Dr. Kearney really stood out compared to the 4 other doctors I saw. When I met him, I knew I could stop searching for a surgeon

- J.L.

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Two (4) Button Remotes, Shock Sensor with a Warnaway, Flashing Parking Lights, Panic Feature, Code Hopping Technology

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**SUPER BASS DEAL**

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Save! $199

**UNBELIEVABLE AMP DEAL**

Buy 1 crystal-clear 500-watt mono amp for $220 and get the 300-watt 4 ch amp at 1/2 off list ($99) both for only $319

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  - **$400 Off**
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All offers are for new patients only with no prior history of refractive surgery. Cannot be combined with any other offers and/or discounts. No cash value. Must present coupon at time of consultation. Offer cannot be applied retroactively to prior procedures. Some restrictions may apply. Expires 3/20/10.

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Receive up to $250 in closing costs!
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$0 Co-pay Well Woman Exam • $0 Co-pay Preventative Care (200 Limit)

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### Considering Laser Vision Correction?

**Serving San Diego’s eyecare needs for 29 years**

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

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<td>Is your doctor “I Lasik” certified?</td>
<td>Yes</td>
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<td>Will your exam, surgery and follow-up care be provided by the same doctor?</td>
<td>Yes</td>
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<td>Do they use the new “Iris Registration Tracking Device” for a safer, more effective procedure?</td>
<td>Yes</td>
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<tr>
<td>Do they offer 4th generation FS Intralase to create a safer, faster, more controlled, bladeless all-laser procedure?</td>
<td>Yes</td>
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<td>Do they have hidden prices or add-on fees?</td>
<td>No</td>
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<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>
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**Call Alma for a free consultation**

**Refractive procedures from $999 per eye**

**500 off custom Intralase**

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

– Marisa K.

### Droopy Eyelids?

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

**Free $500 Gift Card through March**

$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 3/31/10.

**In just 20 minutes you’ll look 10 years younger!**

**Insurance can cover this procedure.**

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*$500 Gift Card through March*
UNDER THE RADAR

Tweet this Twitter has taken the local political world by storm, even San Diego mayor Jerry Sanders, who has been tweeting about topics important to him such as the city’s “high number of unwanted kittens” and remembering “to turn off your sprinklers during this rainy period.” Still, there are limits to His Honor’s dalliance with media, new or old. Last September 8, the city Environmental Services Department’s public information officer Jose Ysea emailed Darren Pudgil, the mayor’s director of communications, and Sanders PR aide Rachel Laing with word that the Reader had just started following him on Twitter.

“Hey, I know that the Reader is off limits as far as giving information and interviews… Do you want this to apply to Twitter?” said Ysea’s email, obtained from the City through a Public Records Act request. “I did notice that they are currently following Mayor Sanders as well.”

Laing, who herself is one of the City’s more public information officers, responded: “I can certainly block them, actually, I would prefer to block them to avoid them receiving a twitter message from me and then having them call wanting to receive more information. What is your recommendation?”

“Tiger’s press conference totally unwatchable. Ach. Don’t apologize to ME, dude. I don’t care who you’re chittering” responded later that day.

“Thanks for asking,” wrote Laing. “No need to block them. The info is in the public domain, so you have to expect anything you put out there can be used or quoted by any news media, just like our Web content. However, their seeing something on Twitter or a Web site that interests them does not automatically grant them right to interviews, and we should continue to refrain from talking to them.” The mayor’s office did not return calls.

Big boss bucks Contributions to the campaign to make San Diego’s so-called strong mayor form of government permanent have been streaming in from big businesses. Foes of the measure, now set for the June ballot, raised nothing and hadn’t even registered a campaign committee with the city clerk, continuing a long local tradition of lopsided spending and organization on behalf of city ballot measures favored by business interests.

“San Diegan’s for Accountability at City Hall,” as the campaign committee calls itself, according to a recent disclosure filing, has raised a total of $59,450, including $6700 in nonmonetary contributions, through the end of last year, spent $147,711, and had $47,963 cash left in the bank. Donors included the AT&T California Employee PAC Small Contributor Committee, with an address in San Francisco, $10,000; real estate mogul Malin Burnham, $10,000; attorney John Davies, who has stewarded the measure as chair of a task force appointed by Mayor Jerry Sanders, $10,000; developer Tom Sudberry, $10,000; the Carlsbad desalination plant developer Poseidon Resources, backed by Sanders, $5000; and Gen- Probe, Inc., $2000. Monger Company; the political consulting and lobbying outfit that is handling the campaign, was paid a total of $5275.

**Bottles up**

Chargers lobbyist Mark Fabiani, still trying to get a public subsidy out of San Diego taxpayers for the football team, has found enough extra time to write a few campaign checks.

He gave $700 on November 25 to the Seventh District state assembly race of Michael Allen, a Santa Rosa Democrat, former Service Employees International Union executive, and district director for state senator Patricia Wiggins. The assembly district includes Napa County, where Fabiani’s boss, Alex Spanos and his son-in-law Ron Berberian, along with other family members, own Bell Wine Cellars, a Tony boutique winery in Yountville that they bought in 2002. High-end cabernet sauvignon is its specialty.

Last March Fabiani gave $1000 to Democrat Kamala Harris’ bid to succeed Jerry Brown as state attorney general; she is currently San Francisco’s district attorney. And Fabiani chipped in $2400 on August 25 for Democratic senator Barbara Boxer’s reelection effort, to which members of the nominally Republican Spanos family have also heavily contributed. … While Fabiani and the Spanoses tackled left, Padres honcho Jeff Moorad banked exclusively on the GOP, giving $4200 to the county Republican Party on October 2 and $10,000 to the state GOP on December 27. He contributed $5000 to Major League Baseball’s political action committee on November 20 and $2400 to California GOP congressman John Campbell November 4.

Meanwhile, Tom Gores, the chief executive of Platinum Equity, which owns the Union-Tribune, was as fair and balanced as could be, giving $30,400 each to national Democratic and Republican committees. The line of Copleys who owned the paper before him always gave Republican.

— Matt Potter

Too Much Conflict, Too Much Interest

By Don Bauder

On April 23, 2007, two San Diego investigators, Gerald Cook of the Federal Bureau of Investigation and Dan Vile of the San Diego Police Department, turned in a criminal investigation of wrongdoing in a local business improvement district. The report was submitted to the district attorney’s office, which ultimately did nothing about it.

Business improvement districts provide landscaping, marketing plans, and parking improvements, among other services, to older areas of town. Businesses pick up the bulk of the tab through assessments, but local governments authorize expenditures and can also award contracts and federal community development block grants to the districts. The focus of the investigators’ report was the North Bay Association, a business improvement district in the Sports Arena area, and two entrepreneurs, Paul Mannino and the politically powerful Marco Li Mandri, executive director of the non-profit Little Italy Association and also head of his own company, the for-profit New City America, which specializes in contracts with business improvement districts. (The Reader offices are within the Little Italy business improvement district.) Scott Kessler, who has spent much of his life working with such districts, has for several years had questions about Li Mandri’s possible conflicts of interest — for just one thing, Li Mandri’s for-profit operation getting fat contracts from the nonprofit he runs. Li Mandri has been involved in several business improvement districts in San Diego and is active in such

Union Charges U-T Owner with Unlawful Surveillance

According to the complaint, a security guard took pictures of…

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Neal Obermeyer

**MANY YEARS AGO…**

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**HOW ABOUT “KILLER WHALE”?**

**HAH… I JUST WANTED IF THAT’S NOT TOO SUBTLE, IT BRINGS TO MIND NARBE’S OFOUTH TOYS AND FAMILY ENTERTAINMENT…**
districts around the country.

In 2006, Kessler got a job with the City riding herd on the districts. And according to a lawsuit in superior court, he lost that job because he refused a direct order from his superior to discontinue further contact with the investigators, supplied their criminal report to the Ethics Commission, and would not go along with Li Mandri’s attempts to shortcut municipal regulations. Kessler’s suit is posted on the Reader website.

The joint FBI/police investigation got under way in April of 2005, when Kessler, then head of the nongovernmental San Diego Business Improvement District Council, told the police about alleged conflict-of-interest violations in the North Bay Association. The first conflict of interest occurred, the report says, when Li Mandri was hired as a consultant to set up the district, became the district’s executive director, with a $50,000 salary. On a similar note, the investigators say, “Although not the focus of this investigation, Li Mandri had been hired by the City to form the Little Italy [business improvement district] and subsequently, after the [district] was formed, was hired by the organization that received the [district] administration contract.”

In 2001 Paul Mannino held the unpaid position of president of the North Bay Association and Li Mandri was its paid executive director. According to the joint FBI/police report (which is posted on the Reader website), Mannino wanted to award a $50,000-a-year sub-contract for security work to a company that Mannino would set up. Kessler told Mannino that it was an obvious conflict of interest. So, according to the report, Mannino then took over Li Mandri’s position as executive director of the North Bay Association under a sub-contract from Li Mandri. Lo and behold, Li Mandri’s New City America then got two community development block grant subcontracts from North Bay. Kessler cocked an eyebrow at that nifty exchange too. So did the two investigators, who then began their exhaustive report, which is 65 pages in length, single-spaced. Li Mandri and Mannino were never interviewed because they would not talk without certain assurances and conditions, according to the report.

The investigators gathered copious documents from such places as New City America and the homes of Li Mandri and Mannino. The documents indicate that there’d been a quid pro quo arrangement between the two men. Conclusion: Li Mandri and Mannino were guilty of violating many laws.

The investigative report found that “fraudulent procurement processes” had been used when the grants were awarded to Li Mandri. Additionally, when the City asked North Bay for documentation, Mannino submitted false information.

In 2002, the North Bay Association got a block grant from the city worth $20,000 to conduct a study of vagrant-related activity. The association was to gather crime continued on page 11

However, 10 of the 26 unattributed surveys were found with a post-it note stuck to the first page bearing one of the following handwritten names: “Cindy Lux,” “Joe DeSanti,” “Kerry,” “Martin Salem,” “Pete Peters,” “Eric,” “Ernie Hahn,” “Chuck,” “Natalia,” and “Corrie.” On all but one of the post-it notes, directly under the name, was written either “(Sarasas)” or “(Sarasas Pen)”. Note that “Sarasas” is a model of retractable gel ink pens manufactured by the Zebra Pen Corporation. On the second page of each of the 26 surveys was stuck a second post-it note, blank, elided.

On February 24, head city planner Tom Curriden denied anyone in his department had formally talked to Walmart. He pointed out that a Walmart-type store at the vacant Expo location would probably never meet the City’s parking requirements. With millions of dollars in reserves (no city-employee-leave or furlough talk here), Encinitas may be one of the few cities that can say “no” to big-box retailers. It has in the past.

By Ken Harrison
Saturday, Feb. 27

Mental Help
S.D. Gets New
Behavioral Health Court
Downtown—The San Diego Superior Court has launched a new Behavioral Health Court, similar to Drug Court. The purpose of the program is to break the cycle of incar

From San Diego Police follow-up report 4/23/07

From Scott Kessler v. the City of San Diego

From Scott Kessler in 2007 photo – tasked with supervising the business districts, he was fired November 21, 2008

Mayor Sanders – “All hell broke loose in the mayor’s office” when it got word that Kessler had turned over the report to the Ethics Commission

Encinitas says this won’t be a future Walmart

No Thanks, Big Box
Rumors of New Walmart Store Quashed

Encinitas – Walmart is coming to Encinitas? The rumors have been floating around for over a year, since the Home Depot Expo store closed at the comer of Leucadia Boulevard and El Camino Real.

The rumor mill was set off again last week, when, in the February 19 issue of a coastal weekly newspaper, a columnist well connected to city hall mentioned that Walmart has been quietly told “no thanks” after informally approaching a city planning official about the vacant store.

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continued on page 11
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Too much conflict continued from page 7

statistics and to survey busi-
nesses. In July 2004, North Bay
requested payment from the City
for the work. However, the
investigators concluded that
work had never been done,
according to the report.

A year later, the City asked
North Bay for the study, and
after three weeks Mannino
supplied a purported study.
Evidence obtained through
the search warrant indicates
that it was written just days
before it was sent in. Among
that evidence were the sur-
veys. The investigators got
in touch with the people who
supposedly had filled them
out. One after another said
they had never been con-
tacted for the association’s
so-called survey and the
handwriting supposedly dis-
playing their answers was
not theirs. For just one exam-
ple, Joey DeSanti, a friend
of Mannino’s, “advised that
he had never filled out such
a survey, did not recall ever
being contacted and asked
the questions found in the
survey, and did not recall
ever giving permission to
use his name in association
with such a survey,” accord-
ing to the investigative report.

Lynn Ammons “advised
that the handwriting on the
survey was not hers,” says
the report. “She further
advised that she never com-
pleted such a survey in per-
son, nor was she ever called
by anyone and asked the sur-
vey questions over the phone.”

Using handwriting analy-
sis, the investigators con-
cluded that the names and
answers were written by Man-
nino, according to the report.
The vanguard study was fab-
ricated and fraudulent, say
the investigators.

The FBI/police report’s
final allegation involves “a
bribery and attempt[ed]
extortion scheme.” On Sep-
tember 17, 2004, Mannino,
two other North Bay Asso-
ciation boardmembers, and
a local developer, Bill Ken-
ton, held a meeting. At this
time, Mannino chaired the
North Bay Redevelopment
Project Area Committee. The
investigators learned that
Mannino and his associates
suggested that Kenton pay
$100,000 in exchange for
North Bay’s support for a
Midway development pro-
ject. The North Bay Associa-
tion would supposedly pro-
vide vision, subsidy and land
acquisition assistance, strat-
egy development, and com-

dunity support. Kenton said
the suggestion was “outra-
geous.” He told the FBI/police
investigators “the lever was
put” to him and that the
North Bay offer constituted
“extortion.” The investiga-
tors concluded that Man-
nino and his associates vio-
lated state law in making the
request. (Kenton remem-
bered the sum as $10,000,
not $100,000, but still con-
sidered the proposal an out-
rage.)

But even in the face of
such evidence — and much
more — District Attorney
Bonnie Dumanis did not
pursue the case.

Why? There may be
answers in the civil suit that
Kessler has filed against the
City for wrongful termina-
tion and retaliation. After
spending many years work-

ing with business improve-
dment districts, Kessler
was brought into City govern-
ment in April of 2006 as
deputy director of the Eco-
nomic Development Divi-
sion. One of his duties was
to monitor these districts.
Among many things, he con-
tinued to find fault with Li
Mandri’s activities. In one
case, Kessler found that Li
Mandri had taken in more
money than his contract
allowed.

Another time, Li Mandri
proposed that the City jetti-
sion its long-standing prac-
tice of conducting monthly
audits of contract expendi-
tures and have a particular
bank do a yearly audit instead.
In early 2007, Kessler was
summoned to a meeting in
Major Jerry Sanders’s office.
Legislative director Julie
Dubick told Kessler he was
to meet with Li Mandri, Lit-
ttle Italy Association board-
members, and the
association’s attorney, Theresa
McAteer. Li Mandri’s peo-
ples presented their once-a-
year audit proposal. Dubick
liked the idea, according to
Kessler’s suit. But the branch
manager of the suggested
bank was a Little Italy Associa-
tion boardmember, accord-
ing to Kessler’s suit. Kessler
objected, and the proposal
was shelved.

Kessler made it known
that Li Mandri’s role at the
Little Italy Association was
leading to a lack of compet-
itive procurement practices,
and he placed new condi-
tions on contracts among
the association, the city, and
New City America. Li Man-
dri complained to Sanders,
and the mayor’s staff enthu-
asiastically sided with Li Man-
dri, according to the suit.
The mayor’s office instructed
Kessler to “bend contract-
ning rules” in favor of Li Man-
dri, according to the suit.
Kessler refused. Dubick
allegedly asked why the Lit-
ttle Italy Association was not
reimbursed for McAteer’s
legal expenses. When Kessler
said this was not permissible,
Dubick said, ”Find a way to
pay for it,” according to the
Kessler suit.

Kessler testified in front
of a grand jury about the
alleged illegal activities
brought out in the FBI/police
report. After Dumanis refused
to prosecute — against her
subordinates’ recommenda-
tion — Kessler argued that
the report’s revelations were
severe enough for Li Mandri
to be banned from getting
further City contracts.

In early October 2008,
Kessler supplied copies of
the police/FBI report to his
supervisors. The Ethics Com-
Continued on page 12
Too much conflict
continued from page 11
mission requested a copy, which Kessler provided. But he was told that “all hell had broken loose in the mayor’s office” when it got word that Kessler had turned over the report to the Ethics Commission. Kessler was instructed to stop talking with the FBI/police probers and to turn over all copies of their reports to Jay Goldstone, the City’s bean counter and chief operating officer.

A few days later, Kessler learned that the mayor’s office supported a proposal whereby Li Mandri would get a $20,000 no-bid/sole-source contract to do work that Centre City Development Corporation was already doing for free, according to the suit. “Regardless of Li Mandri’s proposal being illegitimate, Mayor Sanders’s office supported the proposal,” says the suit. (Although Li Mandri didn’t end up getting that contract, he got a big contract for valet parking services in Little Italy.)

Around this time, Kessler experienced a Hemingway-like Moment of Truth: he realized why the mayor’s office had been so upset about his providing the report to the Ethics Commission. In fighting what he believed to be Li Mandri’s questionable contracts, Kessler was on the wrong team. The mayor was on the pro–Li Mandri team, explains the suit. Dubick and the mayor’s chief of staff, Kris Michell, were particularly angry with Kessler for being the skunk at the mayor’s garden party, says the suit.

In late October and into November 2008, the axe began to fall in stages. First, Kessler was told that one-third of his staff would be reporting directly to the mayor. Then Kessler heard a rumor that his own head would be in the guillotine. When he questioned his boss, William Anderson, he initially acted surprised, but finally Anderson admitted it was true: Kessler would be gone. Another employee was being demoted into his position. His job was to train her before he packed up his papers and departed.

According to the suit, Kessler asked his supervisor if his (Kessler’s) cooperation with the investigators and Ethics Commission had cooked his goose. Anderson said, “It certainly ruined [Kessler’s] relationship with Mayor Sanders’s office, and Mayor Sanders’s office lost their trust in [Kessler].”

Therefore, Kessler alleges in the suit that the cause of his termination, which occurred on November 21, was his cooperation with the two investigators and the Ethics Commission, as well as his attempts to rein in Li Mandri’s abuses. (The Ethics Commission later concluded that it had no jurisdiction in the matter.)

Judge John S. Meyer has already dismissed parts of Kessler’s lawsuit, “but we still have the guts of our case,” says Joshua Gruenberg, Kessler’s lawyer, who has made a settlement offer. The city attorney’s office will only say that last Friday it filed for dismissal of Kessler’s suit. Gruenberg is confident this summary judgment attempt won’t get anywhere. Unless the schedule is changed for some reason, the trial is set to begin June 10.

Another key matter is not discussed in the FBI/police investigation. Kessler initially went to law enforcement because a police officer told him that Mannino, who was on the board of the business improvement district council, had been convicted of a felony. In July of 1979 in New York City, undercover agents of the Drug Enforcement Administration traced Quaalude sales to a Paul Mannino and ultimately found boxes of the drugs in his car, according to federal records. Mannino was indicted in February of 1980; a jury convicted him of violation of federal drug, firearms, and racketeering laws. He lost his appeal and went to prison.

Li Mandri met Mannino around 2000. Mannino, who was ultimately fired from the North Bay Association, now heads Throwdown Elite Training Center, a Midway-area facility that teaches such skills as kickboxing and jujitsu. He did not return three calls.

Li Mandri says he didn’t know about a Mannino conviction until quite recently. However, his wife, Laura Li Mandri, says, “We found out through our attorneys” in the course of the FBI/police investigation. She and her husband claim they have never seen the final investigative report. She laments that critics see “some kind of mob connection” through Mannino. “If Italians are involved, they assume Mafia.”

Marco Li Mandri says his critics “believe there is some kind of mob connection and underworld connection. That is disgusting to me.”

The Li Mandri family is known for past organized crime ties. “There are definitely family ties to organized crime from two generations ago,” Laura Li Mandri allows. Marco Li Mandri concedes that his family had mob ties two generations ago. But he says that is irrelevant. “No one has any evidence that I ever had anything to do with organized crime,” he says. “Isn’t it like the Kennedys?” (The patriarch of the Kennedy clan, Joe Kennedy, had close business and financial ties with running hoodlums during Prohibition. His son, President Jack Kennedy, had a mistress in the White House who was a communications cipher between the President and Chicago hoodlum Sam “Momo” Giancana.)

Marco Li Mandri is also not perturbed by anyone’s offenses 30 years ago. “You are not the same person you were 30 years ago. Scott Kessler is not the same person he was 30 years ago,” Li Mandri says.

Marco Li Mandri bitterly denounces Kessler and the FBI/police report. Kessler, who had been a friend since their 1970s days at the University of California San Diego, has a vendetta, insists Li Mandri. Li Mandri sent a transcription of a voice mail that Kessler allegedly left on his phone during the heat of their battle. Li Mandri stresses that it ends with
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Too much conflict
continued from page 12

Kessler saying, “I’m going for the jugular, dude.”

Here is the transcription of Kessler’s full message. “I’m not going to be intimidated by you and you know a couple of months ago I told you I wasn’t going to pay you until the end of the…until the contract was finished. Everything is always somebody else’s fault. Marco, there’s…you’ve got a lot of stuff riding…so if you want to go to war…you’re going to lose and if you want to talk to me and work this out, that’s fine but, uh, if you continue to lobby and try to disparage my character I’m going for the jugular, dude.”

“I don’t want to relive this turmoil all over again,” says Li Mandri. “It consumed my life for five to six years, was very costly, and made me consistently defend my reputation. I have gone out of my way to clear my name against these charges. The lawsuit, which in essence blames me for [Kessler’s] firing, is all speculation. The allegations he [Kessler] made against me have no substance.” Li Mandri says he has lost a lot of business because of the battles.

“This cockamamie idea floating around has no basis in legal reality,” Li Mandri complains. He says the police and FBI are clumsy. “They have turned my life around, raiding my house” in front of his children. “How can you raid someone’s house for documents when you already possess of them?”

Li Mandri argues that a 2005 decision by the attorney general’s office got him off the hook. The office put forward the question, “Is a person who was hired by a city as a consultant in the process of forming a business improvement district precluded from being hired after formation of the district by a nonprofit corporation that is under contract with the city to manage the district?” In a six-page report, the attorney general’s office basically concludes that the consultant is not precluded from being hired after the district is formed. This was a reversal of a previous stance by the attorney general’s office.

However, this decision addressed only some of the conflicts of interest that Kessler was pointing out, says his lawyer, Gruenberg. It didn’t touch on other instances of Li Mandri’s violations of open and competitive procurement laws. Mike Aguirre, who was city attorney while the battle was going on, disagreed with the attorney general’s office and took Kessler’s side.

In late 2007, Aguirre wrote the Little Italy Association, “The municipal code requires the nonprofit to advertise for sealed proposals when contracting for goods and services where the expenditures will be greater than $50,000. At present, we conclude that the association has not complied with these requirements. A sole-source agreement with [New City America] under these circumstances would be inappropriate.”

Li Mandri has always argued (indeed, argued to the Reader) that he is only the administrator of the Little Italy Association and not a voting boardmember. Therefore, there is no conflict when the association gives a fat contract to New City. But Aguirre’s office came up with letters in which a boardmember suggested that Li Mandri serve as president of the association and another reference in which Li Mandri is named as chairman. (Lauren Li Mandri says that only means he chairs meetings.)

The local office of the Federal Bureau of Investigation said it couldn’t comment on why the report that its agent authored was not acted upon. The district attorney’s office would not address that topic. The mayor’s office was asked specifically about the roles of various administration personnel in the Kessler matter, but there was no response.

“Scott Kessler is a man of credibility,” says Aguirre. “His issues should not be dismissed and should be resolved by a fair-minded, neutral judge. Why Li Mandri would be allowed to do business with the City is beyond understanding.”

“This is a story about Bonnie Dumanis, [who] protects people in power,” says Aguirre.

Li Mandri, who has been a big political donor to a number of officeholders since the early 1990s, concedes he gave money to Dumanis, but he says he hasn’t seen her for a year and a half. “I certainly have no control over Bonnie Dumanis because I gave her a donation,” he says. And he says he does not have the power to get any City official fired, although he admits he complained about Kessler to the mayor.

As to the charge that Kessler is vending a wendetta, his lawyer Gruenberg points out that the FBI and police agents say that everyone they nail accuses them of having a vendetta.
10:30 a.m. on Wednesday, February 24, Teri emerged from the shower and thought she smelled burnt toast. Hearing strange sounds coming from Mark’s room, she opened his door to investigate and found it filled with smoke. She yelled to her sister, “Call 911 – the house is on fire!” They ran outside as the house quickly filled with smoke. “It went so fast. It only took about ten seconds.”

Teri and her sister rent a room from Mark, the elderly gentleman who owns the house on Kenwood Drive. When asked if she knew how it happened, Teri replied, “I’m not sure what caused it, but it started in Mark’s room. He’s not even home right now. He’s in the hospital, thank God. We would have had a hard time trying to carry him out.”

Pausing to consider what could have been the outcome, she stated, “I guess God does work in mysterious ways.” No one was hurt, but “everything’s gone.”

The Red Cross will help.

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By Craig Vansant
Friday, Feb. 26

**STRINGERS**

continued from page 7

ceration for San Diego’s mentally ill by providing supervision, custody alternatives, and high-intensity, individualized treatment.

The Behavioral Health Court is funded with Prop. 63 monies and has been in development for one year. Probationers who have been diagnosed with a mental illness will be eligible for this program.

“The effort is truly directed toward public safety,” says Robert T. Trentacosta, the presiding Behavioral Health Court judge. “Instead of incarcerating someone with a mental illness and then sending them back into society, this program will offer eligible defendants medical treatment and, in some cases, job training which will help them rejoin society as law-abiding, productive members.”

By Craig Vansant
Friday, Feb. 26

**Everything’s Gone**

House Burns up in Seconds, No Injuries

Spring Valley — Shortly after

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Let It Grow
Community Garden Project Approved
Chula Vista — The Chula Vista City Council unanimously approved a resolution to adopt a community garden policy on Tuesday, February 23. The program will designate a portion of city-owned land that can be cultivated collectively by a group of people or individually by designated plot holders.

The movement to bring the project to Chula Vista started early in 2009, when representatives from the community, public health advocates, and elected officials voiced interest in the establishment of gardens.

Proponents of the project stated that the garden will allow Chula Vista communities to “access fresh produce, engage in healthful low-intensity exercise, and develop a sense of neighborhood cohesion.”

By Nathaniel Uy Thursday, Feb. 25

Puffers’ Paradise
Baja Bars Ignore State Tobacco Law
Baja — The two-year-old state law banning the smoking of tobacco in Baja’s bars, bistros, and restaurants — “Ley Antitabaco” — is being ignored by the patrons who puff. In fact, the absence of enforcement is visible through the pale purple-gray clouds that hover in the air in most drinking establishments.

Most bars started off strongly with the removal of ashtrays and posted signs that declared “no fumar.” Unobliging patrons were 86’d into the streets if they dared to light up. The initial stern stance, however, has slackened since the law’s inauguration. Rebellious smokers lit up, and the statute became generally ignored by acquisitive bar owners.

So far, owners of such renegade establishments have received mainly warnings to clamp down on puffers, with only admonitions being issued by the cigarette police.

Ricardo Zamarron Guevara, director of Protección Contra Riesgos Sanitarios, says that the smoke cops are reluctant to crack down on the bars because of the economic downturn that has ravaged Tijuana, so they are inviting owners to once again comply voluntarily with the law.

Source: Frontera
By T.B. Beaudela Thursday, Feb. 25

A Matter of Pride
LGBT Pride Board Holds Town Hall Meeting
Hillcrest — The San Diego LGBT Pride board of directors hosted a town hall meeting on Monday, February 22, at their community center in Hillcrest.

“Despite bumps with controversy, the San Diego Pride board has been rejuvenated with nine new board members and is moving forward to present their 2010 events,” said Frank Sabatini Jr., media coordinator for San Diego Pride.

The bumps to which Sabatini referred occurred in the fall of 2009, when Pride’s board of directors gave chairman Philip Princetta a $5000 stipend. Soon thereafter, executive director Ron deHarte was let go allegedly because he was of the opinion that the gift was inappropriate. Princetta returned the money; however, he along with two other board members who had voted for the stipend refused to step down. They eventually succumbed to pressure in a closed meeting on January 23.

Pride 2010, which will include events in June and July (the parade is scheduled for July 17), will be the organization’s 36th annual celebration. The event attracts over 100,000 attendees to the Hillcrest, North Park, Downtown San Diego, and Balboa Park areas.

By Carolyn Grace Matteo Thursday, Feb. 25

Like Weeds
SD Community Planners Vote on Pot Shops
Kearny Mesa — Community planners from across San Diego gathered in Kearny Mesa at the February 23 meeting of the Community Planners Committee to discuss the issue of medical marijuana dispensaries.

Of the 43 planning groups that make up the Community Planners Committee, 23 have submitted their stance on pot shops. Of those 23, Tierrasanta and Pacific Beach planning groups rejected the task force recommendations outright, giving no reason for opposing marijuana marts from cropping up in their neighborhoods. La Jolla’s planning group also declined to accept the recommendations, feeling the 500-foot distance between storefronts was insufficient.

Six other communities refuse to vote on the issue: Torrey Hills, Mission Valley, Rancho Penasquitos, Sabre Springs, Rancho Bernardo, and City Heights, which declined to vote but “supports a system that provides access by patients who have a legal prescription and reasonable preventative against any who do not have a legal prescription.”

As for those communities that did pass motions in support of the task force recommendations, nearly all were laced with additional suggestions. Out of the bunch, Serra Mesa’s planning committee was the only group that supported the task force recommendations as is.

By Dorian Hargrove Thursday, Feb. 25

Man Attacks Puppy
50-Year-Old Arrested for Animal Cruelty
La Jolla — San Diego County Animal Control officers arrested a 50-year-old La Jolla resident on Wednesday, February 24, on felony animal cruelty charges after he brought an injured ten-week-old puppy to an emergency veterinary clinic on Tuesday night. The veterinary staff noticed that the chocolate Labrador retriever could not walk, had difficulty breathing, and several other signs of abuse and notified the Department of Animal Services.

David Hale Warner was arrested Wednesday morning after he returned to the veterinary hospital and was questioned by animal control officers. During questioning, he admitted that he had choked the puppy and pinned it down for about 20 seconds to punish the puppy.

During the booking process, officers discovered that Warner had an existing warrant for spousal abuse. The puppy was still in intensive care at the veterinary hospital and has a “guarded prognosis” for surviving the attack.

By Steve Horvath Thursday, Feb. 25

Thanks, Nosy Neighbor
Dog Walker Notices Burglary, Takes Action
San Marcos — A nosy neighbor was responsible for the capture of two parolees who were committing a burglary on February 22. At about 2:30 p.m., a
Beachgoers
Animal Activists Targeting Seal You Later

were found in the car and a Garmin GPS, and an iPod. Two televisions, arrested and booked into Vista jail. Two televisions, arrested and booked into intuam of San Marcos were

of Vista and Angelo Pam, intuam of San Marcos were

of Vista and Angelo Pam-

description of the car and home to call 911 with a

the driveway. The witness

and then closed, possibly

garage door opened slightly

driver. As she did so, the

walking her dog, the vig-

around to the back of the

parked the car, a passen-

on her street. The driver

U-turn in the cul-de-sac

a Honda Accord make a

San Marcos resident saw

life. I like see-

ing the seals when I swim

there, I just wish I saw the

same amount of fish there from ten years ago.

3. Marjane and her fellow animal activists have had the police called on them dozens of times. I have personally been harassed by her and her thungs until I felt physically endangered multiple times. I have seen her directing one of her

“nightwatch” people to physically attack a fellow beachgoer.

I don’t know if it’s more scary or pathetic that the San Diego City Council knowingly continues to allow citizens and tourists to be harassed, intimidated and even physically assaulted by violent animal rights activists.

At some point, the city will become liable for passively condoning the actions of Marjane and her violent friends, and the ensuing lawsuit will make the million dol-

ers needed to clean the

company to get the

ing the seals when I swim

there, I just wish I saw the

same amount of fish there from ten years ago.

By LaJollaDiver 8:19 a.m., Feb 25

Comments

1. Everyone loves seals. The eco-thugs are trying to position themselves as the savior of seals when these seals are fine sharing the access just as they do in other part of the country or even other parts of California. Look up how humans and seals share beaches fine in Washington State, Maine, etc.

By SDcitizen 9:54 p.m., Feb 24

2. This is a scam by Marjane and friends to rip off tourists at the site. The seals started showing up when Sea World began releasing rehabed animals they had picked up along the coast that were injured or sick. These are animals that nature would have let die, yet Marjane and her con squad just continue to make more money off their cute little faces.

Remember each seal eats roughly ten pounds

of sea food a day and as you swim there, look around the barren area that was once a thriving reef before the seals were dropped off, the imbalance of man has struck again. If the seals are forced off the beach, they will survive and relocate elsewhere. There are several huge colonies of them on Point Loma, but Point Loma is too far away for Marjan and company to get the exposure she needs to justify her life. I like see-


By Craig Vansant Tuesday, Feb 23

San Marcos resident saw a Honda Accord make a U-turn in the cul-de-sac on her street. The driver parked the car, a passenger got out and walked to the front of the house, and, after ringing the doorbell several times, walked around to the back of the house.

Under the pretense of walking her dog, the vigil- ant resident spoke to the driver. As she did so, the garage door opened slightly and then closed, possibly a signal that prompted the driver to back the car into the driveway. The witness and her dog then hurried home to call 911 with a description of the car and a license plate number.

Yevgeniv Pomomarev of Vista and Angelo Pamo,

were arrested and booked into Vista jail. Two televisions, a Garmin GPS, and an iPod were found in the car and returned to the owner.

By Dorian Hargrove Tuesday, Feb. 23

Comments

1. Everyone loves seals. The eco-thugs are trying to position themselves as the savior of seals when these seals are fine sharing the access just as they do in other part of the country or even other parts of California. Look up how humans and seals share beaches fine in Washington State, Maine, etc.

Seal You Later
Animal Activists Targeting Beachgoers
La Jolla — “Oh, here’s the biggest seal-hater of them all,” yells La Jolla seal activist MarJane Aalam. “Don’t go down there, John, there are pups down there.”


By LaJollaDiver 8:19 a.m., Feb 25

Become a Stringer. Earn up to $75 for your neighborhood news story, $10 for photo, $15 for video. See guidelines at SDRreader.com/stringers.
LETTERS

Where Are We?

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.

Fake Facts

I am writing regarding the February 25 story published in “S.D. on the Q.T.” titled “Policeman Poet Vows to Kick Some Ass.”

As the chief of the Coronado Police Department, I am disappointed in the Reader for publishing this fictitious story under the guise of “humor” without clarifying that it is false. It is important to note that this phony article is listed as “news” on the Reader’s website. While some may know it was a spoof, some of your readers may not have distinguished fact from fiction. The unfortunate consequence results in undermining the public trust and confidence in those sworn to serve and protect them. In the future, we hope the Reader will use better judgment when selecting content for this section of its publication.

Louis J. Scanlon
Chief
Coronado Police Department

Just Passing Through

This is re Moss Gropen’s cover story about living next to the freeways (“Freeway Close,” February 25). I enjoyed the story, but I thought he was a little rough on some of the neighborhoods. That’s just the way they are. Like Linda Vista — he made it sound like it was pretty thuggish, but it’s actually quite an enjoyable neighborhood to pedal through. It’s hard to believe that people don’t believe that living next to those things is damaging their health.

Rick V.
San Diego

Nicked Pic

I very much appreciate the write-up on the SDSGossipScene story (“Blurt,” February 25), but I do not appreciate that the photo of me was taken from my personal MySpace. I had no knowledge of this article, and there was no permission to use my personal photo from my birthday party. I am billing you $1500 for my photo, or other actions will be taken.

Felicia Canales via email

Way Too Much Control

Re “We Don’t Want You Taking Pictures” (Feature Story, February 25).

Something similar happened to my son last year. He and his friends went to TJ to have some fun and, yes, he was drinking, but by the time the event happened they had not been drinking for about two hours. Basically, the boys were talking to some girls and got off at the main trolley station to catch a transfer. As they were getting off, they were still talking to the girls — flirting from the outside of the trolley with the girls inside.

An officer came up and stated that my son was standing too close to the trolley line (he was stepping on the line). My son backed off and resumed speaking to the girls. One of the officers got really agitated and started getting in my son’s face. He and his friends were stating to him “What’s up?” and why the attitude, that they were just waiting for the connecting trolley. At that point, the connecting trolley came up and the boys got on. Well, one of the kids made a rude gesture regarding the trolley officers of which apparently they heard.

This is it gets crazy. The boys apparently got onto

continued on page 82
Thirty-Five Years Ago

There seems to be an increasing popularity of Renaissance-type music in this area. [1] is what I’ve been hearing historically authentic or just another quaint Southern California put-on?

Unfortunately, the general public has gained a false idea of the sonorities of early music since the instruments used by many performers have often been anachronistic. The troubadours of the 12th Century did not use the same instruments as the 16th Century Italian court musicians, and therefore playing all old music on the recorder, crumhorn, and rauschpfeife is misleading to the modern ear.

— STRAIGHT FROM THE
HIP, Matthew Alice,
March 6, 1975

Thirty Years Ago

[V]isitors at city-owned Mount Hope Cemetery noticed something slightly amiss near one of the larger tombs in the older section of the 150-year-old graveyard...one of the more gruesome scenes they are ever likely to see: a decayed corpse spread on the lawn outside the above-ground crypt; the body’s head was gone.

On Sunday, less than 24 hours later, San Diego police received a call informing them that a guest at the downtown Pickwick Hotel complained of seeing a skull resting on a front ledge.

— CITY LIGHTS: “GRAVE SINS,” Mark Orwell,
March 6, 1980

Twenty-Five Years Ago

The Fox will soon undergo the refurbishments that will transform it into an exclusive home for the local symphony, and so the weekend concert featuring rhythm-and-blues stars Teena Marie and Billy Ocean served to salute the old-timer’s retirement as a pop palace. In retrospect, the theater may have been better off getting a gold watch.

— “DOUBLE DOZE,” John D’Agostino, March 7, 1985

Twenty Years Ago

A February 15 letter to the Reader accused me of opposing a proposed 1400-room hotel on DeAnza Point in Mission Bay (true). The letter also accused me of blocking a 174-room hotel in Pacific Beach (also true).

Finally, the letter says I want to turn bayfront open space near Fiesta Island into a “parking garage.” This last charge is not true. This property was slated for a 600-room Ramada Inn project when I took office in 1987. At my request, the city council canceled that proposal and designated the 33-acre parcel as a future “Traffic Reduction Center.”

— LETTERS: “TAKE OUT AUTOS,” Bruce Henderson,
Councilman, Sixth District, March 8, 1990

Fifteen Years Ago

She returned home from a half day of school on Thursday, October 3, 1991. She dropped off her backpack full of school books and changed her clothes. She left her North Park apartment, rode her lavender-and-pink Huffy bicycle down Landis Street, and disappeared. Eleven days later, she was found in the bottom of a canyon at 32nd Street and Redwood, wrapped in a blanket, murdered at the age of nine.

Three years later, her killer is still at large.

— “SOMETHING OF AN ANGEL,” John Brizolara,
March 2, 1995

Ten Years Ago

This morning’s news flash states that bridge will be a demonstration sport at the 2002 Winter Olympics in Salt Lake City. Those who pointy-headed Olympic bureaucrats obviously don’t understand that tournament bridge is a contact competition.

While playing bridge I have seen people slapped, screamed at, even had drinks thrown on them.

— SPORTING BOX: “A LESSON FOR US ALL,”
Patrick Daugherty, March 2, 2000

Five Years Ago

A 36-year-old male was sleeping in a black bedroll on the grass of McDonald’s. When the bedroll to a parking space right next to the drive-through. An unknown type of vehicle entered the parking lot and ran over the victim’s chest and abdomen area. It is unknown how long he continued to lay in the parking lot before someone saw him and called police. The victim suffered ten fractured ribs, a fractured clavicle, and a possible fractured pelvis.

— IT’S A CRIME: “HIT AND RUN,”
Michael Hemmingson, March 3, 2005

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STRAIGHT FROM THE HIP
BY MATTHEW ALICE

Hey, Matt:
I’m disappointed in current HDTV and 4:3-aspect television. I cannot see any difference between the old and the new, quality wise, except people now appear even fatter. Can I Blame AT&T U-Verse, or is this common?
However, I am astounded by the vivid colors on CSI: Miami, HD or non-HD. Why can’t (or won’t) all the other programming look that good?
— msmchuck, via email

For this one, we had to drag out the elves’ aluminum-foil techie hats, the ones with the coax chin straps and rabbit-ears toppers. They sat in a circle in a spot in the dining room where they say they get the best reception while I checked in with our staff tech rep. We all decided we weren’t sure about your TV setup. You have high-def TV service playing on a 4:3-aspect TV — with the big black lines at the top and bottom of the screen. HDTV-aspect ratio is 16:9 (16 units wide, 9 units high). The 4:3 aspect is our old, squareish screen with about a fifth the number of pixels as a high-def screen. If that’s the case, then your TV is downgrading the quality of the incoming signal to accommodate your pixel deficiency, so something’s gotta give. Picture quality is probably one of them. We may have misunderstood your situation, but date your pixel deficiency, so something’s gotta give. Picture quality is probably one of them. We may have misunderstood your situation, but...

Matthew:
So what’s with blackmail? If it’s the opposite of whitemail, then what’s whitemail?
—I’m not planning anything. Just wondering exactly where blackmail came from.
— Good Citizen Matt, via email

Hi, Matt:
I recently was looking at an episode of Little House on the Prairie where they needed ice to get rid of a fever. My question is how did they produce ice in those days without electricity?
— Joe Wayton, El Cajon

Grab an ice saw, Joe. We’re a-headin’ out ta the cow pond. Should be good an froze-up by now, I reckon. We be needin’ three-foot ice blocks, so start a-cuttin’. Then we’ll lug ‘em onto the sled an’ drag ‘em ta the ice house, out by the barn. Put down a couple inches a sawdust, then what’s blackmail? I’m not nearly enough for the chieftain. If you don’t cough up more dough, he’ll come through and smash your fields and your house and whatnot. The gumblers farmers paid up, and of course they called the payments “blackmail.” The term might have been lost to time had it not been so darn handy in the days when the rich got richer and the poor helped the rich get richer. Say, that sounds familiar.

Well, yeah, blackmail is the opposite of whitemail, ‘m Matter fact. Naturally, we have to go back a century or four to figure out where it came from. Four centuries and several thousand miles. So, you’re a grubby, low-down farmer in Scotland in the 17th Century, workin’ like a dog for the clan chieftain who owns your land. You pay him rent (Scottish word for rent: mail). You pay in coins (Scottish word for coins: white money). Your rent is whitemail. But rent’s...
Continuing with Tiger Woods, sex therapy, and David Peters, a marriage and family therapist working out of Mission Valley, Peters was born in Peoria, Illinois, raised in California. His dad worked in broadcasting, mom was a mom. Young Peters earned his master’s in clinical psychology from SDSU in 1986.

Last week’s column was mostly about sex addiction. This week’s effort is mostly about Tiger, starting with, “I wonder what he’s going through?”

Peters says, “The most likely explanation is, he still loves his wife, he feels horribly guilty about what he’s done to her, and he wishes everybody would stay out of it so the family can heal. The family goes into destruction mode with this much attention. The damage to the family is just beginning.

“There are a lot of people with addictive behavior and it doesn’t hurt their life too much. It’s a gray area; there is a lot of dispute. If you quoted me on that, there would be therapists who would call and say I was out of my mind. We’d have to have a long talk about what I meant.

“But, there are people with compulsive behavior who keep it in check and don’t let it get too far out of hand. They know they’re aroused, they know they have the inclination, but they hold back and don’t hurt anybody with it. It really becomes critical when it’s out of control and it’s destroying your life or somebody else’s life or it’s putting at risk someone else’s health or well-being. Then, it must be treated because it will just get worse and worse.

“But, it’s a lifetime of therapy. Even though you might have gone ten years without acting out, you should be with your therapist every month or two to keep track, to make sure all the other areas of your life are being taken care of. If those other areas get ignored and stress increases and you’re isolated and not talking with someone, then you’re at high risk of a relapse.

“I’ll say, in general, the fact that someone had a whole lot of affairs doesn’t make them a sexual addict. You could have many, many, many affairs, many sexual encounters and not be a sexual addict because the thing is, you might be encouraged by a lot of people. A lot of our basketball pros are having sex with people right and left. Famous people — usually it’s famous men — get a line-up of women who want to have sex with them.

“So, here’s Tiger Woods, this good-looking, athletic guy…and there are others, be it a politician, be it an athlete, and every city they go into someone is hitting on them. It’s a bit intoxicating. You give in to your inclinations.

“But, in the case of some celebrities, it doesn’t necessarily mean addiction. Addiction is a wonderful cover because everybody can say, ‘Well, he’s getting treatment for it. It’s not a character issue — it’s not that he believed he could get away with something.’ There are people with hundreds of partners who are not addicted, they’re just getting reinforced all the time.”

Peters laughs, “If this gets me a flurry of people with sex addictions, I’ll be sorry. It is difficult to treat. With alcoholism they can go to all their friends and family and say, ‘You know, I’m an alcoholic.’ You see movie stars go on Jay Leno and say, ‘I’m an alcoholic. I’m six months in recovery,’ and the audience applauds. But you’re never going to see someone go on Jay Leno and say, ‘I’m a sex addict. I’m six months in recovery.’ You can’t keep your job if you’re a sex addict. People like to hate you, like to be disgusted by you. You’re isolated.”

* * *

It was a cruel and perfect moment. There was Tiger Woods, reciting his privacy needs on World TV and apologizing to wife, business partners, sponsors, employees, fans, boys and girls the world ‘round for the way he’s lived. He’d come to PGA Tour headquarters from a Mississippi clinic that treated his sex addiction and was reported on the way to an Arizona clinic to deal with his addiction to prescription drugs.

Woods won 71 PGA Tour tournaments, 14 major golf tournaments, 38 European Tour tournaments, and blah, blah, blah. He won those tournaments while, apparently, living a private life of… I’ll put it this way…living a lurid private life tied together with a zillion lies.

Let’s say he gets this sorted out. Completely. He’s sober, he’s happy, and his wife is happy. One wonders, how much better is his golf game going to get?

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fast break

By Anthony Gentile

Escondido loses Hudson, falls to El Camino in quarters

Posted February 27, 2010

With Escondido’s star guard Joe Hudson out for the final two quarters, El Camino pounced to keep their section title defense alive. The fifth-seed Wildcats used a physical effort to knock off the fourth-seed Cougars 67-51 in the Division I quarterfinals on Friday.

“Coming into the playoffs, we wanted to show everybody that we’re the team to beat,” said El Camino guard Chris Gorman. El Camino led 27-22 when Hudson sprained his left ankle while landing on another player’s foot underneath the basket with two minutes left in the second quarter. He had to be helped off the floor and did not return for the rest of the game.

But even before Hudson went down, El Camino set the tone physically. The Wildcats led by eight after the first quarter, dominating the boards and feeding the ball inside to center Mookie Beard, who scored 12 of his 14 points in the first half.

For Escondido, guard Nathan Urquhart scored 11 points, and Hudson had 10 before his injury. The Cougars saw a three-game winning streak snapped.

COMMENTS

I attended the game. Nice recap! Unfortunate ending to what was a great season for Escondido and Joe Hudson and what was shaping up to be a great game. El Camino appeared to be more stronger in the paint. How do you think they will stack up against Torrey Pines, arguably one of the tougher venues in San Diego?

By sportsjunkie, Feb 27, 2010

Vista outlasts Granite Hills in frenetic affair

Posted February 24, 2010

In a game featuring two high-octane attacks, Vista had a little more left in the tank down the stretch. In a close game, the seventh-seed Panthers made enough plays in the fourth quarter to pull away from tenth-seed Granite Hills for an 86-77 win Tuesday night in the first round of the Division I playoffs.

“It was a close game and we knew we needed to step it up to keep our season alive,” said Vista guard Stephen Que. “We needed to do everything we could — kick, scratch, push — do what we had to do to move on.”

With five minutes to play, Granite Hills guard Andre Lewis hit two free throws to tie the game at 60. That’s when Vista went on a 10-2 run capped by a Sedrick Childress layup off a turnover.

Following the run, the Panthers never led by less than seven in the final three minutes. Vista (19-8) had enough of a cushion in the final minute to absorb four Granite Hills three-pointers and still win comfortably.

COMMENTS

What a sad-ass, poor story. Who taught you how to write?

This totally SUCKS.

And this was posted just after midnight... it took you THREE HOURS TO WRITE this S**??? UGH!

By YourAndIdiot, Feb 24, 2010

By anthonygentile, Feb 24, 2010

Granite Hills guard Andre Lewis drives against Vista forward Patrick Johnson

Fast Break can be found at SDReader.com. Under “Stories” in menu bar, click on “Sports” then “High School Basketball.”
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BestBuys
–EVE KELLY

Patrick has ceased sipping port after dinner. Times are tight. So wifey is on a mission to find some tasty bottles that can be purchased for around a Hamilton.

Last week, Pat sat down with college chum Frank for some affordable port tasting. "A port hangover is a horrible thing," warned Frank. "The sugar just crucifies you."

"I am apologizing now to you for the sugar hangover," I replied, pouring the first bottle of 11 ports lined up across the counter: the Krohn Tawny Porto ($7.99 at San Diego Wine Company in Miramar; 858-586-9463).

"Tawny is the brown. It's made a little differently — they let it go to caramel, as opposed to sweet fruit," explained wine-aficionado Frank.

"The alcohol floats up to the top of the nose," he grimaced. "It attacks sweet but then doesn't finish sweet. Remember that medicine we used to take as kids that would have the 'alcohol burn' at the end?"

"Robitusson cough syrup," answered Pat. "I love this Evenus — just what I look for in port," observed Patrick.

The next bottle, Fonseca Tawny Porto ($10.95 at San Diego Wine Company), was port light. "It doesn't have that viscosity that these others it has this tannic structure to it, because it's a zinfandel, more of a sherry character to it," continued Pat.

"Like a Jolly Rancher," added Frank.

A port for around a Hamilton.

"Like a Jolly Rancher," added Frank.

"No, that is an insult to Jolly Rancher," said Pat. "Like a Now and Later."

The testers popped open the Almoro Ruby Porto ($7.99 at BevMo), which had a candied quality to it. "Something to have with blue cheese after dinner," said Frank.

Evenus Zinfandel Port ($9.99 for a 375ml bottle at Trader Joe's) was another keeper. "The zinfandel port has the virtue of smelling like zinfandel," explained Frank, "so you get that pluminess, that cooked blackberry. Because it's a zinfandel, more than some of these others it has this tannic structure to it, so it's heavy but not syrupy. It has real body."

"Like everything else, there is the virtuous mean — some ports cross over the line to syrup," added Pat. "I love this Evenus — just what I want in a port. Kind of coating your throat and feeling warm. Like the feeling of putting on a cashmere sweater — it's warm but soft, as opposed to a wool sweater which is warm but stiff and scratchy. You want your throat to feel warm after a sip of port and yet still feel like you could sing."

"Like a cashmere sweater? Like you could sing?" Frank bellowed, amused by his old pal's similes.

"I'm actually drawn to that shaped bottle," admitted Pat, holding up the Presidential Porto ($12.99 at BevMo). "Like a little squat Englishman," said Frank. "Though the Evenus bottle has a feminine curve to it that I also like," continued Pat. "But I digress. This Presidential finishes a little short, but it's nice and round, no edge to it. We would have no problem passing this around at a dinner party."

The last bottle, a recommendation of a friend, pushed the "around $10" bottle limit. Quares Harris 10 Year Old Tawny Porto ($14.99 at Trader Joe's) was the brownest of the bunch. "More nuts, a little bit of that almond bite, less caramel, more of a sherry character to it," critiqued Frank.

For more stories by this author, go to sdrreader.com.
LEGGINGS THAT DON’T QUIT We can thank/hate bohemian-chic celebutantes like Lindsay Lohan and Mary Kate Olsen for resuscitating this ’80s “tights-as-pants” trend. Black, print, or fluorescent, San Diego women are rocking the look. For those who think uncovered butt-huggers are indecent, consider this — with pop divas like Lady Gaga and Katy Perry pushing the pants-less movement, these painted-on “pants” are beginning to look conservative.

Neighborhood Styles –

H i p i n H i l l c r e s t

Every neighborhood has its own personality reflected in the style of its residents. From vintage stores to high-end boutiques, Hillcrest is teeming with shopping options for hip garb, such as these sweet finds:

Shirt $9.99, sequin shrug $9.99 at M’s Clothing (412 University Ave.)

Elan dress (a.k.a. “bubble dress”) $55 at Pure Boutique (451 University Ave.)

Embellished cloche $84 by Christine’s Creations at Village Hat Shop (3821 Fourth Ave.)

Leather Feather earrings $16–$22 at Twirl (3840 Fifth Ave.)

Custom boots $175 at Score Footwear (1750 Robinson Ave.)

Handmade leather/denim/fabric bracelets $45–$100 at House Boi (2537 University Ave.)
The world does not always understand that those within a subculture are merely people, and that when people are targeted for being different, humanity suffers a loss of itself. — Gothic Volunteer Alliance

In nightclubs from Hollywood to Manhattan, I’ve seen my fair share of characters. San Diego’s typically tame, but the longer I stared at the man dancing in Kava Lounge one recent Saturday, the more certain I became that he would make it into my top five.

He was Asian, older — I’d guess 50-something, though his hair was all pepper and salt. He wore large, ’80s-style wire-rimmed glasses and sported a slender mustache and goatee. He was adorned all in black, save for the blue-and-purple design emblazoned on his button-down shirt, which he tucked into his slacks. A gold pendant in the shape of a coffin dangled from the gold chain around his neck, and his hands were in fingerless gloves. But the pièce de résistance was the sizable Chinese fan made of purple silk, on which two white dragons were painted on either side of a yin yang symbol. It wasn’t the prop alone I found impressive, but how he twirled, flipped, and flared it open as he danced in the mist of the fog machine.

I leaned closer to my friend Robin so she could hear me over the music and said, “That guy is rad. I just want to scoop him up and take him home. What’s his deal?”

“Who, Leigh? He’s been a fixture of the goth scene for years.” Robin whipped out her camera to join me in capturing Leigh’s awesomeness. “He doesn’t get on the dance floor without his fan,” she explained as we clicked away. “It’s an extension of his personality. You should hear the noise that thing makes when he opens it — it’s so freakin’ loud, it’s like a whip!” Like any seasoned celeb, Leigh was impervious to the strobe-y flashes of light illuminating his moves.

Beside Leigh was a man wearing sunglasses who was “sweeping the floor” with his trench coat while his female companion (dressed in a purple, Victorian-style, lace-up shirt) combined other goth moves such as “kicking the Smurf” and “grabbing the bat.” The moves were new to me — my dancing tends to look something like an ecstasy-driven seizure. These people were slower, more methodical in their movements, like spiders swimming.

It had been a while since I stood on a dance floor. When I was a single woman, I had been an avid clubber. The blend of friends and music, combined with hours of dancing, were exhilarating. My favorite haunts were gay clubs such as Montage and Rich’s — where not only was my unstrained application of glitter appreciated, but I didn’t have to worry about pushy dudes interpreting a woman’s dancing as an invitation to grind up against her.

During our first year together, David and I hit up Club Sabbath, which gave us an excuse to dress up in some of our hotter closet items (my corsets, his custom knee-high boots). But David wasn’t into dancing the way I was, and when it came to choosing whether to go dancing with friends or do anything else with my boyfriend, the “anything else” prevailed.

Robin and I met and became fast friends on a recent Wednesday night at the Tractor Room, during a party put on by Legit Radio, the internet radio station on which Robin (a professional mixtress of music) currently hosts a show each week. It was after the party, when we were noshing on a burger at Starlite, that Robin handed me a flyer for Ascension at Kava Lounge, one of the five clubs she DJs in town.

“I’ve never been good at dancing to anything slower than techno,” I warned Robin as we stood outside the club, absorbing some of the cool night air before she had to go in and start her set. “Not that I consider myself ‘good’ at dancing to any beat,” I clarified.

Robin rolled her eyes — cornflower-blue orbs ringed in black liner — and dismissed my attempt at self-deprecation with a laugh. Her black hair was slicked back into a low ponytail, revealing ten small silver hoop earrings on each lobe. Her scarlet lips seemed fixed in a playful smirk. Now that I could see her entire ensemble in the streetlight, I realized the extent of how under-dressed I was in my cashmere hoodie and pants adorned with silver rings and buckles. Robin wore black ruffled boy shorts over tights with crisscross cutouts on the outer leg and Doc Marten–style lace-up, buckled boots. Her inky button-down coat — cropped to the waist in front but reaching her knees in back — was simultaneously feminine and militaristic. The coat sleeves laced from her shoulders to her wrists, and her hands were covered in fingerless lace gloves. I made a mental note not to return to one of Robin’s clubs without first busting out my rubber collar, the one that makes me look like Maleficent in Disney’s Sleeping Beauty.

One of the three major tenets of the gothic subculture is fashion (the others being music and art). Unfortunately, those in the mainstream assign negative connotations to gothic fashion. Robin told me about a horrible incident that occurred in Old Town four years ago. She, her husband, and friends were walking to dinner when two men, one a Navy SEAL, assaulted them. What began as taunting with slurs like “goth faggot” ended in Robin’s husband not to return to one of Robin’s clubs without first busting out my rubber collar, the one that makes me look like Maleficent in Disney’s Sleeping Beauty.
Being targeted for their appearance is one of the reasons Robin and her friends founded the Gothic Volunteer Alliance. Volunteers, most of them dressed in snazzy black, participate in beach and neighborhood cleanups, put on fundraisers for suicide-prevention and animal-protection organizations, and maintain the Old Town Native Plant Garden, among other things. When they’re not volunteering around town, they’re getting together for recreational events such as karaoke, ice-skating, and bowling.

Though I have a deep appreciation for the dark trinity forming the label, I wouldn’t classify myself as “goth,” just as I wouldn’t call myself a “burner” simply because I’ve been to Burning Man. Appreciation for (or occasional participation in) a lifestyle isn’t the same as living it. When it comes to music (on which many subcultures are based), I’m more eclectic than anything. I dug dancing to the dark, industrial tunes Robin spun, but I’m also keen on everything from Enya to Eminem, Andrew Lloyd Webber to the White Stripes, and Postal Service to Propellerheads. If I were to file myself, I’d have to cross-reference raver, rockabilly, goth, hipster, fetish, and, perhaps the most accurate, goek.

David sidled up to me on the dance floor. As I watched him gyrate with a goofy smile on his face, it struck me that he was actually having fun in a club. "Hey, beh-beh!" I shouted into his ear. "Do you know where my Maleficent collar is?" David’s enthusiastic nod signaled that he had grokked the reason for my asking.

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San Diego Reader, April 3, 2010
Filipino rules

I look at my boyfriend with such anger, but I feel a little sympathy too, as I notice a part of his chin dripping with blood. Tears stream down my face. I am scared out of my mind.

"Everyone take off your seatbelts and put your hands up or on the dashboard where I can see them," I hear a cop say.

The first time I ever get in trouble, it has to be SDPD.

"The passenger in the van, get out of the car with your hands up and walk backwards toward the sidewalk," came through the megaphone.

That's my cue.

It all started six months earlier, in 2002, on the south side of San Diego.
JOIN US FOR HAPPY HOUR!

Section begins on page 109

Ads from $41. Call today: 619-235-3000
I walked into my ninth-grade, fifth-period PE class at what was then Bell Jr. High School in Paradise Hills. Standing on the hot black pavement, our names were being called in alphabetical order for roll. I heard Toney’s name. As I looked around, I saw him hanging onto a girl by her waist.

What a flirt, I remember telling myself. I knew he didn’t have a girlfriend at the time because my best friend Joann was on his jock. But I didn’t care. I found myself beginning to feel an attraction toward him.

At Bell, I was a cheerleader with straight A’s and Daddy’s angelic little girl. Not some hood-rat rule-breaker or badass. I was more about academics and socializing.

But I am also a Filipino. We eat with our hands, drive crazy on the road, point with our lips, and have fathers in the Navy and mothers who are nurses, both speaking with broken English.

And then there are those Filipino rules.

We have to do well in school, graduate from some college, get a good job, and visit our parents’ homeland with 20-plus balikbayan boxes full of stuff as pasalubong for our cousins, which seem to increase by the thou-

He wore his uniform like a wannabe gang member who’d run at the sight of real danger.

the road, point with our lips, and have fathers in the Navy and mothers who are nurses, both speaking with broken English.

And then there are those Filipino rules.

We have to do well in school, graduate from some college, get a good job, and visit our parents’ homeland with sands every few years. We’re not supposed to move out or have kids until marriage, which isn’t expected until age 30. No staying out too late, no calling older family members directly by their first names, and no “disco-disco.”

***

My older sister is ten years older than me.

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and I am eight when the lectures start. “No boyfriends till you graduate college” is what my parents emphasize.

Four years later, my sister is an eighth-grader at Bell. She walks to my elementary school every day after class because that is where we get picked up. We usually have to kill time before our parents come to get us because of their work schedule. I find it an opportunity to play with my friends or join after-school programs. My sister uses her time otherwise.

One day, I am about to walk down the ramp toward the big kids’ playground when I run into my dad. It ended up as his day off, so he’s come early.

“Where’s your sister?” he asks.

“I don’t know,” I start to say, when I notice out of the corner of my eye that my sister is sitting on some guy’s lap at the bottom of the ramp.

They’re both in their school uniforms. He wears his like a wannabe gang member who’d run at the sight of real danger. My dad sees them and storms down the hill. I am scared for my sister but so glad it isn’t me. Every Filipino kid knows to stay clear of an angry father; you don’t want to be beaten with a slipper. Although I am some distance away, I have a good view of this potential Jerry Springer episode. I can smell the popcorn. I watch intensely. I hear loud shouts. But I can’t make out the words.

I see my sister quickly try to remove her short little body off this guy’s chunky lap, and I can’t help wondering if my dad’s intimidating behavior is going to scare the toughness my sister is trying to defend him because of her constant attempts to get between them. My dad then grabs her arm and pulls her up the ramp. Her arm and face turn red as she struggles to break his grip.

**“You can’t see him anymore! Break up with him!”**

**“But I love him!”**

---

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The yelling gets louder the closer they come.

“Sitting on his lap, Heather?”

“Dad, just stop!”

“You can’t see him anymore! Break up with him!”

“But I love him!” Her sobbing gets heavier.

“Let’s go!” he yells at me.

I can’t help smirking at my sister’s comment and laughing about her embarrassment as I follow them to the car. I couldn’t care less that I am being inconsiderate. It isn’t me getting into trouble, it is her.

We get home in what feels like two minutes. I’m not sure how we survive the car ride. There is a lot of yelling, jerking, and swerving on my dad’s part and crying, sobbing, and whining on my sister’s part.

My dad goes into the house and straight to the phone to call Mom. I watch my sister attempting to pack her stuff to run away if Dad continues to forbid their relationship. How far could she get? I think. She’s only 14. If my dad was angry earlier, he will be the Hulk now! But my sister dares not test his strength. Instead, she locks herself in her room.

Three years after my sister’s great love affair, I am a ninth-grader at Bell. I decide to go on a trip to Disneyland with people from a neighborhood rec center. Toney was going, so of course I wanted to. We’re in the same group and ride almost all the rides, but one in particular makes me cheese it every time I hear its name.

Splash Mountain is the most popular ride, and we debate whether it’s worth the two-hour wait for the two-second drop at the end. We decide that it is. For the first hour and a half, the stop-and-go line moves so slowly. We play stupid riddle games to pass the time. As we get to the area of the tunnel where you know you’re almost there, we smell the muggy air-mist from the ride. And then, during one of those one-minute stops in the line, Toney throws my arms around his neck and backs us into a groove in the rocky cave wall. I get butterflies, chills, you name it. When he starts to open his mouth, I give him a kiss on the lips.

I feel a little awkward afterward. Not because it’s my first real kiss, but because a couple with a five-year-old child had to interrupt us to move forward. But I don’t care.

I imagine what my dad would do if he saw me at Disneyland. It would probably be a repeat of my sister’s incident, only with my

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**Are you diagnosed with Bipolar Disorder, experiencing Depression, and currently taking Lithium, Depakote, or Zyprexa?**

You may qualify for a research study evaluating an investigational drug and be reimbursed for your time and transportation for your screening visit and each protocol scheduled visit. Total compensation will not exceed $750.00.

Call 619-481-5252 for more information.

The California Neuropsychopharmacology Clinical Research Institute, LLC

CNRI-San Diego
sister laughing at my inconvenience. In the end, I get away with this mischievous act, but I know I won’t get away with everything.

* * *

On a hot Monday afternoon in April 2003, I get a second peek at the Hulk. My father witnesses his little girl wearing a pair of silver bracelets, and I’m not talking about Tiffany. I stand at the front door, escorted by two adults dressed in navy-blue uniforms. Slowly the halo around my head bends out of shape, forming two horns. I have never seen such anger, hurt, and disappointment on my dad’s face before. My sister’s incident cannot compare to what I have done. I am scared. A Filipino dad who is angry is as scary as a bull. You get ready to run.

I do my walk of shame into the house while the two officers tell him the whole story. I want to tell the officers not to mention Toney, but I stay quiet. I’m not about to risk digging myself into a bigger hole.

“She was with a boy about her age who actually stole the vehicle,” says the small female cop. The tall male cop continues, “She was just a passenger, but we would have to consider her to be an accomplice. Since she is a minor, we’ll leave the punishment up to you.”

At this point, I am so afraid of my dad that I would have opted for

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**Inclusion Criteria:**

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

- Male or female 18-55
- No Plavix, Heparin, Coumadin, or any other anticoagulants (aspirin OK)
- No recent weight loss of greater than 10 lbs. or currently on any weight loss drugs
- HbA1c between 7.0-9.5%
- Diagnosed with Type 2 Diabetes
- Males or Females aged 18-74

**Duration:**

- Study visits may include: an initial screening visit, vitals, 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.

**Exclusion Criteria:**

- In overall good health
- Experiencing memory loss? Unable to organize or plan? Forgetting simple tasks?
- Can’t seem to complete projects?
- Male or female between the ages of 45 and 90
- Experiencing memory loss? Unable to organize or plan? Forgetting simple tasks?
- In overall good health

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

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

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

(619) 688-6565
See our website: www.ari-inc.com

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**Do You Have Severe Acne?**

We are looking for:

- 12-54 years of age
- Severe acne with a minimum of 10 large, painful bumps on face, back or chest

Qualified participants will receive:

- Study medication at no cost
- Compensation for time and travel

**For more information call**

Skin Surgery Medical Group Inc.

at 858-292-8641

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**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 TIRGAL study is right for you.

**Duration:**

- Approximately 55 weeks total: 11 clinical study site visits at UCSD
- Study visits may include: an initial screening visit, vitals, 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.

**Inclusion Criteria:**

- Male or female 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 have any questions about the study or would like to find out if you are eligible, please contact Research Coordinator at (858) 592-4326

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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
staying in juvie for the night. I am going to get it.

“What were you thinking, huh?” he yells at me in his broken English, staring with his evil glare.

“I don’t know!” I yell back, with attitude. I am so scared of my dad, I don’t know why my tone comes out like this. I guess I’m angry too. At least my English is better.

“Don’t talk to me like dat! I’m your podder!”

I run to my room. I feel relieved that there’s a door between me and my dad. I don’t want a repeat of me getting a spanking for throwing a dictionary at my sister during a heated argument when I was eight. That was the last time I was punished physically, and I intend to keep it like that.

He knocks on my door.

“What do you want?!” I yell through the door.

He gets louder. “Just open it!”

I open the door, then back up quickly.

“Who is this guy?”

“I'm some guy from school.”

I feel guilty for denying Toney as my boyfriend, but I'm so mad. Also, it might be smart to leave that detail out. I don’t really know where our relationship is going at that moment anyway. If we end up breaking up, it’s pointless to build up another argument with my dad.

My sister, acting clueless, walks in from the other room. "What’s

“Don’t talk to me like dat! I’m your podder!”

He says. She knows. She isn’t deaf.

Shaking his head in frustration, my dad yells, “You’re grounded!”

“Do you even know what that means?” I challenge him because he’s never grounded me a day in my life.

“Dad, let me talk to her,” my sister calmly

RESEARCH STUDIES

Have Diabetes Type 2?

Consider Volunteering for a Clinical Research Study

You may qualify if you:

• Are 18-70 years of age
• Have been diagnosed with type 2 diabetes
• Take oral medication to control your diabetes

As a qualified participant, you will receive study-related care, glucometer, investigational study medication at no cost and compensation for time and travel.

Please call:
Synergy Clinical Research
1-888-365-3203

Itchy from Eczema?

Therapeutics Clinical Research is conducting an 11-week research study of an investigational topical medication for eczema (also known as atopic dermatitis).

We need participants:

• with eczema of the legs, arms and/or torso
• 18-55 years of age, in general good health
• experiencing moderate to severe itchiness

Qualified participants will receive:

• Study-related evaluations by a board-certified dermatologist and study medication at no cost
• Compensation for time and travel
• No insurance required. Confidentiality maintained.

Conveniently located in Kearny Mesa.

Call us at: 858-279-SKIN (7546)

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Website: www.therapeuticsresearch.com

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858-657-8014 or 858-657-8390
or by email at: ucsddermstudies@gmail.com


Menstrual Migraine Headaches

Wishing your period would never come?

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

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

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

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

Have you been diagnosed with Bipolar Disorder and are currently Feeling Depressed?

If so, and you are between the ages of 18 and 65 and currently taking medication for your bipolar symptoms you may be eligible to participate in a research study of an investigational medication for bipolar disorder.

Qualified participants will receive:
- No-cost study-related investigational medication and study-related medical care
- No-cost study-related medical evaluations
- Compensation for your time in the study

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

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

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

Getting a good night's sleep shouldn't be so hard...

If you have trouble falling asleep or staying asleep, you may be interested in learning more about a clinical research study for insomnia.

The purpose of this clinical research study is to determine the safety and effectiveness of an investigational study medication for insomnia.

You may qualify to participate in this study if you are between 18 and 64 years of age and you have been diagnosed with insomnia or experience any of the following symptoms on a regular basis:
- Trouble falling asleep
- Difficulty staying asleep or waking up too early
- Restless or interrupted sleep

Additional eligibility criteria will need to be met in order to participate and the study doctor will decide if you are a good candidate for this study. If you qualify, you will receive the investigational study medication and all study-related medical care at no charge. Compensation for other study-related expenses may also be available. If you or someone you know is struggling with insomnia and would like to learn more about this clinical research study, please contact Synergy Clinical Research at: 1-888-365-3203

Synergy Clinical Research at: 1-888-365-3203

The study doctor will explain the benefits and possible risks associated with participation in this clinical research study. Participation in the clinical research study is completely voluntary. You are free to withdraw at any time for any reason without any penalty or loss of benefits and without effect on your future medical care. Contacting us does not mean that you have to participate or that you will be eligible to participate.
insists. She leads me toward the end of the hall, where the bathroom is.

“What’s wrong, Mae?” she asks with concern.

“I just want to get the fuck out of here!” I want to get away from my dad. I don’t want to hear it anymore. I need to be around someone that can comfort me, not yell out my mistakes and hold it against me. I know what I did was wrong, I just need space.

“Okay, but you can’t talk to Dad like that!”

“Man, whatever! Just get me the fuck out of here!” I feel so frustrated, hurt, mad, trapped, but guilty too. How dare I take this all out on my family? But I need to channel my anger somewhere.

“Okay, okay!” my sister says. “How about you just go to one of your friends’ houses for a while? I’ll take you there myself.”

“Fine. You talk to Dad then. I can’t talk to him.” I feel a little relief that the situation is out of my hands.

Ten minutes after entering the house, I am right out the door.

My dad was always more intimidating than my mom, based on their looks. He is tall and dark, with unreadable expressions, compared to my short, light-skinned, and jolly mom. You’d want to stay clear of him when he’s in a bad mood or about to be.

After the car-stealing incident, my dad didn’t speak to me for days. I missed being his little girl. I remember listening to “Perfect” by
Are You Among the 23 Million People in the United States Living with Diabetes?

Profil Institute for Clinical Research is conducting a clinical research study to evaluate an investigational medication in people diagnosed with Type 2 Diabetes. This clinical research study is not intended to treat a medical condition.

In order to qualify you must be:

- Diagnosed with Type 2 Diabetes
- At least 18 years old
- Taking metformin alone or in combination with one other oral anti-diabetic medication but not taking insulin
- If female, postmenopausal or surgically sterile

If you qualify you may be compensated up to $3,835.00 for time and travel. 16 consecutive overnights will be required.

For more information, call Profil today +1 (866) 245-5402.

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Afraid to show your feet?

Therapeutics Clinical Research is conducting a medical research study to evaluate the efficacy of an investigational therapy for people with onychomycosis, also known as toenail fungus.

**We need participants:**

- 18-75 years of age, in general good health
- With toenail fungus on at least one big toe

**Qualified participants will receive:**

- Study-related health assessments under the care of a board-certified dermatologist
- Compensation for time and travel

**No health insurance required. Confidentiality maintained.**

---

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

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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
Do you have Diabetes?

Are you experiencing pain, tingling, burning, or numbness in your legs or feet?

You may be suffering from painful diabetic neuropathy, or nerve damage caused by diabetes.

Coordinated Clinical Research is conducting a clinical research study to determine the effect of an investigational drug and its ability to treat pain associated with diabetic neuropathy.

For more information call 858-455-5463 or email us at ccr@sandiegotrials.com.

Qualified participants will receive clinical evaluations, lab tests and investigational drug for up to 2 years. You may also be eligible to be reimbursed for $50 per visit to cover meals and travel-related expenses.

Overactive Bladder?

Millions of people each day are bothered by urinary urgency. If you awaken at night to urinate, call to find out about our research study.

Participants receive up to $200.

For more information call California Research Foundation 291-2321.

Researchers at The Scripps Research Institute are working to develop new treatments for people with alcohol problems.

Is your current alcohol use causing problems with your family, your work, your life?

If you want to stop drinking, The Pearson Center for Alcoholism and Addiction Research is conducting a clinical trial to help you reach that goal.

Qualified participants receive lab tests, medication or placebo, individual counseling and compensation for travel. All information is confidential.

Call: 858-784-7867 (STOP)
Or visit: www.pearsoncenter.org

RESEARCH STUDIES

MARKET RESEARCH STUDY

OSTEOPOROSIS

Taylor Research, a local market research company, is looking for people who have been diagnosed with osteoporosis to participate in an in-depth one-on-one or group interview.

The study is related to possible new treatments. Participants will be helping the company marketing the new treatment to understand how to best serve their future patients. A short telephone conversation will confirm whether or not you qualify.

You will be compensated for your time.

If interested, please call: 800-922-1545 x625

Attn: Heavy Drinkers

Researchers at The Scripps Research Institute are working to develop new treatments for people with alcohol problems.

Overactive Bladder?

Simple Plan on repeat because it was exactly how I felt. I couldn’t take it anymore. I picked up the phone and called Toney and suggested that it was about time they met.

I know my parents want my first and only boyfriend to be a Filipino aspiring to be in the military, but instead I give them a half-Filipino criminal. Toney did go to juvie for a night for grand theft auto, but his charges were reduced to a misdemeanor since he was a minor. He did several hours of community service and paid an abundance of fines, or at least his mom did, but he accepted his consequences and took responsibility for his actions. I just hoped that his good qualities would outweigh his bad in my parents’ minds.

Doomsday comes and I am anxious. I don’t want my parents to think Toney is ghetto and be quick to disapprove. He walks in wearing a nice blue dress shirt. He greets my mom with a kiss on the cheek, a custom in our culture, and my dad with a firm handshake. I am surprised that I’ve never seen this side of him before. He walks into our dining area with such poise and sits himself at the table. My mom offers him some food, which he politely declines. That makes me a little nervous because often in a Filipino household, it’s disrespectful to decline food. But I’m sure he already knows that. They talk for a little bit before my dad has to take my mom to work.

“He’s a gentleman,” Mom says, as I walk her out the door. “And he’s really tall.”

“He’s a nice guy,” Dad adds.

That is all the approval I need: multiple brownie points!

* * *

From that day on, I decide to screw the Filipino rules and do what I want to do — of course, while still trying to be respectful toward my parents. I move to Long Beach right out of high school and constantly go out with my friends. It ends up lasting for only ten days before I get homesick.

I used to think that if I did everything on my parents’ list, I would be successful while also making them happy. But whenever I mention journalism or business as my big-picture career choice, they respond with “It’ll be hard for you to get a job! Pick something practical!” I don’t care what they say. I do what I want.

One day my sister announces, “I think I’m going to go into nursing.”

“Oh, good!” Mom says happily.
Hand Eczema?

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

**We need participants:**
- 18-75 years of age
- with hand eczema lasting at least six months

**Qualified participants will receive:**
- study-related evaluations by a board-certified dermatologist and study medication at no cost
- compensation for time and travel

**No insurance required.**

**Call us at:** 619-512-3376
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Website: www.therapeuticsresearch.com

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6386 Alvarado Court, Suite 301, San Diego

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The Center for Metabolic Research

**RESEARCH OPPORTUNITY**

Have you been newly diagnosed with Type 2 Diabetes?

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

You may qualify if you are:
- Male or female between the ages of 18 and 74, with Type 2 Diabetes.
- Not currently taking diabetes medication,
  OR taking metformin (glucophage) only to control your diabetes.
- Have an A1c of 7% or higher (A1c is a test to see how well your blood sugar is controlled over a 3-month period).
- Willing to participate in a research study for up to 5 years.
- Currently in good health (other than your diabetes).
- Not pregnant or planning on becoming pregnant.
- Willing to receive once-monthly study drug injections under the skin.

If you are eligible and choose to participate, all study-related medical care, study drug, metformin (if needed), glucose meter and test strips will be provided at no cost.

Compensation is provided at each study visit (please call for more details).

If interested please contact the Research Coordinator at: (858) 552-8585 ext: 2884
www.vacmr.org

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If so, please contact us today about our research study of an investigational bipolar depression medication.

**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
1-866-428-9499 or visit

---

If you are interested in participating, please contact the Research Coordinator at:

**If interested please contact the Research Coordinator at:**
(858) 552-8585 ext: 2884
www.vacmr.org
Typical, I think, taking a seat on a nearby couch and turning on the TV. Great way to kiss ass!

“Grossmont has a good nursing program,” my sister explains as she takes a seat at the table. “Oh, yeah?” says Dad. “How long will it take?”

My dad is always curious about when we’ll graduate from college. He and my mom have talked about moving back to the Philippines after they retire. He doesn’t get in. She’s disappointed for about a day, until she gains perspective on what she does.

“Yeah, that’s why I’m changing it to public health! Duh, Mae! It’s still in the medical field, so Mom and Dad will be happy. And I don’t completely have to start over.”

* * *

My sister’s current boyfriend of five years is going to be a chemical engineer. That equals big money. My parents dare not question his future. Their main focus is on my boyfriend Toney.

Because of how intimidating my dad is, Toney and I spend our quality time at his mom’s house. His family does all they can to make me feel at home, whereas, after all this time, my parents make Toney feel only somewhat welcome.

“I can’t really be myself at your pad,” Toney says when I ask him to come over. “I constantly have to try...”
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San Diego Reader March 4, 2010 45
and impress your Ps and feed them what they want to hear. I can’t lie to them, so if I tell them something they don’t want to hear, I got to watch my words. My family makes you feel comfortable at my pad. I don’t feel comfortable at your house.”

“You can’t just come here for a little bit?”

I spend some minutes trying to convince him. Finally, Toney agrees to stop by. I’m on my way to meet him at the door when I notice my dad outside, watering plants.

“Toney usually approaches Dad first, to be respectful, even though he knows Dad will use the opportunity to lecture him or give a speech of some kind. I pretend to have to do something in the house while they talk.

“What’s up, Uncle?” Toney says. He calls my dad Uncle. In our culture, that shows respect.

“Oh, hey, Toney. I’m all right.” Then Dad skips the small talk and gets straight to the point. “What are you doing now? Do you have a job yet?”

“Oh, no, not right now.” Toney sways from side to side, while Dad walks around.

“How ‘bout school?”

“Oh, no, not yet.”

Dad is always trying to convince Toney to join the military, so he knows I’ll be in good hands if we were to marry. But reading Toney’s face, I can tell he is thinking of a way to end the conversation.

“Just join the Navy!” Dad says. “I was in it for 13 years.” He starts to get excited.

“They got good benefits. Think about it — 42, 43 you can retire!”

“I’m not really military material, Uncle. Plus, I didn’t like moving from place to place when my parents were in the military, so I wouldn’t want to do that when I have kids.”

Toney spits it out, then attempts to end the conversation by laughing.

“So, uh, Uncle, you’re watering the plants?”

“Yeah, they’re drying up.” My dad starts to water the brown spots in the grass.

“Oh, all right then, Uncle.” Toney moves toward the front door. “I’m gonna see what’s up with Maecel.”

— Maecel Rejas

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**12 noon-6 pm**

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When Grace McGuire started taking flying lessons at 16, she had never heard of Amelia Earhart. So instructors teased the girl, especially because they thought she looked like Earhart. That was in the late 1960s, at a small New Jersey airport. Within seven or eight years, McGuire joined the crew of instructors; except for a hiatus due to illness, she has been teaching ever since. She also became an Amelia enthusiast, learning everything she could about the pioneering aviatrix.

In 1984, McGuire heard that an aviation museum in Orlando, Florida thought it had an old plane similar to one Earhart had flown on historic flights. McGuire immediately traveled south, where she learned that curators weren’t even showing the plane inside the museum. Instead, they had stuck it out back, to weather the elements. The museum’s owner indicated he was willing to sell the plane, and, with the help of some backers, McGuire bought it. Only after closely reading the bill of sale did she realize what she had.

The twin engine Lockheed L-10E Electra was the last remaining plane of 15 manufactured in 1935 for commercial aviation. The model held 15 passengers and became a carrier for Pan American Airways. It was the same model Earhart flew in 1937, when she mysteriously disappeared in the South Pacific during an attempt to fly around the world. The particular plane McGuire acquired had served Pan Am up and down the west coast of South America.

Now that McGuire had the identically designed plane, she announced that she would repeat Earhart’s effort — successfully this time. News media swarmed over the story. McGuire, who claims to be shy before cameras, says she was invited onto Good Morning America to talk about her plans. Shortly afterward, a company contacted McGuire with financial assistance to fulfill her dream.

McGuire named her plane Muriel, after Amelia Earhart’s sister, who late in life befriended this new champion of women’s flying. But by that time, Lyme’s disease had gained a grip on McGuire, putting her out of commission for the next 15 years. Her backers abandoned the round-the-world project, and McGuire almost lost her plane.

Eventually, the Electra was shipped in parts to the Santa Maria Airport in central California, within reasonable distance from the Oakland Airport, where, as Earhart had done in...
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1937, McGuire planned to start her journey. There was much work to be done in San Diego, but the Transportation Safety Administration was making things difficult by insisting that every mechanic pass a criminal background check before entering the commercial airport.

Late last summer, McGuire thought she’d found an arrangement with the San Diego Air and Space Museum that would solve her problems. She put her plane on a truck and delivered it to the museum’s Annex, on the east side of Gillespie Field in El Cajon. As a noncommercial airport, hired mechanics would not be required to face background checks.

Another attraction was that McGuire felt she’d been promised help in completing final preparations to ready her plane for the round-the-world flight. She would test fly the aircraft at Gillespie, and when ready, take off from the airport as well.

But according to McGuire, there are no mechanics in San Diego who can work on the engines of the L-10E Electra. She was sure that the deal she had made with the museum included a promise that such mechanics would be there to help. I asked McGuire if she understands the Electra’s engine. “Of course,” she said. Could she do the mechanical work herself? “No, I only do the brain work.”

Then, her Muriel was assigned to a hangar that the museum occasionally uses for restoration projects, preparing exhibits for show at its main building in Balboa Park (there is a smaller museum in the Annex at Gillespie field).

Not long into McGuire’s stay in San Diego, she discovered her plane covered with sanding dust and a pink overlay of red paint. The substances came from restoration work on a full-scale model Vega, another type of plane Earhart had flown. The Air and Space Museum had received the Vega from the company that produced the motion picture Amelia. The movie was panned as too documentary-like after its release, but did receive lots of publicity; after receipt of the Vega, the museum seemed to have put on a rush to restore it to exhibit-quality appearance. They sent it to the Annex, where alongside McGuire’s Electra, the Vega would have its exterior sandblasted and painted red.

McGuire also noticed a rip in her plane’s skin, on the underside of the tail section. When she complained at the Annex, “they told me it must have happened on the trip down from Santa Maria. I reminded them that I’d...
never noticed it, and that I traveled with Muriel the whole time. She’s been my life.” Eventually, several new friends helped McGuire tow the plane to a hangar she’s rented from Safari Aviation on Gillespie’s west side.

Inside the new hangar, I spoke with McGuire, who has a short-cropped Amelia-style haircut and a slim athletic look. She showed me the dust and the pink overlay on the plane’s surfaces, patches of which she’s already rubbed clean. McGuire told me of the media hype that greeted her on September 5, 2009. Her nervousness left much of the event a blur, but she does have one clear memory: Jim Kidrick, president of the San Diego Air and Space Museum, standing next to KUSI anchor Dave Scott as the cameras rolled. According to McGuire, Kidrick was the museum official who’d promised to help her if she brought her plane to San Diego. A part of that deal, she said, was that “if all went well and the flight was successful, I would loan the plane to the museum for a little while after my flight.”

In the following days, when McGuire noticed refurbishing work going on next to her plane, she approached staff at the Annex. Their response (again, according to McGuire) was that she’d been informed of everything that would happen, which she denied. “I said that if I had known that, I would have waited until they were finished before coming down here. They told me, ‘You have a bad attitude.’”

In describing the museum’s Vega, McGuire used the phrase “a mere mock-up produced for the movie. Unlike the Vega, which doesn’t even have an engine, Muriel has all original equipment. I have always resisted taking her to a restoration shop, where they would replace most of her parts with others made of new materials. “It’s too late anyway,” she said. “One morning I arrived at the Annex, and they were using an air hose to blow the floor dust right at my aircraft. It was getting into everything; I mean, really awful stuff.” She complained that someone had gone into the plane’s cabin and left the door ajar. She said they also took off covers that had been placed over the inner workings of the wings. Without the covers, these workings would be exposed during travel.

“The sanding dust has gotten into everything,” McGuire said. “I don’t yet know how much damage has been done to the engines.” There are approximately 50 volunteers who work at the Annex. For an alternate perspective, I spoke with one of them, who requested anonymity for fear of losing his job. The volunteer said he can see both sides. On the one hand, McGuire comes across as very opinionated and talks to people as if she is the only one who knows anything about the L-10E Electra engine. The plane’s “round” engines, he said, were built onto other planes, including...
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It was entirely Sue’s fault. It started 15 years ago when I lived in Florida and used to come to San Diego to visit my sister. She said, “Hey, let’s go to a couple of thrift stores and see what we find.” And then there we were on Main Street in downtown El Cajon, at the American Veterans Thrift. While she dug through racks of clothes, I stood around, anxious to get out so we could go do something else, anything else. Out of boredom, I finally poked through a few of the racks, only to see things such as worn-out T-shirts from Hooters or Bob’s Body Shop, with underarm stains from the last classy owner. And to think that for $1.50 all this could be mine. No thanks. But Sue insisted, “Wait till you find a leather skirt for $2, or a real fur coat for $4, like my friend Melanie.” Melanie was the one who’d turned my sister on to the thrift-store game. Yeah, well, Melanie can keep her animal skins, I thought. After two hours, Sue had found a few items she was thrilled about. I left empty-handed. However, on that one-week visit, I also went with Sue to her dentist’s appointment up in Poway. After all, when you’re here on vacation, you can’t expect people to cancel their regular appointments. “We have to stop in on this other thrift store,” she announced. “It’s right next door to the dentist’s office, only this one is more upscale. Prices are a little higher, $4, $5, and $6, but they have really great stuff. A lot of it is new, donated from stores.” Reluctant me went along, rolling

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my eyeballs. She was right, though; this store, Fabulous Finds, had a nicer smell and feel to it. I wound up leaving with a pair of sandals from Brazil for $4 and a brand new Wilson leather jacket that fit perfectly for $5. Even with my two great items, I wasn’t in any hurry to return, but I felt a bit better about thrift stores — that one, at least.

On my next biennial visit, I was once again dragged to one of Sue’s favorite secondhand stores in Santee because her growing daughter needed clothes. That was her excuse anyway. When we walked in, there was a sign that read, “BAG SALE — ONE DAY ONLY.”

“What does that mean?” I asked.

The Salvation Army store clerk handed me a plastic bag, like the type you get from the supermarket, and said, “You pay $10 for the bag, and anything you can fit in it is yours.”

I wasn’t so sure I wanted a bag, but I moseyed around anyway. It was summertime, and eight cute little tops, two pairs of shorts, and one bebe size-two blazer fit into my bag just fine. I was hooked. “Look at this blazer,” I told my sister. “It looks new! You can’t buy anything like this for under $200 at bebe.”

After my great finds, it got to the point where, whenever I planned a visit to San Diego, I would pack an extra duffel bag and write on my To Do list, “spend a day at the thrift stores.” By now I had my personal favorite, a store in which I always found one or two items that were such deals, they made my day.

A couple of years later, I relocated to Los Angeles to attend school. Once settled, I started seeking out thrift stores. I soon learned that what San Diego called thrift stores, Los Angeles called “vintage.” These shops carried the same type of secondhand clothes, knick-knacks, and furniture, only the prices were sky high. After several outings, I learned to save my thrift-store budget for weekends in San Diego.

The $10 bag specials took place once a month, so every other month I found myself in San Diego, eager to participate in searching for the best finds. Eventually, I had to hang a second garment pole in my closet to accommodate my growing wardrobe.

On one occasion, I felt embarrassed when a saleslady heard Sue tell me, “If you roll the clothes up, you can get more in the bag.” The saleslady promptly handed us each another bag. “If you double up, it will be stronger, and you can get more in. It’s fine if things hang out of the handle holes, as long as it’s partially in the bag.” Apparently, the sales were scheduled when the store needed room for new deliveries. I snagged a yellow cashmere sweater and a pair of my-size pants, also made by bebe. On the way out, I spotted a fake sheepskin tan-colored jacket with big side pockets. It was in perfect condition. I threw it on top of my already over-stuffed bag, feeling a bit like a thief. Having moved from the tropics of south Florida...
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have found new items that simply had the wrong size label sewn in. Instead of the manufacturer pulling the garment apart and sewing in a new label, they donate it.”

By the way, that reminds me of another tip I’ve learned: Don’t pay attention to the size on the label; the garment may have been donated due to having a wrong-size label; also, I’ve found countless clothes items labeled medium or large, which were actually small. Someone probably paid a lot of money for those blouses, skirts, or pants. They wore them once or twice, washed them, and they shrunk. Now that they no longer fit, the items found their way to the thrift store.

I’ve gotten really good at picking out my own size with just a quick look. My sister claims — and it may be true because of my “shrink” theory — that the pickings are better for smaller-sized people. The extra-added benefit of pre-worn, pre-washed items is that I don’t have to worry about them shrinking on me. By the way, that same friend who once snubbed my favorite thrift store now has a house half furnished with pre-owned items. When her fridge went out and her washer broke down, three guesses where she got almost-new appliances at bargain prices, and she’s still using them.

Me? Well, you might say I’ve been a thrift store enthusiast, at least here in San Diego. Which is not to be confused with a thrift store junkie. The junkies are the people (like Sue) who can’t stop bargain-shopping, even though their apartments are so full it would take a bulldozer to clear them. Not me. As a matter of fact, I even have a rule: When something comes into the house, something goes out. Oftentimes, I donate it right back to where I originally got it.

For a struggling artist, thrift stores made sense in more ways than one. First, I couldn’t afford to buy new clothes or furniture. Second, I found the coolest stuff. None of those racks filled with the same item, in five colors and every size imaginable. Instead each item was different and unique, I’d find ways to pair clothing with a cool belt or scarf, or a matching hat found months later at another thrift shop.

I have received compliments on my clothing over the years, such as “I love your blouse” or “Adorable dress. Where did you get it?”

Proud of my finds, I would answer, “The Humane Society Thrift in Cardiff. The price tag, $2,” or sometimes, elaborating, “Well, it was supposed to cost $3.30, but on half-price Wednesday, I got it for a buck seventy five at the Cerebral Palsy Thrift in Pacific Beach.”

Some friends advised, “Don’t reveal too much. Just say thank you.” They realized not everyone was ready to hear my answer.

As for the business of secondhand stores, as one friend in retail put it, “It’s all in the buying.” In other words, profit has to do with what you paid for what you are selling. All the items at...
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Includes: European facial, 1-hour therapeutic body massage, manicure, pedi-spa, and your choice of: mineral salt scrub, sea mud wrap, detox linen wrap or detox hydro-pack wrap for slimming.

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As I’m writing this, I look down at what I am wearing, all of it — boots, blouse, shirt, and scarf — and realize where every bit of it came from and how much it cost, just like in those women’s magazines where they show the price tag of the model’s outfit (shirt $375, blouse $425, boots $350). I own comparable outfits. Move the decimal two places to the left, then consider if I’d still shop at my favorite secondhand stores are non-profits, with proceeds going to charities such as Goodwill, American Vets, the Humane Society, Salvation Army, and St. Vincent de Paul, to name a few.

As a thrift store enthusiast, I have to say that if my tax bracket increased, or if I won millions in the lottery, I would go out and buy my own house, purchase a new car, and give to the charities of my choice, but when it comes to clothes and furniture, I’d still shop at my favorite secondhand places. However, on my lottery-winning charity list would be the Salvation Army, pay back to them for keeping me stylishly dress all these years, and for my ever owning any furniture at all. — Pam Summers

Mari is an actual patient & mother of 5.

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Let's Talk About Your Options

Are you mugging me?
(meaning giving him a dirty look), and my son said no, and he turned around to continue walking. One of the officers jumped on him and sat on him while the others basically beat the crap out of him.

People start to gather, and they put my son in the back of the car and stated that he was going to be arrested. Well, during all this, his friends started asking people in the crowd for their phone numbers to be witnesses, and then all of a sudden an officer came to the car and said he was free to go!

I called them the next day, and essentially the officer in charge said that there were no cameras and that it was his officers' word against the boys'! It's scary that these people are given so much authority and control — absolutely scary!

Stephanie Butticci
via email

They Must Be Obeyed

I'm very upset about what you wrote about homeowners' associations ("Home Owner Association Horror Stories," Cover Story, February 18). I'd say 80 percent of what was written was false. The CC&Rs have to be followed, and the board of directors cannot do anything without a vote. Whoever wrote this article did not know the CC&Rs. It's a very bad article.

Dolores Prestikowski
via voice mail

Get Me Out Of Here

I'm calling concerning your February 18 cover story "Home Owner Association Horror Stories." I was wondering if you're going to do...
a follow-up. If you’re stuck in one of these horror stories, what can you do? What are the legal steps? And then if you do take those steps and they try to retaliate, then what can you do? I think that would be a real good follow-up. I read your Reader weekly, and I greatly enjoy it.

Tom Abbott
Mission Valley

Just One Side Of The Condo
Two issues:
(1) Just wondering who decides which restaurants to include in your list of restaurants by area. Only two are listed in Imperial Beach, despite the fact that we also have a tremendous sushi restaurant, a couple of great Mexican seafood restaurants, a great old steak and pizza restaurant, and others (although not enough!). How do we get some more of the restaurants listed?
(2) The cover article “Home Owner Association Restaurant, a couple of great restaurants listed in Imperial Beach, and therefore, the HOA dues in return except complaints of work for the association and the board are increased, which is the only way to fund reserves, and still pay the day-to-day expenses! There is no way to equate reserves, yet the homeowners scream if their dues are increased, which is the only way to fund reserves and still pay the day-to-day expenses! There is no way to fund reserves, repair the roofs and streets, maintain the landscaping, and provide the long list of services required

Also, I don’t know where the author gets his idea that an HOA is represented as a democracy. The board is elected to run the association, with input by the homeowners, and they have the responsibility to make the decisions. It is completely impossible to please everyone all the time, so they obtain whatever expert opinions are needed, listen to homeowner input, and then make the best decisions they can make.

If a boardmember attempts to promote a special interest, he or she will typically not be reelected and may even be ousted, and typically the other boardmembers will not allow this to happen.

The article complains that many associations have inadequate reserves, yet the homeowners scream if their dues are increased, which is the only way to fund reserves and still pay the day-to-day expenses! There is no way to fund reserves, repair the roofs and streets, maintain the landscaping, and provide the long list of services required

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within an association without adequate homeowner dues, so if the reserves are inadequately funded or maintenance problems exist within the association, the home-owners only have themselves to blame for resisting paying what is necessary to improve the project. People don’t think they should have to pay expenses as they would if they owned a single-family home; because they live within an association, they think that somehow things should magically get done without any contribution by them.

I’ve been taking minutes at board meetings for over 25 years and have worked for two law firms who handled HOA law, so believe me, I know what I’m talking about. I took minutes one year at an annual meeting where the board thought it would be nice to provide a few inexpensive snacks for the homeowners at the meeting, which cost each homeowner something like 30 or 40 cents total out of the association budget, and one man actually went off the deep end yelling about how the board wasted the homeowners’ money and spent it on something the homeowners hadn’t authorized! You cannot even imagine the ignorance and craziness that goes on within these communities. And the only reason boardmembers remain boardmembers year after year is because the rest of the homeowners are so apathetic that they don’t want to bother to attend meetings to find out what’s really going on or how an association actually must operate according to its governing documents, and they don’t want to be on the board or even on a committee!

So, again, the article was extremely one-sided, and I could write an article with completely the opposite perspective, and every word of it would be true.

Donna MacKersie
via email

Writers decide which restaurants to review. Readers can submit suggestions to writers on the Reader website. The 1400 restaurant listings, which include 6 in Imperial Beach, rotate in the paper each week.

— Editor

No Downsizing, Please

I really like your comics, especially “Red Meat,” “The Dinette Set,” and “Overheard in San Diego.” I know times are tough, but I hope you can keep them. They are a major reason I pick up the Reader.

Rob Stegman
Carlsbad

Comments from Reader Website

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

Musician Interview Published Feb. 24

By CuddledFish 1:17 p.m., Feb. 24, 2010

Great read, will definitely check out the music referenced in the article. My best friend when I was growing up had a sister who was studying opera, a coloratura soprano as well. The whole family had these amazing voices. I used to tell people my best friend sang better than Whitney Houston (this was when Whitney was at her prime), I don’t think they believed me.

Thanks for this article, Jay.

By antigeekess 7:40 p.m., Feb. 24, 2010

“A coloratura is therefore a soprano who deals with these sorts of passages but also generally has a higher range than most sopranos, which extends as high as an F above high C. Most other types of sopranos will have high C as the highest in their performed repertoire.”

What? I’ve never heard anything like this. Soprano, mezzo soprano and contralto refer to range. Coloratura refers to flexibility.

http://www.youtube.com/watch?v=dDE_eMVoKxQ
‘chills’

By CuddledFish 8:08 p.m., Feb. 24, 2010

My understanding is that coloratura refers to a style of singing opera. I don’t know that much about the technicalities of opera, though.

http://www.youtube.com/watch?v=5VvmWuHsg5Q
‘chills’

AG, I added a post on my AT thread, take a look! :)

By propham 5:10 p.m., Feb. 25, 2010

Antigeekess: I actually specifically meant a coloratura soprano. Not just a coloratura singer. You are right, every singer CAN sing coloratura, but in reference to a specific fach of singer, the above describes a coloratura soprano.

By antigeekess 11:59 p.m., Feb. 25, 2010

Okay, Alize. Thanks for clearing that up.

And a terrific coloratura soprano you are, BTW! For the peanut gallery, I think this vid of you from a couple years ago provides a nice illustration of what we’re talking about.

http://www.youtube.com/user/oprahandt#p/u/7/dAK-fcbPUMY

Love your dress in this one!

http://www.youtube.com/user/oprahandt#p/u/5/j-axI1KccE

Really cute performance, too :) We’ll keep an eye out for you at the Met.
Sleep and Goats
Published Feb. 24
By CuddleFish 2:26 p.m., Feb. 24, 2010

Thanks for this article, Matthew. In 2006, St. Anne’s, my parish church and the church I grew up attending, was closed for a time, then re-opened to offer the Latin Mass. There was some controversy among the community members about closing it as a parish church and then re-opening it in its present format, but I think everyone has adjusted now, either attending this church or finding another to attend that better suits their needs.

I personally like attending the Latin Mass, and hearing Gregorian chant, but I do not attend that church.

Diary of a Diva
Published Feb. 24
By refriedgringo 2:12 p.m., Feb. 24, 2010

“You don’t want to know…”

And we both know it’s a lot more hardcore than this. A lot more. And men, the dogs that we are, do not get nearly to the level that women get to. Seriously! This is why we invented sports :)

By PistolPete 3:20 p.m., Feb. 24, 2010
LULZ. refried….LULZ!
How true…

By Barbararella 3:43 p.m., Feb. 24, 2010
That’s very true, refried. I really scrubbed this up so as not to absolutely horrify my younger/older readers.

By PistolPete 3:48 p.m., Feb. 24, 2010
C’mon Barb! Sex sells and so does controversy! The latter probably being why I haven’t been banned from this site yet! :-D LOL!

By SDaniels 5:43 p.m., Feb. 24, 2010
I have to agree that it sucks you have to ‘scrub’ your writing, Barb. Your opinions on sexual role play as a ‘femme domme’ are doubtless informed, fascinating, and if they happen to be controversial, all the better. I’d bet that most of your regular readers would appreciate the deeper perspectives :)”

By Alisia 9:52 a.m., Feb. 25, 2010
I have to disagree with you, SDaniels. What’s wrong with being subtle? What’s wrong with leaving some things to the imagination. We all know that more went on at this party than Diva Barbararella let us in on. And that’s fine. That’s as it should be. Every generation, some comedian or writer or singer or actor makes a name for himself by throwing subtlety out the window and being super explicit about everything. The result is flash-in-the-pan celebrity based mostly on notoriety. Then people quickly tire of the act. Barbararella is smart enough to avoid that fate.

Cover Story
Published Feb. 24
By PistolPete 5:13 p.m., Feb. 24, 2010
Chalk up another awesome cover story! Being from Chicago, yet also a country boy as well, there’s something truly cathartic and inspirational about the highways, byways, tollways and freeways of America…

Blurt (“That’s So Un-Punk”) Published Feb. 24
By Seth 5:27 p.m., Feb. 24, 2010
Jay-Can’t you come up with your own story ideas instead of recycling mine and trying to pass off as your own? I wrote about all the Diistarte drama in Locals almost a month ago. Same with the story on Felicia. Lazy.

Blurt (“What’s with the Paparazzi?”) Published Feb. 24
By Seth 5:33 p.m., Feb. 24, 2010
Sanford and Sons-Can’t you come up with your own story ideas instead of recycling mine and trying to pass off as your own? I wrote about this three weeks ago in Locals. Same with the story on Diistarte. Lazy.
Oh, and BTW, Felicia should be contacting you about the unauthorized use of her picture. I told her she should bill you $1500 (seemed like a good figure). I’m sure your publisher can write it off. :)

By Turbo 5:57 p.m., Feb. 24, 2010
How ironic, that you use a picture from myspace…..this is exactly the kind of use the photographers were trying to protect.

This is a horrid article, totally recycled, and not even the whole story. Did you do ANY research? Fact checking? Did you even give Felicia the courtesy of calling her to let her know there was an article?
You didn’t even put the “.com” at the end of her URL.
Freedom of the press does not come without it’s responsibilities.

Jay Allen Sanford, you should be ashamed of yourself. If you made any money on this article you should be reprimanded.

By PistolPete 10:30 p.m., Feb. 24, 2010
Looks like Jay’s article had 3x as much info than Seth’s. I’d say Jay beat Seth at his own game…

By antigeekess 11:12 p.m., Feb. 24, 2010
Nah, it’s Jay’s game. This Seth twerp writes like he’s about 19, and if there’s a version of this story that qualifies as “lazing,” it’s clearly his. His style actually reminds me of a certain cretin, recently ejected from this locale.

As for the other one (who apparently thinks he’s a comic book character), I find it “ironic” that he doesn’t even know the difference between “it’s” and “its,” yet feels free to lecture other folks about their writing.

The unfortunate part is, neither one of them is even the least bit entertaining.

Movie Review
Published Feb. 24
By SDaniels 8:16 p.m., Feb. 24, 2010
“…unscrupulous bait-and-switch tactics that have become a vogue, if not a full-blown genre, ever since The Sixth Sense. All it needs to become a genre is a label: the gotcha genre, the pull-therug-out genre, the nothing-as-it-seems genre, the just-fooling genre. (Suggestions wanted.)”

Suggestions wanted, really? Ok, my two cents, then. I don’t think this filmic (also textual) device merits an entire generic class unto itself! We could perhaps consider it to be a subgenre, but we run into problems here, because this device can be used in any film or text, no matter the genre—romantic comedy, horror, suspense, etc. etc.

So it is a generic device, rather, in both senses, and in my opinion, you’ve already designated it, Duncan:

It’s the old “bait-and-switch” tactic, and now [cue fanfare] if you must— the “bait-and-switch” multigeneric device! ;)

---

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Thursday | 4

**TENNIS, ANYONE?**
The Pacific Coast Men’s Doubles Tennis Championship is in its 121st year and is returning to the La Jolla Beach and Tennis Club. Competing will be some of the country’s top collegiate teams as well as many local teaching pros and junior players. See **SPORTS**, page 79.

**VISUALLY AND AURALLY INSPIRING**
History buffs convene with the Lemon Grove Historical Society when Louise Torio, chair of Friends of the Villa Montezuma, regales with stories of the saving and resuscitation of this unique historic site in Sherman Heights as part of the History Alive lecture series. Hear tales of preservation battles won, lost, and won again. See **LECTURES**, page 78.

Friday | 5

**PIPPI LONGSTOCKING**
An unlikely hero is found in a feisty little girl with memorable red braids. San Diego Junior Theatre presents this stage adaptation of Astrid Lindgren’s classic tale of the adventurous, independent Pippi and her friends. See **FOR KIDS**, page 74.

Saturday | 6

**LOOK, UP IN THE AIR!**
All sorts of shapes and sizes will fly over Ocean Beach during the 62nd annual Ocean Beach Kiwanis Kite Festival, with kite-making and flying for all ages. Craft fair, food, entertainment, and carnival rides add to the fun. See **SPECIAL**, page 72.

**CULTURE CLASH IN AMERICA**
Culture Clash is back with a funny, satirically barbed, and moving show. For years, the Latino troupe has traveled around the country interviewing any and all, eliciting responses you won’t hear on TV. This show blends old and new material. See **THEATER**, page 112.

Sunday | 7

**WHAT AN UGLY MUG!**
Decide for yourself if it’s possible for a pup to be so ugly that it’s cute at the annual Ugly Dog Contest in Del Mar. Over 400 dogs will compete in categories including ugliest dog, cutest dog, best trick, dog that most resembles its owner, best costume, and more. See **SPECIAL**, page 72.

**WHAT’S UP, AMERICA?**
San Diego author Diane Asitimbay discusses *What’s Up, America?* (subtitled “A Foreigner’s Guide to Understanding Americans”) in conjunction with the One Book, One San Diego program. Asitimbay’s book offers a “humorous look at American behavior based on real questions international visitors and residents ask.” See **IN PERSON**, page 76.

Monday | 8

**GROW ALL THE BEST**
Pat Welsh debuts her new book, *Pat Welsh’s Southern California Organic Gardening*, and discusses “Growing Summer Vegetables the Organic Way.” Learn how to plant, feed, water, harvest, and control pests and diseases without synthetic fertilizers or poisonous sprays. See **LECTURES**, page 78.
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Gather No Moss
TRAVEL STORIES AND TIPS FROM OUR READERS

The Balkans by Bus
By Robert Isenberg
“Just fly,” my friends told me. “Or rent a car. The bus will take forever.”

The Balkan bus system is a confounding web of coaches and stations. Unlike in the U.S., there’s no equivalent to Greyhound. Each vehicle in the Balkans seems to be owned by a separate company. Meanwhile, the roads are narrow and treacherous, snaking along steep mountains that drop into the sea.

But I loved leapfrogging through the former Yugoslavia by bus. The vistas are breathtaking, and the buses are crammed with travelers from all over the world — Montenegrins share seats with French and Australians.

After each harrowing five-hour trip, dodging mopeds and plummeting through tunnels, the bus would dump me in yet another strange medieval town. No parking, no reservations, no fuss. I could walk into the old city with only a backpack and a tourist map or hop the next bus to another coastal village. When I was tired, an army of cabbies offered hostel beds for 20 euro a night.

Vieques Island, Puerto Rico
By A. Gracia
If you thought life in the Caribbean was laid back, Vieques, an island municipality to the east of the Puerto Rican mainland, takes it to the extreme. Most of the island looks and feels like the countryside of Puerto Rico, but Vieques is also a prime destination for beach-hopping and eco-tourism.

Most tourists come to Vieques for the bioluminescent bay at night and the beaches during the day. Bahia Mosquito is perhaps the most magical place on earth. On a moonless night, it feels like bathing in stars. Besides Island Adventures, which offers an electric boat tour, continued on page 70

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Fall in Love Again

Vietnam/Cambodia
March 30-April 10, 2010
Bali: April 28-May 8, 2010
Galapagos: June 11-20, 2010
Fiji: July 28-August 8, 2010
Greece: June 11-20, 2010

In-room Jacuzzi & fireplace $129/night

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Singles in Paradise

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Big Spring, tucked in a tributary of Tubb Canyon on the west side of Borrego Valley, is one of the more reliable water producers in the Anza-Borrego Desert State Park. As such, it’s an important watering hole for local wildlife. Tracks on the sandy pathways leading to the spring show evidence of visits by coyotes, mountain lions, and bighorn sheep.

Unknown to most park visitors, Big Spring is quite easy to reach on foot — only a three-quarter mile walk from the nearest paved road. To get to the starting point, drive to mile 11.2 on Montezuma Highway (about halfway between roadside mile markers 11.0 and 11.5), around halfway down the long and twisting Montezuma Grade going from Rancho to Borrego Springs. Park in the turnout on the layby side of the highway. Take some liquid refreshment with you, since the water in the spring can’t be guaranteed as potable.

Walk due south across 400 yards of flat terrain, and cross over a gentle saddle. After January’s and February’s copious rainfall in these parts, you might see (by mid-March anyway) plenty of cactus blooms hereabouts. After the 400 yards you should pick up a trail that descends into a sandy wash — the head of Tubb Canyon. After about 200 yards downstream the trail leaves this wash and passes over a low saddle to the south. Big Spring lies beyond, in the bottom of Tubb Canyon’s south branch. At the spring, the water rushes through tall thickets of seepwillow and thorny tangles of cacti and mesquite — so it may be hard to reach the water with one’s head intact. Small willows and cottonwoods raise their crowns above it all. Enhancing the scene is the massive presence of Pinyon Ridge, dotted with pinyon pines, rising to the south. Before going back to the highway, try climbing the small hill (2720 feet elevation) east of the saddle you just passed over. This is one of the panoramic viewing sites used by volunteers during the Anza-Borrego Desert summer bighorn sheep census.

This article contains information about a public 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.

Vieques continued from page 68

Travesías Isléitas and a few others offer kayak tours.

After this magical experience, you can head to the malecón in Esperanza to grab a bite or fraternize with locals and visitors at La Nasa — perhaps the most informal spot among Esperanza bars and drinking holes.

During the day, Vieques is a remarkable destination for beach hopping, offering an unparalleled variety of beaches for an island its size. Although Playa Flamenco on the nearby island of Culebra holds more fame and a worldwide reputation, Vieques’ beaches are in no way inferior. Similar in size and atmosphere are Blue Beach (also known as La Chiva) and Red Beach (Caracas). Sun Bay is also worth a visit. Finding and arriving at the more remote beaches can add to the sense of adventure, unless rain renders the roads difficult to drive on. In fact, my favorite beach in Vieques is among those better reached with a 4x4 vehicle.

To get to Vieques, you’ll need to fly to Puerto Rico first, although a few small airlines such as Vieques Air Link (888-901-9247 or 787-741-8331) offer flights from St. Croix.

Caribbean Guatemala

by Michael Mullenix

Caribbean Guatemala with Mayan ruins? You bet. Situated between Belize and Honduras, the short Caribbean coast of Guatemala displays a panoply of history and beauty.

Starting from our cruise-ship stop at Santo Tomás de Castilla, we boated our way through the dense jungle on the Rio Dulce for two hours — and back 500 years. At a strategic bend in the river stands the Castillo de San Felipe, a restored Spanish fort originally built in the 1500s to guard the Spanish trade route against early pirates. With its cannons aimed along the river, the fort commanded full control of Rio Dulce. After lunch at adjacent Banana Palms Resort, we bused an additional 1000 years back to the Mayan ruins of Quiriguá, thought to be an important way station along Mayan trade routes that stretch along the Yucatán Peninsula and Central America. The buildings and courtyard in the 75-acre site are clear examples of Mayan culture and architecture. The 22 stelae (large upright stones with sculptured surfaces) tell the tales of Quiriguá’s great events and were chiseled between A.D. 750 and A.D. 805.

How to Send Us Your Listing: Contributions must be received by 5 p.m. Friday the week prior to publication for consideration. Do not phone. Send a complete description of the event, including the time, date, cost, the precise address where it is to be held (including neighborhood), a contact phone number, and a phone number (including area code) for public information to READER EVENTS, Box 85803, San Diego, CA 92186-5803. Or fax to 619-881-2401. You may also submit information online at SDReader.com by clicking on the events section.
**interested in Native flora?**
Join friends of the Point Loma Native Plant Garden, learn about native flora while caring for collection of rare, endangered native plants and trees. Watering, trail maintenance, invasive plant removal, other light gardening activities. Tools provided. Find garden next to GreenCliff Apartments, 4444 Greene St., Ocean Beach, 619-297-7380. Saturday, March 6, 9am; free. Point Loma Native Plant Reserve, Mendocino Boulevard and Greene Street. (POINT LOMA)

March through Meadows
Savor bucolic beauty of a secluded canyon along some little-known horse trails in “meadows” area of Carmel Valley during brisk-paced three-hour Walkabout ramble. Meet in parking lot just south of Highway 56. 619-231-7463. Sunday, March 7, 9:15am; free. Walkabout trailhead, Carmel Country Road at Clewes Ranch Road. (CARMEL VALLEY)

Native Plants in Switzer Canyon
California Native Plant Society leads walk with focus on common native plants and their uses. Wear sturdy shoes. 619-280-8234. Saturday, March 6, 10am; free. 7 and up. Switzer Canyon, 28th Street at Maple Street. (NORTH PARK)

Rediscover Old Escondido West
Walking tour led by Escondido History Center guide, starting at southeast corner of Girard and Broadway, 760-743-8207. Saturday, March 6, 10am; free. Draper’s and Damon’s, 101 East Grand Avenue. (ESCONDIDO)

Seek Shooting Stars
Search for Saturn and Jupiter, and more during stargazing parties planned (weather permitting) in Miracosta College’s baseball field. Call to confirm: 760-757-2121 x6201. Friday, March 5, 8pm; Saturday, March 6, 8pm; free. Miracosta College, One Barnard Drive. (OCEANSIDE)

Vernal Pool Walk
Join naturalist Mike Kelly to explore rare vernal pool habitats. Meet “extremophile” plants and animals living in this challenging environment. 858-484-3219. Sunday, March 7, 9am; free. López Ridge Park, 7245 Calle Cristobal. (MIRA MESA)

**special**

“Foundations of Christianity”
Eight-session study group on basic tenets of Christian faith, including “the existence of God, the veracity of the Bible, the nature of man, the deity of Christ, the meaning of the gospel, and what it all means to modern Americans.” 619-448-7588. Thursday, March 4, 6:30pm; free. Prospect Avenue Baptist Church, 8836 Prospect Avenue. (SANTEE)

“Quarterly Comic Con”
Comic culture fun — all kinds of merchandise for sale, comics, memorabilia, film festival, live art, dealers, seminars, workshops, more. 619-381-8297. Sunday, March 7, 10am; free-$7. Scottish Rite Center, 1895 Camino del Rio South. (MISSION VALLEY)

“Vibrant Visions”
Reception for Coastal Artists participating in “Art Windows” exhibition. See the multimedia exhibit in a vacant storefront at center through Tuesday, April 13. 858-259-5690. Sunday, March 7, 3pm; free. Del Mar Highlands Shopping Center, 12905 El Camino Real. (DEL MAR)

**WOW: Women on Waves**
Exhibit opens with ribbon-cutting. Show “explores many aspects of feminine wave-riding,” documents highlights of women’s contributions throughout the sport and culture of wave-riding, chronicles beach fashions women endured or created, milestones they hit, and “oft-overlooked influence the feminine mystique has had on surfing.” 760-721-6876. Saturday, March 6, 1pm; free-$3. California Surf Museum, 312 Pier View Way. (OCEANSIDE)

**Friday Night Liberty**
Instructors offer art demonstrations every hour (starting at 5pm). Register for workshops. 619-223-0058. Friday, March 5, 5pm; free. Bravo School of Art at NTC Promenade, 2690 Decatur Rd., studio 206, POINT LOMA

Gem Faire
Marketplace for gems, stones, beads, jewelry, minerals, fossils, meteorites, lapidary equipment, metaphysical items, more. Workshops, classes offered. 503-252-8300. Friday, March 5, noon; Saturday, March 6, 10am; Sunday, March 7, 10am; free-$5. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

**Gray Whale Season Returns!**
Outings hosted by Birch Aquarium at Scripps and San Diego Harbor Expeditions boast Scripps naturalists on hand to share information about gray whales, the ecology, and history of San Diego Bay and Scripps Institution of Oceanography. Detect, listen to whale 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; Mon-
Rhyme & Verse
1994 — Lucille Clifton

i was leaving my fifty-eighth year
when a thumb of ice
stamped itself hard near my heart
you have your own story
you know about the fears the tears
the scar of disbelief
you know that the saddest lies
are the ones we tell ourselves
you know how dangerous it is to be born with breasts
you know how dangerous it is to wear dark skin
i was leaving my fifty-eighth year
when i woke into the winter
of a cold and mortal body

Lucille Clifton is a poet, fiction writer, and author of children’s books. Her volume, Blessing the Boat: New and Selected Poems 1969-1999, won the 2000 National Book Award for Poetry. In 2007 she received the Ruth Lilly Poetry Prize, which honors U.S. poets whose lifetime accomplishments warrant extraordinary recognition. This year, 2010, she was awarded the Frost Medal from the Poetry Society of America in honor of “distinguished lifetime service to American poetry.” Lucille Clifton passed away just a few weeks ago, on February 13. The poem “1994” is from The Terrible Stories © 1996, published by BOA Editions, Ltd., and is used with permission.

What an Ugly Mug! The 15th annual Ugly Dog Contest promises over 400 dogs competing in categories including ugliest dog, cutest dog, best trick, dog that most resembles its owner, best costume, more. Registration at 10am; showtime 1:15pm. Competing canines charged $6 per category. 858-755-5913. Sunday, March 7, 10am; $8. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

CLASSICAL MUSIC

“Brilliantly Polished” Discovery Series hosted by Jolla Music Society continues with an all-Chopin concert by pianist Jean-Frédéric Neuburger, who won first prize at the Young Concert Artists International auditions. 858-459-3728. Sunday, March 7, 3pm. $5. Neurosciences Institute, 10640 blvd. Morehouse Drive. (LA JOLLA)

“Cello Concert in D” Enjoy this Haydn piece when soloist Rusan Biruyov joins New City Sinfonia for concert. Program includes Haydn’s “Symphony No. 101 (The Clock),” Rutter’s “Suite for Strings,” “Nocturno for Winds” by Mendelssohn, and “A Shakespeare Suite” by William Walton. 858-527-4457. Friday, March 5, 7:30pm; free. First Unitarian Universalist Church of San Diego, 190 Front Street. (LA JOLLA)

“Revered Graduate!” Vocal program by Palomar College alumnus Gregorio Gonzalez (baritone) for Concert Hour Series. Listen for “Zarzuela Romanzas” by Moreno Torroba; operatic arias by Mozart, Donizetti, and Korngold; Latin-American standards; musical theater selections. 760-744-1130 x2316. Thursday, March 4, 1:30pm; free. Palomar College Performance Lab (room D-10), 1140 West Mission Road. (PALOMAR COLLEGE)

Romantic Duets in the Italian Tradition — Love and Betrayal Enjoy instrumental and vocal music by Handel, Monteverdi, Rossini, Cavalli, and Manelli when Daniel Taylor and Taylor LeBlanc and Theatre of Early Music take stage for San Diego Early Music Society. 619-291-8246. Friday, March 5, 8pm; $10-$35. Saint James the Sea Episcopal Church, 743 Prospect Street. (LA JOLLA)

“The Next Star” Audience members “select the next superstar among semifinalists of our regional star music search after their performance” with Orchestra Nova. Evening concludes with Schubert’s “Symphony No. 5.” 858-350-0290. Friday, May 5, 7:30pm; $22-$50. St. Thomas the Apostle Cathedral, 2728 Sixth Avenue. (BANNER’S HILL)

All Beethoven! Berlin-based Arthurmes performs Beethoven’s String Quartet in Major No. 2 (Compliments), “String Quartet in A Major No. 5,” “String Quartet in E Minor No. 8 (Rasumovsky).” 858-534-TIXX. Saturday, March 6, 6pm; $46. Conrad Prebys Music Center at UCSD, Russell Lane at Gilman Drive. (LA JOLLA)

Chamber Ensembles Concert Student musicians at UCSD perform a range of works, directed by Jany Négyesy. 858-534-3229. Wednesday, March 10, 8am; free. Conrad Prebys Music Center at UCSD, Russell Lane at Gilman Drive. (LA JOLLA)

Experimental Music UCSD cellist and experimental music pioneer Charles Curtis directs his student protégés in a performance incorporating several pianos and a dozen transistor radios. 858-534-3229. Monday, March 8, 6pm; free. Conrad Prebys Music Center at UCSD, Russell Lane at Gilman Drive. (LA JOLLA)

More of “The Next Star” Audience members “select the next supertalent among semifinalists of their regional star music search after their performance” with Orchestra Nova. Evening concludes with Schubert’s “Symphony No. 5.” 858-350-0290. Saturday, March 6, 8pm; free. Conrad Prebys Music Center at UCSD, Russell Lane at Gilman Drive. (LA JOLLA)

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DANCE

“A Night of Passion in Dance”
Middle Eastern dance show by troupes from Southern California, as well as Fahtiem, Rachel George, Lucia, DaVid of Scandinavia. See Bollywood, Turkish, Persian, Saudi, Egyptian dance. 619-405-2308. Sunday, March 7, 8pm; $30. Golden Nights Hall, 7520 El Cajon Boulevard. (LA MESA)

“David Patrone $10,000 Swing Dance Spectacular”
David Patrone Productions hosts swing dance competition and lessons. Contestant registration: 4-4:45pm; swing dance lessons with Jim and Margie (5-5:45pm); live music for swing dancing (6-9pm). Semifinals: March 21. Finals: March 28, 6:30pm; $15. Zorba’s Greek Buffet, 100 Broadway. (CHULA VISTA)

Arabian Nights
Zorba Stars dancers perform Arabic-themed belly-dance stage show. Greek buffet, full bar, live music, open dancing after show. Reservations: 619-422-8853. Friday, March 5, 6:30pm; $15. Zorba’s Greek Buffet, 100 Broadway. (CHULA VISTA)

Ballroom, Latin, and Swing Dance
Enjoy “everything from waltz to swing to salsa.” 858-565-9575. Saturday, March 6, 8pm; $8. Dance for 2, 7528 Clairemont Mesa Boulevard. (KEARNY MESA)

Cajun/Zydeco Dancing
Party with beginning dance lesson (7pm); DJ spins zydeco tunes (8-10:30pm). Free for first-time visitors; $5 tickets include lesson, dance. 619-857-8409. Tuesdays, 7pm; 21 and up. Riley’s Music Lounge, 2901 Nimitz Boulevard. (POINT LOMA)

Firehouse Swing Dance
DJ Burnie Gipson from San Francisco and friends make music for dancing. Class in Lindy 1, Lindy 2, and beginning/intermediate Balboa 2 intensive covering “Must-Know Balboa Moves.” All ages. 858-395-6060. Wednesday, March 10, 10pm; $8. San Diego Woman’s Club, 2557 Third Avenue. (BANKER’S HILL)

Milonga Loca de Amor
End weekend dancing Argentine tangos. 858-565-9575. Sunday, March 7, 8pm; $10. Dance for 2, 7528 Clairemont Mesa Boulevard. (KEARNY MESA)

Firehouse Swing Dance DJ Burnie Gipson from San Francisco and friends make music for dancing. Classes in Lindy 1, Lindy 2, and beginning/intermediate Balboa 2 intensive covering “Must-Know Balboa Moves.” All ages. 858-395-6060. Wednesday, March 10, 8pm; $8. San Diego Woman’s Club, 2557 Third Avenue. (BANKER’S HILL)

Studio Showcase

FILM

“A New Generation of Spike and Mike Animation” Festival promises “flat-out best and funniest animated shorts the world has to offer.” The 19 featured films include Key Lime Pie, Stillwaters, A Town Called Panic. Cake. Tickets: $15 general; group rate of $12 per ticket for four or more. 858-459-8707. Friday, March 5, 7:30pm and 9:30pm; 6 and up. Sherwood Auditorium at Museum of Contemporary Art San Diego, 700 Prospect Street. (LA JOLLA)

“Green Carpet Oscar Party” Wear “inventive attire” to the Art-Power! Film Academy Awards, complete with live music. Win prizes for picking Oscar winners.

Who Is “The Next Star”?
Audience members “select the next superstar among semifinalists of our regional star musician search after their performance” with Orchestra Nova. Evening concludes with Schubert’s “Symphony No. 5.” 858-842-1668. Wednesday, March 10, 7pm; free. Carmel Valley Library, 3919 Townsgate Drive. (CARMEL VALLEY)

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Piano for Two
Pianists Eunice Williams and Naomi Hobbs promise selections by Leroy Anderson, Leonard Bernstein, George Gershwin, Franz Liszt, Astor Piazzolla, John Williams during family music program. 858-522-1668. Wednesday, March 10, 7pm; free. Carmel Valley Library, 3919 Townsgate Drive. (CARMEL VALLEY)

Who Is “The Next Star”? Audience members “select the next superstar among semifinalists of our regional star musician search after their performance” with Orchestra Nova. Evening concludes with Schubert’s “Symphony No. 5.” 858-842-1668. Wednesday, March 10, 7pm; free. Carmel Valley Library, 3919 Townsgate Drive. (CARMEL VALLEY)
Enjoy a Scruffy Documentary? Beautiful Lions focuses on "a sta- ble of underground artists who came up from the graffiti, punk, and skateboard subcultures to forge a ... pop style quickly co- opted by corporate marketing." Flick showcased for Film Forum. 619-236-5800. Monday, March 8, 6:30pm; free. San Diego Public Library, 820 E Street. (EAST VILLAGE)

Food & Drink

"Cooking for the Seasons — Spring" Chef Elizabeth shares her knowledge of seasonal produce, providing recipes using spring's harvest, demonstrating how to use a crop calendar. Seasonal delights on tap: vegetarian bean-stuffed cabbage rolls, oven-roasted asparagus, spicy guacamole, strawberry bread. Recipes, tastings offered. 619-255-0203. Saturday, March 6, 10am; $25-$33. San Diego Natural History Museum, 1788 El Prado. (BALBOA PARK)

Beer: Home Brewing Join "head indoctrination specialist" Ken Wright and Stone's "blogger/..." to brew and make cheese. Recipes, tastings offered. 858-705-3987. Saturday, March 6, noon; free. Mission Valley Library, 2123 Fenton Parkway. (MISSION VALLEY)

Foire for Kids

Disney's Alice in Wonderland Christian Youth Theatre presents musical tale of Alice and her adventures in wonderland. 800-696- 1929. Saturday, March 6, 2pm and 7pm; Sunday, March 7, 2pm; $10-$15. Escondido Charter High School, 1680 East Valley Parkway. (ESCONDIDO)

Green Eggs and Ham San Diego Symphony, conductor Philip Mann, and soprano Crystal Jarrell give "Dr. Seuss' classic ode to fishy eaters" the symphony treatment with music by composer Robert Kapilow during Family Fes- tival concert. 619-235-0804. Sunday, March 7, 2pm; $10-$25. Copley Symphony Hall, 750 B Street. (DOWNTOWN)

Pippi Longstocking San Diego Junior Theatre presents stage adaptation of Astrid Lindgren's classic tale of adventurous, independent Pippi and her friends. Performance on March 20 in ASL interpreted. Reservations: 619- 239-8355. Fridays, 7pm; Saturdays, 2pm; Sundays, 2pm; through May 2. San Diego Civic Theatre, 1363 Broadway. (BALBOA PARK)

BANFF MOUNTAIN FILM FESTIVAL Ignite your passion for adventure, adventure and travel! Journey to exotic locations, paddle through wintery waters and climb the highest peaks. Tickets on sale now at all A16 locations. $12 in advance; $15 at the door, while supplies last. Visit adventure16.com for details.

Encinitas (La Paloma Theater): Thu., March 25, 7 p.m. (1) 755-7762 San Diego (SD Natural History Museum): Fri., March 20; Sat., March 27; Sun., March 28; Mon., March 29; 7 p.m. Each night unique! 1 (888) 317-4136

Pepino Longstocking — San Diego Junior Theatre presents stage adaptation of Astrid Lindgren’s classic tale of adventurous, independent Pepino and her friends.

San Diego Reader University, 5500 Campanile Drive. 619-594-4220. Wednesday, March 10, 8pm; located outdoors. Early arrival suggested.

Event takes place in Student Services Building room 1500. Information: cias875@gmail.com or 619-594-4220. Wednesday, March 10, 7pm; free. San Diego State University, 5505 Campanile Drive. (COLLEGE AREA)

Goal Dreams See documentary directed by Maya Sanbar and Jef- frey Saunders chronicling lives of four Palestinian players hailing from different parts of their country during team’s preparation for World Cup qualification match. Screening is in conjunction with One Book, One San Diego program.

San Diego Reader University, 5500 Campanile Drive. 619-594-4220. Wednesday, March 10, 8pm; free. Pearl Hotel, 1410 Rosecrans Street. (POINT LOMA)

From Iraq to El Cajon: The Chaldean Story Center for Is- lamic and Arabic Studies presents screening of documentary by Alex Farnshe and Kevin King focusing on Iraqi Christian immigrants and refugees living in El Cajon. Panel discussion with Farnshe and Na- tional University social sciences professor Shak Hanish follows. Event takes place in Student Services Building room 1500. Information: cias875@gmail.com or 619-594-4220. Wednesday, March 10, 7pm; free. San Diego State University, 5505 Campanile Drive. (COLLEGE AREA)

Sierra Club Movie Night. 858-569-6005. Friday, March 5, 5pm; free. Sierra Club, 8304 Clairemont Mesa Boulevard #101. (CLARMEY MESA)

Egg: Once considered solely a breakfast food, eggs have "become a primary ingredient in chefs’ dishes around the world." Cooks Confab and chef Trey Fosher are joined by Jeff Jackson, Andrew Spurgin, Jaw- son Knibb, Brian Sinnott, others in this 1980 flick featured in Eric Edelweiss’ "Sixteen Going on Seventeen," "Edelweiss." Reservations: 858-362-1348. Thursday, March 4, 7pm; Saturday, March 6, 7pm; Sunday, March 7, 1pm and 4pm; $13-$17. David and Dorothea Garfield Theatre, 4126 Executive Drive. (LA JOLLA)

I Think I Can! Help Eddie the En- gine deliver a birthday present to Bunny Rabbit during The Little En- gine That Could puppet shows by Big Joe Productions. 619-544- 9203. Thursday, March 4, 10am and 11am: $8-$12. Friday, March 5, 10am and 11am: $8-$12. Saturday, March 6, 11am, 1pm and 2:30pm; Sunday, March 7, 11am, 1pm and 2:30pm; $10-$20. Marie Hitchcock Puppet Theatre, 2130 Pan American Road West. (BALBOA PARK)

Nature Explorers Linda Hawley leads program for kids of all ages (with adult) learn facts about woodland rats and fauna in the oaks during class promising songs, specimens, trail walk to habitats, craft activity. 619-582-6261. Mon- day, March 8, 10am; Tuesday, March 9, 10am; Wednesday, March 10, 10am; free-$5. Mission Trails Regional Park, One Father Junipero Serra Trail. (SAN CARLOS)

"6 Women Artists" Opening re- ception for exhibit by four painters and two photographers "inspired by their love of art and the support they offer one another." Show in Upstairs Gallery closes with artists on hand, Friday, March 12, 4-7pm. 619-818-9734. Friday, March 5, 5pm; free. Brokers Building Gallery, 402 Market Street. (DOWNTOWN)

"Family Matters" Opening re- ception for exhibition by group of

FREE LUNCH & FREE GIFT Free Lunch and Learn Workshop at VIP Restaurant 5541 Clairemont Mesa Blvd. (858) 421-1217 Thursday, March 11, 2010, 12-1 pm

• Learn how stress is causing you health problems and what can be done about it.
• 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. Engel, DC

Enjoy your meal and learn how to live a healthy, thriving lifestyle!...
“Mind and Spirit” Opening reception for display of fine art photography by Jeffrey R. Brooks, Dana Levine, James G. Respess. Closes Saturday, April 24. 619-795-6120. Saturday, March 6, noon; free. Front Porch Gallery, 2903 Carlsbad Boulevard. (CARLSBAD)

“Show Me the Green!” Reception for artists whose 75 original watercolor paintings are on exhibit through Saturday, March 27. 619-876-4550. Friday, March 5, 5pm; free. San Diego Watercolor Society at NTC Promenade, 2825 Dewey Road #105. (POINT LOMA)

“The Invasion of Color” Reception for exhibition of work by Elena Lomakin, along with Marion Mettler’s “The Figure Deconstructed: Abstractions and Disconnections.” Also on view: juried, exception for display of fine art photography by Jeffrey R. Brooks, Dana Levine, James G. Respess. Closes Saturday, April 24. 619-795-6120. Saturday, March 6, noon; free. Front Porch Gallery, 2903 Carlsbad Boulevard. (CARLSBAD)

Custer and other influential spirits of late 19th century. 8:58-268-4747. Thursday, March 4, 7pm; free. Mysterious Galaxy Books, 7051 Clairemont Mesa Blvd., Suite 302. (HEARNY MESA)

Jade Man’s Skin Fantasy author Daniel Fox signs books. 8:58-268-4747. Saturday, March 6, noon; free. Mysterious Galaxy Books, 7051 Clairemont Mesa Blvd., Suite 302. (HEARNY MESA)

One Amazing Thing Award-winning author, poet Chitra Banerjee Divakaruni (The Mistress of Spices) on hand to sign her latest book. 8:58-454-0347. Thursday, March 4, 7:30pm; free. Warwick’s Bookstore, 7812 Girard Avenue. (LA JOLLA)

The Merging of Art and Poetry Escondido Arts Partnership hosts book party for Summation 2010, with 34 visual artists and 39 works of art represented, along with 20 poets and 42 poems. During event, projector will display art once screen while poems are read by authors. Contributing artists on hand to discuss their work. Book: $12 (at poems), $10 (at prose poems) and $7.50 (at stand-up, sing-along, and entertainment). 8:58-268-4747. Saturday, March 6, 2pm; free. Mysterious Galaxy Books, 7051 Clairemont Mesa Blvd., Suite 302. (HEARNY MESA)

Help for Haiti Haiti Relief Benefit Concert promises performance by Revive (contemporary music). Haiti relief activist Reverend Lynne Austin speaks “about the desperate needs in Haiti.” Donation. 760-753-6582. Sunday, March 7, 7pm. San Diego United Methodist Church, 170 Calle Magdalena. (ENCINITAS)

The Staircase of a Thousand Steps, The Distance Between Us, The Camel Bookmobile. Thursday, March 4, 7pm; free. Upstart Crow Bookshop and Coffee House, 835 30th Street. (OCEAN BEACH)

Helping Haiti Haiti Relief Benefit Concert promises performance by Revive (contemporary music). Haiti relief activist Reverend Lynne Austin speaks “about the desperate needs in Haiti.” Donation. 760-753-6582. Sunday, March 7, 7pm. San Diego United Methodist Church, 170 Calle Magdalena. (ENCINITAS)

Inchon City Chorale Korean-based ensemble in concert. 619-594-1017. Saturday, March 6, 8pm; $5-$10. Smith Recital Hall at SDSU, 5300 Campanile Drive. (COLLEGE AREA)

Koozel Cirque du Soleil “combines two circus traditions — acrobatic performance and the art of clowning” — to tell story of “The Innocent,” a melancholy loner in search of his place in world. Show highlights physical demands of human performance in its splendor and fragility, presented with emphasis on slapstick humor. 800-450-1480. Thursdays, 8pm; Fridays, 4pm and 8pm; Saturdays, 4pm, 7pm, and 8pm; Sundays, 1pm and 5pm. Tuesdays, 8pm; Wednesdays, 8pm; through Sunday, March 21, $21-$125. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)


Laugh with Lawrence Comedian Martin Lawrence — who has appeared in films such as Bad Boys, Boomerang, Big Mama’s House, Wild Hogs — entertains. 877-946-2222 (TOLL FREE). Thursday, March 4, 7pm; free. Upstart Crow Bookshop and Coffee House, 835 30th Street. (OCEAN BEACH)

Middle Eastern Dinner Show Dandyavada and the Shiny Sisters perform. Performances: 619-222-2768. Friday, March 5, 8pm; $10. Portugal, 4839 Newport Avenue. (OCEAN BEACH)

Myths of Biblical Family Values Author/attorney Linda Patterson discusses her book, Why They Hate Us: How the Bible Is Misused to Condemn Homosexuality. Do the “so-called ‘clerical verses’ in the Bible” condemn homosexuality at all? 619-232-4855. Wednesday, March 10, 7pm; free. Upstart Crow Bookshop and Coffee House, 835 West Harbor Drive. (DOWNTOWN)

Olio the Show Vaudeville-style variety show presenting “past, present, and future of jazz music and its vernacular dances in America,” with live jazz music by the Olio Jazz trio, DJ Mike Ill Bliss, African drum and dance, choruses dancers, tap dance, spoons, hop hop, more. 619-869-1663. Saturday, March 6, 8pm; $15. Wood Room, 3800 30th Street. (NORTH PARK)

Open-Mike Night Musicians, singers (including karaoke), actors, poets, comedians invited to entertain. Purchase requested, 619-299-9360. Sundays, 8pm. Café Libertali, 3834 Fifth Avenue. (HILLCREST)

Pomp and Pageantry The Band of the Irish Guards and Royal Regiment of Scotland visit to present “royal celebration of Irish and English pipes, drums, and national anthems” by 80-member company. 619-570-1100. Sunday, March 7, 2pm and 7pm; $39-$69. Balboa Theatre, 868 Fourth Avenue. (DOWNTOWN)

See Ms. See Luncheon for Lisa See, author of seven novels including Shanghai Girls, Peony in Love, Snow Flower and the Secret Fan, hosted by American Association of University Women of La Mesa El Cajon. See will speak, sign books. Space availability, reservations: 619-591-328. Saturday, March 6, 11:30am; $40. Courtyard Marriott at Liberty Station, 2592 Lanning Road. (POINT LOMA)

Stand-Up Sundays Comedy show with entertainment by Jerrod Carmichael and Wim McN, host Aida Rodriguez. 619-708-7975. Sunday, March 7, 8pm; $10. 21 and up. Prospect Bar & Lounge, 1025 Prospect St., Suite 210. (LA JOLLA)

Stress-Free Tuesdays Byron Bowers hosts comedy show with laughs provided by Laura Rosenberg and Jerrod Carmichael. No cover before 7:30pm; $5 after. 619-708-7975. Tuesday, March 9, 7pm. U-31, 3112 University Avenue. (NORTH PARK)

Through the Storm Concert by this group of interdenominational singers, musicians performing spirituals and American gospel music in support of social justice causes. 760-436-2707. Sunday, March 7, 4pm. Christ Presbyterian Church, 7807 Centennial Street. (CARLSBAD)

We Are Stardust... Spend “An Evening with Artie “The Father of Woodstock’s” Korfeld,” who visits to celebrate opening of “Jews Rock!”
A Photographic Celebration of Rock ‘n Roll’s Jewish Heritage” with work by photojournalist Janet Macoska. Rock music writer/producer Kornfeld created Woodstock Music and Art Fair (along with Mike Lang). Macoska will share highlights witnessed from behind her camera; evening moderated by Dick Sutro. Macoska and Kornfeld will sign books. 858-362-1348, Wednesday, March 10, 7:30pm; $15-$18. Gotthelf Art Gallery at Lawrence Family Jewish Community Center, 4126 Executive Drive. (LA JOLLA)

World Literary Series

Reading by poet Sarah Shun-lien Bynum, author of Ms. Hempel Chronicles, in Grand Salon (room 113) of M. Gordon Clarke Field House. Parking fee. 760-750-8077. Thursday, March 4, 7pm; free. CSU San Marcos, 333 South Twin Oaks Valley Road. (SAN MARCOS)

LECTURES


“A New California Garden” Landscape designer Linda Whitney shares process of creating “Water Smart” landscape from ground up. Learn steps from design, irrigation, plant selection to maintenance principles. Registration: 619-660-0614 x10. Saturday, March 6, 9am; $20-$30. Water Conservation Garden, 12122 Cuyamaca College Drive West. (RANCHO SAN DIEGO)

“A Rotarian Helping Afghan Education” Fary Moni, Rotary representative to U.S. National Commission to UNESCO, provides short history of efforts and goals for future of Afghan education project when Life at Miracosta senior learning group gathers in room 1068 (1pm). “Preserving Your Family Stories” presented by Rick Appleton, including demonstration with tips on recording oral family history (2:30pm). 760-721-8124. Friday, March 5, 1pm; free. MiraCosta College, One Barnard Drive. (Oceanside)

“Art and Science of Healing with Music” Noelle Pederson, director of education and training at Resounding Joy, divulges how “her organization promotes emotional, mental, physical, and spiritual well-being through supportive music” for SD Uptown Rotary group. 619-806-2495. Thursday, March 4, 7am; free. Terra, 3900 Vermont Street. (HILLCREST)

Art, Aviation, and Achievement International symposium on women’s rights planned in Hardy Tower 140, in conjunction with “Seize the Sky” exhibition. Moderator Jenni Prisk; presentations by artist and pilot Simone Aaberg and pilot Simone Aabergator Jenni Prisk; presentations by artist and pilot Simone Aaberg. Tow er 140, in co n j u n c t i o n w i t h an “Inside Out” exhibition. Moder- (LA JOLLA)

“Genealogy from the Inside Out” Steve Luxenberg, author of Annie’s Ghosts: A Journey into a Family Secret, speaks for San Diego Jewish Genealogical Society. Using his skills as a Washington Post investigative reporter, Luxenberg “pieced together the story of An- nie, an aunt whose very existence had been hidden from Luxenberg and his siblings.” Required reservations: 619-583-0826. Monday, March 8, 7:30pm; free. Lawrence Family Jewish Community Center, 4126 Executive Drive. (LA JOLLA)

“Getting Organized: Myth versus Reality” Professional organizer Taffy Cannon divulges “ways that being better organized can save you time, money, and aggravation in tight economic times.” 760-602-2012. Saturday, March 6, 11am; free. Schulman Auditorium at Carlsbad City Library, 1775 Dove Lane. (CARLSBAD)

“Reading and Writing for School Success” Seminar with topics including “modeling book-ready language, learning to ‘sound out’ words, increasing fluency, reading for meaning,” more. Presenters are California licensed speech-language pathologists and educational therapists. Seminar is not for children to attend. 858-509-1131. Tuesday, March 9, 6pm; free. Jodie K. Schuller and Associ-
Calendrier
LOCAL EVENTS

**“The Art of Being Human”** Pamela Bothwell presents introductory talk in conjunction with her Shamblala training weekend workshop. 619-692-2148. Friday, March 10, 7pm; free. Feldenkrais Institute, 3680 Sixth Avenue. (NORTH PARK)

**“The Creation of the Bible”** Reverend Kathleen Owens leads “thought-provoking four-part series offering “look at this great work through the lens of literary criticism.” Donation. 619-298-9978 x8014. Thursday, March 4, 6:30pm. First Unitarian Universalist Church of San Diego, 4190 Front Street. (HILLCREST)


**Where is the Public Option?** “Public Culture” series continues with panel discussion by Rebecca Solnit (writer), Rick Howson, Peter Sontag. 858-422-7755. Thursday, March 4, 6:30pm; free. Athenaeum Music and Arts Library, 1008 Wall Street. (LA JOLLA)

**Consider Jesus, the Angry Leader** “It seems Jesus is angry at the world in many” Bible stories. “Biblical Tests That Challenge” series continues with examination of “Jesus and the shoutings around Jesus.” Ponder the “historical figure as well as a Biblical one.” 619-466-4163. Wednesday, March 10, 7pm; free. 13 and up. La Mesa First United Methodist Church, 4690 Palm Avenue. (LA MESA)

**Facebook Your Ancestors** Genealogist Gina philbert expalnts “Using Facebook” for Computer-Oriented Genealogy Group of North San Diego County Genealogical Society. How can this Internet social network further ge- nealogy contacts and research? Registrations welcome. 760-967-8635. Tuesday, March 9, 10am; free. Carlsbad City Council Chambers, 1200 Carlsbad Village Drive. (CARLSBAD)

**Future Stewards of Our Planet** Learn about research work by outstanding fellowship students at Scripps during “Perspectives on Ocean Science Lecture Series.” Browse student posters, speak with future scientists about their work in areas including climate science, coastal geology, deep-sea diversity. Three students will make presenta- tions on their research discoveries, share visions for future of their dis- ciplines. Reservations: 858-534-5771. Monday, March 8, 6:30pm; $5-$6. Birch Aquarium at Scripps, 2300 Expedition Way. (LA JOLLA)

**Gardensworth Natives** Nathaniel Smith — landscape designer, hor- ticulturist, former curator of UC Berkeley botanical garden’s Califor- nia native plant area — teaches which natives do well in a garden setting, how to best care for them. Class continues March 11 and 18; and March 13 (9am-noon). Registrations: 760-436-3036 x206. Thurs- day, March 4, 6pm; free-$10. Surfside Race Place at Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

**Learn Glitter Techniques** Els Van De Borst leads workshop promoting work with sticky shapes, peel-offs, punches. Bring three colors of micro-fine glitter and a blush brush. 619-667-5060. Friday, March 5, 10:30am; $30. 15 and up. Pacific Athletic Club, 12000 Carmel Country Road. (CARMEL VALLEY)

**Mudra and Writing** True-crime author Caitlin Rother (Poi- soned Love) addresses Sisters in Crime. 760-585-5383. Thursday, March 4, 6:30pm; free. Joyce Beers Community Center, 4056 Vermont Street. (HILLCREST)

**Never Win Anything?** Steve D’Hoof — who has years of experience entering and winning sweepstakes — divulges “How to Win at Sweepstakes.” Learn tech- niques for how to win vacations, other prizes. 619-588-3718. Saturday, March 6, 6pm; free. 12 and up. El Cajon Library, 201 East Douglas Avenue. (EL CAJON)

**Rubens Gallery Talk** Victoria Sancho Lobos, curator of USD’s Print Collection and Fine Art Gal- lery, plans lecture on “Prints in the Artist’s Studio: Rubens’s Print Collection Reconstructed” exhibit in Robert and Karen Hoehn Fam- ily Gallery, Founders Hall. 619-260-4261. Thursday, March 4, 4pm; free. University of San Diego, 5998 Alcalá Park. (LINDA VISTA)

**See, Touch, Smell** Landscape designer Doug Kallos focuses on “30 Great Drought Tolerant Plants for Your Garden,” showcasing photograph- s, “flowers, foliage, and fun facts from the field” 619-200-7066. Saturday, March 6, 3pm; free. Southern California Botanic Garden, 600 Westaps Avenue. (SOLANA BEACH)

**Visually and Aurally Inspiring!** Louise Torio, chair of Friends of the Villa Montezuma, presents “Myths and Legends on the vanishing death, and resuscitation of this fab- ulous, unique historic site in…Sherman Heights neighbor- hood” when Lemon Grove Historic- al Society’s “Reading Room” lecture series. Hear tales of “preservation battles won, lost, and won again.” 619-460-4535. Thurs- day, March 4, 7pm; free. H. E. House Cultural Center, 3205 Olive. (LEMON GROVE)

**S P O R T S**

***“Tri it Out”*** Try out your open- water swim in pool, see how quick you can do transitions, test out your race legs doing a brick (“running after bicycling” in triathlon lingo) during TriUSCoaching event. Begin- ners and experienced triathletes welcome. Participants must be able to swim 300 yards, then bike for 30 minutes (either on bike and resist- ance trainer or on spin stationary bike), then run two miles. 858-509-9933. Sunday, March 7, 7:11am; $40-$50. 15 and up. Pacific Athletic Club, 12000 Carmel Country Road. (CARMEL VALLEY)

**Gran Fondo Colnago San Diego** “big rides”) are long-distance, mass-participa- tion cycling events — not races — in Italy. The 101-mile and 53-mile rides pedal off at 7am; 32-mile family fondo starts at 7:30am. Fee: $99 per rider, or $190 per tandem. Sunday, March 7, 7am. Little Italy. (LITTLE ITALY)

**Be Trained and Prepared!** Mash some pedals with Knicker- biker bicyclists during full-day 125-mile adventure starting at shopping center’s main entrance. Only four rest stops planned; longest break is for brunch at North Island. Participants “should have done 75 percent of the mileage estimated for this ride on a single ride in the last few months.” General route: Escondido to Carlsbad Village, National City, Imperial Beach, San Diego, UCSD, Encinitas, Carlsbad, Escondido. 760-746-4757. Saturday, March 6, 7am. Westfield North County Shopping Centre, 272 East Via Rancho Parkway. (ENCINITAS)

**Bocce!** The 14th annual Del Mar/Solana Beach Rotary Bocce Ball Tournament and family day returns. 858-794-1717. Sunday, March 7, 9am; free. Del Mar...
To the Lighthouse Join San Diego Bicycle Touring Society riders for flat, 47-mile ride including Coronado ferry (bring money for fare) and visit to Point Loma lighthouse. 619-647-3212. Saturday, March 6, 8:45am; free. Pepper Park, Tidelands Ave., south terminus. (NATIONAL CITY)


Undy 500 5k Run Participants run in specially designed boxer-style shorts to draw “attention to a serious disease” during family-oriented event open to all ages. Also planned: family fun run, children’s activities. Percentage of proceeds benefit California Colorectal Cancer Coalition. 877-422-2030. Saturday, March 6, 8am; $30. NTC Promenade, 2640 Historic Decatur Road. (OCEANSIDE)

Pedal a Century Join San Diego Bicycle Touring Society bicyclists for 100-mile adventure to Visitul with San Diego Bicycle Touring Society riders. Bring money for nosh. 858-561-3846. Sunday, March 7, 9am; free. La Jolla Shores Beach, 200 B Street. (ENCINITAS)


Running Clinic in the Park Exercise physiologist/coach Dr. Jason Karp leads clinics, workouts in park for runners of all abilities. “Learn how to run smart and then experience the workouts.” Differences in running style and how they affect performance. 858-551-4605. Thursday, March 4, 6pm; free. Encinitas. (ENCINITAS)

Tennis, Anyone? The 121st annual Pacific Coast Men’s Doubles Tennis Championship returns. “Many of the best NCAA men’s college teams in the country have applied to enter.” In addition to top collegiate teams, many local teaching pros and top junior players will compete. Finals on March 7. Park on Park, 238-551-4605. Thursday, March 4, 3pm; Friday, March 5, 8am; Saturday, March 6, 8am; Sunday, March 7, 9am; free. La Jolla Beach and Tennis Club, 200 Spin-drift Drive. (LA JOLLA)

San Diego County Sheriff’s Museum The 150 year history of the sheriff’s department is highlighted at the museum, which is located “just feet away” from the original cobblestone jail site, built in 1850. The museum boasts artifacts, photographs, equipment, uniforms, and vehicles, along with exhibits from each of the departmen’s units, such as crime scene, K-9, court service, detentions, crime lab, bomb squad, and many others. 1384 San Diego Ave., 619-260-1850. (OLD TOWN)

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San Diego Reader • March 4, 2010
When chef Amiko Gubbins left her pioneering eclectic-fusion restaurant Parallel 33 to go cook for a rock star, local foodies gasped. She finally shut Parallel 33 down permanently after taking a gig with Specialty Produce (which supplies veggies and gourmet products to local restaurants), and its physical replacement turns out to be nearly an opposite sort of restaurant. Where Parallel 33 was at the vanguard of a new trend, the Red Door is anything but "trendy," even as it epitomizes the dominant current trend in recession-eating — looking backward. It's what everybody seems to want right now, a neat little neighborhood restaurant serving comfort foods at comfortable prices.

Restaurateur Rick Libiran (who owns Market Street Café downtown) seems to be creating his own little "restaurant row" in the western stretch of Washington Street. He moved wine-bar/bistro Urban Bleu from Hillcrest to a block away from the new restaurant, while next to the Red Door, he just opened a miniature steakhouse and cocktail lounge called Wellington (which thumbs its nose at snooty steakeries with a price of $32 for a steak with two sides). Wellington shares the kitchen with the Red Door, and local chef Brian Johnson (fondly remembered from his stint a decade ago at Star of the Sea) presides over both.

Renovated and expanded into the surrounding space, the Red Door is larger, calmer, and more comfortable than clausrophobic, boho-chic Parallel 33. It’s not chronically noisy like its predecessor (no noticeable music track), but there’s nothing to soften the ambient sound, either. At our visit, a sextet of stentorian alpha males (business-class travelers) overrode all other conversations until they finally drank up and went home.

Posse-regulars Mark and the Lynnester live nearby and have eaten here before. Lynne’s lively gasped. She finally shut the showiest starter is a braise of pork cheeks in white wine and veal stock baked in a puff-pastry shell, served with onion mARMALADE and HERBED BRAISING JUS. It’s rich and meat-sweet the way only pork is, and the delicate pastry wrapping dignifies it in the way that serious French chefs flatter “off-cuts” and offal — an outstanding Gallic bistro dish amidst the menu’s Americana. But if you eat the whole thing yourself, you’d better forsake hope of downsizing an entree unless your appetite is prodigious. The trade-off may well be worth it.

Our other starters were equally generous in size and flavors. Shrimp Creole — no, nothing less your appetite is prodigious. The trade-off may well be worth it.

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Our other starters were equally generous in size and flavors. Shrimp Creole — no, nothing like that scarlet slop your mom laddled over Minute Rice — offers sweet, tender Mexican white shrimp sautéed with the authentic Creole Holy Trinity (onion, celery, green pepper — plus garlic) finished off in a thick white-wine-and-cream sauce, colored coral with semi-mild red-chili powder and other spices. (Hey, it’s not “shrimp Creole” — better, it’s more like étouffée!) The back of my palate caught a sweet-tart flavor, maybe a splash of sherry vinegar, maybe an illusion. And the whole posse fell in love with the crispy polenta wedge in the center, which tasted as if it had the same seasonings cooked into the cornmeal, though it doesn’t — it seems merely to have drunk up the vibrant sauce.

Next day, the leftover shrimps tasted even sweeter and greener than the original day’s. The shrimp is cooked into the cornmeal, though it doesn’t — it seems merely to have drunk up the vibrant sauce.

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tender lamb with serious appetites. Everybody’s favorite entrée is the huge lowa natural pork chop, brined in maple syrup, molasses, and spices, finished off with black figs and balsamic sauce and Yukon mashed potatoes — plus young green beans and deeply roasted, seductive carrot hunks. But even though I’d specifically requested that the pork not be overcooked, it was. Mary Ann (who’d just set a hunk of pork to brining at her local pied-à-terre) reeled off the modern formula for perfect moist, rosy pork: “Cook to 135 degrees, remove from heat, let rest five minutes.” (Commercial pork is free of trichinosis.) Well, this pork was cooked to about 150 degrees; that is, gray-fleshed all through. It’s still good, thanks to the sweet brine and figgy sauce, but it could be so much better. A thick chunk of sautéed Scottish salmon fillet also seemed overcooked — put off by the dry surface, none of us penetrated to its rare center. (Remember, those rich appetizers had quite disabled our appetites, leaving our palates hanging on for dear life. The fish was lightly coated with a fritter crust and came with a few asparagus spears. Underneath it, a school of large, round butternut squash ravioli, resembling vegetable manta rays, lurked in the shallows of a soi-disant Madras curry sauce. (That is, the sauce bears no resemblance to anything cooked in Madras; it’s apparently a cream sauce barely touched with a mild version of Madras curry powder.) We had mixed reactions to the ravioli. Mary Ann liked them, enjoying their simple sweetness. I found the wrappers a bit mushy — and cursed (or blessed) with a frighteningly long food-memory, I found that the filling evoked a suppressed recollection of Gerber’s baby-food squash, the second spoonful of which set off a rug-rat tantrum, as I recall. The ravioli filling, probably smoothed with butter, certainly wasn’t as sludgy as baby food, but as an adult I enjoy pureed squash mainly when it’s sparkled up with dark herbes like sage and black pepper or strong seasonings whole curry spices or used as a substitute for sweet potato in a butter-crusted pie. All in all, next time I’ll try the cornmeal-crusted Cajun catfish instead. (It comes with sweet potato-crab hash! And after the credible “Creole” shrimp, I have some trust in the chef to do “Ca-jun” without disgracing himself.) Meyer beef short-ribs, served boneless, were braised in red wine and veal stock, served with Cabernet sauce, Yukon potato mash, and a titillating all-over topping of fried onion straws, plus now-forgotten veggies. It’s good, very meaty. Not world class, but worthy of respect. To respect it, don’t eat heavy appetizers first.

Sorry to say, we tried the chef’s family’s turkey meatloaf, which comes with the chef’s family’s barbecue sauce. Problem is, not all families are equal, culinary-wise. I sort of liked the browned crust on the loaf, but the interior was dry and weirdly flavored. None of us could stand it, and now that retasting for this review is out of the way, I’ll be pollling the local feral-cat gourmet food for their opinion. The sauce is SoCal WASPy: simple, sweet,ketchup,s AO snipos M e ine. The main side dish here is mac ‘n’ cheese, which evoked floods of dire reminiscences of family cooking from each of us as we tore the Red Door recipe apart. (We’ve all been corrupted by the Stouffer’s version.) This rendition is not awful, but the cheese is tragically mild, the texture very dense. We wanted to remake it with more cream and some sharp cheddar.

Mark mentioned he’d dropped in one night and really enjoyed the Red Door Burger of Meyer natural ground beef; for $12.50, you get fries with that (plus caramelized onions, cheese, lettuce, and tomato). A minute later, a guy at a nearby table received one, dug in, looked happy. Given that it’s made with a branded natural meat (hopefully with no scary “spare parts” from God-knows-where), it’s probably relatively safe at medium-rare.

We could eat no more but ordered a couple of desserts anyway. A strawberry-rhubarb fruit cobbler was very tart. The two Michiganders (Michigan-dresses’), both accustomed to rhubarb as a hometown taste, liked it quite a lot. The bread pudding was simple, heavy, and bland, better for breakfast than dessert. The espresso was thin and bitter.

The way to go here, I think: Look over the menu carefully before you order, and make some hard choices, keeping in mind that all portions are huge and will get even larger as you try to consume them. But, hey, if you do over-order, this style of cooking is friendly to gentle re-heating. Like a visit to Mom’s (if Mom is a good old-fashioned cook, and generous), you’re likely to come home with a bountiful package of goodies for tomorrow night’s dinner.
Pork-Neck Soup

“The two sticks of dough represent a boy and a girl who fell in love long ago in China.”

You never know what you’re eating. Not really. That’s my thought as I dunk my congee/cruller/dja kwai/you tiao/Chinese fried breadstick into my Cambodian/French coffee (the kind with sweetened condensed milk at the bottom). The dja kwai, as they call the breadstick at this place — because it’s mostly Cambodians who come in here — is basically deep-fried dough. Delicious! You betcha. Healthy? Get back to you on that.

I’m at Trieu Chau, this bright, open, lattice-windowed eatery. It’s 8:30 on a Tuesday morning. I catch voices and laughs coming from the orange room in the back. Truth is, I’ve been dropping in to the Trieu Chau every now and then for the longest time, just to sip char quay teow, pan-fried bread stick with the Cambodian/French coffee — from Jing, the Vietnamese server, and ask if he can heat the dja kwai. Pretty important because the default position is to serve it cold, and it can be kinda clammy and doughy like that.

“Do you know the story of the dja kwai you’re eating?” says Kathy, the Chinese-Cambodian gal who runs the place.

“From the days of the French in Indochina?” I ask. “It looks like two croissants joined at the waist. The French are great lovers,” I say.

“You are eating the oil-fried devil, the oil-fried ghosts of Chin Hui and his wicked wife. This double bread represents them shackled together or ripping them apart or eating them at all. As Carla says, “Ed, you’re such a sensitive soul.”

While I’m hesitating, I have to order something else. Long day ahead. Nat’ral thing at breakfast time would be to have jork, the famous Chinese breakfast rice soup with chicken ($5.50) or fish ($6). Bit of soy, hot sauce, can’t beat it. But I start looking at the big list on the menu, anyway. Kathy says Cambodian customers go mostly for the lemongrass chicken or beef stew with rice, plus a pork-neck soup on the side ($7), whereas the Lao customers go for the lard na, wide noodles with chicken or, say, tofu, plus broccoli and other veggies, and dousings of sweet soy, fish sauce, and — the part that I think makes it delish — sprinklings of sugar. Kathy says it’s a Chinese dish but one that was first made popular by Chinese settlers in Laos.

I could go for char quay teow, pan-fried wide rice noodles with seafood such as shrimp, imitation crab meat, broccoli, and bean curd ($7); or the famous spicy Lao beef and pork-neck soup on the side ($7), whereas the Lao customers go for the lard na, wide noodles with chicken, beef, or tofu, broccolli, soy, fish sauce, sugar, $7; pan-fried wide noodles with shrimp, imitation crab meat, broccoli, bean curd ($7); Lao beef salad (lard), $7; wide rice-noodle soup with shrimp, fishballs, squid, $6; duck stew with egg noodles and salad, $7


Wow, 868 years later and they still haven’t forgotten! What’s next? Every burger is Benedict Arnold’s head! I dip Chin Hui’s head in my coffee, then bite it off. At least his ghost’ll know: long as people are hungry, he’ll be famous.

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www.LuckyStarOnline.com

The Place: Trieu Chau, 4653 University Avenue, East San Diego 619-280-4204
Type of Food: Chinese, Southeast Asian
Prices: dja kwai (Chinese fried bread stick) and coffee, $3.50; jork, Chinese breakfast rice soup with chicken ($5.50) with fish ($6); lemongrass chicken or beef stew with rice, pork-neck soup, $7; lard na, wide noodles with chicken, beef, or tofu, broccoli, soy, fish sauce, sugar, $7; pan-fried wide noodles with shrimp, imitation crab meat, broccoli, bean curd ($7); Lao beef salad (lard), $7; wide rice-noodle soup with shrimp, fishballs, squid, $6; duck stew with egg noodles and salad, $7

Hours: 8:00 a.m. – 8:00 p.m., daily

Buses: 7, 10
Nearest Bus Stops: 47th and University (7, and westbound 10); University and Euclid (eastbound 10)
**Banker’s Hill**

Bertrand at Mister A’s 2500 Fifth Ave., 12th floor, Banker’s Hill, 619-239-1377. Bertrand Hubbard’s airy, open-cutery offers a panoramic city view with a casual-chic, romantic ambiance and fine modern French cuisine. Expensive.

Inn at the Park 3615 Fifth Ave., Banker’s Hill, 619-291-0999. Despite a touch of mango here, chipotle there, it’s the nice, conservative, meat-and-potatoes comfort food that the regulars here prefer. Wilder hills include calamaris fritos muno, duck breast, and coconut-lime crème brûlée. Moderate.

**Bona**

Romesco 4346 Bonita Rd., Bonita, 619-475-8627. Sophisticated Mexican food, including smoked marlin carpaccio, grilled duck breast, esocolar. The whole menu is worth exploring, full of surprising treats. Moderate to expensive.

**Baja**

From the United States use the prefix 011-52 when calling Mexico.

Big Boy Restaurant Boulevard Agua Caliente #9982, Tijuana, 664-866-3788. 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 Esquina Avenida Sanchez Taboada #10183, Tijuana, 664-654-1488. This place does great oven-cooked leg of lamb, tasting like wine, garlic, and herbs, but the owners insist it’s just Torch lamb baked slowly in its juices with oregano. Terrific flame-grilled beefsteaks, too. Moderate.

Mercado Sobre Ruedas Colonia Luces Blanca (from Tijuana, on toll road, take first Rosarito exit; turn left at third), Rosarito. This huge flea market materializes every Sunday (morning to mid-afternoon); food booths offer a carnival of authentic dishes like barbecued mutton, savory tijuana-style goat stew, street tacos. Rock-bottom prices; cash only.

El Rincon del Oso Mercado Hi-dalgo, Calle Victoria #47, Tijuana. Kid for breakfast? You scoop the juices and meat into a hot corn tortilla, adding cilantro, lime, grated onions, and a splash of salsa. It’s hearty, slightly rich, almost gamy — like deer or buffalo. Inexpensive.

El Rodeo Boulevard Sálimas #1647, Tijuana, 664-886-3640. Steak heavens with Old West decor. Entrée price includes soup of meat beef juices, beans, a queso saddilla, a salad, two tortillas (nacho) plates, and a beef-liver medley with any cut of steak you want. Or try the parrillada, a multi-meal BBQ sizzling on a tabletop grill. Inexpensive to low moderate.

Tacos el Frances Paseo de Playas de Tijuana #2533, Tijuana. Cisco the cook flips the cloth open, pulls a tongue out, plunks it on the chopping block. Chop chop chop. Your first cow-tongue quesadilla! Inexpensive.

Vallarta Natural Boulevard Agua Caliente #1252 (just before El Toro de Tijuana), Tijuana, 664-686-1568. Smoke-free, lacto-ovo-vegetarian haven, making their own yogurt, soy hash, bread, salads, and wheat gluten-free fake meats. Wonderful juices, breakfast sandwiches, excellent soups like the filling caldo tlalpeno. Inexpensive.

**Carlsbad**

Armenian Café 3126 Carlsbad Bl., Carlsbad, 760-230-2333. Lamb shish kebab is the house specialty, but even better are the owner’s mom’s kibbe (nut-filled lamb meatball) and rosewater-scented kanhalo la dessert. Lovely elevated patio. Moderate-plus.

California Bistro 7100 Four Seasons Point, Carlsbad, 760-603-6868. Fresh California cuisine in a luxurious hotel dining room. Moderate to expensive.

Nozomi 3050 Pico Pk Dr., Carlsbad, 760-729-7777. Gorgeous Japanese inn-style premises with food ranging from simple nigiri-zushi to party rolls to fusion grilling dishes and entrées (including genuine Wagyu beef) and back to Japanese standards. Don’t miss the asimo (monkfish liver plate). Moderate to expensive.

**Carmel Valley**

Ruth’s Chris Steak House 11582 El Camino Real, Carmel Valley, 858-755-1454. Also 1355 N. Harbor Dr., Downtown, 619-233-1422. Flash-cooked steaks of USDA Prime, topped with butter and parsley, are the hallmark of this chain. Side dishes are a la carte. The broiled tomatoes are a delight. Very expensive.

**City Heights**

African Spice Restaurant 4348 54th St., City Heights, 619-342-5943. Fascinating Somalian food, just seven dollars — as much rice, salad, spaghetti, goat meat, beef, chicken (lamb and tilapia when available) as you can fit in your polystyrene box, along with a banana to break up and mix in, Somalian style. Inexpensive.

Bale French Sandwich Shop 4879 University Ave., City Heights, 619-283-4352. The Vietnamese do French baguette sandwiches better than the French — with some spicy Asian touches. Inexpensive.

Taste of Africa Cuisine 5241 University Ave., City Heights, 619-583-5788. At this gathering place for Somalians, the cuisine combines African, Italian, Arab, and Indian influences, emphasizing fish, lamb, and goat meat. Start with a jalapeño, a mixed sampler plate of meats, spaghetti, rice, and veggie. Inexpensive.

**College Area**

Sala Thai 6161 El Cajon Bl., College Area, 619-229-9050. Classy atmosphere, tame spicing. You’ll have to ask for “hot.” Chicken massaman is delicious with taste-boosters like kaffir lime leaves. Health treat: som tum, green papaya salad. Inexpensive.

**Coronado**

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

Café 1134 1134 Orange Ave., Coronado, 619-437-1134. Interesting omelets, salads, and pastas (e.g., roast beef and bleu-cheese crumbles) from a local reincarnation of a Left Bank café to hang out, chat, think deep thoughts. Inexpensive.

Candelas on the Bay 1201 First St., Coronado, 619-435-4905. Same serious Mex cuisine as the downtown branch in blissful bayside surroundings, with great happy-hour graining bargains in the bar. Otherwise expensive.


Spiro’s Gyros 1201 First St., Coronado, 619-435-1225. Watch the sunset sipping Greek wines. Low prices keep Spiro’s popular with locals and tourists. Try mousaka or souvlaki chicken, marinated in tzanti sauce, served with tomatoes, onions, and pita bread. Inexpensive.

Swaddee Thai 1001 C Ave., Coronado, 619-435-8110. An island of serenity with gentle dishes cooked with care. The complex but soothing coconut-chicken soup can wash away all woes, and the calamari in seafood arrays is knife-scored to achieve sheer tenderness. Inexpensive to moderate.

**Del Mar**

Le Bambou 2634 Del Mar Heights Rd., Del Mar, 858-259-8138. No mere “pou joint,” this gracioso restaurant serves exquisite versions of the sophis-
Jake’s Del Mar Waterfront Grill
1660 Coast Blvd., Del Mar, 858-755-2002. Surf ’n’ turf by the sea, with a patio overlooking the waves. Menu offers seafood with fusion-y touches, Prime or Choice steaks. Crabby Dunegness crab cake appetizer makes a whole lunch. Lunch and Sunday brunch moderate, dinner expensive.

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

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

Downtown
Bay Cafe
1050 N. Harbor Dr., Downtown, 619-595-1043. If fished at the ferry landing, you can eat decent burgers, good clam chowder, or other basic fare in the aptly named ‘fish and chips’ room, or tote it upstairs to a serene bay-view terrace. Inexpensive.

Blue Point
365 Fifth Ave., Downtown, 619-702-6623. 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 beef marks denting it where she danced. And bargain breakfast and lunch specials. Inexpensive to moderate.

Curtain
Sofia Hotel, 140 W. Broadway, Downtown, 619-702-6309. 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.

Dobson’s 956 Broadway Circle, Downtown, 619-231-6771. Civilized oasis for “tarte”-tati fans, popular for pre- or post-theater grazing, including lush mussels bisque, creamy crab bisque, perfect fried-oster salad, plus heavy pastas, grilled meats. Moderate to expensive.

Dublin Square
534 Fourth Ave., Downtown, 619-239-5181. 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 Guiness 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 downstairs is superb, with just-right, pristine seafood, and export preparations. Otherwise, a noisy barn with plain cooking. Moderate to expensive.

Gourmet India
310 Fourth Ave., Downtown, 619-702-7967. Rare regional delicacies include appetizers of crunchy dry potao (chest wafers with a fresh spicy topping), bel poore (India’s railway snack), and Chenna’s utapam, pancakes. Entrees include south Indian, tender tandoori chicken steeped in spicy lime–june marinade. 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 ahi stack. Very expensive.

Kansas City Bar B Que
610 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, 619-234-5555. 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 luncheons; moderate a la carte dinners until 11 pm.

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

Sally’s Seafood on the Water
One Market Place, Manchester Grand Hyatt, Downtown, 619-358-6740. Great view, and an appetizer sampler makes deliciously gracious, as does a raw tuna and salmon Napoleon. Black cod with miso-orange broth is a sensuous entree. Expensive.

Sixth Avenue Bistro
1165 Sixth Ave., Downtown, 619-239-4194. Credible Creole cooking in airy cafe. Sandwiches include an outstanding oyster po boy (bag juicy oysters, light batter) and a fine, fully packed approximation of a muffalatta. The jambalaya is okay, too. Inexpensive.

Stingaree
454 Sixth Ave., Downtown, 619-544-0867. The Mediterranean food, sized for grazing or gourmandizing, features premium, naturally raised meats, wild fish, and local organic vegetables, served in a glitzy, clubby setting. Very expensive, but special three-course menus is just $60.

Top of the Market
750 N. Harbor Dr., Downtown, 619-234-4867. The upper-crust upper floor of the downtown Fish Market has largely the same food as the downstairs, plus a few luxury items (e.g., abalone) and occasionally some creative appetizer specials. Expensive.
**CREEK OF HEIRLOOM TOMATO SOUP**

**JIM PHILLIPS**

Executive Chef, Barona Casino

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**The Original Pancake House**

3906 Cove St., Kearny Mesa, 858-565-1740. Additional locations in Poway and Encinitas. This comfortable-but-sophisticated neighborhood restaurant has found a fine formula for seasonal California cuisine. Everything from scratch mixes well, with emphasis on farm-fresh ingredients. The atmosphere is welcoming and the service is attentive. The menu offers a variety of options to suit different tastes and dietary restrictions.

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**Togo’s Place**

5447 Kearny Mesa Rd., Kearny Mesa, 858-576-6333. Togo’s is known for its portables and sandwiches, which are made fresh daily with high-quality ingredients. The menu features a variety of options, including vegetarian and gluten-free choices. The service is friendly and efficient, and the prices are reasonable. The restaurant is located in a convenient location, making it a popular choice for lunch or a quick bite to eat.

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**What the Chef Eats**

**Pamela Hunt-Cloyd**

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**Bounteous chicken-apple sausage and egg platter:** Inexpensive

**Sandwiches:**

- **Kensington Grill**
  - 4053 Adams Ave., Kensington-Talmadge, 619-241-4014.

**Chinese Max**

6098 Cove St., Kearny Mesa, 858-650-3333. Local Asian-themed restaurants are known for their delicious cuisine and inviting atmosphere. Chinese Max fits this description with its extensive menu of Chinese dishes, including dumplings, stir-fries, and noodle dishes. The service is friendly and attentive, and the prices are moderate to high. Reservations are recommended, especially on weekends.

**National's**

5000 University Ave., Hillcrest, 619-221-2344. National’s is a classic American diner known for its comforting, homestyle dishes. The menu features a variety of options, including sandwiches, burgers, and breakfast items. The restaurant has a retro vibe and offers a comfortable and relaxed atmosphere. The prices are moderate to high.

**La Posta de Acapulco**

14165 Eastlake Dr., El Cajon, 619-448-9833. La Posta de Acapulco is a Mexican restaurant known for its delicious and authentically prepared dishes. The restaurant has a lively and colorful atmosphere and offers a variety of options, including tacos, burritos, and enchiladas. The prices are moderate to high.

**Scott’s Restaurant**

4261 Black Canyon Rd., Kearny Mesa, 858-509-0800. Scott’s offers a menu of classic American dishes, including steaks, seafood, and sandwiches. The restaurant has a comfortable and inviting atmosphere and offers a variety of beverage options. The prices are moderate to high.
leeks, plenty of bay leaf, fresh thyme, whole peppercorns, and some parsley stems. For all-flavored soup, strain the stock after 90 minutes of simmering and reduce the strained liquid by at least one third.

**INGREDIENTS**

- Makes about 10 servings
- 2 quarts chicken broth, preferably homemade
- ¼ cup extra virgin olive oil
- 2 cups leeks, washed, and sliced ¼” (white and light-green parts only)
- 2 cups yellow onion cut on medium dice (¼”)
- 2 tbsp fresh garlic, finely chopped
- 5 pounds ripe garden heirloom tomatoes, coarsely chopped
- ¼ cup fresh basil (optional and to taste)
- 2 cups cream (optional)
- Salt and pepper, to taste

**HOW TO DO IT**

In a medium pot, bring chicken broth to a simmer over low heat. Let simmer until reduced in volume by about a third. The greater the reduction, the greater the flavor.

In a large soup pot on medium high heat, add oil until very hot. Add leeks and onions and salt, stirring until translucent. Add garlic and sauté for 1 minute, being careful not to burn the garlic. Add chopped tomatoes and bring to a boil. Reduce heat and simmer for 15 minutes. Add hot, reduced chicken broth and simmer for an additional 10 minutes.

Add basil, cream, salt, and pepper. Return to simmer.

Blend the soup by adding small quantities to a blender at a time (don’t fill the blender more than halfway) or by using an immersion blender. Finally, put the soup through a strainer to remove tomato skins, which may not have liquefied. The finer the strainer, the thinner the soup will be. I prefer a medium mesh strainer.

To get other recipes from local chefs, go to sdreader.com.
English pub grub is bluff and plain-spoken. Shepherd’s pie, bangers and mash, ploughman’s plate (the pickled onions and cheese, Scotch egg, and Branson pickle make it the real thing). Inexpensive.

**Mission Valley**

All American Grill 7510 Hazard Center Dr., Mission Valley, 619-296-9600. This huge indoor-outdoor sports pub offers genuinely good food from a wood-fired grill and oven and the grilled. The chef guiding chefs seasoning American ingredients (many local) in creative mini-pizzas, grates, hearty entrees, small desserts. Matched TV’s sound turns on for game Sundays. Low moderate.

**Normal Heights**

Jyoti Bihanga 3331 Adams Ave., Normal Heights, 619-282-4116. Bengal-tinged vegetarian health food from Chin Syrimi devotes its vegetables can be delicious. Chutney-topped Naterealfoot with nutty, intriguing flavors. Even the accompanying mashed potato and gravy tastes different. Also delish: Brashma Burren, Infinite Blue (brown rice salad with blue cheese dressing). Inexpensive.

**North Park**

Lefty’s Chicago Pizzeria 3448 30th St., North Park, 619-295-1720. The ultimate is Lefty’s “stuffed” pizza, a 14-inch, 8-pound monster that needs one hour “make and bake” time. They do Chicago hot dogs, char burgers, beautiful spicy fries, juicy Italian beef as a jus sandwich. Inexpensive to low-moderate.

**Ocean Beach**

3rd Corner Wine Shop & Bistro 2260 S. Coast Hwy. 101, Ocean Beach, 619-224-2104. The menu is split between the homeland and the seafood dishes and the house-made Safest choices: crawfish bisque, lush “purple fries” (eggplant), gumbo. High-moderate.

**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 sliced over salad, and the gyo- rris mix with all-American three-egg breakfast specials and meaty burgers. Inexpensive.

**Old Town**

Oaxaca Restaurant 2130 El Cajon Blvd., Old Town, 619-220-0692. Serious Mexican food highlighting mainland regional cuisines, including five different Oaxacan mole (plus a sixth from Chiapas). Moderate.

**Pacific Beach**

The Australian Pub 1014 Grand Ave., Pacific Beach, 858-273-9921. Try the Road Kill sandwich (grilled chicken breast with hot sauce and cheese) or the huge, baroque Aussie Burger. Inexpensive.

Chateau Orleans 926 Turquoise St., Pacific Beach, 858-270-3774. Charming setting with folk art, live blues, offering Louisiana fare in a rare find of a restaurant (avoid the jambalaya). Safest choices: crawfish bisque, lush “purple fries” (eggplant), gumbo. High-moderate.

Kabuki Sushi Restaurant 4475-C Mission Bl., Pacific Beach, 858-270-1866. Tempting dishes deducted to you via boats floating along a mini-canal that surrounds the sushi bar. The sushi chefs have the panoply of sushi, sashimi, nigiri. The dragon rolls and spider rolls are tasty. Inexpensive to moderate.

Karina Thai 825 Garnet Ave., Pacific Beach, 858-270-5000. Karina remains true to its Thai origins. Try tom yum kung (hot and sour shrimp soup), a meal in itself served over a charcoal fire at your table, or cold tamarind seafoods in spicy sauce. Inexpensive to moderate.

Lamont Street Grill 4445 Lamont St., Pacific Beach, 858-270-3000. All most romantic restaurant serves California comfort food, punctuated by beef and/or Cajun-flavored salmon. Served over fettuccine in a delicate cleft cream sauce. Moderate.

Rum Jungle Smoothies and Deli 4150 Mission Bl., Pacific Beach, 858-

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**Sportsmen’s Seafoods**

1617 Quivira Rd., Mission Beach, 619-224-3551. The menu is devoted to the “fruits of the sea” and includes a seafood platter (shrimp, squid, clams, fish, fries, and salad). And, of course, a crispy fish ’n chips platter. Inexpensive.

Izakaya MaSa 928 F St. Streettton Dr., Mission Hills, 619-542-1534. Friendly spot serves interesting Japanese tapas. Among the items: crunchy, spicy shiokaku kage (sake-fried salad), fried oyster (Aki); ethereal fried tofu in broth, and kara-age (spicy fried chicken). Inexpensive to moderate.

Saffron Thai Grilled Chicken 3731 India St., Mission Hills, 619-574-0177. Saffron Noodels and Sati is unfussy in its treatment about Thai noodles and saté. Next door, take-out only, owner Su-Mei Yu serves food like Irish breakfasts, meat loaf ingredients (many local) in creative mini-pizzas, grates, hearty entrees, small desserts. Matched TV’s sound turns on for game Sundays. Low moderate.

**Mission Hills**

Lai Thai Restaurant 1430 E. Plaza Blvd., National City, 619-474-5554. The soups, tokyo kaiti (spicy coconut) and ton yum (hot and sour), are good, as is the house Lai Thai Fish (usually tilapia) in delicious panang coconut-curry sauce. Inexpensive to moderate.

**National City**

Village Indian Cuisine San Diego 9978 Clairemont Mesa Blvd., 858-767-3463. Inexpensive. Express 3-25-10 • Coupon code: G1FSDR

$79 Indian lunch buffet

11 am-3 pm. Reg. price $99. Limit one customer per family. Includes rice, Nan, rice, nan, and more. Express 3-25-10 • Coupon code: G1FSDR

Free 3-oz. frozen yogurt

With minimum $5 purchase. Not valid with any other discount. Express 3-25-10 • Coupon code: G1FSDR

$2 off lunch $3 off dinner

All-You-Can-Eat $5 off in purchase of $25. $30 off luncheon purchase of $40. One coupon per customer. StariSun/Menu dinner price. Not valid with any other discount. Express 3-25-10 • Coupon code: G1FSDR

10% off entire bill, anytime

Not valid with any other offer. Express 3-25-10 • Coupon code: G1FSDR

Free 2" cheese pizza

With purchase of large pizza at the regular price of $15. Not valid with any other offer. Valid with coupon only. Express 3-25-10 • Coupon code: G1FSDR

Free NY style deli entrée

With the purchase of any entrée of equal or greater value and two beverages. Some restrictions. Express 3-25-10 • Coupon code: G1FSDR

Free French or Italian entrée

With purchase of second entrée of equal or lesser value plus two beverages. Cannot be combined with other offers or specials. Express 3-25-10 • Coupon code: G1FSDR

Free mini yogurt

With purchase of 5 or more Toppings not included. No stamp cards. Originals only accepted. One coupon per customer. Not valid with any other offers. Express 3-25-10 • Coupon code: G1FSDR

Free burrito

Buy a Monster Burrito at regular price and get any sushi roll of equal or lesser value free! Visit at San Diego County locations only. One coupon per customer. Not valid with any other offer. Express 3-25-10 • Coupon code: G1FSDR

Free 2 oz. sake

$75 Off


March 4, 2010

Bernard’O Restaurant
Solare Ristorante Lounge

Brandt beef. Pastas moderate, entrées chef cooks from scratch with mainly cuisine with Asian-fusion touches like meat and fish. Candied pork belly, “de-sive to moderate.

Fidel’s Little Mexico
437 S. Coast Hwy. 101, Solana Beach, 838-793-0999. Additional locations in Mis-sion Valley, Carmel Mountain, University City, Vista, Chula Vista. The Original BBQ Chicken Pizza, the cheese) or Sorrento’s Choice (turkey, cheese) or Sorrento’s Choice (turkey, cheese). Inexpensive.

Alchemy 1501 North St., South Park, try 535-0866. Art deco and playful international grazing plates and sea-sonal entrées make eating fun. Cook-ing and service top-notch. But with no reservations for small parties and noise-amplifying architecture, eat early, or work with the chef to find a time that allows for — seriously — the bread. Rosemary focaccia with addictive tomato basil dip. Also butternut squash soup, lasagna and prosciutto and fig pizzas. Live mus-in on patio Saturdays. Inexpensive.

Andiamo! Ristorante Italiano 5960 Sando Vallecitos Blvd., Tierrasanta, 858-277-3501. This is right up where Tierrasanta meets Miramar but it’s worth the trip for — seriously — the bread. Rosemary focaccia with addictive tomato basil dip. Also butternut squash soup, lasagna and prosciutto and fig pizzas. Live music on patio Saturdays. Inexpensive.

Bones (house-smoked pork ribs) and Hawaiian, and Asian flavors into So-cal comfort cooking. Try the Bag of Bones (house-smoked pork ribs) and any fruit creation for dessert. Moder-ate to expensive.

Big Kitchen 3003 Grape St., South Park, 839-214-5789. Judy “the Beauty” Forman presides over this highly social scene of big healthy breakfasts and lunches, including from-scratch waf-fles, muffins, omelets and scrambles, vegyn-choro. Inexpensive.

Sorrento Valley

Karl Strauss Brewing Company 9675 Scranton Rd., Sorrento Valley, 858-587-2399. Additional locations in La Jolla, Carlsbad, and Downtown. Go for honest-but-beautiful dishes like the mountaineous Hump Day Meat loaf (Wednesday). Beer influence is every-where. Filet mignon has an Amber Lager rib. Roast a Red Trolley Ale barbecue sauce. It can get pricey; try to hit happy hour. Moderate.

Winemaker and Brasserie 9550 Waples St., Sorrento Valley, 858-450-5557. Luxurious modern French cook-ing, upscale but comfortable, with vast wine list at minimal markups from wine store downtown. Lunches high-grade, dinners very expensive.

South Park
Alchemy 1501 North St., South Park, try 535-0866. Art deco and playful international grazing plates and sea-sonal entrées make eating fun. Cook-ing and service top-notch. But with no reservations for small parties and noise-amplifying architecture, eat early, or work with the chef to find a time that allows for — seriously — the bread. Rosemary focaccia with addictive tomato basil dip. Also butternut squash soup, lasagna and prosciutto and fig pizzas. Live music on patio Saturdays. Inexpensive.

Adrians Avenue Grill 2201 Adams Ave., University City, 858-298-8440. Eclectic, ever-changing menu can be hit or miss, but soups are good, and laven-der-infused crème brûlée makes an aro-matic dessert. Inexpensive to moderate.

Gulf Coast Grill 4130 Park Bl., University City, 858-450-6666. Classic steakhouse atmosphere and menu, with traditional appetizers, wet-aged Prime beefsteaks grilled to order (with po-tain and vegetable included). Sauces are extra, and a side of crispy spinach is worth its price. Very expensive.

P. F. Chang’s China Bistro 4040 La Jolla Village Dr., University City, 858-458-9007. Additional locations in Mis-sion Valley and Chula Vista. The décor at this busy Chinese chain (130-plus restaurants) is fun; the food is mainly mediocre, but the massive Great Wall of Chocolate dessert will knock you over. Moderate.

Venice Ristorante Italian 4365 Executive Dr., University City, 858-597-1188. Refined northern Italian dishes include an antipasto assortment, lush pastas, and any gnocchi, well-chopped entrées including duck breast with pistachios and veal rack with porcini mushrooms. Long happy hour in bar with deep discounts, otherwise upper-moderate to expensive.

University City
Apollonia Greek Bistro 8650 Geene Avenue, University City, 858-455-1555. Sister restaurant — Café Athena — in P.B. With a more upscale, eye-catching decor and a longer and more serious menu than most Greek cafés, this is a popular destination. Inexpensive to low-moderate.

Donovan’s Steak and Chop House 1440 La Jolla Village Dr, University City, 858-450-6666. Classic steakhouse atmosphere and menu, with traditional appetizers, wet-aged Prime beefsteaks grilled to order (with po-tain and vegetable included). Sauces are extra, and a side of crispy spinach is worth its price. Very expensive.

East Ramona 4340 Park Blvd., University City, 858-298-2801. Try the pome-granate, rosemary, and prosciutto salad. Ghoumeh sabzi is a lamb stew. Kofteh-bazari is a ball of bas-mati rice with lamb, eggs, onions, and plums. Inexpensive.

El Zarape 4642 Park Blvd., University City, 858-682-1632. This style litt-tle restaurant is proof that not all taco shop food is equal — try a shredded beef or chicken taco or tostada with generously mound of juicy, slow-cooked meat, or taco burlin-prepared soups. Inexpensive.

Sorrento Valley

Point Loma
The Pearl 4140 Rosecrans St., Point Loma, 619-226-6100. The fare is Cali-fornia-eclectic and emphasizes graining, with local produce and sustainable meat and fish. Candied pork belly, “de-construc-tion” nachos, wings or more. Inexpensive to low-moderate.

Solare Ristorante Lounge 2820 Roosevelt Rd., NTC Promenade, Point Loma, 619-270-9670. Northern Italian cuisine with Asian-fusion touches like a sea bream carpaccio with lychees. The chef cooks from scratch with mainly local or organic ingredients, including Brandt beef. Pastas moderate, entries expensive.

Bernard’O Restaurant 12457 Rancho Bernardo Rd., Rancho Bernardo 838-487-7171. Brilliant modern takes on French classics. You want to know what genuine (California-adapted) bouillabaise should be? Or squab at its best? This is the place — and desserts are ravishing, too. Expensive but not exorbitant.

273-2227. Rum Jungle Smoothies serves up acai, the flesh of a Brazilian palm nut, for breakfast, adding your choices of granola, banana, strawberries, blue-berries, mango pieces. Inexpensive.


Rancho Bernardo
Bernard’O Restaurant 12457 Rancho Bernardo Rd., Rancho Bernardo 838-487-7171. Brilliant modern takes on French classics. You want to know what genuine (California-adapted) bouillabaise should be? Or squab at its best? This is the place — and desserts are ravishing, too. Expensive but not exorbitant.
2006’s hooked up with Cargo Music Southern-fried punk band Jeff Forrest (blink-182, Cattle years. It was recorded at Screamin YeeHaws in four months. It is the first new CD for the Man I Just Like to Party, CDs in Japan, France, thing to get. We were stoked distribution is all you want. As an independent band, dis-tribution is all you want. Distribution is the hardest thing to get. We were stoked to get Cargo. They had their CDs in Japan, France, they sent us a check for 185 f***in’ dollars…. I’m not saying that I think we had a platinum-selling record, but I think we sold more than $185 worth of CDs in four years…. When we ask them where’s our money, they give us some b.s., that they gave away a few hundred CDs.” Cargo owner Eric Goodis responded via email: “The payment was for 50 CDs at $5.50 each, less $90 for their participation in a co-op ad. That came to $185.” YeeHaws guitarist Chris Henry says the band agreed to pay $90 for the ad and that $5.50 was the per-CD compensation rate. But Henry says that he gave Cargo 250 CDs. He says he dealt with a Chicago-based Cargo employee named Gubby (who declined a request for comment). Henry admits that he erred in not getting an initial receipt for the 250 copies. “Anyway, I have a recent email from Goodis that says they still have 50 CDs of ours sitting on the shelf. I’d like to know when I can come by and pick them up.” “Bullet is a little more mature,” says Bone. “We haven’t been on the road quite as much. We’ve been at home dealing with real-life stuff more these days, and that’s reflected in the music. We’re still looking for a distributor/label, or we end up doing it on our own. We just did our first professional video shoot for ‘I Just Like to Party, Man.’ It’s on YouTube.” The Screamin YeeHaws play Radio Room March 5. — Ken Leighton

“Strike a Good Pose

“The bass player and I hooked up on Facebook, and I made a joking comment about how I guess we’ll be getting back together,” says singer Mark Copeland of the long-defunct band Sanctuary. “Well, long story short, now all five original members have been practicing for a month, and we’re doing a 30-year reunion show.” In 1981, says Copeland, “We were lucky to get $100 per gig, when they weren’t trying to pay us in beer. The big place to play was an under-21 club called Straighta Head Sound on El Cajon Boulevard, where we watched Jake E. Lee play before he joined up with Ozzy and Robbin Crosby before he joined Ratt.” Guitarist Steve Cox recalls, “I hadn’t even [had sex] yet, but I eventually shook up with a band slut until 1988. From what I remember, if you were cute, struck a good pose, and had blow, you were in.” Cox later played with Psychotic Waltz and Suicide Doors.

Copeland and Cox will be rejoined by bassist Jim Mills (currently with Southbound Jonny), singer-guitarist Frank Kowalski (who plays with Verge of Distortion), and drummer Mike Lewis (of Ironworks). “There will never be another 30-year reunion,” says Copeland, “unless Mike can still play the drums at 83 and the rest of us can rock out in our late 70s.” The reunited Sanctuary appears March 27 at Fannie’s. “Attendees will see that 50-year-olds can still rock out. We’re taking this show very seriously; we’ve been rehearsing for three and a half months. I love great cigars, but I even stopped smoking in preparation for this gig. I really look forward to lighting up when we come onstage, though.” — Jay Allen Sanford

(continued on page 92)
his Los Angeles band formed in the early ’90s. Fronting TNP and solo, Stew was a frequent visitor to SD stages until he moved from L.A. last decade to pursue development of Passing Strange with bassist-singer Heidi Rodewald, longtime creative partner. Stew befriended many SD musicians — Bart Mendoza, Gregory Page — and built a decent local following, also earning raves from U-T critic George Varga, who listed the Negro Problem’s album Post Mistrel Syndrome as tops for 1997. And Stew found a special venue in Java Joe’s, the coffeehouse founded in Poway by Joe Flammini in 1992, currently in Hillcrest but most notably in Ocean Beach from 1993 to 2002. “Java Joe’s really had Joe’s — Washed-up hippies — and not much else, people. It was a great gig. They let me crash in the storage room during those days,” elaborated Stew. After Making It, Stew noted plans to get back to being a band: making records and touring, including a likely return to SD in October. — David Stampone

Now You Know: Paper Forest
I’m kinda a quiet guy, but it was really coming out of me the other night,” says Paper Forest bassist Trevor Mast (Joy) about a recent show at Tin Can Ale House. The evening saw a bare-chested Mast in a leather vest thrashing his bass behind his head and narrowly avoiding an ass-kicking. “I eventually got it. They even took a picture together giving a thumbs-up in front of the bar.”

Existing in various incarnations since 2005, Coronado’s indie-rap-math-electro-pop-R&B group Paper Forest is exploring a new sound and songwriting process with the addition of Danica Molenaar (Dusty Highway Band) on keys and backing vocals. Friends with Mast and Burdeaux since high school, Molenaar recently joined the group after a freestyle hip-hop jam at Burdeaux’s house involving an abundance of alcoholic energy drinks. “We just let the Joose flow,” says Molenaar. “Auto-Tune is the worst, most addictive drug ever,” says Burdeaux. “It makes everything sound good, but if you use it too much, no one wants to listen to your music because it’s really annoying. But all that Auto-Tune shit is just for fun. We are working in a new direction. It’s still melodic and songwriterly but just more fun, upbeat, technically proficient, and instrumental.”

Drummer Glenn Romett (Primitive Noyes) is also a new addition to the group. “My original goal was to get Sean to join my band,” says Romett. “But somehow I ended up in his. He had all of these great songs already. I want to make these songs the best they can be. I really believe in these guys.”

“I taught Glen our new math breakdown right before the show in a text,” says Burdeaux. “It was sections of three and five and seven. And Glen was, like, ‘Whoa! You just tested that to me!’” “It’s gonna sound like we plugged an algebra book into an amplifier,” Burdeaux says regarding the new direction of the band. “Math-rock is such an awesome genre, so fun.”

Newcomer Molenaar, however, has a different vision of the future. “We’re the next Lady Gaga.”

Paper Forest: March 30 at Tin Can Ale House with Neat Beats and Skeletal System

Sounds like: Modest Mouse, Kickball, Battles

Got a wicked pissah new band? Let us know by sending your MySpace thing to barnaby_monk@sdradere.com. We’ll check you/them out for our next installment of “Now You Know.”

— Chad Deal

CONTRIBUTORS
William Crain, Dan Good, Larry Hammon, Ken Leighton, Bart Mendoza, Jay Allen Sanford, David Stampone
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JULY 17

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SEPTEMBER 10

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Thursday 4
Breathy British band the Clientele is touring the world behind late-last-year’s crimper Bonfire on the Heath, their most pop-defined collection yet. Bonfire steps out of the fuzz, into cleaner, chim-
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BRANDI CARLILE
THE ONE UP THE GHOST
TRAVELING SHOW
MAR. 11

MELISSA FERRICK
JAY NASH
ROB LAUREN
5TH AVE. SIDE STAGE
MAR. 12
ALL AGES

BLACK REBEL MOTORCYCLE CLUB
WHISKEY "N" ROSES
MAR. 13
ALL AGES

PENNYWISE
ASSOCIATES & DEPARTURES
MAR. 17
ALL AGES

SICK PUPPIES
VIOLET CORD, YOUNG GOODMAN
MAR. 18
ALL AGES

BAD RELIGION
KREATOR
MAR. 19
MAR. 20 CH3
MAR. 21 THE ADOLESCENTS
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THU 11

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SAT 13

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Last year we were just four childhood friends, reuniting in our home town of Poway for a jam session,” says Johnny Airplane, singer-guitarist for Monkeys in Space. “We realized we’re all still young — in our early 20s — so we still have a fair shot at chasing our dream. Now we frantically fight the pull of the blue-collar world. We put our professional lives on hold, accepted minimum-wage jobs, and formed the band that we hope will save rock ‘n’ roll.”

The group recently self-financed an EP, In Light of Recent Events, and they’re playing around town and sending promo material to every music biz professional they can track down with Wi-Fi and a laptop.

“Before Nirvana was Nirvana, Kurt Cobain wrote to every record label he could find, begging them to sign his band. We’re gonna write to every label, promoter, agency, artist, manager, band, record store, venue, and radio station in the free world.”

Why should we care? “We aren’t your average women’s-jeans-wearing, high-pitched-screaming-blue-collar world. We put our pro-

MUSIC
JAY ALLEN SANFORD

WHAT’S IN YOUR MUSIC PLAYER?
Johnny Airplane (guitar and vocals):
3. Face to Face, Reactionary. “I’m so stoked that they’re touring again and playing with NOFX.”
4. Bad Astronaut, Acrophobe. “Joey Cape is my hero, and Bad Astronaut cuts to the bone.”

J: “I’m not clever enough to come up with anything that’s a lie. I’d never share my cocaine.”

Johnny: “Totally real! I buy into all that shit frontline."

Kerp: “I don’t like the commercials about cave-

WORST TV COMMERCIAL?
Johnny: “Ped Egg, the most disgusting 30 seconds I’ve been repeatedly forced to sit through. I mean, seriously, you’re grinding off f**king foot flakes whenever I want to.”

Kerp: “Do you like orgasms? ”

ANY FEARS OR PHOBIAS?
J: “I’m afraid of hauntings and abductions.”

Kerp: “I fear people who have psychic abilities. That’s a fact.”

Hig: “I don’t have an effective one, so I usually just hit on the oldest woman in the room.”

Kerp: “Fake. I can’t believe people believe that bullshit.”

IDEAL SUPERPOWER?
Johnny: “Invisibility, ’cause I’m a total perv.”

J: “I’d like to walk through walls. I’d hit a few banks and take the Monkeys on the road.”

Hig: “The shapeshifter ability to take the form of anything, like that super-hot girl from X-Men. You could be Obama one second and a tiger the next.”

Kerp: “To fly, because then I can ‘peace, out!’ whenever I want to.”

WHO SHOULD PLAY YOU IN A MOVIE?
Johnny: “Keir O’Donnell, who played the creepy gay painter brother in Wedding Crashers.”

J: “Leonardo DiCaprio. Can’t you see the resemblance?”

Hig: “Kiefer Sutherland, aka Jack Bauer.”

Kerp: “Macaulay Culkin.”

FAVORITE MONKEY MOVIE?
Johnny: “Definitely Congo. That movie is a trip. ‘Are you serving that ape a martini? Ha!’”

J: “The Planet of the Apes remake, ‘cause Mark Wahlberg is a badass.”

Hig: “In Indiana Jones and the Last Crusade, the evil monkey who gets poisoned is awesome.”

Kerp: “Does porn count?”

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THIS WEEK’S SHOWS


Anthology: 1337 India St., Little Italy, 619-595-0310. Thursday, 7:30pm — Trevor Davis & Dr. Seahorse. Alternative/rock. $7-$12. Saturday, 7:30pm and 9:30pm — Diane Schuur. Jazz piano/vocals. $19-$27. Wednesday, 7:30pm — Toad the Wet Sprocket. Alternative/rock. $25-$36.

Belly Up Tavern:

Saturday, 8pm — Julian Lage. Guitar. $19-$24. Saturday, 8pm — The Clientele. With the Getdown, Watch Us Burn, This Is Mantic, Break Her Fall. Indie/alternative/rock. $7.


Carlsbad Village Dr., Carlsbad, 760-729-2989. Thursday, 7pm — Killah Priest. With the Lost Angel Crew and Eternal Syndrome. Rock. $15.


Dr. Seahorse. Alternative/rock. $7-


Beauty Bar:

Thursday, 8pm — The Silent Comedy. With Transfer and Mata Leon. $15.


Mike Keneally Band

Mike Keneally of Dethklok and Frank Zappa

Special Guests: S. Ail

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3/12 BLUES/ROCK ANDREW STRONG of the 1911 Cult Classic Movie “The Commitments”

3/10 ROCK TOAD THE WET SPROCKET

3/9 SINGER/SONGWRITER JON SECA DA

3/6 JAZZ DIANE SCHU RR VTX FOR 9:30PM SHOW

3/5 THE CHRISTOPHER DALE Trio & SUPERUN LOADER

3/4 TREvor Davis & Dr. Seasheiro

3/1 FINE TUNED MUSIC & CUISINE

3/2 ROCK BACK TO THE GARDEN - A Tribute to Crosby Stills Nash & Young @ Eve Sells & Mark Decerbo of Rockola

3/1 CLASSICAL MUSIC GUIDE. Music videos, driving directions, maps, event alerts, coupons, and more available online at SanDiegoReader.com.

Classical listings can be found in the Classical Music Guide. Music videos, driving directions, maps, event alerts, coupons, and more available online at SanDiegoReader.com.

San Diego Reader Reader
$19-$27.
Diane Schuur. Jazz piano/vocals.
Ethnic fusion/flamenco. $15-$20.
St., Normal Heights, 619-303-8176.

Wednesday — Trombone Shorty & Orleans Avenue. With the New Mastersounds and Salvador Santana. Funk/rock. $13-$17.

San Diego, CA 92186. You may also submit information online at SanDiegoReader.com by clicking on the music section.
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“Tropical Tuesdays”
Dedicated to Bachata & Merengue!
Bachata lessons @ 8:30 pm

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So Cal’s best Live Salsa bands & D.J.s.
No cover all night.
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Live dance lessons @ 8:30 pm by Valerie.

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555 Fourth Avenue
San Diego’s Gaslamp
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In a way, it’s hard to imagine a more English band than the Clientele. Maybe that’s because singer-guitarist Alasdair MacLean sings in a hushed, breathy voice that sounds as if he’s trying to win the heart of some English rose outside class at Oxford without disturbing the vicar down the hall. The Clientele gives its albums titles like Bonfires on the Heath and their songs titles like “Winter on Victoria Street” and fill them with melancholy lyrics about rain, trees, waking in the park, and the changing seasons — basically the stuff of every English poet you ever read in school. And the Clientele always sound reminiscent of British music of the ’60s. (Not so much the Beatles, the Stones, or the Who, but definitely the Zombies and early Pink Floyd.) Even when they lace their impeccable arrangements with country pedal-steel gui- tar, it sounds more like Sussex than the Bible Belt.

So, maybe it comes as a surprise that the Clientele are largely ignored in their home country while they are adored by a small but devoted following in the United States. Perhaps we can chalk this up to American anglophilia, but maybe not. I don’t know about you, but I grew up listening to the Kinks without knowing that “Waterloo Sunsets” was about a particular splotch on the London underground. I had the Smiths’ Strangeways Here We Come for years before I found out that Strangeways was a prison. A song to which I never was the overt Englishness of those bands, it was their intelligence. The Clientele speak to me the same way. They aren’t great because they’re more English than other bands; they’re great because they’re better than other bands.

CLIENTELE: The Casbah, Thursday, March 4, 8:30 p.m. 619-232-4355. $12; $14 day of show.

BY WILLIAM CRAIN

—

San Diego
Ocean Beach, 619-222-0168.
3100.
Saturday
Friday
7480 Miramar Rd., Suite 101, Mira
Jones. Alternative/indie/rock. 7pm

BARTENDER SHIFTS AVAILABLE • PROMOTERS WELCOME

DOWNTOWN
El Cajon, 619-448-5687.
Sunday, 2:30pm — Open Jam. Blues jam with Chet Cannon and the Committee.

Encinitas Library
San Diego

Fannie’s Nightclub:

Humphrey’s Backstage Music Club:

The Kensington Club:

The Lake Wohlford Café:

Hensley’s Flying Elephant Pub and Grill:

The Lofts: 9500 Gilman Dr., UCSD,
850 Tamarack Ave., Carlsbad, 760-333-3245.


4935 Newport Ave.,


Bobcat’s Cafe & Grill:

Bender’s Nest:

New Village Arts Theatre:

Mandolin House: 401 Broadway, Chula Vista, 619-422-5288.
Sunday, 9:30pm — Broadside
Ballads Series. Featuring Daves and Corey Chisel & the Wandering Sons, with Jason Boesel. Folk/rock. $10-$12.


Pacific Beach Library: 4275 Cass St., Pacific Beach.
Wednesday, 7pm — "Guitar Extravaganza." Featuring George Sobooda and students. Acoustic. Free.

Patrick’s II: 428 F St., Downtown,
619-233-3077.

DOWNTOWN
1350 B STREET
DOWNTOWN
3/11

THUR., 3/11

FRIDAY, APRIL 17

EARTH AT NIGHT

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THUR., 3/3

FRIDAY, MARCH 6

LIVE MUSIC • REGGAE

REVAL CONCEPT OTLEY MERCER DON’T TRIP

SAT., 3/13

LIVE MUSIC • HARD ROCK 30-30 MAD LIFE CLIMBAZARD SLACKER HACKERS GARBAGE FILE

SUN., 3/14

LIVE MUSIC • REGGAE

SONIC SOUL REVOLUTIONS

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LIVE MUSIC • REGGAE

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SUN., 3/14

LIVE MUSIC • REGGAE

SUN., 3/14

LIVE MUSIC • REGGAE

SUN., 3/14

LIVE MUSIC • REGGAE

SUN., 3/14
and Sesame Ensemble. Jazz/rock. $10.


Sunday, 6 pm — Alesana. With a Sky Full of Stars, Of Mice and Men, and the Word Alive. We Came As Romans. Rock/alternative/indie. $13.

Stage Saloon: 762 Fifth Ave., Downtown, 858-696-9436. Thursday, 9 pm — Heavy Gloss. With Vinyl Film. Rock.


Tango Del Rey: 3567 Del Rey St., Pacific Beach, 858-794-9044. Saturday, 8 pm — Karen Georgio and Glen Rose. Songs of the first music-Oscar winners. $25.


U-31: 3112 University Ave., North Park, 619-584-4188. Wednesday, 8 pm — Bob Deer. Acoustic. $5.


Avo Playhouse: 303 Main St., Vista, 760-724-2110. April 11 — The Peter Punning Quartet.

Balboa Theatre: 868 Fourth Ave., Downtown, 619-570-1100.


Belly Up Tavern: 143 South Cedros Ave., Solana Beach, 858-481-8140.


The new MASTERSOUNDS: Belly Up, Wednesday, March 10, 8 p.m. 858-481-8140. $15; $17 day of show.

The new MASTERSOUNDS

BY DAVE GOOD

The best funk band working today is not from the U.S., where funk was invented, but from Leeds, England, where funk and soul have been undergoing a revival for some time. On the soul/R&B side, Joss Stone, Amy Winehouse, and Beverly Knight have picked up where Motown left off in the 1970s, to astonishing success. Likewise, funksters the New Mastersounds have pumped air into the long-deflated funk scene with indie-rocker energy and have made it cool and relevant. Their approach is loaded with respect; one wonders if the title of the New Mastersounds’ single “One Note Brown” is meant as an acknowledgement of what they have borrowed from the Godfather of Soul and funk, James Brown. In keeping with first British Invasion four decades ago, U.K. youth are again taking notice of a vintage American art form, romanticizing it, reinventing it, and feeding it back to us.

Funk has no bad days. It is based on a driving rhythm that allows for zero sorrow. True funk is often a celebration based on a single chord stretched to the breaking point. Everything in a funk song starts on the downbeat, unlike rock or soul, which emphasizes the second and fourth beats. Funk elevates the bass guitar to something approaching lead status, and the drums are right behind it. The funk tradition calls for a kind of rhythm-guitar technique known as “chicken scratching.” There is always a Hammond B3 organ, and in most funk bands a horn section blasts counterpart to the vocalist. Although Trombone Shorty and his band have joined them for this tour, the New Mastersounds make enough heat on their own with just the rhythm section of bass, drums, guitar, and organ.

Have they missed anything in the translation? No. Thanks to the Brits, the funk has lived to see another day. Trombone Shorty & Orleans Avenue also perform.

THE NEW MASTERSOUNDS
Surfer Blood:
Astro Coast
CD Review
by Rollo Cabeza
Florida four-piece Surfer Blood might have spent too much time in the sun, listen-
ing to "90s indie-rock. On their debut, Astro Coast, the similarities to Weezer, the Shins, and Pavement crash like waves. Opening track “Floating Vibes” kicks in with Dinosaur Jr.'s "Feel the Pain" guitar, and for the chorus, singer-guitarist J.P. Pitts conjures Rivers Cuomo, harmonizing over the riff. On "Twin Peaks," Weezer's influences resur-
face, with Pitts singing the chorus as if it were a remake of a 1994 hit. "Undone (the Sweater Song)." On "Harmonix," SB goes from a scaled-down Pavement riff to a distorted Sebadoh groove.
The songs on Astro Coast range from catchy, sunny vibes to jaw-clenching anthems, such as "Swim" and "Fast Jabroni." On "Slow Jabroni," the band drops anchor with emotive lyrics: "You better take some time to figure it out, 'cause if you don’t you're going to do without." While Surfer Blood is melodic, tuneful, and Pitts’ voice is strong and guitar tones are heavy, they are too similar to bands past, transporting me back to the ‘90s, tight thrift-store sweaters and all. I survived it. I'm not ready to go back.
Claire de Lune: 2906 University Ave., North Park, 619-688-9845.
March 27 — 6th Annual San Diego Indie Fest.
March 22 — Viva Santana.
Dizzy’s: Harbor Club Towers, Downtown, 858-270-7476.
March 12 — Gilbert Castellanos.
March 13 — The Muffins’ Inara
March 14 — Martin Taylor & Mundell Lowe.
March 19 — Bill Evans Tribute.
March 20 — Greg Sorensen.
March 23 — The Wallace Roney Quintet.
March 26 — Chisholm.
March 27 — Mikan Zlatkovich & His Quartet.
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March 23 — The Wallace Roney Quintet.
March 26 — Chisholm.
March 27 — Mikan Zlatkovich & His Quartet.

FRIYDAY & SATURDAY
MAR. 5 & 6 • 8 & 10:30 PM

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$75 for your concert review, $25 for your CD review. Submit to SDReader/critic.com
This group is intent on providing a continuum of the legacy of the John Coltrane Quartet. Easier said than done, but they do it well. To that end, the concert began with a 20-minute version of Coltrane’s “Lonnie’s Lament,” featuring solos from Lawrence, Saunders, and Franklin. A crowd favorite was their interpretation of “Oh What a Beautiful Morning” with a soprano sax solo from Lawrence. On ballads like “Dedicated to You,” the band’s ability for profound solos at a slow tempo shined. Lawrence thanked the audience for allowing him to follow his passion and turn his childhood hobby into a career.

After the show, Jake greeted each fan as they walked by. He signed CDs, played guest’s ukuleles for them, and chatted. No one felt rushed. When I asked about his practice regimen, he said, “Practice is not work because I love to play. I need to play like I need to eat.”

When I asked about his practice regimen, he said, “Practice is not work because I love to play. I need to play like I need to eat.”

Concert: Henry Franklin Quartet
Show date: February 9
Venue: Saville Theatre, San Diego City College
Seats: 10th row, dead center

Uke Master
Concert Review by Bill Davis
Ukulele virtuoso Jake Shimabukuro has reinvented an instrument once considered a novelty, a toy seen at a backyard luau. Playing a wide range of genres, he uses strumming, picking, and fretboard techniques that leave even the best guitarists in awe. What would you be willing to pay to see Eric Clapton, Carlos Montoya, Cat Stevens, the Beatles, Michael Jackson, and Béla Fleck? For 20 bucks, Shimabukuro interpreted the best of all those artists (and more), making their diverse music his own by displaying a range of styles that kept each song unique. Standout takes included Zeppelin’s “Going to California,” the Beatles’ “In My Life,” and Jacko’s “Thriller.”

Humble, gracious, and witty, Shimabukuro thanked the audience for allowing him to follow his passion and turn his childhood hobby into a career.

After the show, Jake greeted each fan as they walked by. He signed CDs, played guest’s ukuleles for them, and chatted. No one felt rushed.

When I asked about his practice regimen, he said, “Practice is not work because I love to play. I need to play like I need to eat.”

Concert: Jake Shimabukuro
Show date: February 8
Venue: Belly Up Tavern, Solana Beach
Seats: General

Shimabukuro’s a thriller

March 14 — Farnburger.
March 15 — Blue Monday Pro Jam/Blues Party.
March 16 — 52nd Street.
March 18 — Scott Carter & New Breed.
March 19 — Detroit Underground.
March 20 — Savoy Brown.
March 21 — Reggie Smith.
March 22 — Michelle Lunden.
March 23 — Jesse Davis.
March 24 — The Soul Persuaders.
March 25 — Sean Carney & Phil Berkowitz.
March 26 — Chris Duarte.

Island Sports and Spirits: 104 Orange Ave., Coronado, 619-435-3456.
March 15 — Andrew Deering.
March 16 — Joyful Noise.
March 17 — Gregory Page.

Java Jones: 631 Ninth Ave., Downtown.
March 14 — Kata and Kerretta.
March 15 — Gayle Skidmore.
March 16 — Blow Your Pipes.
March 17 — Leon Redbone.
March 18 — Sam Raison & the Gypsy Cimbalom Band.
March 19 — The Anthony Wilson Trio.
March 20 — The Robin Henkel Band.
March 21 — Chris Duarte.
March 22 — Greg L reddit.
March 23 — Kata and Kerretta.
March 24 — Joyful Noise.
March 25 — Gayle Skidmore.
March 26 — Blow Your Pipes.
March 27 — Tom Adams/Thornes Trio.
March 28 — The Anthony Wilson Trio.
March 29 — The Soul Persuaders.
March 30 — Kata and Kerretta.
March 31 — Leon Redbone.

SDReader/critic.com
as i hear it
BY BRIAN CARVER

San Diego Songs Take the Street Test

Artist: Lead Burns Red
Song: “Nomad” (from sandiego reader.com/mp3)
Heard by: Julian Yanez, Ocean Beach

It starts off strong, starts out hard. I liked the intensity. It kind of slows down with the breakdown, but overall, it’s a good song. I’m getting ready to go for (a bike) ride, so it puts some adrenaline in me.

I’d say they sound like ‘80s or early-’90s rock... maybe like Anvil, the metal band. They’re in between hardcore and metal. Clean vocals, but it needed to be harder. They need to spice it up a little. He sounded too much like Creed. I would totally wouldn’t change it. I’d just need to see that getting radio airplay. It’s catchy enough to play on the radio with no problems.

Somebody would definitely call in as I hear it
Heard by: Julian Yanez

TO GET YOUR LOCAL CD HEARD, PLEASE MAIL IT TO:
Music Editor, As I Hear It, San Diego Reader, P.O. Box 85803, San Diego, CA 92186-5803

DJ
HOW TO SUBMIT A DJ LISTING: Call 619-235-3000 x406, night or day by 5 pm Friday, the week prior to publication. To send weekly or monthly schedules, fax to 619-234-0489 or mail to Reader Music Scene, P.O. Box 85803, San Diego, CA 92186. You may also submit information online, get directions, RSS feeds, club coupons, free mp3 downloads and more at sandiego reader.com.


The Coyote Bar & Grill: Thursdays, 10:30 pm: DJ Swoll. Fridays, 10:30 pm: DJ Gary B. Saturdays, 10:30 pm: DJ Paul Dumereal. Saturdays, 10:30 pm: DJ Paul D. 300 Carlsbad Village Dr., Carlsbad. 760-729-4695.

The Flame: Wednesdays, 9 pm: Cookies with DJ Dirty Kurty. 3780 Park Bl., Hillcrest. 619-295-4163.


Gaslamp Tavern: Thursdays, 8 pm: Fridays, 4 pm, Wednesdays, 8 pm: C-Phish. 868 Fifth Ave., Downtown. 619-259-3339.


Harrah’s Rincon: Thursdays, 8 pm: Noche Latina. With DJ Don Jose. Electronica, Latin. 777 Harrah’s Rincon Way, Valley Center. 760-751-3100.


Inferno Young Adult Nightclub: Fridays, 9 pm, Saturdays, 9 pm: DJ Knell T. Spins Top 40, techno, and 80’s. 775 Metcalf St., Escondido. 760-741-1271.

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Friday, Mar. 5 • 8-10 pm
Saturday, Mar. 6 • 7-9 pm

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4/9 FRIDAY

WAILING SOULS w/President Brown

4/10 SATURDAY

CHICKENFOOT Virtual Tour

4/16 FRIDAY

NATURAL VIBRATION Tribal Theory

4/23 FRIDAY

WAYNE SMITH, FORREST MARTIN, RANKING FORREST, w/ CULLI

4/30 FRIDAY

EKOLU w/Guests

5/1 SATURDAY

KATCHAFIRE w/Guests

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Pacific Beach Bar & Grill: Wednesdays. DJ Tom. 800 Garnet Ave., Pacific Beach. 858-272-7278.
SIN Niteclub:

Tuesday, Mar. 2: 9pm: DJ Rigo/Karaoke
dancing

Wednesday, Mar. 3: 9pm: DJ BDP.

Thursday, Mar. 4: 9pm: DJ Bryan Pollard, DJ Heather


Friday, Mar. 5: 8-10 pm:

Saturday, Mar. 6: 9pm: Barry Jones!!!

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Soda Bar: Thursdays, 9pm: Expressway to Yr Skull.
Punk/garage, Free. 3815 El Cajon Blvd., City Heights. 619-255-7224.


Tavern at the Beach: Thursdays, 10pm: DJ D-Skwiz. Fridays, 10pm: DJ BDP. Saturdays, 10pm: DJ BDP. With DJ MI-C.E. Wednesdays, 10pm: DJ Who. Hip-hop/rock. 1200 Garnet Ave., Pacific Beach. 858-272-6066.

Tiki House: Tuesdays, 9pm: Tunes by Joe Marson. Every Tuesday. 1152 Garnet Ave., Pacific Beach. 858-273-9734.


U-31: Thursdays, 8pm: DJ Artistic. With Crox 1. '80s and '90s hip-hop.

Fridays, 9pm: Feel the Noise. With Gabe Vega and Saul Q. Dance/indie/rock.

Saturdays, 9pm: Dance Party Mash-Ups.

With DJ Mic-E.


Side Bar: Thursdays, 9pm: Ruby Thursday. 536 Market St., Downtown. 619-696-0946.

Sixty-Seven Bar and Grill:


Sapphire Lounge: Saturdays, 9pm: Almost Famous Thursdays. Dance/top 40.

600 Fifth Ave., Downtown. 619-233-7500.

18+ Hookah: Saturdays, 9pm: Almost Famous Thursdays.

1980s and '90s hip-hop.

Almost Famous Thursdays.


7278.

Red Carpet Fridays. Dance/top 40. 4696 30th St., North Park. 619-702-7933.


Sapphire Lounge: Saturdays, 9pm: Almost Famous Thursdays.


619-696-0946.

 Sundays, 10pm: DJ Dizzy D. Spins hip-hop, old skool, and techno. 18 and up.

Wednesdays, 9pm: Blazing 94.9 Night. With guest DJs. 6195 University Ave., College Area. 619-544-1177.


Side Bar: Thursdays, 9pm: Ruby Thursday. 536 Market St., Downtown. 619-696-0946.
**BONITA**
Sapphire 18+ Lounge & Hookah: Tuesday-Saturday, 5-7 pm: Two-for-one all drinks. $4 six-piece chicken wings, falafel, or mozzarella sticks, $5 small hummus. 1/2-off hookahs all day Tuesday.

**CARDIFF**
Besta-Wan Pizza House: Monday-Friday, 11 am-4 pm: $1 pint, glass of house wine, $3 pitcher. Chart House: Monday-Friday, 4-7 pm: $3 domestic drafts, $4 premium drafts, wells, glass of wine, $5 cocktails, $6 martinis.

**CARLSBAD**
The Alley: Every day, 11 am-7 pm: $2.75 wells, domestics. Argyle Steakhouse/Golf Clubhouse: Monday-Friday, 4-7 pm: $3 wells, beer, margaritas, $5 off appetizers, 10 pm-midnight: $3 beer, well drinks, wine, 8 pm - 9 pm: $1 Bud & Bud Light. Greek Village: Monday-Saturday, 11 am-9 pm: 1/2-price martini.

**CARMEL VALLEY**
Cielo: Monday-Friday, 3-7 pm: $3 pitcher. Miller's New York Style Pizza: Monday-Friday, 4-7 pm: $1 of selected drinks, $1 off well drinks.

**CORONADO**
Beach ’n’ Diner: Monday-Friday, 3-6 pm: $3 beer, wine. $2 off shakes, floats, malts, appetizers. Every day: $3 beer of the month. Candelas on the Bay: Every day, 4-6 pm: 1/2 off select appetizers, $2 off wines. Chance Bistro: Monday-Friday, all day: 1/2 off well wine, wine by the glass. $7.99 buffalo wings.

**DEL MAR**
Del Mar Tavern: Monday-Friday, 4-7 pm: $3 draft beer, $4.25 wine, $5 appetizer specials. Yummy Sushi: Monday-Friday, 4-6 pm: $3 small hummus, $4 large Saki, $5 large Sapporo.

**DOWNTOWN**
400 West: Monday-Friday, 4-7 pm: $1 draft, $3 wells, imported beer, appetizers. Anthony’s Fish Grotto: Monday-Friday, 3-7 pm: $1 off drinks, appetizers (only in the lounge).

**HAPPY HOUR**
Monday-Friday, 3:30-6:30 pm: $5 appetizer menu, $4 shots, Jameson, Jack Daniels, Jager, Jose Cuervo Gold.
Bella Luna: Monday-Friday, 3-6 pm: $5 house wine, 1/2 off appetizers.

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$100-$500, night or day by 5 pm Friday, Saturday-Sunday.

**KERRY’S BRASSERIE**
Monday-Friday, 4-6:30 pm: $3.50 beer.

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establishments can be found online at SDReader.com/drinks.

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Monday-Friday, 3:30-6:30 pm: 1/2 price mojitos, Tuesday-Friday, 5-6 pm: 1/2 price wine bottles. Wednesday-Friday, 5-6 pm: 1/2 price martini. Thursday, Saturday, 5-6 pm: 1/2 price sangarita. Friday-Saturday, 5-6 pm: 1/2 price garlicato.

**WWW.RILEYSMUSICLOUNGE.COM**
4-7 pm: $3 draft beer, $4 wine, $5 appetizers. $3 off appetizers. 10 pm-midnight: 1/2-price garlicato.

**WET STONE WALL & CAFE**
Monday-Friday, 3-6 pm: $3 off all drinks, appetizers.

**WET STONE WALL & CAFE**
San Diego Wine and Culinary Center: Tuesday-Saturday, 5-6 pm: 1/2 off house wine, wine by the glass, specialty cocktails.

**WOLFGANG’S**
Monday-Friday, 3-6 pm: 1/2 off all beers, $4 wells & house wine. 1/2-off all appetizers.

**WAYNE’S WINE & EATS**
Monday-Friday, 3:30-6:30 pm: 1/2-price wine by the glass, 1/2 off bottle & draft beer, including local brews.

**WRESTLER’S INN**
Saturday-Sunday.

**YES! HAPPY HOUR**
Monday-Friday, 3:30-6:30 pm: $5 appetizer menu, $4 shots, Jameson, Jack Daniels, Jager, Jose Cuervo Gold.

**ZAHARA**
Monday-Friday, 3:30-6:30 pm: 1/2 price mojitos, Tuesday-Friday, 5-6 pm: 1/2 price wine bottles, Wednesday-Friday, 5-6 pm: 1/2 price martini. Thursday, Saturday, 5-6 pm: 1/2 price sangarita. Friday-Saturday, 5-6 pm: 1/2 price garlicato.

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THRU THURSDAY:
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Happy Hour
4-7 pm Every Day
2-for-1 All Wells Drinks
$4 6-pc. Fried Shrimp, Chicken Wings or Mozzerella Sticks
$5 Small Hummus
$5 /2 Cocktails all day Tuesday! 1/2 off Cocktails all day! Tuesday
101 Lounge every Tuesday
4047 Bonita Blvd.
619.470.8800
5mypace.com/sapphirelounge68

110 S Del Rey Rd. March 2, 2010

EAST VILLAGE
Basic Urban Kitchen and Bar: Monday-Friday, 4-7 pm: $5 mason jar Russian standard vodka, $3 carafe, beer $6. Wine complimentary Basic Pizza.

Hive Sushi Lounge: Every day, 5-7 pm: $2 domestic, $4 micro, $2.50 sake, $3.50 well, $5 appetizer. Miss edamame, $9.99.

Jewel Box: Monday, 2 PM PBR drinks. Wednesday, 6 pm-2 am: $5 Jager bombs; happy hour all night w/ military ID. Thursday, 2 pm-2 am: Industry Night. $3.75 calls.

EL CAJON
Blarney Stone Pub: Monday-Friday, 4-6 pm: $5.50 off all drinks.
Calypso: Monday-Friday, 3-6 pm: $2.75 bottled beer (12oz). $3.75 beer bottle (22oz), $7.50 pitcher.
Flinn Springs Inn: Monday-Friday, 4-6 pm: $2 domestic drafts, $2.25 domestic, $3 bottles.
Main Tap Tavern: Monday-Friday, 4:30-6:30 pm: $2 domestic drafts, $2 off pitchers, $3 calls, $5 nachos.

ENCINITAS
Bullpen Pub & Grill: Monday-Friday, 6-7 pm: $1 off draft beer, $3 off pitcher, $2 off wine.
El Capjon Restaurant: Monday-Friday, 3-6 pm: $2 domestic, $2.75 imported, $3 house margarita, $2.97 appetizers: pork tacos, fried calamari, grilled shrimp skewer.
Cap’n Kenos: Monday-Friday, 6-7 pm midnight: $2.50 drafts, $2.75 imported, $3.25 domestic drafts.
When in Rome: Tuesday-Thursday, 5:30-7 pm: Two-for-one all wine by the glass.

ESCONDIDO
Tango Restaurant & Lounge: Every day, 4-7 pm: $1 off all drinks; 1/2 off of appetizers.

FALLBROOK
Aqua Terra: Monday-Friday, 4-6:30 pm: $3 domestic, $9 pitcher; $4 imported, $12 pitcher; $12 off sushi rolls (no sushi on Monday).

GOLDEN HILL
Turf Supper Club: Friday-Sunday, noon-4pm: $1 off all beer/wine/spirits; $5 lunch: 1/2 lb. burger, chicken sandwich, or two Louisiana hot links + chips.

GRANTVILLE
Tio Leo’s: Monday-Friday, 3-7 pm: $3 pints, $4 house margaritas, well $5 appetizers.

HILLCREST
Baja Betty’s: Monday-Friday, 2-6 pm: $3 bottled beer, salsa margarita, wells, house wine, sangria, appetizers, quesadilla.
CJ’s Club: Every day, 5-7 pm, midnight: All wells $2.75.
Cafe Eleven: Every day, 2-6 pm: $4 house margaritas, $3 wells, house wine, bottle to go, $3 appetizers: shrimp cocktail, stuffed mushrooms. Thai chicken skewers.
The Caliph: Every day, noon-7 pm: $3 drafts, $3.50 well.

TASTE of THAI
Monday-Thursday, 9-11 pm: $2.50 domestic, $3 imports, house wine, $3.50 appetizers.
Wine Steals: Tuesday, Thursday, 5-7 pm: $5 wine tasting. Saturday, 4:30-6:30 pm: 10 wine tasting.

IMPERIAL BEACH
Baja Oyster Bar: Monday-Thursday, 5-7 pm: All day: $9.99 fish tacos, 6-10 pm: Two-for-one domestic bottle, discount special roll.

KEARNY MESA
94th Aero Squadron: Monday-Friday, 3-6:30 pm: $2.75 Bud Light on tap, 3 wells. Saturday: Sunday, 1/2-price bottles of wine.
Carriage House Cocktails & Karaoke: Monday-Friday, 4-7 pm: $2.50 domestic bottle, 3 wells, $3 doms, $2 import, free munchies.
Churasan: Monday-Sunday, football special: $4 hot dog, garlic fries, small beer. Tuesday-Friday, 5-8 pm: $4 large Japanese beers.
Khan’s Cave Grill & Tavern: Monday-Friday, 3-6:30 pm: $1 off draft, glass of wine. Saturday, 3pm-close: 1/2 off bottles of wine.

LA MESA
Tajima Sushi & Japanese Tapas: Monday-Thursday, 3:30-7 pm: 1/2 off house sake/draft beer.

KENSINGTON-TALMIDGE
Kensington Cafe: Every day, 3-7 pm: $3 all beers, $4.5 $5 all glasses of wine, all tapas under $5.25.
The Kensington Club: Every day, 10am-6pm: $2.50 wells, drafts, domestic bottles.

LA JOLLA
Alfonso’s of La Jolla: Monday-Friday, 3-7 pm: $3 pints, $4 well, $5 appetizers.

LARCHMONT
Clue: Every day, 4-7 pm: $2 Big ass beer (25 oz).
Hearth House: Every day, 4-7 pm: $3 domestic beers, $3 premium beers, wine & wells; $2.50 bratwurst & fries, $3 burger & fries.

La Jolla Horseshoe Pub & Grill: Every day, 3-7 pm, 10 pm-close: $1.50 off all drinks, $1 off all appetizers.

LJOLY
7pm: $3 mimosas.

LAKESIDE
Lodge Stop: Monday-Friday, 9-noon, 4-7 pm: $2.50 large drafts, domestic bottles, 7-11 pm: $1.50 off-10 oz.-pitchers.

LEUCADIA
The Calypso Cafe: Every day, 5-30 pm: $3.75 off specialty martini, $3.50 house wine.

LINCOLN PARK
L & L Hawaiian BBQ at Market Center: Monday-Friday, 4-7 pm: $2 domestic drafts, $1 off appetizers. Sunday, all day: $1.50 tacos & wings.

LINDA VISTA
Brick by Brick: Every day, 6-9 pm: $2.50 house wine, 1/2 off beer.

LA MESA VILLAGE
The Shack Bar & Grill: Every day, 3-7 pm: $1 off wells, domestic tap.
The Shores Restaurant: Sunday, 3-7 pm: Red/white sangria: $7 glass, $25 pitcher.
Sushi on the Rock: Every day, 5-6:30 pm: $2 heat sucks, Coors Light, $3 sake, $4 Sushi spritz, $5 house wine. $1.75 vegetarian roll, spicy krab roll, $2.75 spicy tuna roll.

Whaling Bar & Grill: Monday-Friday, 4-7 pm: $3 bottled beer, $4 drafts. $5 house wine. $7 specialty cocktails.
Whisknladie: Every day, 5-7 pm: $9 all-you-can-eat taps.

MAJESTIC MESA
The New Morena Club: Every day, 3-7 pm: $2 domestic drafts, $2.50 domestic bottles, wells.

LITTLE ITALY
Antologia: Tuesday-Thursday, 5-30 pm: $6 wines, $17 featured beer, margaritas, margaritas, $4-$8 appetizers.
Fat City Steakhouse: Monday-Friday, 4-7 pm: $2 drafts, $3 wells, 4 wine, 1/2 off appetizers.

MISSION DISTRICT
Brazil by the Bay Restaurant and Sports Bar: Monday-Friday, 4-7 pm: $2.50 draft beer, $8 pitcher, $2.50 french fries, $4.50 chicken wings.

MISSION VALLEY
Adams Steak & Eggs: Monday-Friday, 3:30-7 pm: Double well drinks, complimentary hors d’oeuvres.

All American Grill: Monday-Friday, 4-7 pm: $3.50 selected craft beers, $5 specialty drinks, $2 off wine by the glass and frame menu.

The Amigo Spot at Kings Inn: Monday-Friday, 4-7 pm: $2.50 Bud/Bud Light draft (12 oz.), wine by the glass. $3 local beer, $3.50 Bud/Bud Light (16 oz.), wells. $4 mixed drinks, imported beer, small margarita. $4.25 Bud/Bud Light (24 oz.).

The Little Fish Market Restaurant: Every day, 1/2 off of appetizers in the bar.

Mazatlan: Monday-Friday, 5-7 pm: $2 domestic pitchers, $3.50 wells.

NORTH PARK
Abbay’s Real Texas Bar-B-Q: Monday-Friday, 4-6 pm: $2.49 imported sandwich, $1.99 hot link, $4.29 pint Bud. $2.99 Hefewezen, Shiner Bock.
Excalibur Cigar Lounge & Wine Bar: Monday-Friday, 4-6 pm: $3 select pints, $5 house wine.

MISSION BEACH
Coaster Saloon: Monday-Saturday, 10am-2pm, 5-7 pm: $2.50 domestic, wells, 8-10 pm: $2.50 domestic, $6 appetizers. Discounted appetizers. Saturday, noon-7 pm: $3 mimosas. Sunday, noon-7 pm: $5 Bloody Marys.

MISSION HILLS
The Aero Club: Monday-Tuesday, Thursday-Saturday, 2-7 pm: $5 off beer. Wednesday, 2-7 pm: $4 Johnsons, $3 bottles.

BAR AND KITCHEN
Oak St. Dive Bar & Grill: Friday-Sunday, 12-3 am: $2 off drink menu. Discounted appetizers, shrimp taco, artichoke dip, crab stuffed mushrooms.

Portugalia: Tuesday-Sunday, 1-7 pm: $3 domestic beer, $5 wine; $4-$10 food specials.
Sunshine Co.: Every day, 5-6 pm: 1/2 off all pitchers.

The Viner: Every day, 4-6 pm: 1/2-price entire wine and specialty beer list.

The Chiles: Monday-Sunday, 2-7 pm: 1/2 off all drinks, $2 off wine, $3 off sake.
Acapulco Mexican Restaurant: Monday-Friday, 3:30-6:30pm: 1/2-price drinks, food specials.

Barras Barra: Monday-Friday, 4-7pm: $2 drafts, house wine, $3 house margaritas, $2½ absinthe specials.

Café Coyote: Monday-Friday, 3:30-6pm: $3.75 drafts, beer bottles, specialty shots, $4.95 Coyote drinks, $5½ flavored margaritas, flavored shots, $2 assorted tacos.

Casa Guadalajara: Monday-Friday, 4-7pm: Free appetizers, $3.50 well drinks, margaritas, drink specials.

Fred’s Mexican Cafe Old Town: Monday-Saturday, 4-7pm: $3 12-oz house margaritas, $5 20-oz. house margaritas, $2.50 14-oz. domestic drafts, $3.50 20-oz. domestic drafts.

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

**PACIFIC BEACH**

**710 Beach Club:** Monday-Friday, 1-7:10pm: $7 10 beer & shot. Saturday-Sunday, noon-7pm: $7 pitchers.

**The Australian Pub:** Monday-Friday, 7pm-9:30pm: $3 Long Islands. Saturday-Sunday, $2 Carl Strauss. Sunday, $3 Bloody Marys.

**Bare Back Grill:** Monday-Friday, 3-6pm: $3 Miller Lite, amber ale, well drinks.

**Big Kahuna’s:** Monday-Friday, 5-7pm: $2 domestics, $2 domestic drafts.

**Bub’s Dive Bar:** Monday-Friday, 4-7pm: $3 drafts, $10 pitchers. 1/2-off appetizers.

**Casa Street Bar & Grill:** Monday-Friday, 4-7pm: Domestic bottle, $2.75 micro-brew pints, $7.50 pitcher, $3 house wine.

**Chateau Orleans:** Monday-Sunday, 11am-10pm: $5 Louisiana hurricanes, margaritas, 1/2-price champagne bottles.

**Costa Brava:** Monday-Sunday, 4-6pm: 1/2-price sangria, 1/2-price tapas.

**The Dog:** Monday-Thursday, Sunday, 5-7pm: $2 domestic, $3 mimosas, $3.25 wine. Free pool.

**Hooters:** Monday, 11am-10pm: $4 drafts, $11.99 pitcher Pyramid Haywire & Hefeweizen. Tuesday-Wednesday, 3-7pm: $2.50 Bud, Bud Light, Coors Light, Miller Lite drafts, $3 wells. Thursday, 11am-1am: $4 drafts, $14.99 pitcher Newcastle Brown Ale. Saturday, 11am-1pm: $3 drafts, $10.99 pitcher Coors Light. Miller Lite. Sunday, 11am-10pm: $3 drafts, $10.99 pitcher Bud Light, $11.99 pitcher Miller Lite

**Johnny V:** Tuesday, 4pm-6pm: $3 wells, selected wines. $1.95 street tacos, $3 off appetizers. Wednesday, all day: $3 wells, selected wines. Friday, 4pm-6pm: $2 drinks. Complimentary appetizers. Saturday, all day: $2.50 Bud Light bottles, Absolut, $3 margaritas.

**Lights Out Hooters After Dark:** Monday, 5-8pm: $1 well domestics, 8pm-10pm: 1/2-price appetizers. Tuesday, 5-8pm: 1/2-price domestic drafts, 8pm-10pm: 1/2-off all drinks. Wednesday, 5-8pm: 1/2-price domestic drafts, 8pm-10pm: 1/2-off all drinks. Thursday, 5-8pm: 1/2-price domestic drafts, 8pm-10pm: 1/2-off all drinks.

**Moondoggies Pacific Beach:** Tuesday-Sunday, 3-7pm: $2 wells, house wine, $3 imports, microwaves, $2 off all drinks.

**Pacific Beach Ale House:** Monday-Friday, 3-6pm: $3 drafts, wells, house wine. 1/2-price appetizers.

**Pacific Beach Bar & Grill:** Tuesday, 5:30-6pm: $3 frozen margaritas. Wednesday, all day: $2 all drinks, 1/2-price Wells, Thursday, 8pm-close: 2$ wells, drafts, 1/2-price drinks. Friday, 3-3:30pm: $2 drafts, wells, 1/2-price drinks. Saturday, 4-10pm: $3 wells, wine, drafts.

**Sibbad Cafe:** Monday-Friday, 4-8pm: 1/2-price wells, $1.50 wells, 1/2-price appetizers. 11am-8pm: $12-15 hookahs.

**Society Billiard Cafe & Bar:** Monday, Saturday, Sunday, all day: $3 wells/Bud Light pints, $4 flavored Smirnoff, premium draft pints. Every day. Monday-Friday, 2-6:30pm: $3.50 domestic pitchers, $4 flavored Smirnoff, premium draft pints.

**POINT LOMA**

**The Boathouse:** Monday-Friday, 5:30pm-9:30pm: $3.50 domestic pitchers. 8-9:30am: 1/2-off breakfast.

**Potbelly:** Monday-Friday, 11am-10pm: $2.75 Miller Lite, Miller Lite drafts, $3.50 wells, well drinks.

**SUSANNAH’S:** Monday-Friday, 3-7pm: $2 well, domestic drafts, $3.50 domestic pitchers, $3.75 Miller Lite.

**TREMONT STREET BAR & GRILL:** Monday-Sunday, 4-7pm: $4 wells, house wine. $1 off all beer.

**OLD TOWN**

**Acapulco Mexican Restaurant:** Monday-Friday, 3:30-6:30pm: 1/2-price drinks, food specials.

**Barra Barra:** Monday-Friday, 4-7pm: $2 drafts, house wine, $3 house margaritas, $2½ absinthe specials.

**Cafe Coyote:** Monday-Friday, 3:30-6pm: $3.75 drafts, beer bottles, specialty shots, $4.95 Coyote drinks, $5½ flavored margaritas, flavored shots, $2 assorted tacos.

**Casa Guadalajara:** Monday-Friday, 4-7pm: Free appetizers, $3.50 well drinks, margaritas, drink specials.

**Fred’s Mexican Cafe Old Town:** Monday-Saturday, 4-7pm: $3 12-oz. house margaritas, $5 20-oz. house margaritas, $2.50 14-oz. domestic drafts, $3.50 20-oz. domestic drafts.

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

**RANCHO BERNARDO**

**Bernard’s Mexican Restaurant:** Monday-Friday, 11am-10pm: $20 Lunch Specials, $3 domestic/mixed drinks. 2½ hour happy hour. Monday-Saturday, 5pm-9pm: $2 well, domestic drafts.

**Brown’s Restaurant:** Monday-Friday, 5-7pm: 1/2-price appetizers, $1 off weeknight dinner, $1 off domestic drafts, 1/2-price domestic wines.

**Casa Guadalajara:** Monday-Friday, 4-7pm: Free appetizers, $3.50 well drinks, margaritas, drink specials.

**Fred’s Mexican Cafe Old Town:** Monday-Saturday, 4-7pm: $3 12-oz. house margaritas, $5 20-oz. house margaritas, $2.50 14-oz. domestic drafts, $3.50 20-oz. domestic drafts.

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

**RANCHO SAN DIEGO**

**Cottonwood Golf Club Bar & Restaurant:** Monday-Friday, 11am-9pm: 1/2-price appetizers, $1 off domestic drafts, 1/2-price domestic wines.

**San Marcos**

**Alfresco's Italian Buffet:** Monday-Thursday, 5-9pm: $3.50 Mexican Style pizzas, $3.50 Mexican Style burgers, 1/2-price domestics.

**Cow Shed Bar and Grill:** Monday-Thursday, 4-7pm: $3 domestic drinks, $3.50 domestic wines, $3 domestic appetizers, $3 domestic drinks.

**D’arlton’s Roadhouse:** Monday-Friday, 3-7pm: 1/2-price appetizers, 1/2-price domestic drinks, 1/2-price domestic wines.

**Two Steps Out:** Monday-Thursday, 5-10pm: 1/2-price appetizers, 1/2-price domestic drinks, 1/2-price domestic wines.

**El Chico’s Mexican Restaurant:** Monday-Thursday, 5-8pm: 1/2-price appetizers, 1/2-price domestic drinks, 1/2-price domestic wines.

**The Boathouse:** Monday-Friday, 5:30pm-9:30pm: $3.50 domestic pitchers. 8-9:30am: 1/2-off breakfast.

**Riley’s Music Lounge:** Monday-Friday, 4-8pm: 1/2-off everything, 7-10pm: 1/2-price domestic drinks, 1/2-price domestic wines.

**Pasadena’s Best Happy Hour:** 4-8pm Daily & All Day Mon. & Wed.!
Theater listings and commentary are by Jeff Smith. Information is accurate according to material given us, but it is always wise to phone the theater for any last-minute changes and to inquire about ticket availability. Many theaters offer discounts to students, senior citizens, and the military. Ask at the box office.

The Country Wife
Old Globe/University of San Diego Graduate Theatre Department present William Wycherly's Restoration comedy (considered at the time too outrageous to perform). Ray Chambers directed.

UNIVERSITY OF SAN DIEGO, 5998 ALCALÁ PARK, USD. 619-260-4600. 8PM THURSDAY.

Culture Clash in AmeriCCa
CC is back with a show at once funny, satirically barbed, and quite moving. For years the Latino troupe has gone around the country interviewing diverse Americans, eliciting responses you won’t often hear on TV (in fact, you realize how whitebread TV’s become when you hear the Clash on how it feels to be a Muslim taxi driver or a Vietnam vet who can’t afford to live in the country he “defended” — in the same scene with a Ugandan and a Filipino extolling its freedoms). Their current show, which runs for only two weeks at the San Diego Rep, blends old and new material. It’s at once an oral history and a “performance collage” update on where things are, especially in San Diego (CC does something not enough local writers do: tell you things you didn’t know about our region). Richard Montoya performs arresting monologues, woven with humor and pain; Ricardo Salinas does his hilarious anatomy of salsa styles, among other bits; and Herbert Siguenza creates a panoply of so many different characters it’s hard to choose a favorite. Critic’s pick.

Hansel and Gretel
Lyric Opera San Diego presents Engelbert Humperdinck’s musical, based on the children’s fairy tale.

Hansel and Gretel
LYRIC OPERA SAN DIEGO, 2891 UNIVERSITY AVE., SUITE 1, NORTH PARK. 619-239-8836. 2:30PM SUNDAYS, OPEN-ENDED RUN.

Independence
PowPAC presents Lee Blessing’s drama about a family in Independence, Iowa, divided against itself. Jay Mower directed.

An Inspector Calls
J.B. Priestley’s thought-provoker raises two initial questions: who-dunit, and why has an inspector named Goole (pronounced “ghoul”) come to the Birling’s stately home? Arthur Birling just gave an impassioned speech about being responsible only to oneself and the masses be damned. What connection could the social elite have with the alleged suicide of a dirt-poor woman? The inspector — and just who IS this guy, a Sherlock Holmes of the conscience? — traces the family’s tracks in search of the culprit. For Lamb’s Players,

$19 for $39 tickets!
TriBeCa Comedy Theater

This clever and hilarious production appeals to adults and children alike.

ReaderSteals.com

We invite you to audition for our “killer” production.
Your casting session includes a four course meal, a hilarious show and a chance to be part of the fun. Every night is another chance to become a “star”!

Mike Buckley’s stylish Edwardian set rises from a dirt floor, where impeccably polished shoes leave footprints. Robert and Deborah Gilmour Smyth codirected this taut, trimmed (from three acts to 90 minutes) staging. The cast almost tells the story with their eyes alone. Sudden flashes of recognition, or entrapment, break through serene façades. These aren’t melodramatic asides but looks reflecting a fear that things aren’t what they seem — and never were.

**LAMB’S PLAYERS THEATRE, 1142 ORANGE AVE., CORONADO. 619-437-0600.**
7:30PM THURSDAYS, 8PM FRIDAYS, 4PM AND 8PM SATURDAYS, 2PM SUN-DAYS, 7:30PM WEDNESDAYS, THROUGH MARCH 21.

**John Leguizamo:**
*Diary of a Madman*
As part of its Page to Stage Program, the La Jolla Playhouse presents John Leguizamo’s new autobiographical piece.

**LA JOLLA PLAYHOUSE, 2910 LA JOLLA VILLAGE DR., UCSD. 858-550-1010.**
8PM THURSDAYS, 8PM FRIDAYS, 8PM SATURDAYS, 2PM SUNDAYS, 7:30PM MONDAYS, THROUGH MARCH 14.

**Little Women**
Louisa May Alcott’s March sisters — shy Beth, selfish Amy, vain Meg, and temperamental Jo (i.e., Alcott herself) — come to life at the North Coast Rep. Alcott originally published the novel in two parts (in 1868 and ’69), and Jacqueline Goldfinger’s stage adaptation concentrates on the first, in which the sisters go on a Pilgrim’s Progress, in their Concord, Mass., home, vowing to overcome a flaw of character. Along with the popular story of four very different women, the book depicts daily living 150 years ago, during the Civil War. Kirsten Brandt has smartly cast and directed this “play with music,” which includes familiar period songs done as live background. Marty Burnett’s excellent set moves indoors and outdoors (on a turntable) and has such sharp detail it could be Alcott’s famous home, “Orchard House.” Mary Larson’s period costumes define each sister with precision. And the cast, individually and as an ensemble, is uniformly solid, Caroline Kinsolving’s Jo and Linda Libby’s Marme, the mother, being foremost among equals: Kinsolving for Jo’s emotional range (like a kite without a tail, both soaring and tumbling) and Libby for Marme’s grounded strength.

**NORTH COAST REPERTORY THEATRE, 987-D LOMAS SANTA FE DR., SOLANA BEACH. 858-481-1055.**
8PM THURSDAYS, 8PM FRIDAYS, 8PM SATURDAYS, 2PM AND 7PM SUNDAYS, THROUGH MARCH 14.
March 4, 2010

LAGE. 619-216-3016. 8PM THURSDAYS,
mother. Douglas Lay directed.

8PM THURSDAY.

DIVERSIONARY THEATRE, 4545 PARK
Ensler's

2010 events, InnerMission and

W

strapped economic status. [Note:

Naughton and Spencer Rowe con-

mob "henchman, " has been a sur-

choices. Jeffrey M. Bender's Louie, a

ners with impressive, minimalist

Bella, a grown woman trapped in a

thumping the ground — to accom-

for repairs. " In the Old Globe pro-

whose mind, a boy quips, "is closed

battle-ax instead focuses on a sad,

cracking kids and a cane-wielding

mother, a Germanic glacier who

In Neil Simon's Pulitzer Prize-win-

Lost in Yonkers

www.patioplayhouse.org

Tickets: (760) 746-6669

Now thru March 14

Just

with valid school ID.

Culture Clash in AmeriCa

The acclaimed trio Culture Clash

presents a provocative, poignant

and very funny glimpse into the

dreams and desires of Americans

from all walks of life.

San Diego Repertory Theatre

79 Horton Plaza
San Diego, CA 92101
Tickets: (619) 544-1000
Show info: sdrp.org

Extended run! (Pump Boys and Dinette

National Comedy Theatre

The National Comedy Theatre

presents a 180-minute improv

comedy show based completely

on audience suggestions. The show

"is appropriate for all audiences."

NATIONAL COMEDY THEATRE, 3717
INDIA ST., MISSION HILLS. 619-295-
4995. 7:30PM and 9:45PM FRIDAYS,
7:30PM and 9:45PM SATURDAYS, OPEN-END RUN.

A Night of

Broadway in Song

As part of Black History Month,
Community Actors Theatre presents
a musical revue celebrating "a
combination of realistic details
and, as lit by Buckley, a mise
life glow. 619-437-0600. (Due

to popular demand, the Old

Globe Theatre has extended the run of this show)

Waitress a try

SHERYL AND HARVIE WHITE THEATRE,
1363 OLD GLOBE WAY, BALBOA PARK.
619-234-6523. 8PM THURSDAY, 8PM,
SATURDAY, 7:30PM AND 7PM SUNDAY.
619 SUNDAY.

mother killer

The Theatre, Inc., stages Marianne
McDonald's new translation of
Euripides' Orestes. Because
she murdered her father, Orestes kills his mother.
Douglas Lay directed.
THEATRE, INC., 899 O' ST., EAST VILLAGE,
619-216-3016. 8PM SUNDAY, 7:30PM SATURDAY, 3PM SUNDAY.

The MenDing Monologues

As part of their V-Day San Diego
2010 events, InnerMission and
Productions stage production of
Derek Dujour's one-man piece to
Eve Ensler's Vagina Monologues.
DIVERSIONARY THEATRE, 4545 PARK
Blvd., University Heights.
619-220-0097. 2PM SUNDAY, 8PM THURSDAY.

The Tempest

What a smart idea: the North Coast
Rep joined with MiraCosta College
to stage Shakespeare's late play.
If he wanted, he could murder at
his brother from entering a loveless
relationship. 

What a smart idea: the North Coast
Rep joined with MiraCosta College
in staging Shakespeare's late comedy.
The storm plops all of
the results are mixed, the benefits
suggest the collaboration should
come true. The storm plops all of
the results are mixed, the benefits
suggest the collaboration should

among other things, "between Smyrna
and Frog Level, there is nothing in
nothing in reserve. And in songs
seats adds to the revelry. Queenie, a

a dancer and Jean Harlow-lookalike,
decides that after three years of
abuse from Burrs, a surly vaude-
villian clowm, she'll throw a party and
"put him on the rack." The story becomes:
"watch out what you wish for" tale.
The Coro-
nado production, smartly directed
by Corrida and choreographed by
Jennifer Rubio, hits inevitable
lulls (the author, Andrew Lippa,

$15 Student Rush Tickets

Only at the box office with this ad.

Orestes by Euripides
Most disturbing, violent and
horrible tales ever told.
Thus March 21st

The Zero Hour

Diversionsary Theatre presents a
staged reading of Madeleine
George's play about O and Rebecca,
whose happiness receives several
threats. Dan Kirsch directed.
DIVERSIONARY THEATRE, 4454 PARK
Blvd., University Heights.
619-220-0097. 7:30PM MONDAY.

The Vagina Monologues

Most at Rolando Theatre hosts a
staged reading of Eve Ensler's
monologues as part of national V-
Day festivities. 619-328-1466.
MOXIE AT ROLANDO THEATRE, 6663 EL
CAJON BLVD., SUITE N, COLLEGE
ARENA. 8PM FRIDAY, 8PM SATURDAY.
619 SUNDAY.

The Wild Party

The Coronado Playhouse urges pa-
toms to yell, guffaw, and "be impo-
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abuse from Burrs, a surly vaude-
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Crime Time
The incident of clairvoyance that gives the movie its title hardly seems central.

In contention for the foreign-film Oscar, in contention to be exact for two more days after its debut on Friday at the Landmark Hillcrest, A Prophet is a sort of Prisoner’s Progress, a brutal and brutally long account of a young Muslim naïf who enters a French penitentiary on unspecified charges, gets recruited by the Corsicans as a double agent to knock off a fellow Arab, and from there climbs up the criminal ladder as a man without an ethnicity.

The Corsican and Muslim factions, behind those walls, make a welcome change from their stereotyped American counterparts — the Hispanics, the blacks, the white supremacists — and there’s a good deal of informative and interesting material on the French penal system (e.g., twelve-hour day passes to do mischief on the outside), and yet there’s no great narrative skill in getting it across, only a good deal of murky approaches, unclear connections, loose ends. (What becomes of the maternal hostage photographed, for purposes of intimidation, with a noose around her neck?) And the incident of clairvoyance that gives the movie its title, and the protagonist his temporary epithet, hardly seems central or consequential.

At times a pitch of intensity is reached, but that seems to be an effect more of the hyperventilating music of Alexandre Desplat than of any control of the throttle by director Jacques Audiard (Read My Lips, The Beat That My Heart Skipped, tepid thrillers). The performances by mostly unknowns, chiefly Tahar Rahim and chiefly excepting the characterful character actor Niels Arestrup, are nicely contained, in the French style, dedicated to team goals instead of individual glory; and the gritty, frigid, moldy-green image fits in with the overall intent of giving the moviegoer the lowdown if not quite giving him a movie, a diversion. The carrot at the end of the 150-minute stick is a haunting rendition of “Mack the Knife” by the inimitable Jimmie Dale Gilmore.

Brooklyn’s Finest treats what would be an historically bad week for the NYPD as simply the average run. Amid a series of racially charged shooting incidents, three diverse policemen (the brink-of-retirement beat cop, the stressed-out undercover cop, the off-the-rails rogue cop) pursue their individual paths on what we come to suspect will be a collision course but we find out instead is a mere geographical convergence to three separate simultaneous shootings on the same city block. Antoine Fuqua’s return to the precinct of Training Day, opposite coast, holds the attention about as pleasurably as a thumbscrew (if you can imagine it), with Ethan Hawke now graduated from rookie to the rank of Bad Lieutenant, trying desperately to finance a real-estate deal with confiscated drug money while behaving as if he is at the same time trying to kick heroin or else to win a scholarship to the Actors Studio. His purpose, his function, seems to be to make the other cast members (Richard Gere, Don Cheadle, Wesley Snipes, Will Patton, Brian O’Byrne) look good in compar-
Cullen’s), a script sufficiently potty-rendered that it is director Kevin Smith’s first time trying to accommodate a protagonist who spends a lot of his time bellowing). This is incomprehensible at a bellow, and indeed played murderously straight, but they’re sneering and snarling bad guys are baseless. I can’t say that the character of the baseball card conveniently dovetail. The no-nonsense line of action to do with a contagion of homicidal lunacy in rural Iowa, caused and exacerbated by military misconduct (if it matters), is mostly routine, but the scene in the car wash, with the assailants soaked by shampoo and rotating brushes, rises slightly above. Timothy Olyphant, though he’s got the voice for it, does not look likely by this route to become the next Clint Eastwood, yet he gives a creditable effort as the town sheriff, together with the plain-named Joe Anderson as his good-ole-boy deputy. And while it may seem a little strange to regard as a Scream Queen someone who has worked with Woody Allen, Robert Benton, Marc Forster, Lisa Cholodenko, among others, Radha Mitchell appears hell-bent on getting us used to the idea.

We’re a week away from the seventeenth annual San Diego Latino Film Festival (sdlatinofilm.org), March 11 through 21 at the UltraStar Mission Valley in Hazard Center. I cannot realistically expect it to top or equal the sixteenth annual (Carlos Saura, who last year gave me Fados, will be represented by Jo, Don Giovanni, the backspast period drama of the genesis of a Mozart opera), but I’m game once again to plunge into the jungle.

MOVIE LISTINGS

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


Avatar – Ambitious merger of live action and computer animation, with at least one group of speaking 3-D animals. Eastern cuttles for the language spoken on the cephalic body of Pandora inserted on a plane in the middle distance between a foreground figure and an upstage figure, as if the foreground one could look down and read the subtitle himself. This effect is silly, is pretentious, is pointless, and nonetheless is fun. Much the same could be said of the movie as a whole. Silly, pretentious, pointless, and fun is surely less than writer and director with military misconduct (if it matters), is mostly routine, but the scene in the car wash, with the assailants soaked by shampoo and rotating brushes, rises slightly above. Timothy Olyphant, though he’s got the voice for it, does not look likely by this route to become the next Clint Eastwood, yet he gives a creditable effort as the town sheriff, together with the plain-named Joe Anderson as his good-ole-boy deputy. And while it may seem a little strange to regard as a Scream Queen someone who has worked with Woody Allen, Robert Benton, Marc Forster, Lisa Cholodenko, among others, Radha Mitchell appears hell-bent on getting us used to the idea.

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La Danse — This privileged peek inside the Paris Opera Ballet — more than a peek, a thorough probe — ought to be catalytic to anyone interested in classical and modern dance, or for that matter in artistic creation in any form, the process of bringing execution in line with conception. Veteran documentarian Frederick Wiseman provides no narrative thread and no commentary from within or without the picture frame, just random drop-ins on rehearsals (predominantly), polished performances, conferences in the inner sanctum, costume and makeup departments, the cafeteria, the corridors, anywhere and everywhere, down to the lone custodian picking up trash in the baroque amphitheater. At over two and a half hours, it would be difficult to say that it couldn’t have been tightened. Illuminating as it all is, it would be difficult to say exactly in what way. (FASHION VALLEY 18; GASLAMP 15, THROUGH 3/4)

An Education — A precocious English schoolgirl of 1961 (a cellist, a Francophile, a devotee of the Pre-Raphaelites, a sneaky smoker for sophistication), on track for Oxford, gets rerouted by a shifty older man who shows her the finer things of life: a Ravel concert, a Christie’s auction, nightclubs, Paris. The foreseeable end is a bit of a slog, but the film in the early stages is very good on the pretensions of intelligent youth, and very good on the heady intoxication of growing up fast. Peter Sarsgaard’s British accent is hit-and-miss; and the prim schoolmarm of Olivia Williams, a beauty disguised in eyelashes and pulled-back hair, is strictly stock; and the comic portraits of the heroine’s hidebound dad, a same-aged fumbling suitor, and a blond bimbo (Alfred Molina, Matthew Beard, Rosamund Pike, in order) are sharp but narrow. Keeping things fully alive throughout, however, is Carey Mulligan in the lead, showing off, among her other talents, the freshest smile since Eleanor Powell, Emma Thompson; directed by Lone Scherfig. 2009. (CARMEL MOUNTAIN 14; HILLCREST CINEMAS, TOWN SQUARE 14)

Fish Tank — British coming-of-age film with newcomer Katie Jarvis, written and directed by Andrea Arnold. (NAN, 3/5 THROUGH 3/22)

From Paris with Love — John Travolta, totally unrestrained, as a self-admiring U.S. superspy with the demeanor of a Hell’s Angel (“Tell me that wasn’t some impressive shit!”), shooting up the City of Light in a Grammy sallow digital image. Jonathan Rhys Meyers affects a credible American accent as his timid embassy liaison, perhaps the only credible thing in the movie. Directed by Pierre Morel. 2010. (HORTON PLAZA 14)

The Ghost Writer — A literary back (Ewan McGregor) — “You name it, he ghosts it” — lands the plum assignment of, for a cool quarter of a million, polishing up the memoirs of a Tony Blair-ish former British Prime Minister (Pierce Brosnan), stepping into the shoes of the previous silent collaborator who has unaccountably left his car on the ferry and washed up on shore: accident? suicide? And is it only a coincidence that the ex-PM, just now coming under fire for alleged human-rights violations in the War on Terror? The adaptation of a Robert Harris political pot-boiler really doesn’t amount to much: standard portions of knee-jerk paranoia and mechanical plotting, to say nothing of the so-what final revelation that feels as concocted as it feels anticlimatic. But director Roman Polanski proves himself a masterful judge of the material, pacing himself prudently, walking a razor’s edge between anxiety and mirth, allowing the plot to unfold without rush, getting to know the cast of characters as palpable human beings — Olivia Williams a standout as the politician’s astringent wife — and keeping the bedrock of political pretty well buried. When at last he elects to turn up the heat — the brilliant device of following a preprogrammed computer route in the dead man’s car to a destination unknown, the prickly interview that awaits at that destination (“A less equal man than I,” rasps a pedantic Tom Wilkinson, “might begin to find your questions imprisonment”), and the black sedan with tinted windows lurking outside afterwards — the effect is delectable. A sustained tingle. It may not hold all the way to the end, but it comes close. Kim Cattrall, Timothy Hutton, James Belushi, Eli Wallach. 2010. (PLOVER HILL 4; HILLCREST CINEMAS; LA JOLLA VILLAGE)

The Hurt Locker — Fiendish countdown of the final six weeks in the twelve-month tour of an army bomb squad in Baghdad. The living and working conditions in a color-free wasteland appear perfectly credible, and the quasi-sci-fi-fictional details of the job — the spaccman protective suits, the remote-control bomb-sniffing robot, the tangle of colored wires, the hide-and-seek triggers — are highly enlivening. And the defusing of bombs — the constant prospect of their blowing up in our faces — carries a guaranteed tension, as witness such forerunners as Robert Aldrich’s Ten Seconds to Hell or Michael Powell’s and Emeric Pressburger’s The Small Back Room. The ambush in midnight desert, outside the squad’s normal sphere of operations, is if anything even tenser: more unpredictable, more open to possibilities.

Dear John — Wartime romance beginning in the spring of 2001 (you know what’s coming) and stretching up to the present, staggeringly basic and banal in its specifics, turning on a senseless withholding of information for the sole purpose of contrived misunderstanding and revealed nobility. It issues from a novel by Nicholas Sparks, always a harbinger of goopy absurdity, and the chief function of director Lasse Hallstrom, at one time a halfway serious filmmaker, is to pour sunlight, moonlight, and firelight over it like syrup. The buggy-eyed Amanda Seyfried manages to convey maybe a month’s worth of maturation over the decade-long storyline, but Channing Tatum makes a tepid military type, a strong, silent type, guarded, humble, a tad pent-up, a tad petulant, several tads chivalrous. He merits some sort of medal for his recitation of the “I am a coin” letter to his dying numismatist dad. With Richard Jenkins and Henry Thomas. 2010. (FASHION VALLEY 18; GASLAMP 15; MISSION VALLEY 20; PALM PROMENADE 24; PLAZA BONITA 14)

Edge of Darkness — Mel Gibson, in his first starring role in eight years, comes back strong, and gracefully aged, as a Boston police officer tracking down his daughter’s shotgun killer. The detective work — the mistaken first assumption is that the detective himself was the intended target — is solid and followable, and it offers a fair share of ah-ha moments. (Nice one: the lock of the daughter’s hair snipped on the coroner’s slab later reads as radioactive on the Geiger counter in her personal effects.) If the investigation depends overmuch on violations in the War on Terror? The
The Imaginarium of Doctor Parnassus — A Terry Gilliam exercise in excess, as dense, as heavy, as torpid 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 magical mirror portal to the realm of imagination, and his deal with the Devil, gets overpowered by the relentlessly production: the desolate stark smoky post-apocalyptic real world and the digitalized escapist, scapes, a bit of Oz, a bit of Wonderland, a bit of Middle-Earth, a bit of Maxfield Parrish crossed with Salvador Dalí. Just to make the weird weirder, all of it’s to be shot in bulbous wide angles. Released nearly two years after his death in mid-shoot, this constitutes Heath Ledger’s final screen appearance, a supporting role (given decentful top billing) resourcefully completed by a tag team of Johnny Depp, Jude Law, and Colin Farrell, each of whom, uniformly dressed and groomed, appears more engaged in the role. In the last analysis it deploys a spot of tar, a smudge of dulness, on the ledger legend. Christopher Plummer, Andrew Garfield, Lily Cole, Tom Waits. 2009. ★

GASLAMP 15

It’s Complicated — Romantic-comic triangle composed of a fifty-something divorcee, her remarried but re-interested ex-husband, and her too-good-to-be-true divorced architect: “Your age is one of my favorite things about you.” The grown children have no problems of their own, and the level of affluence — not to forget level of gourmet cuisine — removes all other problems, so that a hypothetical air prevails. For a Kafka-esque atmosphere, as befits a rat in a maze, alerts us that we’re not going to get the type of locked-room solution we expect from the detective’s dead wife, his guilty flashbacks to WWII, his allegations of Nazi-like medical experiments funded by HUAC, the approaching hurrican pattering, torrentially disturbing. Although all of it is likely to cause difficulty in swallowing, the locked-room part of it is actually appetizing. What’s disturbing, by and by, is to see a director of Scorsese’s stature (not physical stature of course) stooping to the unscrupulous batty-and-switch tactics that have become a Vogue, if not a full-blown genre, ever since The Sixth Sense. The thinking Kafka-esque atmosphere, as beftils a rat in a maze, alerts us that we’re not going to get the type of locked-room solution we expect from a detective like Dr. Gideon Fell. But it is only our instilled desire to Scorsese that could prevent us from savoring, at the heart of the maze, the cheeky cheat which makes nonsense of everything we’ve come through. Or if not nonsense, at best ineptitude, that serves as a sort of methodology of self-hype: the flash pans, the vertiginous overhead shots, the pumpkin-head closeups, the portentous tracking shots, the ponderous slo-mo, the full range of eye-grabbing gimmicks by which Scor- sese sells, sells, sells his stuff. We like to see a director taking command, when but the

Kathryn Bigelow, one of the rare female ac- tions directors, dead-set on matching any man in muscle, favors here the combat-ilm filmmaking style of justels and jars to the camera, punchy zooms, whiplashing pans, and a chronic shaky hand, not neces- sarily restricted to scenes of combat. This is trendy at best, a tired cliché at worst. (The amplified heartbeart and the slo-mo explo- sion ought to be put to bed for a rest period of at least a generation.) She takes a lot of time on the action scenes, or more broadly the tension scenes, and not much time in between, so that the three principals — Jeremy Renner, Anthony Mackie, Brian Geraghty, each of them look- ing the part — are thin on character, static development, no more than generic as opposed to individual soldiers. With Guy Pearce, Ralph Fiennes, David Morse. 2009.

★ ★ ★ ★ ★ (CARMEL MOUNTAIN 14; FLOWER HILL 4; GASLAMP 15)

LISA FRANK Program Associate, Media Arts Center San Diego

Since we’re showing Carlos Saura’s latest film Jo, Don Giovanni, at the SDLFF, I was inspired to revisit one of his earli- ers films, Goya in Bordeaux. With all the richness of Goya’s painting and the politics of 18th Century Spain, it’s both tense and roman- tic. It’s such a visually stunning film that I never tire of it.

While other gangs try to jump their home turf from the Bronx, hundreds of subtitled movies, I’m a film that I never tire of it. It’s such a visually stunning film, set in the ’70s’ “dirty war.” This shows the “disappearances” that occurred during the “Wall of Death.” Though the fact- based events do not escape the sameness of mountain-climbing movies, they are somehow laid out in palm-dancer detail, and torturedly stretched to an operatic agony. With Benno Furmann, Florian Lukas, Johanna Vokalek, and Ulrich Tukur; directed by Phillip Stohl. 2009.

★ ★ (LA JOLLA VILLAGE)

Percy Jackson and the Olympians: The Lightning Thief — It would be hard to conceive a more painful introduction to Greek mythology. Or reintroduction, even more. Chris Columbus, who directed the first couple of Harry Potter entries, is look- ing literally for another lightning bolt — Zeus’s stolen one — in the quest of a dyslexic present-day teenager, the unknow- ing bastard spawned of Poseidon, teamed up at hoc with a same-aged goddess and the politically correct term is satyrs), to retrieve his mother from Hades (located beneath the Hollywood sign), solve the mystery of the missing bolt, and avert an apocalyptic. Under these circumstances, the language is appallingly banal even for a movie populated with teenagers and tar- geted to their jumpers: “Check this out,” as an example, gets spoken no fewer than three times during the visit to Medusa’s lair and twice more in its immediate sequel. The computer-generated Fury, Minotaur, Hydra, etc., interject only technology, if no magic. Logan Lerman, Brandon T. Jackson, Alexandra Daddario, Catherine Keener, Joe Pantoliano, Pierce Brosnan, Uma Thurman, Steve Coogan, Rosario Dawson. 2010.

★ ★ ★ ★ ★ (CARMEL MOUNTAIN 14; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GALARSI 13; GROSSMONT CENTER 10; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OTHR RANCH 12; PALM SPRINGS 6; PLAZA BONITA 14; POWAY 10; RIVER VILLAGE 6; TOWN SQUARE 14)

Precious: Based on the Novel Push by Sapphire — A bill of fare representing sexual manipulation, unaerogically photographed, al- ternately oversaturated and washed-out and gritty and grainy, centered around A Precious. With a same-aged demigoddess and a同一的 variant. The fantasy scenes almost attain a sim- ilar musing quality, triggered as they are by the hero’s unseemly number of brushes with death or his embarrassing guilt over his femi- nine wiles, worse even than the blanketing darkness and the teeth-rattling sound and music imposed by director Guy Ritchie, is the insouciance of Robert Downey, Jr. (never mind his bad accent) in the title role. In a rare bow to discretion, he at least lays off the cocaine. Rachel McAdams, Eddie Marsan. 2009.

★ ★ ★ ★ ★ (FASHION VALLEY 18; HORTON PLAZA 14)

Shutter Island — “Disturbing” would be the best word, for Martin Scorsese’s adaptation of the Fifties-period Dennis Lehane detective novel. Nothing, let’s be clear, in the list of genres, the Alcatraz- e asylum for the criminally insane, the locked-room mystery of a vanished fe- male inmate, the dreamland visitations from the detective’s dead wife, his guilty flashbacks to WWII, his allegations of Nazi-like medical experiments funded by HUAC, the approaching hurrican pattering, torrentially disturbing. Although all of it is likely to cause difficulty in swallowing, the locked-room part of it is actually appetizing. What’s disturbing, by and by, is to see a di- rector of Scorsese’s stature (not physical stature of course) stooping to the un- scrupulous batty-and-switch tactics that have become so popular even since The Sixth Sense. The thinking Kafka-esque atmosphere, as befits a rat in a maze, alerts us that we’re not going to get the type of locked-room solution we expect from a detective like Dr. Gideon Fell. But it is only our instilled desire to Scorsese that could prevent us from savoring, at the heart of the maze, the cheeky cheat which makes nonsense of everything we’ve come through. Or if not nonsense, at best ineptitude, that serves as a sort of methodology of self-hype: the flash pans, the vertiginous overhead shots, the pumpkin-head closeups, the portentous tracking shots, the ponderous slo-mo, the full range of eye-grabbing gimmicks by which Scor- sese sells, sells, sells his stuff. We like to see a director taking command, when but the
material is piffle it can have the effect of travey — rather like an orchestral transcription of "Tiny-Bitty Spider" in the style of Beethoven. With Leonardo DiCaprio, Mark Ruffalo, Ben Kingsley, Max von Sydow, Michelle Williams, Emily Mortimer, Patricia Clarkson, Ted Levine, John Carroll Lynch. © (CARMEL MOUNTAIN 14; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GASLAMP 15; GROSSMONT CENTER 10; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OTY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RIVER VILLAGE 6; TOWN SQUARE 14)

A Single Man — Adaptation of the Christopher Isherwood novel detailing the passion of a gay man with an English professor (an exquisitely tortured Colin Firth) grieving his dead lover, anamolously tying up loose ends, saying his guarded goodbyes, practicing the proper posture to shoot himself in bed, laying out his burial attire with the helpful note, "Tie in a Windsor knot." Fashion "guru" Tom Ford, in his directing debut, sees to it that the dumps are très chic, almost to be envied and emulated. He demonstrates convincingly a photographic eye to go along with a curatorial taste in the early-Sixties period, although the total ambience resembles that of a retro pictorial in Harper's Bazaar rather than an accurate depiction of a gloomy Brit in sunny So-Cal during the Kennedy Era. And he controls the color saturation of his imagery as if through an IV, maintaining gray-drawn faded tones for the present, tenedly contrasted with florid flashed flashbacks; and any passing sensory sensation in the faded present, any flicker of life, any tremor of reanimation, any stir of passion, will bring a sudden surge of saturation. It's a definite idea, even if a transparent one. With Julianne Moore, Nicholas Hoult, and Matthew Goode. 2009. © (GASLAMP 15; LA JOLLA VILLAGE; FROM 3/5)

Up in the Air — A comedy from Jason Reitman's auspicious first two features, Thank You for Smoking and Juno, narrowly centered as it is on a narrowly self-centered hero, a travelling corporate downsizer, a hired hatchet man, now a potential dinosuar whose way of life is threatened — by a galloping high-volume. Directed by Jean-Marc Vallée. © (GASLAMP 15; LA JOLLA 12)

Valentine's Day — Jessica Alba, Kathy Bates, Jessica Bell, Bradley Cooper, Eric Dane, Patrick Dempsey, Hector Elizondo, Jamie Foxx, Jennifer Garner, Topher Grace, Anne Hathaway, Ashton Kutcher, Ginnifer Goodwin, Latifah, Taylor Lautner, George Lopez, Shirley MacLaine, Emma Roberts, Julia Roberts, Taylor Swift. —There. That's about all that need be said, and the ads already

said it. In grudging addition, it might be considered to say, by way of warning, that out of the multicultural, multigenerational, multidemographical alphabetical all-stars, Jennifer Garner and Ashton Kutcher command the most attention. And it might be charitably to say that only Topher Grace and Anne Hathaway demand any more. It might, too, be appropriately pointless to point out the unblilled cameo of Joe Mantegna. Apart from the celebrity merry-go-round, no other focus of interest will be found within the movie. (Without, there might be some slight interest in contractual and scheduling matters.) In Katherine Fugate's screenplay, the navigation of the human heart, morning to night on the Fourth of February in Los Angeles, is as a leaf adrift on a puddle: superficial on top of shallow, but then, director Garry Marshall has never been one to venture so deep on any subject as to bother about rolling up his pants cuffs. 2010. © (CARMEL MOUNTAIN 14; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GASLAMP 15; GROSSMONT CENTER 10; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OTY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RIVER VILLAGE 6; TOWN SQUARE 14)

The White Ribbon — In starkly, flat, monotonic black-and-white, Michael Haneke details the unsettling goings-on — unsettling being Haneke's staff of life — in a Protestant town in northern Germany in the year leading up to the First World War. If the reminiscing narrator, in old man's voice, hadn't suggested at the outset that the events "could perhaps clarify some things that happened in this country" — presumably things that happened in the lead-up to the Second World War — it is doubtful whether the viewer would find much significance in the goings-on or would be much disposed to search for some. They're dispersed over a two-and-a-half-hour running time, such that there's a disconnectedness about them and little tension or suspense in between. In the end, it's difficult to escape the feeling that the whole infested village couldn't just as well be plunked down in Sweden or Holland. And what would be the significance of that? Christian Friedel, Leonie Benesch, Ulrich Tukur, Burghart Klauksner, Rainer Bock. 2009. © (FLOWER HILL 4; FROM 3/5; GASLAMP 15)

The Wolfman — Under the drillmasterly direction of Joe Johnston, the remake emerges as your basic tale of Oedipal lycanthropy, an Oedipus simplex if you will (the unconvulsing son, for good measure, is being played Hamlet on the London stage), so basic that it takes place in the 19th Century, uncorks an archetypal gyppy fortune teller (a gaunt and gaudy Geraldine Chaplin), and fashions its werewolf makeup in the classic style of Lon Chaney, Jr.'s. The human drama, however Freudian, proves to be refreshingly unpretentious and earnest, as so stylistically acted by Benicio Del Toro, Anthony Hopkins, Emily Blunt, and Hugo Weaving, though it is never quite so dramatic as the Caspar David Friedrich smoky skies, a variegation of nacreous grays. The marauding wolfmen (plural, yes) on the other hand, completely modern in their dispensing of gore, are quick as Bugs Bunny, rapid as the Road Runner, fleet as Speedy Gonzales, which only makes sense when you stop to consider that they are after all primarily computer cartoons, and they seem not in the least to be subject to the erosions of age. One might ask, on that point, why the crisis, the curse, has only just come to a head, why the villains have not until now had to reach for their rifles and pitchforks. The Oedipal pater over the course of his lifetime has seen many and many a full moon, 2010. © (CHULA VISTA 10; FASHION VALLEY 18; GASLAMP 15; MISSION MARKETPLACE 13; MISSION VALLEY 20; OTY RANCH 12; PLAZA BONITA 14; SANTEE DRIVE IN)

The Young Victoria — And the young Albert. (Past, wanna see the Queen in her teddies?) The story of the first occupant of the spanking new Buckingham Palace is a story of protofeminist liberation — "Even a palace can be a prison" — and a testament to the capacity of British thespians, specifically Emily Blunt, Rupert Friend, Paul Bettany, Miranda Richardson, Mark Strong, Harriet Walter, Jim Broadbent, among others, to play any dry and drowsing history lesson as if it were Shakespeare. The rather bland love story ultimately nudges out the pungent family relations, and the only goose bumps come courtesy of Handel and high volume. Directed by Jean-Marc Vallée. 2009. © (GASLAMP 15; LA JOLLA 12)

For full details and official rules, visit Disney.com/Alicereveal.
Showtimes subject to change. (Bargain showtimes in parentheses.)

CENTRAL

CARMEL MOUNTAIN

11620 Carmel Mountain Road (800-326-3264 #2794)

Alice in Wonderland (PG) Fri-Sat. (11:00, 1:30) 4:15, 7:00, 9:30 Sun. (11:00, 3:00, 7:00) 10:15, 1:30, 4:15, 7:00, 9:30, 11:30, 2:15, 5:00, 7:45, 10:30, 1:15 4:00, 6:45, 9:30, 12:15, 2:50

The Blind Side (PG-13) Fri-Sun. 4:10, 7:10, 10:15, 30:5;

Brooklyn’s Finest (R) Fri-Sat. (11:00, 1:55) 4:45, 7:35, 10:20 Sun. (11:00, 3:00, 7:00, 10:15)

Cop Out (R) Fri-Sat. (12:15, 2:45) 5:15, 7:45, 10:15

Heart Locker (R) Fri-Sat. (11:45) 7:45, 10:15, 1:30 4:15, 7:00, 9:30 Sun. (11:00, 1:45) 4:15, 7:00, 9:30; 11:30, 1:30, 4:15, 7:00, 9:30

Inkheart (PG) Fri-Sat. (11:00, 1:00, 2:05) 5:15, 7:15, 9:15, 11:15 Sun. (10:30, 1:30, 4:30, 6:30)


Up in the Air (R) Fri-Sat. (10:40) 1:30, 4:20, 7:10, 10:00, 12:30 Sun. (10:55, 1:10, 4:15, 7:15, 10:15) 1:15, 4:15, 7:15, 10:15

Horton Plaza 14

Horton Plaza 14 (619-819-0236)

Alice in Wonderland (PG) Fri-Sat. (11:00, 1:45, 4:05, 7:05, 7:00, 9:45, 10:25) 1:45, 4:05, 7:05, 7:00, 9:45, 10:45, 10:25

The Imaginarium of Doctor Parnassus (PG-13) Fri-Sat. (10:30, 1:30, 4:30, 7:05, 9:40, 11:15) 1:30, 4:30, 7:05, 9:40, 11:15

Mission Valley 7

7510 Hazard Center Drive (619-685-2841)

Alice in Wonderland in Disney Digital 3D (PG) Fri-Sat. (11:00, 1:45, 4:15, 7:00, 9:45) Sat.-Thu. (11:00, 1:45, 4:15, 7:00, 9:45) Sun.-Thu. (11:00, 1:45, 4:15, 7:00, 9:45) Cop Out (R) Fri-Sat. (11:00, 1:30, 2:15, 5:00, 7:15, 10:15)

Cop Out (R) Fri (11:00, 3:00, 5:45, 7:30, 10:20)

The Crazies (R) Fri-Sat. (10:45, 1:45, 4:45, 7:45) 4:45, 7:45, 10:25

Crazy Heart (R) Fri-Sat. (11:15, 1:55) 4:20, 7:25, 10:20

Up in the Air (R) Fri-Sat. (12:15, 2:45) 5:15, 7:45, 10:15

Valentine’s Day (R) Fri-Sat. (12:45, 2:45) 5:30, 8:05, 10:35

The Hurt Locker (R) Fri-Sat. (11:00, 1:20, 4:20, 7:20, 10:20)

in Russian), (Ireland), (Argentina), (U.K.), (Australia), (Canada)

CALL THEATER FOR PROGRAM INFORMATION.

Mission Valley 20

1640 Camino Del Rio North (888-262-4386)

2010 Best Picture Showcase 3/6 (NR) Fri. (10:00) 12:15, 2:30, 4:45, 6:30, 8:15, 10:00 Sun.-Wed. (12:30, 3:00, 5:30, 8:15, 10:00)

Shutter Island (R) Fri-Sat. (12:45, 4:30, 7:45, 10:45)

Sun.-Thu. (12:45, 4:30, 7:45, 10:45)

The Book of Eli (R) Fri-Sun. 7:30, 10:10, Brooklyn’s Finest (R) Fri-Sat. (11:00, 12:00, 1:20, 4:20, 7:20, 10:10, 12:00, 11:00, 1:20, 4:20, 7:20, 10:10, 12:00, 11:00, 1:20, 4:20, 7:20, 10:10

Mon.-Wed.: (11:00, 1:05, 3:05, 5:05, 7:05, 9:05) 10:00

Showtimes Online and Receive Priority Seating! (11:00, 1:45, 4:05, 7:05, 9:55) 12:15 Sat.-Sun. (10:00, 12:15, 2:30, 4:45, 6:30, 8:15, 10:00)

The Wolfman (PG) Fri-Sat. (11:00, 1:30, 4:30, 7:00, 10:00, 12:30, 2:00, 4:30, 7:00, 10:00)

Crazy Heart; Brooklyn’s Finest; Cop Out; The Crazies; Crazy Heart;

Mission Valley 11

10733 Westview Parkway (800-326-3264)

Call theater for program information.

MISSION VALLEY

Fashion Valley 18

2037 Friars Road (888-262-4386)

2010 Best Picture Showcase 3/6 (Not Rated) Fri. (10:00) 12:15, 2:30, 4:45, 6:30, 8:15, 10:00 Sun.-Wed. (12:30, 3:00, 5:30, 8:15, 10:00)

Strawberry Shortcake: A Berryfest Princess Movie (PG) Sat. & Sun. 10:30 am

Tickets purchased online and in-person at the theater are subject to a $1.00 service fee per ticket purchased online and a $1.00 service fee per ticket purchased in-person at the theater. All prices are subject to change without notice. Present coupon at box office with your job related rewards card when purchasing your ticket. Not a Rewards member? Ask cashier how to join. Expires 3/31/10. CODE: M10-0-10

Johnny Depp

Alice in Wonderland

www.UltraStarMovies.com for showtimes and locations

10 Bonus Points on your UltraStar Rewards Card with any ticket purchase!

120 San Diego Reader March 4, 2010
UPPER EAST SIDE

Santé
1059 Madison Avenue (212-838-4747)

Sante Drive In
1099 Wodehouse Drive (649-484-7474)

Alice in Wonderland (PG)

South Beach Drive In
1270 Cramer Road (708-423-2277)

Call for theater program information.

SANTÉ

Alice in Wonderland (PG) Fri. & Sat.

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DISPATCHER / BILINGUAL. Office Assistant. Full time. Must have valid Class-B license with passenger endorsement. 5:30am and 11:30am Monday-Friday. Must have a Class-C license. Pay $13.60 per hour. Apply online at www.callcenterpositions.com or call 855-763-7302.

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HELP WANTED

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HELP WANTED

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Home care nurses needed. Pay $35-$45/hr. Apply online at www.callcenterpositions.com or call 855-763-7302.

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EXPERIENCED CAREGIVERS. Home care agency has immediate openings for compassionate and experienced caregivers in all areas. Must have current valid California driver’s license. Pay $15-$20/hr. Application available on employment). Free seminar at our San Diego office: “What It Takes To Be A CAREGIVER.”

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Job Wanted: Caregiver, house cleaning, driving, cooking, shopping. Call 619-592-4878. Also, visit/apply at the company lobby, 15615 Pomerado Road, Suite 201, San Diego, CA 92128. No appointment required. Home Caregivers Needed. Requirements: 18-65 years of age. If you have been diagnosed with PTSD, another anxiety disorder or do not have an antibody, we would like to participate in research and are otherwise healthy. Inquiries, please call 858-834-2671.

Research Study Volunteers. OceanoPharma Research, a local market research company, is looking for people who have been diagnosed with Delusions to participate in an in-person one-on-one or group interview. Study is related to possible new treatments. Participants will be helping the company market the new treatment to understand how to best serve their future participants. A short telephone conversation will confirm whether or not you qualify. You will be compensated for your time. If interested, please call 858-902-1645 x25.

Mental Health System, Inc., is hiring reliable, caring individuals in providing home health care services. Apply online from any computer at: www.PacificHomeRemodeling.com. Call to schedule an interview: (858) 866-0183.

RESEARCH STUDY: Don’t have time to work with the developmentally disabled? Stress, Pain Sensitivity. Males or females, 18-65 years of age. If you have been diagnosed with PTSD, another anxiety disorder or do not have an antibody, we would like to participate in research and are otherwise healthy. Inquiries, please call 858-834-2671.


Unemployed Homeless Veterans. 3 years’ experience, drug free, good DMV. Personal assistant, good references. Appointment: 619-449-5513.

PTSD: Diagnosis not required. E-mail resume, employment@pacifichomeremodeling.com. Call 858-292-8822. www.dialamerica.com/sandiego.

La Jolla Plasma Study, Octapharma Plasma, 3232 Research Dr, San Diego, CA 92030. Requirements: 18-65 years old, good health, proof of Social Security number, proof of current address, current photo ID. Bring in this ad and receive a $25 bonus after your first donation! Osteoporosis. Taylor Research, a local market research company, is looking for people who have been diagnosed with Delusions to participate in an in-person one-on-one or group interview. Study is related to possible new treatments. Participants will be helping the company market the new treatment to understand how to best serve their future participants. A short telephone conversation will confirm whether or not you qualify. You will be compensated for your time. If interested, please call 858-902-1645 x25.

GREAT DOLLARS! plus Career Opportunities for your future! Immediate openings. Stress, Pain Sensitivity. Males or females, 18-65 years of age. If you have been diagnosed with PTSD, another anxiety disorder or do not have an antibody, we would like to participate in research and are otherwise healthy. Inquiries, please call 858-834-2671.

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SALES/TELEMARKETING, Need 7 motivated salespeople to sell all kinds for online internet promotion. 40% commission paid on every ad space sold. Sales are not difficult although there are no guarantees. A skilled professional could make $65,000-$160,000 by the end of the first week! Typical annual wages for a medico sales position is between $35,000-$50,000 per year. Experienced sales reps should earn $25,000-$30,000 per year. Tools, scripts and training provided. No upfront cost! You can work from home. Must have a computer and telephone. Leave message, 24-hour phone call. 858-380-5882, 858-682-4411.


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ASSISTANT HOUSEKEEPER, Must be 18 years of age. Full-time. Great pay! Full benefits. Start at $8.25/hour. Apply online: www.optimumhealth.org or call 619-491-9419.


ASSISTANT KITCHEN MANAGER, $14.16-$15.70/hour. Must have 1 or more years of experience as a Prep Cook/ Prep Cook Experience in a fast-paced, high-volume restaurant. High school graduate or GED. Must speak English. Optimum Health Institute is a mission of the Free Sacred Trinity Church, a non-denominational church that has been operating spiritual retreats since 1976. Apply online: www.optimumhealth.org or apply in person at 9665 Granite Ridge Drive, Suite 310, San Diego 92123. 858-834-5519.

BEE REMOVAL TECHNICIAN. Muscular, orientated. High-tech office environment. Must be able to lift 450 pounds and must be very computer savvy. Include salary requirements and reference code: SRC01. jobssdr@ironfist.com.

SMOK TECHNICIAN, Part time. Must be experienced, licensed, have great work ethic, fantastic customer service, and expert abilities. Resume in doc format to: info@smogoasis.com.

WAREHOUSE MANAGER, Full-time, for energetic apparel/footwear company. Requires 3 years+ warehouse shipping experience, computer knowledge, strong organization, planning skills. E-mail resume: info@isotropes.com.

BEECHMEN, Inc., is seeking an Orion, Flight Engineer, for a major defense contractor. Must be able to lift 450 pounds and will be required to do extensive walking and climbing. Please send resume to: Shane Nissen, Orion General Sales, 4425 Vista Pointe Dr., Suite 300, San Diego, CA 92121.

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Use the form below to find out if you are eligible.

Full study criteria, you may be eligible to participate.

Key criteria:
- You have Type 2 Diabetes
- HbA1c between 7.0 to 9.5%
- Taking insulin (excluding current use of Actos, Byetta, Bydureon, Janumet, Januvia Glipizide or Prandin, Januvia)
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- Taking oral diabetes medications, or taking metformin
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The Reader Puzzle:

**Rules of the Game**

1) Submit your completed puzzle to The Reader each week for your ongoing contest! We keep track of each puzzle you successfully complete and the results are posted online each week to sandiegoreader.com. But your submission will only be counted when you successfully complete a puzzle and get it to us by 7:00 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 (10 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 begin anew every three months. Complete the journey four times a year!

4) Employees of the Reader are not eligible.

5) One entry per person per week or per month. Entries by e-mail must be submitted in Jpeg format, 800 by 800 pixels, maximum file size of 1MB. Submissions that don’t fit the format will not be counted or viewed.

6) To enter, you must be 18 years of age, and your immediate family are not eligible.

7) Entries must be faxed to 619-231-0469 or e-mailed to: puzzles@sdreader.com. Submissions by e-mail must be attached in Jpeg format, 800 by 800 pixels, maximum file size of 1MB. Submissions that don’t fit the format will not be counted or viewed.

8) The Reader T-shirts are awarded weekly to contenders chosen randomly!

9) And now for the really small print: All answers must be legible and entered in the spaces provided.

10) Late entries will not be considered.

11) One entry per person per week or per month. You will be disqualified.

12) Employees of the Reader and their immediate families are not eligible.

**Across**

2. Dumbbell abbr. 
3. Roast VIPs 
4. Circle T-shirt size: L, XL 

**Down**

1. Start of the Spanish calendar 
2. Burton of “Reading Rainbow” 

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**SOLUTION TO LAST WEEK’S PUZZLE:**

**Sarcasm**

**Simpler Lie Idol America Arcadia Yes See Shalom Shalom Hesin Mad Ash Eat Aloha Aloha Dds Sales Roles Ciao Ciao Salad Ahab Blt The Beatles Gaur Sat Lot Force Hel Hilo Go Oye Alberta Unreels Laertes Nigeria Thebelt Stop Sup

---

**This Week’s Contenders:**

- Sheila Agahan-Price, Ocean Side, 8. Loved the play on words.
- Ron Akers, Sabre Springs, 8.
- Lucy Alderson, Escondido, 8.
- Mary Arana, Encinitas, 8.
- Lucy Alderson, Chula Vista, 8.
- Mary Arana, Encinitas, 8.
- Leslie Chase, Campo, 8. Happy Birthday, Bill!
- Joseph Ciprian, Little Italy, 8.
- Betty Cory, Chula Vista, 8.
- William Cushing, Rancho Bernardo, 8.
- Dale Duffual, La Jolla, 8.
- Harry Engel, La Jolla, 8.
- Betsy Cory, Chula Vista, 8.
- Betsy Cory, Chula Vista, 8.
- William Cushing, Rancho Bernardo, 8.
- Harry Engel, La Jolla, 8.
- Betty Cory, Chula Vista, 8.
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- Leslie Chase, Campo, 8. Happy Birthday, Bill!
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- William Cushing, Rancho Bernardo, 8.
- Dale Duffual, La Jolla, 8.
- Harry Engel, La Jolla, 8.
- Betty Cory, Chula Vista, 8.

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**April Fool’s Day’s Special:**

- Jerry Ricco, Rancho Bernardo, 8. Driving the speed limit? Get out of the fast lane!
- Matthew Rosello, San Diego, 8. It’s gone.
- Jay Sato, Carmel Valley, 8. Babyface is snubby!
- Ted Scafidi, Hillcrest, 8. Spen-
- Elizabeth Holl, Alpine, 8. Yay! March is finally here!
- Jim Odell, vista, 8. Bye Birdie song whose
- Yvonne Esperanza, Vista, 8. The right to pursue happiness does not guarantee happiness.
- Elenore Stephens, Potrero, 8. Hello San Diego!
- Iggie Guerrero, Bay Ho, 8. La Reina has chicken legs.
- Ellie Hoey, Spring Valley, 8. Love New York
- Thomas McCough, Lakeside, 8. The love of God.
- Douglas Meyers, La Mesa, 8. Our minds are blind to the science of our plight.
- Jim Odell, vista, 8. I would vote for Dr. Ron Paul.
- Bob Vollman, La Jolla, 8. Top 10s = 1 t-shirt. Bottom 58 = 9.
- Don Cory, Clairemont, 8. Usian support is inversely proportional to individual ability.
- Woody Anderson, Carmel Valley, 7. The puzzles are becoming more obscure this year!
- Jeff Battles, Ocean Beach, 7. Have a wonderful time in Tahoe, baby.
- Jon Connor, Ocean Side, 7. “We used to make stuff in this country”
- Craig Curtis, Encinitas, 7. Oop! Dang! Duh! Huh? Missed it by that much, Dam!
- Thomas Diehl, Escondido, 7. A great many open minds should be closed for repairs.
- George Elam, Vista, 7. My vegetable garden is loving the rain.
- Ben Espe, Mission Valley, 7. USA! WA! Great job! Olympians!
- Phyllis Grant, San Diego, 7. I’ll miss L.T.
- Richard Hutchings, Santee, 7. Nominate, nominate thee, goodbye in Hindi
- George Jackson, Oceanside, 7. Obama “Bipartisanship”. Shut up and pass my health-care bill!
- Norman Kenney, Carlsbad, 7. March is here! Hi Kerri! Hi Bodo! SUSIE LeSTORICo, Coronado, 7. There’s no cure for the common b-day. Happy to me!
- Michael McGriff, Bay Park, 7. Term limits for U.S. Congress!
- Ron Meyer, Santee, 7. L.T., thanks for 9 great years.
- Rumir Miranda, Diego, 8. If we couldn’t laugh we would go insane.
- Susan Morfey, Little Italy, 8. They are there for a reason — use your turn signal!
- Narge Nelson, El Cajon, 7. / keep trying!
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 you 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 begin anew every three months. Complete the journey four times a year.
4) Entries must be faxed to 619-233-7907 or mailed to Reader Puzzle, P.O. Box 85803, San Diego, CA 92186-5803, or delivered through our mail slot at 1703 India Street in Little Italy, or scanned and e-mailed to Sudoku@sdrader.com. Submissions by e-mail must be attached in JPEG format, 800 by 800 pixels, maximum file size of 1MB. Submissions that don't fit the format will not be counted or verified.
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.

SOLUTION TO LAST WEEK’S SUDOKU PUZZLES:
EASY:
1 6 3 4 2 7 5 9 8
2 8 7 4 3 9 5 1 6
3 9 5 1 6 7 3 2 4
4 1 9 6 5 4 7 2 3
5 4 2 7 6 5 9 1 3
6 7 3 8 1 1 2 3 9
7 4 5 3 1 9 8 6 2
8 3 1 2 9 4 6 5 8
9 2 6 4 8 8 1 9 5

MEDIUM:
1 3 2 6 7 3 8 1 4
2 9 7 3 8 1 5 6 2
3 1 4 2 8 5 7 9 6
4 6 3 1 5 7 9 4 2
5 2 9 7 6 4 8 3 1
6 4 5 2 1 3 9 8 7
7 5 6 8 4 1 2 7 3
8 8 3 9 2 1 6 5 4
9 8 1 5 7 6 4 3 2

HARD:
1 9 3 7 2 8 4 6 5
2 7 8 3 1 9 6 4 2
3 5 4 6 8 2 7 1 3
4 1 2 9 3 7 8 5 6
5 3 6 1 4 5 2 9 8
6 2 7 5 9 4 8 3 1
7 4 9 8 2 7 5 3 6
8 6 5 3 7 9 1 2 4
9 2 1 4 5 8 3 7 6

EVIL:
1 8 5 4 2 6 9 7 3
2 6 9 1 5 8 4 3 7
3 4 7 8 9 3 6 2 5
4 2 3 7 6 9 1 5 8
5 5 1 2 8 4 3 7 9
6 7 6 9 1 3 2 4 8
7 3 8 5 4 2 7 9 6
8 1 2 6 7 5 4 9 3
9 9 4 3 2 7 5 1 6

We cannot accept your entry without the following:
Name: ______________________________
Address: ______________________________
Neighborhood/City: ______________________________
State: __ Zip Code: ______________
Circle T-shirt size: L XL
Personal Message: ______________________________

Wee RANKING ONLINE!
Now you can go online to check your ranking and communicate with each other! Simply visit: www.SDReader.com/puzzle. The new ranking is posted each Wednesday. To use the “comments” feature, you must be a registered site member.

THIS WEEK’S CONTENDERS:
& indicates T-shirt winner.

EASY:
Aaron Abramson, Williamstown, 8. It’s cold back here. Keep fixing puzzles.
Don Bowman, Santee, 8. Why can’t I play golf? I’m not cut out for it.
Cerrie Calvo, San Diego, 8. Baseball-Parades can’t wait.
M. Elliott, Ranch Bernardo, 8. I love the rain. It’s the sun. We love potstickers.
Esther Hays, La Mesa, 8. The Ultimate Wedding Planner Mom! &
Linda Bible, El Cajon, 7. Loved the Winter Olympics—very inspiring.
Henry Chung, San Diego, 7. Much more means more snow out there.
William Stiweg, Vallejo, 7. Ran out the way home.
Dr. Dave Spera, Point Loma, 6. Bob Jones’s Farm has the best peaches.
Elliot Estrine, Poway, 4. Go in with.
Dennis Jardin, Oceanside, 4. Hogans.
Nicole Tu, Eastlake, 1. Your spider is sweet, like candy.
Tom Norris, Santee, 1. Stay sober one day at a time.

MEDIUM:
Rachel Spoon, La Jolla, 8. Ok again!
Terry Thomas, Chula Vista, 7. Kiwi definitely.
Raymond Land, Escondido, 7. Life is too short—Enjoy every free minute you get.
Raymond Land, Escondido, 7. Life is too short—Enjoy every free minute you get.

HARD:
Amanda Garcia, Chula Vista, 8. La que nos otras personas no es mi problema.
Eleanor Burbank, Escondido, 1. And I no she’s smiling, saying don’t worry about me.

EVIL:
Joe Arbuso, Rancho Peñasquitos, 8. “I’m a hipster now! I am!”
Joseph Ciprian, Little Italy, 8. The gun rights were recognized.
Lark Herrick, Alpine, 3. Hawaiian Grand’s famous is excellent.
Gary Smith, Encinitas, 3. Half way there.

Messages!

SOLUTION TO THIS WEEK’S SUDOKU PUZZLES:
EASY:
1 6 3 4 2 7 5 9 8
2 8 7 4 3 9 5 1 6
3 9 5 1 6 7 3 2 4
4 1 9 6 5 4 7 2 3
5 4 2 7 6 5 9 1 3
6 7 3 8 1 1 2 3 9
7 4 5 3 1 9 8 6 2
8 3 1 2 9 4 6 5 8
9 2 6 4 8 8 1 9 5

MEDIUM:
1 6 3 4 2 7 5 9 8
2 8 7 4 3 9 5 1 6
3 9 5 1 6 7 3 2 4
4 1 9 6 5 4 7 2 3
5 4 2 7 6 5 9 1 3
6 7 3 8 1 1 2 3 9
7 4 5 3 1 9 8 6 2
8 3 1 2 9 4 6 5 8
9 2 6 4 8 8 1 9 5

HARD:
1 6 3 4 2 7 5 9 8
2 8 7 4 3 9 5 1 6
3 9 5 1 6 7 3 2 4
4 1 9 6 5 4 7 2 3
5 4 2 7 6 5 9 1 3
6 7 3 8 1 1 2 3 9
7 4 5 3 1 9 8 6 2
8 3 1 2 9 4 6 5 8
9 2 6 4 8 8 1 9 5

EVIL:
1 6 3 4 2 7 5 9 8
2 8 7 4 3 9 5 1 6
3 9 5 1 6 7 3 2 4
4 1 9 6 5 4 7 2 3
5 4 2 7 6 5 9 1 3
6 7 3 8 1 1 2 3 9
7 4 5 3 1 9 8 6 2
8 3 1 2 9 4 6 5 8
9 2 6 4 8 8 1 9 5

Another Chance for Fame and Glory!
Brainstorms

Word for Word

This is the word for “word” in shorthand:

2

Mark it well. Because, armed with just that little bit of information, a person even totally unfamiliar with Gregg — a person like yourself — should find it remarkably easy to identify a whole variety of additional words.

We’d like you to use your deductive reasoning abilities to match the following words with their shorthand equivalents. No knowledge of shorthand is required. Take our word for it.

BRAINSTORM PUZZLES:

RULES OF THE GAME

1) Submit one completed puzzle to the Reader each week for entry into another contest! We keep track of each puzzle you successfully complete and the results are posted online at sandiegoreader.com. But your submission will only be counted when you successfully complete a puzzle AND get it to us by 7:00 a.m. Monday.

2) Be one of the first 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 (10 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.

3) The puzzle-contest ranking, shown online and in the paper, will begin anew every three months. Complete the journey four times a year!

4) Entries must be faxed to 619-233-7907 or mailed to Reader Puzzle, P.O. Box 85803, San Diego, CA 92186-5803 or delivered through our mail slot at 1703 India Street in Little Italy or scanned and e-mailed to: Puzzles@sdreader.com.

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.

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.

You are invited to use your deductive reasoning abilities to match the following words with their shorthand equivalents. No knowledge of shorthand is required. Take our word for it.

We cannot accept your entry without the following:

Name: ______________________________________
Address: _____________________________________
Neighborhood/City: ____________________________
State: ______________________ Zip Code: ________
Circle T-shirt size:   L   XL
Personal Message: ______________________________________
______________________________________________
______________________________________________

Bookstand  Crossbowman  Overpass
Bagpipe    Wordplay    Bowstring
Slaughterhouse    Offhand   Lineman
Playback    Passbook    Housefly
Crossword    Manslaughter    Backhand
Standoff   Turnover    Pipeline
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Do you want to improve your written or spoken English, or your English listening/conversation skills? I will help you for a reasonable price. 619-663-7819. symenyoga@gmail.com, www.symenyoga.com.

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Events Calendar
Nature Explorers. Friday, March 5, 6pm. Linda Hawley leads program for kids of all ages (with adult) to learn about wood rats and fauna in the oaks. Five specimens to examine. Bring flashlight for night hike to see habitats. Starts at shade structure. Admission free-$5. Kumeyaay Lake Campground, Two Father Juniper Serra Trail, San Diego 92119. 619-582-6261.

Mind, Body Fitness and Wellness Clinics. Thurs., March 4, Tues., March 9. 5pm Fitness class: Core strength stability and conditioning mat class. 6pm Yoga: Hatha Vinyasa mix. 7:30pm Alternative Wellness Clinic: Acupuncture/Massage/Energy Medicine. Learn meditation healing and more. $10 donation. Kensington Community Church, 4773 Marlborough Drive, San Diego 92116. 619-884-2662; prakasheffulgence@yahoo.com.

Art and Science of Healing with Music. Thursday, March 4, 4-7pm. Noelle Pederson, director of education and training at Resounding Joy, divulges how her organization promotes emotional, mental, physical, and spiritual well-being through supportive music for SD Uptown Rotary group. Terra, 3900 Vermont Street, San Diego. 619-806-2495.

Life Lessons with Mental Illness. Thursday, March 4, 6:30pm. National Alliance on Mental Illness (NAMI) hosts reading, book signing with some authors of Our Stories: 101 Things We Know Now We Wish We Knew Then. Book focuses on lessons 42 people have learned from dealing with mental illness. Evening commences with “Ask the Doctors” session. Admission free. University Christian Church, 3900 Cleveland Avenue, San Diego 92103. 800-523-5933.


Group Meditation & Discussion. Tues., March 9, 7pm. Learn how to deal with stress, anxiety, anger, sadness and depression by developing a meditation practice. Free. Buddha For You, 619-582-1100 or buddhaforyoutwo@gmail.com.

Discover Magnificent Beauty. Saturdays, 10-11am. Nature walks led by trained naturalist. Marvel at the reawakening vegetation throughout the reserve and be enchanted by fabulous flowers along the trails. Admission free. San Elijo Lagoon Ecological Reserve, 2710 Manchester Ave., Cardiff 92007. 760-436-3944.


San Diego County Fair. Tues., March 9, 7pm. Learn how to deal with stress, anxiety, anger, sadness and depression by developing a meditation practice. Free. Buddha For You, 619-582-1100 or buddhaforyoutwo@gmail.com.

Discover Magnificent Beauty. Saturdays, 10-11am. Nature walks led by trained naturalist. Marvel at the reawakening vegetation throughout the reserve and be enchanted by fabulous flowers along the trails. Admission free. San Elijo Lagoon Ecological Reserve, 2710 Manchester Ave., Cardiff 92007. 760-436-3944.


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• Quiet cul-de-sac location
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Resident services:
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• Job training & résumé assistance (coming soon!)
• Mommy & Me Yoga Classes (coming soon!)

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LEAD STORY

April Gaede, who four years ago guided her teenage daughters, Lynx and Lamb (performing as “Prussian Blue”), to a brief music career singing neo-Nazi songs, announced a new project recently on the white nationalist website Stormfront.org. She offers a no-fee matchmaking service to fertile Aryans, hoping to encourage marriage and baby-making — to help white people keep up with rapidly procreating minorities.

Don “Moose” Lewis announced plans in January for a 12-city pro-basketball league composed only of white players (natural-born U.S. citizens whose parents are both Caucasian). Lewis denied any “racism,” explaining to Georgia’s Augusta Chronicle that whites simply like “fundamental” basketball and not “street ball” (“flipping you off or attacking you in the stands or grabbing their crotch”).

Cultural Diversity

Computer-obsessed Japanese nerds’ latest fancy is Love Plus, a Nintendo DS dating simulation that allows them a young, attractive, mouthy girlfriend, had himself photographed with her at romantic sites — clutching the screen showing her — and then took her through a marriage ceremony.

As vultures approach extinction in South Africa, they grow in value among local “traditional” communities for their magical abilities. Specks of a vulture’s brain, sprinkled on mud and smoked, can supposedly ward off evil and bring winning lottery numbers. One Johannesburg vendor told Agence France-Presse in December that the specks even work when daubed on dogs’ noses, enabling them to extend their already formidable scenting power.

LEAD STORY

Augusta Chronicle

citizens whose parents are both Caucasian). Lewis and promised, also, to send proceeds from the sale of her book to the church to transcribe the 22,000 hours of lessons. The church was similarly challenged in 2006 when the holiday concerts were cancelled. The council is having trouble, especially, in raising funds. In any political fight, they turn to the Jesus-channeling Elizabeth Clare Prophet. Setting aside the fact that men are simple.” (In December, Ray Frey, to the BoingBoing blog, “[It] comes to life with honesty and integrity. Serving the Kearny Mesa area for 30+ years with honesty and integrity.

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1 bedroom, $1000/month. 1 bedroom, $1095 in Bay Park's best maintained property with beautiful courtyard and spa. (There is even a 24-hour cable TV “panda channel.”) At several of the country's zoos, officials now regularly paint their crocodiles and elephants in panda colors (with washable paint) to call attention to their plight. Even though the paint must be reapplied daily, “it’s impossible not to do it now,” said one croc handler for a December Wall Street Journal dispatch. “People expect it.”

— Only four days after the January earthquake hit Port-au-Prince, two Royal Caribbean cruise ships pulled into a port called Jacmel, less than about 60 miles up Haiti’s coastline from ground zero, turning loose hundreds of forlickers for “jet ski rides, parasailing, and rum cocktails delivered to their hammocks,” according to a report in London’s Guardian. Haitian guards employed by the cruise line manned the resort’s 12-foot-high fences, but about a third of the passengers still declined to leave the ships, too upset by the unfolding disaster nearby to enjoy themselves. Royal Caribbean said it made a large donation to the rescue effort and promised, also, to send proceeds from the port’s thriving craft stores.

Send your Weird News to Chuck Shepherd, San Diego Reader, P.O. Box 85803, San Diego, CA 92186 or to WeirdNewsTips@yahoo.com


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San Diego Reader, March 4, 2010

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A U T O M O T I V E

by Chuck Shepherd

March 4, 2010

Reader

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Unclaimed Cattle. The Duval County sheriff's office received a complaint from a rancher about cattle tearing up his fields. Deposites located the five cows on Duval County Road 104 (approximately five miles north of San Benavides) and called on local cowboy Julio Benavides to round up the animals and transport them to Live Oak Holding Pens. If they remain unclaimed after 30 days, the county said they will be auctioned.

Airlifted to Christi. Edwared and Diana Garcia suffered head injuries after 83-year-old Juanita Ybarra struck the couple while driving her Oldsmobile Ciera Classic. Due to the nature of the injuries, emergency officials airlifted the Garcias to intensive care in Corpus Christi, 52 miles east of San Diego. According to the Alice Echo-News Journal, the Garcias frequently fly to and from area businesses. On the day of the accident, they were returning from Dairy Queen, their favorite restaurant.

Valentine's Day. Mia Familia Adult Day Care crowned San Diego residents Francisco and Maria Arrutia king and queen of the facility's annual Valentine's Day celebration. In honor of the Arrutias and their newly named court, visitor, clients, and officials of Mia Familia danced to live tejano music provided by San Diego's own Conjunto Irresistible.

Weight-Loss Challenge. Nicole D. Perez, a San Diego general and manager of the Alice Echo-News Journal, joined the newspaper's first battle-of-the-sexes weight-loss challenge. The six female and six male competitors weighed in at True Elite Fitness Club and have 10 weeks to lose as much weight as they can. Prizes for the "biggest loser" include a free gym membership, a complete makeover, and use of a convenient Chrysler. After one week, the competition is already heated. "All's fair in competition," says weight-loss competitor and city attorney Joe Torres. "I'm sending Nicole a box of chocolates."

New Cop Cars. The Duval County sheriff's department purchased four new Chevy Tahoes. The SUVs have received the complete "police package," including cages, sirens, and upgraded lights, suspension, and engine. "They're lower to the ground for a safer ride, especially when you're in pursuit," says chief deputy Jose Martinez. "We have a lot of illegal immigrants being brought in from Mexico, so we have a lot of pursuits on back roads. Our roads back here aren't paved or anything, so the vehicle has to be durable.

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Man's Search for Himself
By Rollo May

"The Creative Conscience"
One of the first things necessary for a creative relationship to the inherited wisdom in the religious traditions is to remove religious discussion from such deteriorated forms as the debates over the "belief in the existence of God." The tendency to make that issue central — as though God were an "object" alongside other objects, whose existence can be proved or disproved as we prove or disprove a mathematical proposition or a scientific fact — show our modern tendency to split up reality. And then, following the dichotomy which Descartes bequeathed to us, we tend to assume that everything must be proven by the methods which properly fit mechanics and physical science.

Rollo May (April 21, 1909 – October 22, 1994) was an American psychologist known for his existential works on man's disconnect in the modern world. A close friend of theologian Paul Tillich, May was an early proponent of the theory that sex separated from love would have deleterious psychological effects on society. Man's Search for Himself, Rollo's second book, was published in 1953.
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