cell in the station house.

**Can’t Possibly Be True**

— In April, Richard Huether, the manager of the HoneyBaked Ham outlet in Cary, N.C., was shot in the stomach during a robbery of the store and hospitalized, with medical bills paid through worker compensation and his employee health benefits. In September, when his worker compensation expired (and though still at least three months away from returning to work), HoneyBaked fired him (forcing him to begin paying 100 percent of his insurance premiums and making subsequent insurance prohibitively expensive because of his new “pre-existing condition”). However, HoneyBaked human resources executive Maggie DeCan told WRAL-TV that the firing was for Huether’s own good, in that it would clear the way for him to receive Social Security disability payments. Said DeCan, “We couldn’t feel any worse for Rich, and we would do anything we could for him.”

**The price of gasoline for U.S. troops in Afghanistan is about $400 per gallon, according to**

<table>
<thead>
<tr>
<th>Discount</th>
<th>applicable only to non-advertised repairs.</th>
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<td><strong>$19.95</strong></td>
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<td>“Check Engine” Light On? Computer Diagnostic</td>
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<td>Ray Frey</td>
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<td>Most vehicles and light trucks. Includes:</td>
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<td>“Service Engine Soon” light</td>
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<td>“Check Engine” light</td>
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<td>Hesitation • Hard starting</td>
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<td>Poor gas mileage</td>
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<td>Dead battery</td>
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<td>Carburetor or fuel injection problems</td>
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**$19.95**

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<td>Most vehicles. Free extra. Includes:</td>
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<td>Recovery • Evacuate</td>
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<td>Leak test • Check hoses and belts</td>
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<td>Test operation</td>
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**Send your Weird News to Chuck Shepherd, San Diego Reader, P.O. Box 85803, San Diego, CA 92186 or to WeirdNewsTips@Yahoo.com**

**ABOVE STORY**

— In Ogden, Utah, in October, Adam Manning, 30, accompanied his pregnant girlfriend to the McKay-Dee Hospital emergency room as she was going into labor. According to witnesses, as a nurse attended to the woman, Manning began flinging with her, complimenting the nurse’s looks and giving her neck rubs. When Manning then allegedly groped the nurse’s breast, she called for security, and Manning was eventually arrested and taken to jail, thus missing the birth of his child.

— After James Ceder admitted to police that he was the one spotted peeping into his Toronto neighbor’s window at night, the victim, Patricia Marshall, installed a video camera at that window to discourage him from re-offending. In September, when all parties reported to court for a final resolution of the peeping case, Ceder’s lawyer served legal papers on Marshall, threatening to sue her over the camera. Since Ceder’s house sits within the view outside Marshall’s window, he complained that the camera could capture images through his windows and thus invades his privacy.

**Send your Weird News to Chuck Shepherd, San Diego Reader, P.O. Box 85803, San Diego, CA 92186 or to WeirdNewsTips@Yahoo.com**

PACIFIC BEACH.

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700-square-foot 1 bedroom, 1 bath. Cars '96 or newer. Vans, trucks, SUVs & motorhomes extra.


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**Available now.** 2 bedroom, 1 bath, large, upstairs in triplex behind 1832. Stove, refrigerator, dishwasher, laundry. $1050. 1400 Torrey Pines Road South. Del Sol Property Management, Broker, 619-370-2701.

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**Available now.** 1/2 off first month’s rent! 2 bedroom, 1 bath upstairs in 2 bedroom/2 bath unit. Stove, refrigerator, dishwasher, garage, laundry. $1300. 6th Street. Del Sol Property Management, Broker, 619-370-2701.

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**PACIFIC BEACH.** $325. Large upstairs 2 bed, 1 bath, balcony, parking, quiet. Wonderful upgrades: Travertine, Berber style carpeting, panel doors. 1829 Chadwick Avenue. 858-488-8105.

**PACIFIC BEACH.** $375. 1 bedroom, large, downstairs, completely remodeled, stove, refrigerator, dishwasher, microwave, new, carpet, shared courtyard, coin laundry. Cat OK with extra deposit. Available now. 11750, Del Sol Property Management, Broker, 619-370-2701.

**PACIFIC BEACH.** $375! Studio, all utilities paid! Pool in, 1 bedroom, 1 bath. $375. 2636 Grand Concourse. 858-358-9851. www.torrenty.com.
Thirty Years Ago

Dear Matthew Alice,

We were wondering if any photo developers in the San Diego area develop nude photos. We have tried most of the conventional sources (Dean's, Save-On), but we've always had our negatives returned accompanied by a note telling us that they don't offer such services. On what basis do most developers go by when they do not develop nude pictures and could you tell us who will do it for us?

A.R.R., Pacific Beach

A custom photo laboratory will develop and print pictures of nudes, provided that they are not pornographic, as determined by the laboratory's management. — "STRAIGHT FROM THE HIP," Matthew Alice, January 10, 1980

Twenty-Five Years Ago

From the time the Prophet International Vegetarian Restaurant opened in 1971 until just recently, the East San Diego eatery served as the mainstay of San Diego’s health-food crowd. Vegetarians and health-food aficionados from all over the country came for such unique dishes as African ground nut soup, the “Bangladesh” sandwich (a patty of soybeans, vegetables, and curry served on pita bread), and such non-alcoholic beverages as African ginger beer, gardenia and rose daiquiris, and a wheatgrass mint julep. Celebrities like the late photographer and film actor Jane Fonda came by for lunch or dinner whenever they were in town. And by 1981, says owner Makeda Cheatham, business was so good that she started Prophet Productions to produce reggae and African concerts in town.

— CITY LIGHTS “ONE VEGGIE COMBO TO GO,” Thomas K. Arnold, January 10, 1985

Twenty Years Ago

Please use whatever means possible to persuade Richard Melzer to write more articles for your paper. Not only is he funny, but cynical without getting nasty like some of your other writers do. His story about Koby’s Swap Meet Santa-Ing was great. What a perceptive guy.

You guys should make sure he doesn’t go write for some other paper. This probably means you’ll have to pay him more money.


Fifteen Years Ago

I’m the substitute, so I sit at a stranger’s desk beneath a poster that displays a Ferrari in the higher education of a mansion. “The repairs, it’s evident,” he reads.

A boy named Eric, who was called to the office during the first hour, is working on his test and talking to two girls, after so three warnings, I give him detention.

“You bitch!” he shouts across the room.

— “THE DESIRE TO LEAVE HANGS LIKE HEAT,” Laura McNeil, January 5, 1995

Ten Years Ago

“That’s a set-up question. You’re just asking me that to set me up to make me look like a nincompoop,” pastor Leo Giovenetti said to me last Sunday before a group of eight or nine onlookers at Mission Valley Christian Fellowship.

I’d asked Pastor Giovenetti if he believed in once-saved-always-saved, an innocuous question you might pose to any American Protestant to see where he stood on the Methodist-Presbyterian spectrum.

But Pastor Giovenetti’s reflexive response was one of suspicion.

— SHEEP AND GOATS, Abe Oprianc, January 6, 2000

Five Years Ago

When the Union-Tribune gets that old special-interest bit in its mouth, it seldom lets go. Witness the recent spate of stories the paper has run about how decept the once-mighty Qualcomm Stadium has purportedly become. The campaign began on Sunday, December 12, with a 1200-word story under the bylines of Caitlin Rother and Jeff McDonald with the headline “Chargers fans just seething in the rain; Complaints trickle in over slow-draining Q.” The piece described a wheelchair-bound dowager getting wet in her luxury seat and quoted city stadium manager Bill Wilson as saying the venue, which taxpayers spent more than $60 million to expand and remodel in 1997, was already out of date: “It leaks all over.”

— CITY LIGHTS “STADIUM DRUM BEAT,” Matt Potter, January 6, 2005

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SAN DIEGO READER JANUARY 7, 2010

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“Why so glum Peanutshead?”

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Rockhopper, mountain bike, Shimano,
Price $100. Charles, cell phone, 858-...

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from New and used appliances to TVs and fish-
screen HTVs, a fraction of retail price, 2506 Main Street
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CELLULAR Motorola Razor for Sprint:
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RESTORATION, retrofron style radio, am.
di, top freezer, ice maker, very clean.
Vista, 819-941-0541.

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BED $1200, ABSOLUTE BARGAIN! The
Furniture Warehouse, new open to the
public. We sell warehouse direct. Come
and see what we have and what we sell.
We have over 2500 items in stock.
Weekends sales, late sales, closed Monday.

PULLBALL MACHINES wanted. If you have a pullball that you want to get rid of, let me know. Broken since wanted also.
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condition. Reasonable price. 819-501-
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STEREO GEAR/ LP RECORDS, Collectibles.
We offer free vintage vinyl, old jazz/es, tunes,
speakers, turntables. McIntosh, JBL, Marantz, etc. Pre-owned real top jazz/rock records. John, 819-889-5237.

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Furniture Warehouse, new open to the
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We have over 2500 items in stock.
Weekends sales, late sales, closed Monday.

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MILD ABANDON
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8:30 a.m. & 11:15 a.m. Traditional 10:00 a.m. Contemporary Music Service
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Come pray and worship with us. Hear God’s word. Receive Christ in Holy Communion. Be part of our family of faith.
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Greetings from the church and others featured in this column are available at sandiegoreader.com.

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San Diego Reader January 7, 2010
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Our doctor can approve you for medical marijuana. • Renewals $99  
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1

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2

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3

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