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San Diego Reader February 2, 2012
Buyouts Didn’t Help U-T and Petco

By Don Bauder

Go, Newt! In your donnybrook with Mitt, please keep informing the citizenry about the rapacity of private equity groups (essentially leveraged buyout firms). I’m neutral on the nomination but feel strongly about private equity groups: they’re predators.

San Diegans have seen what’s happened to the Union-Tribune since being taken over and quickly flipped by Platinum Equity, a private equity firm. Petco Animal Supplies has gone through two dubious buyouts; some say the company has slipped noticeably, but Petco claims it is as healthy as ever.

Petco claims it is as healthy as ever. Petco Animal Supplies has gone private equity firm. Petco was taken over and quickly flipped by Platinum Equity, a private equity firm. Petco claims it is as healthy as ever. Petco Animal Supplies has gone private equity firm. Petco was taken over and quickly flipped by Platinum Equity, a private equity firm.

Most of the buyout money comes from debt piled on the supposedly sick company’s back. Then, the buyout bandits are likely to put the company in even more debt to pay themselves fat dividends. Worst scenario: the buyout gunslingers may put the ailing, leverage-laden company into bankruptcy to shed the debt and pension obligations.

Mitt claims that his former firm, Bain Capital, creates jobs. Nonsense. Whacking employment is a major tool used by private equity firms to fatten profits of companies they have purchased. The only objective of the private equity firm is to rake in money for its insiders and investors.

Today, the public is correctly focused on the tax breaks that Mitt and his business associates enjoy. He pays about 15 percent on $20 million-plus annual income. Financial engineers in his racket claim their income comes from capital gains, which have a lower rate. Sorry. The Bain Capitals of the world manage other people’s money; little of their own capital is at risk in these takeovers. The principals should pay ordinary income rates.

Takeover rustlers benefit because their investments are often domiciled in the offshore tax and secrecy haven of the Cayman Islands. Mitt’s handlers insist that he doesn’t benefit tax-wise from this arrangement. Tax experts say he does and that the U.S. Treasury suffers from the loot parked offshore. (In 2010, he had money in Switzerland.) The utilization of tax and secrecy havens around the world, including the Caymans, is all too common. There are not only tax advantages. Also, there are few disclosure requirements. Moves can be kept hush-hush longer.

Gerald (Gerry) Parsky, Republican powerhouse, flies every day from his Rancho Santa Fe estate to Aurora Capital Group in Westwood, a private equity firm he founded. Aurora put together a company named Aftermarket Technology. Caymans-based entities had 4.5 million shares; Parsky had a slug of them. Similarly, Aurora took an aerospace company named K&F public; some of the shares were domiciled in the Caymans. Parsky had some of them.

The public must understand that private equity groups are fast-buck operations. Josh Kosman is the author of The Buyout of America: How Private Equity Is Destroying Jobs and Killing the American Economy. Says Kosman, “Because the strategy of private equity firms is to sell their businesses within several years, they focus on quick, short-term gains and give little consideration to long-term performance.”

When Platinum Equity finalized its purchase of the Union-Tribune in May of 2009, it pledged it would make changes designed for the long term. But Platinum normally holds a purchase three to five years. Platinum sold the newspaper to local hotshot “Papa” Doug Manchester in November of last year — not even holding it three years. Platinum had continued the oft-justifiable head-chopping started by the Copley organization but cut too deeply, as the product shows. Platinum may have doubled its money or more in the deal, but San Diegans would appear to be the losers, given Manchester’s revelations about his editorial aims.

Petco Animal Supplies, the second-largest pet retail chain in the nation, has had problems through the years from excessively rapid expansion, among many things. Two private equity firms jointly bought out the company — twice. Petco’s stock was doing poorly when the buyout firms first purchased the company in 2000 for $600 million, most of which was debt plunked on Petco’s balance sheet. Two years later, Petco went public for the second time as the buyout firms amassed 600 percent profits.

Just a few years later, the largest pet retailer, PetSmart, wanted to buy Petco, but it didn’t want Petco’s top management. So Petco’s stock turned again to those two buyout firms. In 2006, Petco agreed to a second leveraged
**Let’s Build an Even Bigger Nuisance**

*By Dorian Hargrove*

Christi Nail has spent thousands of dollars on double-pane windows to keep out the noise and wooden shutters to block out the headlightls. She is thinking of building a concrete retaining wall to ward off runaway vehicles. Nail is boxing in her family to drown out disturbances created by the Jack in the Box at the T-intersection of 30th and Upas streets in North Park.

Nearby residents have long complained that this North Park Jack in the Box disturbs the peace of the neighborhood.

Nearby residents claim the fast-food restaurant has been a nuisance for years. They have complained about litter, traffic, and noise, not only from customers using the drive-through but also from 18-wheelers making late-night deliveries. The Nails have dealt with the problems since 2000, when they purchased their home on Dale Street, across from the restaurant’s side entrance. In 2004, while trying to negotiate the restaurant’s driveway, a driver smashed into Nail’s truck, bending the frame. The Nails renovated their house so car stereos wouldn’t rattle the windows and late-night deliveries wouldn’t wake up the kids. Many community residents say that despite having conversations with management and the corporate office, carpet cleaners and grease-trap crews continue to arrive after 2:00 a.m.

Now residents worry that a plan to tear down the restaurant and build a new one will further diminish their quality of life. The proposal, currently under review by the City’s Development Services Department, adds 500 square feet to the building, extends the length of the drive-through, and adds an outdoor dining area. It reconfigures the site, moving the main entrance from Upas Street to Dale, which residents say will increase noise and pose risks for pedestrians and kids playing in their front yards. In October, the North Park Planning Committee unanimously rejected the proposal. Neighbors are frustrated with the City’s apparent support of the project, despite a one-block radius of the intersection. The CN-1-2 zone prohibits “drive-in and drive through restaurants.”

Neighboring downtown, the San Diego Gas & Electric said yesterday (Jan. 27) that it would not submit responses under oath to questions posed by attorney Mike Aguirre in the long-running hearings on whether the utility can make customers—not shareholders—pick up insurance costs from the 2007 wildfires, which regulators said were started by the company’s negligence.

Aguirre had asked the administrative law judge if he could submit additional questions. She agreed (on a limited basis) but SDG&E, in objecting, claimed attorney-client privilege, among other things.

Originally, the California Public Utilities Commission hearings were supposed to be on SDG&E’s desire to shift certain insurance costs to customers in future fires. But at the last minute, in a one-sentence statement, SDG&E also said it wanted ratepayers to pick up the tab for certain 2007 insurance costs.

“Shareholders take the risk of mismanagement,” says Aguirre. Under the law, ratepayers should only pick up the tab for “prudently incurred costs.” He believes criminal and civil agencies should investigate the matter, particularly since SDG&E’s parent, Sempra Energy, has already chalked up $463.9 million in regulatory assets because it expects it will get the CPUC’s permission. Aguirre wants to know who told Sempra that SDG&E will be able to pass these costs to consumers.

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News Ticker

**Future Fires**

SDGE Refuses to Testify on Insurance Scam

San Diego — San Diego Gas & Electric said yesterday (Jan. 27) that it would not submit responses under oath to questions posed by attorney Mike Aguirre in the long-running hearings on whether the utility can make customers—not shareholders—pick up insurance costs from the 2007 wildfires, which regulators said were started by the company’s negligence.

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**No Race for Peace**

Independent Candidate for Congress?

North County — Could a well-known independent candidate be preparing to enter North County’s already hotly contested race for the 52nd District congressional seat?

That’s one intriguing possibility suggested to political insiders by poll results posted yesterday on IVN.us, a website operated by the San Diego-based U.S. Independent Voter Network.

The 52nd is already the scene of a fierce two-party brawl between two Democrats, liberal ex-assemblywoman Lori Saldaña and middle-of-the-road ex-San Diego city councilman Scott Peters, along with GOP incumbent Brian Bilbray and fellow Republicans Wayne Iverson and John Stahl.

“This district has one of the highest independent registrations in the state,” according to IVN’s account.

“Voters...agree with candidates that argue that the best way to shake up Washington would be to elect candidates not connected to political parties, 59 percent to 33 percent.

“When Bilbray was matched against the Democrats, the race was knot-tied in identical 38 percent to 39 percent statistical ties. But, when pitted head to head against Steve Peace running as an Independent, Bilbray trailed 33 percent to 40 percent with Peace dominating the Independent vote 55 percent to 12 percent.”

Reached last night (Jan. 26) by phone, Peace denied he had any interest in making the race and said he used his name in the voter survey only to demonstrate that in San Diego Reader, February 2, 2012 continued on page 48
LETTERS

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

Short, Sweet
Deanna Fridley is disgusting ("The Long and Dangerous Day," Feature Story, January 26). That is all I have to say. Laurie via email

Pagans Popular
I felt that I must write in response to the haughty and presumptuous arrogance of Ted Rodgers, whose unsubstantiated tirade presumes an aura of moral and intellectual superiority, in his attack upon the College Republicans ("Progressive Sit-Down," Letters, January 26).

First, he offers no proof concerning his first allegation, that the students are intruding into the private residences of anyone. Secondly, on what evidence is he basing his assertion that they are "forcing religion into schools," "putting up crosses and Ten Commandments on public property," and taking upon themselves the powers of the United States Congress in "replacing 'E Pluribus Unum' on our currency with "In God We Trust"?

If you honestly believe the erroneous claim that church and state are separate in this nation, I suggest that you take a long, hard look at the Greco-Roman gods and goddesses evident throughout the culture of government, Liberty, Justice etc. The true emphasis is not, as commonly believed, antireligious as it is anti-Judeo/Christian/Islamic. That is, any advocating the revealed deity of the Bible are suppressed while those promoting the virtues and culture of paganism are widely accepted!

Many will rage against such a viewpoint, claiming that there is no evidence of an obviously satanic force at work in America. Consider these simple facts: the Messiah, Himself, teaches us (Matt 7:16) that "Ye shall know them by their fruits." This clearly means the product of their efforts. The fruits of the "Spirit" are defined for us in Galatians 5:22,23, "The fruit of the (Holy) spirit is love, joy, peace, longsuffering (patience), kindness, goodness, faith, mildness, self-control." It is glaringly apparent that these are not the fruits of our political/economic-religious system!

Now, let us examine the fruits of the "flesh" (ungodliness) which are found in Galatians 5:19-21. "Now the works of the flesh are manifest (made evident), and they are fornication, uncleanness, immoral behavior, idolatry, occultism, hatreds, strife, fits of anger, contentions, divisions, sects, envies, drunkenness, orgies, and such things of this nature.

I would venture a wild guess that the product of Ted's way is certainly not one which could be cast in any positive light. Is it any wonder the people are stressed continued on page 51
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San Diego Reader February 2, 2012
I am usually able to tune out my sister when she’s yapping away on her phone in the office we sometimes share — her words bubble behind me as I type and click about my own business. But every so often there is a distinct phrase that breaks through the sound bubble and jerks me to attention.

I was toggling between Twitter and Facebook the other day when one such cluster of sounds formed a jagged rock that hit me in the back of the head, causing me to turn around and stare in disbelief at the woman who threw it. “Really?” I said in a loud whisper, not wanting to disrupt Jane’s business discussion but unable to stifle my irritation. Eyes wide, I mouthed the offending phrase with exaggerated enunciation so my sister would know the source of my sudden ire.

“My Ask of You?”

Jane suppressed a giggle, made some spastic movement between shrugging and waving me off, and returned her attention to the guy on the other end of the line. But she knew I wouldn’t let it go. I never do.

As soon as I heard the telltale sound of Jane’s conversation coming to a close — a drop in the energy of her voice — I turned around and stared at her until she put down her phone. “What?” she said in an overly defensive way that told me she knew exactly what.

“What the freak is ‘My Ask of You’ supposed to mean?”

“It’s, like, when you’re requesting something from someone,” Jane said.

“It sounds moronic.”

“I didn’t make it up — everyone says it,” Jane countered.

“Well, then everyone’s a moron. If you have a request of someone, why not simply say, ‘Would you?’ Please, Jane, promise me you won’t ever say that again. I can’t have a sister going around saying stupid shit like that.”

“You think that’s bad, you should hear the new one that’s going around — I almost texted you from my meeting yesterday,” Jane said. I braced myself and waited. Jane dragged out the silence for maximum effect. When she saw she was losing me, she finally said, “Servant leadership.” I raised my brows. “I know,” she said, “I didn’t understand it. They kept saying it throughout the meeting: it was even highlighted on the board. It means, like, you have to lead by serving, so, servant leadership.”

David, who’d been down the hallway sorting laundry, poked his head through the door and said, “That makes absolutely no sense.”

“It’s what people say,” Jane argued.

“People in middle management make up terms for things they want to say, but it would be so much better if they would just say what they want to say. Corporate-speak drives me crazy. You’ll never hear an executive bloviating bullshit like that. They’re too busy making decisions and getting shit done. That’s why you’re so successful in everything you do,” I said to my sister. “You don’t pirouette around a point in some awkward toe-step — you pin it down with a spike heel.”

From what I witness and hear (not only from Jane, but also from friends who work for major corporations or smaller highflying offices), I’m positive I couldn’t survive in the corporate world. I had a friend in middle management at a major IT company. When I learned he insisted on having daily progress meetings with his staff, I was baffled. “Isn’t that a waste of time?” I asked. “To take an hour out of each day to micromanage what everyone did the day before?”

He insisted it was helpful and necessary, but I couldn’t help wondering if that was how he justified his position. On his conference calls, he used terms such as “skin in the game” and “bubble it up.” In emails that he asked me to help edit for both his team and upper management, I flinched at the words “synergy” and “incentivize” and phrases such as “circle back” and “mission critical.”

The term “stakeholder management” came up enough times that I went to look it up online and found this: “The art of acquiring enough opinions from people, groups, or leaders within a company to deflect blame if a project doesn’t meet expectations and/or outright fails.”

When I’m helping a friend in the corporate world write an email or prepare for a presentation (something I am often called upon to do), I don’t have much patience for all the buzzwords and jargon. All those expressions with distorted verbs and made-up nouns make for an uncrackable code. But perhaps that’s the point. How better to appear smart and seem like you know shit than to baffle your coworkers with verbiage that they are embarrassed to admit they don’t understand for fear that they will come off looking unknowledgeable.

I’ll look to the muddled gibberish on the screen, then turn to my friend and ask, “What is it you want to say?” Then I spend half an hour trying to convince him that the clear explanation he just gave to me verbally is way better than the imbroglie he created in an email containing all those empty phrases.

I’m not immune to business jargon — some words leak out of tall buildings and onto the street, where they get picked up and carried into coffee shops and tattoo parlors. I’ve heard myself say things such as “touch base” and “reach out” when what I really meant was, “contact.” But I see this as a minor infringement on straight-talk.

The next time I overhear my sister saying something asinine along the lines of “matrix partners,” I am going to bring her to the table, where I can demonstrate my best practices and showcase my centers of excellence so that she’ll realize how critical is the path she’s on and recognize her core competencies so that going forward she can reassess her metrics and monetize her minutes. In other words, I’ll tell her to knock it off. ■

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STRAIGHT from THE HIP

HeyMatt:
I don’t understand the expression, “You can’t teach old dogs new tricks.” Why? Too lazy?
— Man’s Best Friend, via email

Dogs have gotten this bad rap since the 1530s. Really. This old-dogs-new-tricks stuff is considered one of the first adages in the English world. From some animal husbandry expert expounding on the mynde of ye olde dogge on yer olde grande estate. After a long list of clever stuff dogs can do, our old expert, John Fitzherbert, sez, “The dogge must lerne it when he is a whelpe, or else it will not be: for it is harde to make an old dog to stoupe.” By “stoupe,” everyone understood he meant to teach an old dog to follow a scent, as a hunting dog would. Either dogs have a very effective lobbying group or much of the world wonders the same thing you do, because there’s a bushel of evidence to show that an old dog can learn a trick just as well as a young one can. Dogs are shameless pleasers. Learning a new trick to make you happy is what they’re all about. I can only assume that Fitzherbert’s statement struck some sort of chord with the population — not in reference to dogs but to people. The word spread, and pretty soon we’ve got ourselves a bit of country knowledge that because it’s short, sharp, and true of stubborn old codgers (not dogs), it enters the popular lexicon. Even our TV friends the MythBusters taught an old dog a new trick right before our videtic eyes. Old dogs, new tricks? No problem. With a brief nod to Fitzherbert, perhaps old dogs are slower to learn bird or animal tracking, if their noses are like ours and lose their edge in old age. Anyway, you don’t understand the expression because it’s not true.

Matt:
I am a licensed psychologist and wanted to offer a quick correction regarding your psycho boss column. You mentioned a few times the word “psychotics” while actually describing psychopathic/sociopathic offenders. More properly, individuals with antisocial personality disorder, as a distinction psychosis involves such symptoms as hallucinations, delusions, or tangential thinking.
— Dr. Dan, via email

Hi:
In case hundreds of other people haven’t told you by now, I’d like to point out that the personality you described in [the January 19] column is one of a sociopath, not a psychotic. Sociopaths have empathy/sympathy problems and are egocentric. Psychopaths may also be sociopaths — these are not mutually exclusive diagnoses — but they’ve got much bigger problems than that.
— lb, via email

Names and descriptions of these disorders have been morphing for about 200 years. Absolutely right: these days, a sociopath is different from a psychopath, and depending on which definition you use, these toxic businessmen might better fit in the sociopath slot. I used “psychopath” because that’s the term the two investigating psychologists use. They’re Drs. Robert Hare and Paul Babiak. Hare well known for his work with what he calls “psychopaths” in a criminal environment. He developed Hare’s Psychopathy Checklist (1980), testing for “psychopathic offenders” among inmates. Through work with Babiak (an industrial psychologist), he expanded his test populations into the business world. Perhaps, since their work was an extension of earlier studies using this checklist, they carried on the same terminology, though you’d think they’d be more careful if they didn’t really mean “psychopaths.” Given their description of the bad guys they found in various corporations, Hare obviously was not talking about senior VPs walking the halls talking to large imaginary bunnies. But I did, in error, twice refer to “psychotics.” Entirely my bad. I meant H&B’s “psychopaths.”

Hare and Babiak both have been interviewed by many respected news outlets over the years, and they use the word “psychopaths” repeatedly. Hare: “The corporate psychopath’s record is most often something along the lines of ‘looked good, performed badly.’” Babiak calls the corporate worms “successful psychopaths.” Their coauthored book is titled Snakes in Suits: When Psychopaths Go to Work.

In the current edition of the DSM, the diagnostic bible of the psychiatric world, a psychopath is defined as a very specific type of disordered person, part of a broader category that includes people suffering delusions and hallucinations. That’s the DSM’s Psychotic Disorders category, which includes schizophrenia.

Antisocial Personality Disorder is in the less-severe Personality Disorders category, lacking the delusions and hallucinations. APD folks are egocentric, nonempathetic, nonremorseful, deceitful people. But a note in the DSM write-up on Antisocial Personality Disorder says that APD was formerly called both Psychopathic Personality Disorder and Sociopathic Personality Disorder. So perhaps Hare and Babiak just need a new edition of the DSM to catch up with ever-changing definitions.
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Dalai Lama Announces Pilgrimage to East County’s “Buddha McDonald”

Tenzin Gyatso, the 14th Dalai Lama, the supreme religious head of Tibet, has announced his intention to visit San Diego this April. Publicly, he is journeying to America’s Finest City to drink lots of beer in order to give a series of talks sponsored by UCSD, SDSU, USD, Cal State San Marcos, San Diego City College, the University of Phoenix, Coleman College, Great Neck Cooking School, and the National Bartending Academy in La Mesa. But privately, according to sources inside the Nobel laureate’s inner circle, his real interest in the region is the huge Ronald McDonald Buddha in Lakeside. The Buddha sits serenely atop the Los Coches Road exit McDonald’s PlayPlace, cheerfully welcoming all who long to meld Western habits of passionate consumption with Eastern habits of detachment. “The Lama is fascinated,” says SD on the QT’s source. “Ronald McDonald is the kid-friendly face of a worldwide force for mass consumerism and self-gratification at the expense of the environment, local culture, and even one’s physical health. And yet, here he is, untroubled, rejoicing in his status as clown. It is as if he is in on some grand, cosmic joke that we have not yet been able to fathom. What is the Buddha McDonald’s secret wisdom? The Lama is eager to pay a visit to this mysteriously holy shrine.”

“Better to get here quick,” says store manager Earl Mingus. “I don’t know how much longer corporate is going to let us keep selling the McRib, and it’d be a shame if he missed out on that.”

La Jolla: Sun, Surf, Sand, and Sh*t

“Look at them,” says La Jolla matron Eloise McKinley-Braeburton with disgust as she gazes down at the seals basking on the sand at La Jolla Cove. “Lying there on the beach like...well, like fat pieces of shit.”

The profanity is more than a little surprising to hear from the lips of such an august and refined personage as McKinley-Braeburton. But not any more surprising, perhaps, than strolling along one of California’s most striking stretches of coastline, only to find yourself gagging on the smell of seal poop. Which explains why McKinley-Braeburton and her coterie of bluebloods from the La Jolla Women’s Club have launched a campaign to have the La Jolla Children’s Pool formally renamed Sealshit Cove.

“This farce has gone on long enough,” says McKinley-Braeburton. “My great-grand-nephew Warwick Throckmorton IV is ten months old, and he doesn’t smell this bad even after soiling himself in the ball-pit at the McDonald’s restaurant play-land. Calling it a Children’s Pool is, at this point, an insult to children everywhere. It is our fond hope that the new name will prove alarming enough to rouse this community into something approximating action.”

Critics of the measure claim that “something approximating action” is already taking place, in the form of an odor-stopping chemical mist being wafted over the area every night. McKinley-Braeburton, grants that the mist — an entirely organic blend of probiotic agents and positive thoughts that help to break down the enormous mounds of excrement produced by the seals each day — is effective, but notes that it runs the city about $5000 a day “for materials alone. That’s money that could be more effectively spent on literally anything else.”

Pacific Beach resident Andy Ferkis, visiting La Jolla for the day, said he supports the measure, but adds, “Well, they are La Jolla seals. Perhaps they think their shit doesn’t stink.”

Balboa Park’s House of Iran Implicated in Scheme to Funnel Gold to Ron Paul Presidential Campaign Coffers

Candidate’s Campaign Staffer Seen Entering Building in Park’s International Village Empty-Handed, Leaving with Briefcase He Can Barely Carry

Paul: “Foreign entanglements are one thing; foreign investments are another.”

HIDING BEHIND ONE OF THOSE GLITTERY ANIMAL STATUES, BALBOA PARK — Everyone remembers Chinagate, the alleged attempt by the Chinese government to influence American policy by donating huge amounts of cash to various key elected officials during the 1996 elections. Now, SD on the QT has uncovered evidence that Iran is following China’s lead by donating bars of solid gold to Ron Paul’s presidential campaign. (Paul, who hates the federal reserve doesn’t trust this newfangled notion of unbacked currency, would allegedly not accept paper dollars or even wire transfers.)

The reasoning, according to our anonymous source inside Balboa Park’s House of Iran, is simple. “Paul wants the United States to start worrying about the United States, and to stop worrying about Iran, especially when Iran is doing only what any other sovereign Middle East nation would do if it could: arm itself as well as possible against the manifest threat to its existence and security posed by Israel. And while Paul might not be in agreement with his Republican predecessor about the manifest wisdom and justice of a ‘pre-emptive’ strike, well, at least he knows enough to let us make our own decisions in that regard.

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BLOG DIEGO

Title: Say Everything and Nothing
Address: sayeverythingandnothing.com
Author: Sean Miron | From: Ocean Beach | Blogging Since: 2012

POST TITLE: Diaper toss.
POST DATE: January 22, 2012
Events normally don’t work out like this: I have a balcony. I have this balcony I call my perch, on account of how I can see things people don’t think I can see. It’s like being in a tree with no one cares to look up at.

I have one bag of adult diapers next to my outdoor refrigerator on this perch, my balcony.

Ask me why and I’ll have an answer to that question.

Check the hour. Three-fifteen a.m. …It’s late, yeah? I heard several coughs, like contaminated convulsions, thirty feet below me. I looked down and saw a man urinating on a fence in the drive of my way. He was clearing a throat that needed some air.

How can you get upset at a thing like that? A man needs air after all… and if there’s no station for said urination, well…find a quiet corner…or my fence. A person cannot get upset at that sort of thing, though that same person can get even.

I’ve no specific answer as to why I still have adult diapers on that perch of mine, but I’ll tell you one thing.

…that guy hadn’t a clue what was what when he was bomed by three clean “Depends” for Men” diapers in the left shoulder, head, and back of the right knee, respectively.

Those diaper bundles come in packs of eighteen.

Which means I have fifteen more. So I’m cleaning things up. I’m happily hunting.

POST TITLE: Lighting UP.
POST DATE: January 21, 2012
I was struck by lightning this summer’s past. Like lightning. Lightning. Like thunderous lightning.

I’m originally from Michigan’s Upper Peninsula, the belly of the great Lake Superiour. If you fancy geography, you’ll know that that particular area of the Midwest has twelve seasons, fact.

…but I won’t name them here.

I miss those seasons again and again, and finally, when I found myself visiting family UP there, I got the wish I was bagging for: A real deal thunderstorm.

The rain came down in sheets, while the wind swept and scattered the sheets in no certain direction, and the steady crack and boom of distant thunder crawled closer and closer until I swore the heart of those claps would creep into my backyard…

The rain stopped abruptly and an eerie purple hue met my eyes. I clawed at my kid sister’s collar, dragging her and her friend along with me to the back porch.

CRACK went the lightning bolts.

We started counting:
One one-thousand, two one-thousand, three one-thousand, four one-thousand, five one…BOOM!

POST TITLE: I’ve been meaning to do that…
POST DATE: January 18, 2012
My roommate’s Irish girlfriend, skunked and sipping cider, stepped into my room the other evening. Helen is the kind of sweet you don’t often meet. She was blessed with the smarts and a clever tongue but she’s harmless, unless provoked.

“It’s soo cyoot,” she says about my space in our condo.

The room might remind you of a tree fort; I call it my perch.

She’s been in here before, I thought. I’ve moved a thing here…some things there, but it’s no doubt the same since.

“Didn’t ya say you were gunna change the walls?” she asks.

The paint on those walls is blue, like royal blue. Dull and flat blue, like make you feel blue, blue.

“Yea ma’am, I’ve been meaning to get to that,” was my reply, and I knew something was about to be.

“All ye American boys are tha same!” she rips, “You talk and talk, but nunayah ever do nothin about it!”

Truth.

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fast break

By Anthony Gentile

No. 3 Cathedral Catholic Downs No. 5 St. Augustine

Carmel Valley — For the first time in four seasons, Cathedral Catholic has definitive bragging rights over rival St. Augustine on the hardwood. The third-ranked Dons completed the sweep on Friday night with a decisive 69–49 victory over the fifth-ranked Saints before a capacity crowd at the Claver Center.

“It’s always good to beat Saints, especially in a packed house in front of your home crowd,” said Cathedral Catholic junior forward Nick Prunty. “It’s just a great feeling to come out here, execute, and get the win.”

After an emotion-filled back-and-forth start, Cathedral Catholic (21-1, 7-0 Western) used pressure defense to take over the game. Midway through the second quarter, the Dons broke open a tied game with an 11-0 run sparked by open a tied game with an 11-0 run sparked by

Prunty said anticipation was high for this game. "People were talking about it at school, and you know there’s going to be a big crowd, but you don’t actually know how big that crowd is and how much energy there is until you walk out on that floor," he said. "Running out for warm-ups you get the blood pumping and the juices flowing and it’s just exhilarating.

Cathedral Catholic is enjoying one of its finest seasons in program history and hasn’t showed signs of slowing down in the difficult Western League.

Though forward Brendan Reh is the lone senior on a roster that features ten juniors, Cathedral Catholic — 69 (17-19-10-23) St. Augustine — 49 (16-8-8-17)

Starters: Prunty 18, Williams 10, Rosenberg 9, Michel 7, Reh 5; Bench: Federico 13, Holland 7

Prunty said that even though the Dons had a 14-point advantage headed into the fourth quarter, the Dons held St. Augustine (17-5, 3-4) to eight points in both the second and third quarters.

“We forced them into some turnovers — our guards got some steals and we just turned those into easy buckets,” Prunty said.

Cathedral Catholic led 36-24 at halftime and had a 14-point advantage headed into the fourth quarter. The Dons held St. Augustine (17-5, 3-4) to eight points in both the second and third quarters.

“We tried to keep up our pressure the whole game and keep our zone working,” Prunty said. “It was mostly the zone that kept them in check.”

Cathedral Catholic opened up a 57-36 lead midway through the fourth quarter before St. Augustine rallied to pull within 10 points with 2:50 left. Instead of a close finish, the Dons answered with the final 12 points to beat their rival in comfortable fashion.

Point Loma guard Jamal Agnew floats a shot over Christian forward Shane Dillon.

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

The Over/Under on Mid-Riff

By Patrick Daugherty

Super Bowl Sunday is upon us. It’s the one time every year when gamblers come out of their closets, fling open their bedroom windows, and shout out, “Yes, neighbor. Yes, Mr. Policeman. Yes, Mr. Employer. I gambled and I AM PROUD OF IT!”

Super Bowl Sunday is the biggest sports gambling day on the calendar. According to RJ Bell, CEO of Pregame.com, $10 billion will be laid down on this year’s Super Bowl. Of that, a paltry $90 million will be wagered in legal Nevada sportsbooks.

You there, Reader, look up and take note of all the people in your office, as frightening as that may be. Or, if you’ve got the stomach, watch citizens promenade along public sidewalks. More than half of all the life forms you see are one-half of adult Americans, to be precise — will bet money on the Super Bowl.

We are a nation of lawbreakers and degenerates. There’s no getting around that, but since we’re here, the Box might as well offer assistance. I propose to take you inside a nest, a cell, a safe house, if you will, of big-time, big-money Super Bowl gamblers, live, as they weigh their bets. I propose to take you inside a nest, a cell, a safe house, if you will, of big-time, big-money Super Bowl gamblers, live, as they weigh their bets. I propose to take you inside a nest, a cell, a safe house, if you will, of big-time, big-money Super Bowl gamblers, live, as they weigh their bets.

Michael in Florida is a mature man with a hard-bitten attitude toward life, dames, and the NFL. He likes to roll his own cigars, likes his bourbon neat, and has a thirst for danger. Audrey is a Northern California woman, races motorcars, motorcycles, plays drums in a Brazilian marching band, and will kick your ass, Pilgrim, for no reason at all. Richard is at an undisclosed location, runs the internet with one hand, and can take your money in six languages. Here’s what’s weird: most of this is true.

I’ve arranged a conference call so the four of us can go over our bets, brainstorm, crowd source, and multitask with pizza. After everyone grunts a greeting, we begin.

Will Kelly Clarkson’s bare belly be showing when she sings the National Anthem?

A: I’m saying no.

P: I’m saying no. The NFL loves America, they wouldn’t show a woman’s naked midriff on the back of our public airwaves.

A: She’s been losing weight, so maybe she wants to show.

P: Last call.

MinF: I’m saying, yeah, there’s going to be some midriff.

R: I’m persuaded, no midriff.

Will Madonna be wearing fishnet stockings at any point during the Super Bowl halftime show?

R: I say no, I don’t think she’s going to show any leg.

A: The girl’s going to show leg. But, I don’t know if it’s going to be fishnet leg. I mean, that girl is probably going to show crotch, for God’s sake.

MinF: Yes on crotch.

P: So, she’ll be showing crotch with fishnet stockings?

A: You know what? They are kind of popular again, so I’m going to say yes.

R: I’m going to take a no on that.

MinF: I’m no on the bet, yes on the crotch.

How many times will Giselle Bundchen be shown on TV during the game? Who in the hell is Giselle Bundchen?

A: She’s a Brazilian model and apparently she’s dating one of the football players.

R: She dates Brady.

A: Oh, my God.

MinF: Is there an over/under?

A: Is this his wife? Richard...

R: She might be his wife.

A: This is crucial. Is Giselle Tom Brady’s freaking wife?

R: I think so, yeah.

MinF: She has his babies?

P: Stop the madness. I’ll have staff research wife and babies.

A: All right, back to the bet. It’s the Super Bowl, so the girl is gonna get shown a lot.

P: The over/under is, get this, ½. I’ll take the over.

MinF: Over, over, over, over.

How many times will Andrew Luck be mentioned on TV during the game? The over/under is 1.

All hands: Over, over, over, over.

Who will the Super Bowl MVP thank first — teammates, 7 to 4; coaches, 12 to 1; family, 7 to 1; God, 4 to 1; owner, 4 to 1; does not thank anyone, 11 to 4?

A: Teammates.

MinF: Teammates.

R: Teammates.

P: My heart says, Does not thank anyone, but my head says, Teammates.

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A: Teammates.

MinF: Teammates.

R: Teammates.

P: My heart says, Does not thank anyone, but my head says, Teammates.
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February 2, 2012

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One (horrifying) word: lice.
Claudia Alvarez, manager at Hair Fairies in La Jolla (888-459-5423; hairfairies.com) told me that the best treatment was careful removal by hand and comb.

“Lice need the scalp to live. They feed every four to five hours, and they usually can’t survive past 48 hours outside their environment. And nits (lice eggs) can’t survive without the warmth of the scalp.”

But even if you know what you’re looking for, you may not see all of it.
Ideally, said Alvarez, “Parents would be able to remove every single thing out of their child’s hair,” lice and nits both. “But usually they can’t because they don’t have the experience.” She offered two solutions: a home kit and salon treatments. Both involve Hair Fairies’ line of products, “which are natural, and nontoxic.”

The home kit ($60–$80, depending on what is needed) usually consists of a cream and a shampoo. The cream loosens the gluey grip of the nit on the individual strand of hair while the shampoo “disrupts the louse’s nervous system so that it doesn’t lay as many eggs. Usually, it lays about four to five per day. The plan involves 14 days, shampooing every day to keep the life cycle from starting up again. Usually, the parent will spend three or four days extracting.”

If that proves overwhelming, you can let the salon handle things. “First, we encourage everybody in the household to come in and get checked, to reduce the risk of reinfecting one another.” Infested family members then get treatments ($95/hour), which “can take two to four hours, depending on the level of infestation and the thickness of hair. We’ll use the cream to loosen the nits, and then we use a nit comb.” Alvarez noted that because Hair Fairies is a clinical salon, clients can often get partial reimbursement through their health insurance and they can use their healthcare savings account to pay for products and services.

Wendy Beck at Lice Doctors (858-939-9202; licedoctors.com) will come to you. “You don’t have to bag things or worry about stuffed animals,” she counseled. “It’s really the hair that is the concern. I tell everybody to wash the sheets once. Also, get a good lint brush and pick up loose hairs on the couch.

“If one person has lice,” she explained, “generally, someone else will — and it’s usually the mom. So we go to people’s homes and remove all the nits and bugs from the whole family. We don’t use any pesticides or special products. The over-the-counter shampoos such as Nix and Rid don’t kill all the bugs. We use olive oil. It suffocates the lice. It always works. It’s natural, and it’s a good conditioner for your hair.”

To start, she said, “We’ll put it in your hair and then go through your hair with a nit comb to get the dead bugs out. After that, the hair is washed and dried — you can use a little Dawn to cut the grease — and we pick through the hair by hand to get the nits. The comb won’t get all of them; we grab them with our nails and slide them up and off the hair. Finally, we’ll give you a follow-up treatment plan, which basically entails sleeping with olive oil in your hair.”

For how long? “It depends on the particular case. What we’re trying to do is cover the whole life cycle of the lice. We try to get all the nits when we comb through, but if there’s just one left and it hatches, the cycle can start over again.”

Beck said, “It usually takes about two hours to do a whole family. We charge $100 an hour. We guarantee our work. We’ll come back if there is a problem, but that’s never happened.”

Elizabeth Cook of Headlice Patrol (760-613-1858; headlicepatrol.com) also makes housecalls.

“When we arrive, we check the whole family. Once we’ve figured out who doesn’t have lice, we start in on the ones who do. We use an essential oil, and we manually comb through the hair and remove all the bugs and nits. After that initial visit comes the patrol phase. I come back three times to recheck. I want to reassure the family: ‘By the third visit, you’re good.’

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Dr. Bill: GT, some folks are going to join our ride down Historic 101 today. Okay with you?

GT: Bring them on… Hello, I’m GT. And welcome.

A few words about my bike. I call him GT, but his real name is GT LTS 3. He is a brute. He was born in 1998 and listed for $4295. My wife Debra bought this macho bicycle for me as a birthday gift four years ago at a garage sale. She paid 60 bucks.

Departure: Oceanside, 12:10 p.m.
Today’s surf down the coast begins at the intersection of Canyon and Mission in Oceanside. Debra, our 20-year-old-daughter, GT, and I moved from Encinitas to Oceanside in 2008, and we figure we saved about $20,000 per mile for the 14-mile distance. Plus, we are close to the beach, the pier, and frozen yogurt.

Next door to our home is the Friendly Church of God in Christ, where James E. Hammond serves as the Elder Pastor. A fashion show takes place each Sunday, when elegantly dressed folks attend services. One morning, Debra and I were sitting on the curb, dressed in dirty gardening clothes and eavesdropping on the beautiful live gospel music coming from inside the church. A man in a purple tux approached us. He invited us into the church and introduced us to Elder Hammond — quite a lovely human being. Elder Hammond led us to his office and cordially invited us to attend his church anytime.

Debra asked, “Are you one of those people my auntie called ‘holy rollers’?”

The pastor chuckled. “Yes, I guess you might..."
Before GT and I roll out, we need air in our tires. We hoof it down Dixie Street to the nearest gas station on Mission. I begin to sing.

Dr. Bill: I wish I were in Dixie. Away, away, away down south in Dixie.

GT: That's a song about a slave being nostalgic for the south. It was Abe Lincoln's favorite song, yet it’s now considered "politically incorrect."

Dr. Bill: How do you figure?

GT: Current culture rules. It’s a now-versus-then thing. In the Athens of Socrates, Greek men enjoyed boys. It was acceptable. Today, someone who indulges in those pleasures ends up in prison.

Now we are ready to roll. I sing GT’s favorite song, "Back in the Saddle," by Aerosmith.

GT (irritated): I like it, just because I like it. Get it, Dr. Bill?

We follow Barnes to Division and traverse the Interstate 5 overpass. There is a deafening roar of traffic below.

Dr. Bill: GT, will my one good ear be damaged by all this noise?

GT (reassuring): This overpass will quickly pass.

The Barrio

It does. Coasting down into the barrio, we are met by brown faces, iron reinforced windows, and barking perros. On the left is a verde comunidad jardín. We pass a food truck, surrounded by señoras y niños. The truck has everything from tomates to dulces that will derriten sus dientes (ruin your teeth) pero provide al instante sugar high to the jóvenes.

Junior Seau felt unconditional love at Oceanside High School

Imagine having a week like this! On Saturday, October 17, 2010, Tiaina Baul Seau, Jr. was inducted into the Oceanside High School Hall of Fame. He talked about the unconditional love he’d felt at Oceanside High.

Next day, police were called to his house, and he was accused of domestic violence. On Monday, at 12:20 a.m., he was arrested for domestic abuse. Seven hours after being released on $25,000 bail, he air-surfed his 2004 Cadillac Escalade over a 30-foot embankment onto a Carlsbad beach near Solamar Drive. Blood tests showed no alcohol or drugs were involved. Junior had apparently fallen asleep. The district attorney’s office decided not to press charges for physi...
Junior was cited for an
al abuse due to insuf-
cient evidence, though
Junior was cited for an
legal left turn.

Junior has since
gone from charging
quarterbacks to charg-
ing for your dinner. He
owns Seau’s The Restau-
rant in Mission Valley,
which is filled with foot-
ball memorabilia.

The sun shined
again on Junior on
November 27, 2011,
when he was inducted
into the Chargers’ hall of
fame. Before 71,000 fans
he declared: “All I can
say is I’m honored. My
family is honored and
we’re happy to be here.”

The Junior Seau
Foundation has raised
four million big ones
to finance programs
aimed at inspiring young
people. He has done so
many good things for
the Asian Pacific and
Oceanside communities.

Highway 101: 12:17
p.m.
We glide down one of
the many Oceanside
streets that are named
after states. From Michi-
gan, we hang a left onto
101. This is the starting
line of our surf down
Historic 101. I share my
excitement with GT.

Dr. Bill: Gosh, here
we are on 101. We
are starting our journey.
GT: Cut the chatter.
Feel the force.

Dr. Bill: I think I
feel it.
GT: Don’t think,
feel. There is a presence
of a strong force nearby
it. The force is racing
through my arms, like
an arms race.

GT: Shush. I’m
catching a mind-wave
that says the force
appeared here in 1942.
Dr. Bill (free asso-
ciating): Arms of me.
Army. Marines. That’s
it! Camp Pendleton!

GT: You got it,
brother. Notice the wave
of warm invitations
extended to our mili-
tary personnel, to freely
spend their money in
nearby establishments.

An enormous
red, white, and blue
sign reads “Freedom.”
Another states “We
proudly honor our mili-
tary.” The Camp Pend-
leton Marine presence
is shouted about, with
flags waving, used car
lots offering “approved
military loans,” mili-
tary dry-cleaning and
pawshops trying to lure
those short-haired mili-
tary folks to “Come on
down. Trade your Gold
for Silver.”

Junior has since
given up the game.
He is now focused on
promoting the Junior
Seau Foundation.

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Plaza. Nice place, but too pricey, too crowded, and too trendy for me.

“Sure, I’ll oil your squeaky wheel. Your chain, too.”

We approach our first bike shop, “Allen’s Bike Shop.” Inside is a nice gentleman.

Dr. Bill (to nice gentleman): GT complains of a squeaky wheel and chain. Can you help me?

Nice Gentleman: Sure, I’ll oil your squeaky wheel. Your chain, too.

GT: Ohh. That feels so good.

At Vista Way, in front of Pacific Coast Cycle, stands a real antique bicycle. To avoid a jealous rage, I leave GT outside while I converse with the Maybe Owner.

Dr. Bill: How about letting me ride that relic to La Jolla a few times? It’ll be a good advertisement for you.

Maybe Owner: No deal. It’s solely for display. Anyhow, you wouldn’t want to.

Dr. Bill: I would, I would.

Maybe Owner: Forget it. No is no.

Dr. Bill: Can I rent it for eight hours for one million dollars?

Maybe Owner: Sure. Show me the dough.

Dr. Bill: So, we’re just quibbling about price. How about ten dollars?

Maybe Owner: Get out of here.

I come out of the bike shop to face an accusation.

GT: I thought we were monogamous.

Onward. We pass Angelo’s, which serves the biggest, cheapest breakfast around: 3 eggs, 2 pancakes, 2 strips of bacon, and 2 sausages for $5.29. I did once encounter a cockroach on the floor, but the price beats Vigilucci’s in Encinitas!

Wheeeee, we sea-gull-swoop down into Buena Vista Lagoon, the state ecological reserve that separates Oceanside from Carlsbad. On our left is a nature center built, owned, operated, and staffed by volunteers...
from the local Audubon Society. If you ever want to see a bunch of indigenous stuffed birds, mammals, and rodents (they're dead, of course), this is the place to go. I used to find these critters somewhat interesting, but Debra found them disgusting. "Were these poor stuffed animals killed just for our entertainment?" Not even the docents had entertainment?"

GT: I don't like it when you think about her.

Dr. Bill: Then don't listen in on my thoughts.

GT: Why not? You listen to mine.

Carlsbad: 12:30 p.m.

Puffing up the second hill of our adventure, we move from the military/beach style of Oceanside into the touristy, resort-like retirement community of Carlsbad. Carlsbad is one of the country's highest-income cities (average family income over 100,000 clams), with a highly educated populace, an award-winning school district, and the world's first skateboard park, built in 1976 on the grounds of the Carlsbad Raceway. GT will give us a glimpse of the town's history.

GT: Known history of Carlsbad begins with a settlement of Native Americans, Luiseño tribe, who had a village, Palamai. Does this sound similar to Palomar Airport Road? Yep. The former location of the village was alongside Agua Hedionda Lagoon, which in Spanish means "Smelly Water Lagoon." The lagoon is in South Carlsbad, close to the I-5 and Cannon Road exit.

GT: The Luiseño tribe is still around. I read in the North County Times (June 13, 2011) that the San Luis Rey band of Luiseño Indians hosted the 15th annual Intertribal Pow Wow at San Luis Rey Mission. Robert John Knapp, the Pow Wow's spiritual advisor, stated: "Today we honor the people here and speak to the Earth from this happy place. We must love our Mother Earth, and we must express that love and actively practice it. Talk to her, sing to her, tell her how much you love her."

GT: I love you,
Momma Earth.
 Dr. Bill: I love you, Momma Earth.

We cross the bridge over the railway tracks. On our right is the well-manicured Army and Naval Academy, which has an enrollment of about 300 students on a beautiful, 16-acre, oceanfront campus. The walls proclaim “Leadership, Excellence, Honor, Responsibility, Loyalty and Compassion.” Those words were an important part of the academy’s reputation, but a boil burst on the academy in 2003. A few students were involved in a hazing incident with an unwilling cadet. The cadet was forced to drink alcohol, beaten up, and sodomized with a broomstick. The suit charged the academy with not properly protecting the students. The suit was reported as settled in August 2009. The cadets that I have encountered have seemed like other high school students, though I’m sure a broomstick will never be just a broomstick to them.

We are now at Magee Park, site of the historical Magee House. Note the patriotic garden composed of red and white roses and blue lavender, created to commemorate the 1976 Centennial celebration. This is the home of the Carlsbad Historical Society and Carlsbad’s only historical museum.

I do 20 push-ups and 40 sit-ups. In my youthful 40s, I managed 100 push-ups. Now, I lie exhausted on the grass, indulge in a few minutes of self-hypnosis, rise without using my hands, get a drink of water from the fountain, and wearily proceed.

There is wonderful food in this little city. El Norte Mexican Restaurant is charming, with above-average fare (aside from the too-thick egg coating on the chiles rellenos). The $2 Taco and Tecate Tuesday is a deal, and I’ve always enjoyed my ride on their Cadillac Margarita. The Pechanga platter makes for a tasty happy-hour treat.

On our left is the very good, moderately priced KoKo Beach Club. The French Onion Soup and Oysters Rockefeller bread are a compelling combination. All the happy-hour eats are delicious, and the moderately priced entrées are also quite good. Early Bird and Late Bird Specials are served from 4:00 p.m. – midnight, Sunday–Thursday (but on Friday and Saturday only from 4:00–6:00 p.m.). The “Special” offers a complete dinner with their signature 8-oz. prime rib or a half-slab of pork ribs.
for $12.99.

The Alchemist: He Turned Water into Gold
The modern age of Carlsbad begins on the other side of Carlsbad Boulevard, with Captain John A. Frazier, the guy depicted in that bigger-than-life statue GT and I have dubbed the Carlsbad Alchemist.

GT: The history of Carlsbad has always been tied up with water.

Dr. Bill: Yipes. Here comes one of GT’s monologues.

GT: In 1882, Captain Frazier drilled a well for his farm about a block from the beach.

Frazier was convinced that his well water cured a chronic stomach ailment that he’d suffered from for years. A chemical analysis found that the water was almost identical to the therapeutic spring waters of a famous Carlsbad Spa in Bohemia (today, the Czech Republic). Thus, the water was dubbed Carlsbad Mineral Water. Frazier began bottling it. In the 1880s, he peddled his water to passengers at the whistle-stop, soon called Frazier’s Station. In 1887, Frazier erected an elegant Victorian hotel and spa. Guests came to this spa from all over the world, including two U.S. presidents. Alas, the fancy spa burned down in 1897. In 1907, Frazier’s Station became the newly built Old Santa Fe Depot. This landmark is listed on the National Register of Historic Places and is currently the visitors’ information center for the city.

In 1930, the old hotel site was resurrected as Carlsbad Mineral Springs Hotel, but the Great Depression hit and the financial well ran dry. Finally, in 1996, after having the water turned off for 60 years, Ludvik Grigoras, a native of Carlsbad, Czechoslovakia, paid the water bill. Frazier’s farm slowly morphed into the city of Carlsbad. There is a modern spa. You can soak in warm, non-chlorinated, naturally carbonated, alkaline mineral water in a themed private room (the Egyptian, Cleopatra, or Exotic Oriental).

Dr. Bill (thinking): I can’t wait for Debra and I to come here on some special occasion. She can be my Cleopatra and I will be her Marc Antony.
HEMORRHOIDS

...Bleeding??
...Pain ???

A medical research study is underway to evaluate an investigational ointment versus placebo to possibly stop active hemorrhoidal bleeding. If you have a history of prior hemorrhoidal bleeding or are at present having rectal bleeding from previously-diagnosed hemorrhoids you may want to consider this study.

To Possibly Participate in This Study:
1) Men or Women, 18-75 years of age
2) History of Hemorrhoids and prior episodes of Rectal Bleeding
3) History of itching or pain caused by Hemorrhoids
4) No history of prior surgery in the last 3 years for Hemorrhoids

To possibly participate in this study, you will receive:
1) Exam and Consultation with a Board-Certified Physician
2) Study-Related Labs, EKG, Colonoscopy
3) Compensation for time and travel

Interested Call:
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IRRITABLE BOWEL SYNDROME (IBS)
...bloated...uncomfortable...abdominal pain...then...DIARRHEA

A research study is underway for men and women 18 years of age or older suffering from diarrhea-predominant irritable bowel syndrome. An oral investigational medication will be used in this research study for those who have been previously diagnosed or in those who suffer with abdominal pain, bloating, and episodes of diarrhea or watery stools daily.

Participants may receive at no cost study-related:
• Colonoscopy (if not performed in the past 2 years and over the age of 50)
• Examination and consultation by a board-certified physician
• Lab studies, EKG, and study medication • Compensation for your time and travel

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

WOMEN WITH FIBROIDS & HEAVY PERIODS

A 9-month clinical research study is underway to evaluate an investigational oral medication for women with fibroid tumors of the uterus with heavy periods who want an alternative to surgery.

To possibly qualify for the study:
• Women, 20 years of age and older
• Must have a history of fibroid tumors of the uterus
• Periods must be heavy and occurring every 24-35 days

Qualified participants may receive at no cost:
• Study-related exam and consultation with a board-certified ob-gyn
• Study-related labs, EKG, Ultrasound, DEXA bone scan, and study medication
• Compensation to $900.00 for time and travel

Interested Call:
Medical Center for Clinical Research
619-521-2841 • www.mccresearch.com

Compensation and Transportation may be available for those who qualify.
I heard that, Dr. Bill. Anyway, you can purchase a jug of this acclaimed alkaline (pH 8.7) water for 50 cents per gallon. Probably, it’s the best deal you will find in this rich little city. Many people believe that the water’s curative value is derived from minerals acquired in its estimated 9500-year journey from the aquifer (near Palomar Mountain) 60 miles east to the wells of Carlsbad, one block from the Pacific. And get this: the California State Senate proclaimed Carlsbad Water to be “The Most Healthful Water” and a California Historic Site. The water was described by the North County Times as “Eden in a glass.”

Dr. Bill: Remember that time we bought a gallon of the water? It was tasty, but I still can’t hear out of my deaf ear.

GT: You’re still bald and have bunions, too.

GT and I breathe in the aromas around us. We are almost knocked to the asphalt by Knockout Pizza and Knockout Burgers. Yummy! They knock out a B/B+ pizza, compared to the offerings from the wood-burning oven at Mario Batali’s Pizzeria Mozzo on Melrose in L.A. However, with this pizza you get two slices and a drink for $6. On Mondays, you can get grilled onion sliders for $1 each at the burger joint.

The atmosphere at the Mediterranean

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<td>Break the Habit!</td>
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For some people, quitting smoking is as easy as having the determination to do it. For many others, breaking the addiction to cigarettes requires additional help.

If you’re ready to quit smoking, you may be interested in a research study which is being conducted to evaluate the use of the drugs varenicline and bupropion as aids to smoking cessation. To help you quit, smoking cessation counseling sessions will be included as part of the study.

We are looking for people who are:
- Between the ages of 18–75.
- Current smokers who smoke ten or more cigarettes per day.
- Motivated to quit smoking.

Qualified individuals will receive varenicline, bupropion, transdermal nicotine patch or placebo (an inactive substance that looks like the study drug). After 12 weeks of treatment, there is an additional 12 week non-treatment follow-up phase. Smoking cessation counseling and all study-related medical care will be provided at no cost. You may also be reimbursed for time and travel.

For more information or to see if you qualify for this study, please contact:

North County Clinical Research
3230 Waring Court, Suite P
Oceanside, CA 92056
Contact: Hillary Bender
Email: hbender@nccresearch.com
Phone: 760.639.4378
Web: www.nccresearch.com

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eStudySite may have a research study that is right for you.

Model in photo is for illustrative purposes only.

San Diego Reader February 2, 2012
Does Chronic Constipation worry you?

Digestive Disease Associates is conducting a research study of an investigational medication for chronic constipation.

Potential study candidates:
- Are at least 18 years old
- Have been diagnosed with chronic constipation
- Have fewer than 3 bowel movements a week (without the help of laxatives)
- Are willing to take study medication or a placebo

You Could Earn up to $250.00 over 5 visits to our facility

For more information, or to schedule a screening, contact us at:
Digestive Disease Associates
292 Euclid Avenue, Suite 115
San Diego, CA 92114
619-266-3332

MORE CHANCES TO WIN!

Win a Reader Local Restaurant Variety Pack!
$50 to Apertivo, $40 to Vinz Wine Bar, and $20 to Cafe Cabaret.
Enter by Wednesday, February 8th at 1PM.

Win a Free Tandem Skydive!
Skydive San Diego, Inc. is a full-service skydiving facility with multiple training buildings, a bunkhouse, deluxe packing lofts, a grass landing area, a BBQ deck and patio, and incredible scenery to match!
Enter by Friday, February 3rd at 1PM.

Win a Couples Massage!
Waring Massage offers Swedish, deep tissue, couples, shiatsu, reflexology, sports/athletic and other types of massages.
Enter by Wednesday, February 8th at 1PM.

FUTURE DIABETES TREATMENT BEGINS WITH YOU

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

In order to qualify you must be:
- Between 18 and 65 years old
- Diagnosed with Type 2 Diabetes
- Treated with diet and exercise or Metformin alone
- If female, postmenopausal or surgically sterile

If you qualify you may be compensated up to $2677.00 for time and travel. 11 overnights and 2 outpatient visits are required.

For more information, call Profil® Institute today +1 (866) 245-0373.
Or visit us on the web at wwwprofilinstitute.com

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- Have been diagnosed with chronic constipation
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For more information, call Profil® Institute today +1 (866) 245-0373.
Or visit us on the web at wwwprofilinstitute.com
Cafe is authentic and intimate, due to Mazen Afghani and his son, Alex. They have a way of making every guest feel like visiting royalty. The kebabs, hummus, lamb, tabbouleh — along with the rest of the fare — are all delicious. Pancetta-wrapped dates stuffed with gorgonzola cheese are “da bomb.” Most nights, a classical guitarist is present, to soothe your savage beast. Mazen imports moderately priced artworks and jewelry from around the world and displays them in a room adjoining the restaurant.

GT (teasing): You are so in love with this place only because your son and his bride were married at Moonlight Beach and had their wedding reception here.

Dr. Bill: Leave me alone. I know quality food, drink, and people when I encounter them. And now we are surfing next to the Carlsbad Seawall, a concrete walkway that stretches about a mile from the south end of Carlsbad Village to Carlsbad State Beach. Above is Carlsbad Boulevard, with an upper boardwalk that runs parallel to the seawall and the ocean.

Here you will find big, bad, ugly, and beautiful dogs, men, women, and babies. All sizes, colors, and cultures of Homo sapiens americana run, walk, strut, stroll, and soak in the glory of sun and sea. A dog pulls a skateboarder, following another dog that draws a rollerblade jockey. It is a parade, and we are all part of the show.

The Tower of Power: 12:50 a.m.
Ah, we can see the smokestack of the Carlsbad electric power station. It towers over all but the seagulls and pelicans, is visible for miles in either direction, and allows a somewhat senile individual, such as myself, to know where I am. This is an important landmark because it is the halfway point to Encinitas. GT makes me set little goals like that.

We approach the tower.

Dr. Bill: Puff, puff, puff.

GT (advising): Go down a gear.

Dr. Bill (defensively): Puff — I’m doing just...
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fine, thank you. I know my body. If I want advice, I’ll ask for it. 


Dr. Bill: Sorry I was a jerk.

The conversation stalls as I stubbornly huff and puff over the little incline in high gear. Unfortunately, I am too exhausted to gloat. We pedal on toward a second hill. A tribe of identically outfitted cyclists in click-on shoes sails past. Then, more elegantly trim individuals on sleek, thin-skinned tires also pass.

Dr. Bill: You know, Debra says I don’t have a mean bone, but I’m not fond of those skinny-tire riders who have youth, sleekness, and conditioning.

GT: You’re an old fart. You envy them.

Dr. Bill: Yep, I do.

Right before the next major climb, GT notes discord in the air waves, and they’re not of our origin. We see fighting ahead — a war, remote-controlled planes in air-to-air combat. Dives, spins, loops, free-falls, each trying to outdo the other’s razor-sharp control. A red plane executes a pelican swoop and taps a blue plane from above. The blue plane spins, like a WWII Japanese Zero shot down in the movies, and crashes halfway down.

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Encinitas: 1:09 p.m.

GT: And now…I think I should share the little I know about Encinitas.

Dr. Bill: Go for it, big guy. My one ear is open.

GT: Let’s begin with the where of it. Encinitas is defined by Batiquitos Lagoon to the north and the San Elijo Lagoon to the south.

Dr. Bill: Who came here first?

GT: Native Americans, of course, were the first people to leave their mark on the area. Early tribes were the San Dieguitos, the La Jollans, down the cliff.

We ride on into Leucadia. Now I begin obsessing over the Best Apple Fritter on Earth, aka BAFE.

Dr. Bill: I need nourishment. Let’s stop for a BAFE. My blood sugar level is low. It’s affecting my performance.

GT: At 2 2 0, you’re too bulky to be competitive.

Dr. Bill: Okay, I’ll buy a BAFE and only eat half.

GT: Don’t lie to yourself, cowboy. You just admitted your envy of the sleek.

Dr. Bill: I’ll leave the other half for the homeless. It’s a benevolent act.

GT: What you really want is an Asian pear from Just Peachy.

Dr. Bill: I do not. What I really want is the Best Apple Fritter on Earth.

GT: Well, how about a nonfat vanilla frozen yogurt with a squeeze of pomegranate? You can top it with shreds of coconut, slices of mango, and those yummy bursts of fruit juice inside tapioca kernels.

Dr. Bill: Wow! You convinced me.

Dieguitos, the La Jollans, and the La Jolla Band of mission Indians, aka BAFE.

Apple Fritter on Earth, obsessing over the Best Apple Fritter on Earth.

What I really want is a nonfat vanilla frozen yogurt with a squeeze of pomegranate. You can top it with shreds of coconut, slices of mango, and those yummy bursts of fruit juice inside tapioca kernels.

GT: Let’s begin with the where of it. Encinitas is defined by Batiquitos Lagoon to the north and the San Elijo Lagoon to the south.

Dr. Bill: Who came here first?

GT: Native Americans, of course, were the first people to leave their mark on the area. Early tribes were the San Dieguitos, the La Jollans,
and the Diegueños. The Diegueños became converts to Catholicism and helped build nearby missions. In 1669, the governor of Baja California, Gaspar de Portolá, was traveling by horseback down El Camino Boulevard on a mission to build schools and spread religion. After observing the many small oak trees on the surrounding hills, he named the area Encinitas, the Spanish word for small oaks. In 1821, possession of the area switched from Spain to Mexico.

**Polking Mexico**

President Polk tried to buy California and the land north of the Rio Grande River. Mexico wanted no part of this. So President Polk decided that, to purchase the land, Mexico would need a bit of poking. He started a war, invaded and attacked Mexico City. The fighting there lasted one week, and Santa Ana was deposed as president. Hearing its bones crunch, Mexico succumbed to the arm-twisting. A peace treaty was signed on February 2, 1848. The United States was given the desired land for $15 million.

**The Leucadia Personality**

*Dr. Bill:* Would you say that Encinitas has multiple personalities, or perhaps a dissociative disorder?  
*GT:* The Historic 101 has at least three radically different personalities: Leucadia, Old Encinitas, and Cardiff. Each has fought to maintain separate identities. We are now at the northern border of Encinitas, which is Leucadia.

Leucadia means “Isle of Paradise” or “Place of Shelter” in Greek. The tracts of Leucadia and the street names were named after Greek gods and mythical figures. The city is a little poorer, more artsy-craftsy, more non-conforming, rowdy, and free-spirited than Carlsbad. Leucadia is famous for the droopy Eucalyptus trees which line 101, and for the shops that sell local art.

On Sunday mornings, Encinitas/Leucadia hosts one of the best farmers’ markets in the area. Debra and I go for the handmade sausage and worm castings—not in the same bun.

GT and I stop to inspect the colorful mural on the back wall of a Mobil gas station.
It portrays the Southern California beach in summertime, the centerpiece the Self-Realization Fellowship down the road. It feels like summertime and the living is easy. In my head I hear Sam Cooke kicking it out. Sam Cooke and I are close. We went to L.A.’s Belmont High School together…at different times…we never met.

_Summertime, and the livin’ is easy_
_Fish are jumping and the cotton is high_
_Oh, your daddy’s rich and your mamma’s good-lookin’_
_So hush, little baby, don’t you cry_
_Dr. Bill (singing): Southern Cal, and the living is easy. The beaches are jumping and the pelicans fly._

_GT: George Gershwin composed “Summertime” as an aria for his 1935 opera _Porgy and Bess_. Twenty-six-hundred versions have been recorded. Billie Holiday (#12 on U.S. pop charts) was the first, in 1936. Then came Louis Armstrong, Ella Fitzgerald, Sam Cooke, and Janis Joplin, etc.

The Leucadia Bar is a local gathering place for those who like to hang out, play pool, and get slightly rowdy. A friend of mine got drunk here on Christmas Day, called the wrong woman fat, and three Marines took offense. The next morning he awoke badly beaten, with no shoes and dressed only in his pants. My friend is more discreet now about using this “f” word.

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As is our custom, GT and I pull in through the back of the Pannikin to steal a branch from the orange, candy-red, or regal-purple bougainvillea. Then, depending on how obvious we are being, as we pass the white roses in front, I bend over to smell them just before stripping off a bloom or three. I attach the bouquet to GT’s handlebars.

Dr. Bill: The white roses add a nice contrast to your bouquet.

GT (gushing): You brought me flowers! You’re my sweetie.

We proceed as almost one.

Then my stomach grumbles, and I have a hissy fit at having passed all the goodies.

Dr. Bill (pouting): Why live, if you have to live without the BAFE or a cinnamon roll?

GT: The BAFE and cinnamon roll would be a done deal, and all you’d have left is a heavy gut. This way, you can look forward to…

Dr. Bill: Gotcha.

There’s a plain vanilla yogurt with coconut and mango on top waiting for me.

I pedal faster. Just ahead on our right is the famous Captain Keno’s, home of some of the cheapest mixed drinks on 101. The Bloody Marys are good, but the Margaritas are made with a cheap bottled lime mix that tastes like battery acid. Happy hour starts with breakfast at 6:00 a.m. and lasts until 12:00 p.m. This is the place to drink straight shots. I personally like the alcoholic, lower-class nature of Keno’s. It has an odd kind of charm, even the bathrooms. The restaurant is totally 1950s. I was at a graduation party at Captain Keno’s once, and the star of the show was this singer/guitarist, who was drunk on his ass, sucking intermittently on a bottle of Jack Daniels and trying to sing.
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You can purchase an endless soup bowl and fill it as many times as you want with clam chowder or vegetable soup for $3.39. The clam chowder is pretty good, though I suspect its origin is a five-gallon can. They advertise spaghetti for $2.99 and meatloaf for $3.99. I haven’t tried either of these, but since seeing Captain Keno’s owner eating his own food in the bar, I am comfortable having any dish on the menu. I usually get ice water with a couple of slices of lemon and add sweetening to make lemonade. The menu and production is pedestrian, but their New York steak at $11.99 and the baby-back ribs at $9.99 are the real deal. I rate the steak to be as good as most of the upscale joints up and down the street charging two or three times that. The salad is chilled iceberg, palatable with the chunky blue-cheese dressing (ask for extra). The rest of the menu is ample, basic, and leaves me with an okay feeling.

Surfing Madonna Chick

Usually, I wait to catch the top of the wave that will greenlight us past Encinitas Boulevard into Old Encinitas. The signal below turns green, and GT and I go for it. If we can get going on the downslope, momentum will carry us up the next hill, past D Street and into the 7-Eleven for a Big Gulp and a dog. Today, however, GT...
San Diego Reader
February 2, 2012

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and I decide to check out the Surfing Madonna chick, before they blow her up or injure her in the process of moving her. She is/was a ten-by-ten-foot mosaic made from thousands of pieces of Italian tile. She’s the Virgin of Guadalupe…

She resides at the Highway 5 underpass and Encinitas Boulevard. Apparently, she moved into her present home in full daylight, assisted by construction workers who were mistaken for city workers. Thousands of cars must have passed by that day.

GT (swooning): Wow! There she is. She sure is beautiful. I look into her eyes and feel inner peace and love, more religious that I have ever felt in my life. She looks alive, beaming energy, and is a true sacred surfer. Words down her right side urge us to “Save the Ocean.” Does that offend anyone? If I were to label her, I’d call her non-ego community art.

Dr. Bill: The Encinitas City Council is an embarrassment. They voted unanimously to provide $2000 to investigate how to remove one of the best artworks in a public setting on our coast. Now they’ve found that she can’t be moved from her home without destruction. The downtown guys want to kidnap her. Why not preserve our Madonna? She was a gift to the community.

GT: Those who get a worm up their nose over the religious connotations of this artwork should blow their nose and breathe in a fresh spirit. This outside art piece will become a classic, if allowed to remain.

Dr. Bill: What can we do to keep her? You could make a spirited appeal to the city council.

GT: Oh, city fathers and mothers, act with compassion and allow this lady of many thousand glass tiles to live in the home in which she was raised. Please don’t destroy our Virgin of Guadalupe. This is the people’s art. She was created for us. We are the people. Please don’t send our beautiful Surfing Virgin to a foster home. I beg you to allow our Virgin to surf these shores and claim her birthplace as home.

Breaking Headline: North County Times, Friday, June 10, 2011, “Mark Patterson Claims Rogue Art Piece”

Mark Patterson, a long-time Leucadia resident, publicly claimed to be the artist of this treasure. Mark said he felt driven to do a surfing Virgin of Guadalupe and went to Italy to study mosaics. The Virgin’s face was completed in Italy. Mark quit his software job in order to work full time on the piece. It took him nine months to finish. Mark’s message was to present the idea of protecting the ocean with a potent image.

GT (to Mark, as if he were present): Your Virgin has had a role on the world stage, Mark.

Dr. Bill (ditto): I can’t wait for the next chapter. Thank you, Mark.

Next Chapter: North County Times, June 22, 2011, “Mosaic Artist to Remove Piece”

Mark Patterson’s art show earned him a $500 fine and a $2000 bill for city expenses for a report on removing his artwork. Mark was also responsible for removing his art piece. He did. It took nine months to construct her and two hours to remove our Virgin. All that is left are screw holes, glue, and a few scratches. Can you believe our city considers this superior to our beautiful Virgin? My, how the city of Encinitas encourages creative works. Glad we moved to Oceanside.

Old Encinitas’ Personality

Dr. Bill: I know that you’re eager to give us a history lesson.

GT: You and history are my two passions. Jabez Pitcher, considered the father of Encinitas, bought 160 acres near the railroad track around the present location of the Encinitas Civic center in 1881. He never regretted that purchase.

Old Encinitas began in 1881, when the Southern California Railroad built a water tower by the tracks to supply their steam engines with water from Cottonwood Creek. With no laundromats, and without running water or electricity, the women would wash clothes communally at Cottonwood Creek, drape the wet clothing on bushes, and picnic at Moonlight Beach while it dried. Moonlight Beach may have derived its name from the round white rocks that glowed like small moons in the moonlight. Another theory is that during Prohibition, the moonlighters used this spot to import illegal booze by boat at

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night. The schoolhouse, built in 1883 to accommodate eight students, is now the home of the Encinitas Historical Society.

Encinitas thrived while 101 was the main road south to San Diego. Then, in the 1960s came Interstate 5, and visitors were diverted from Old Encinitas. The charming little community was on the verge of drowning. In 1988, business owners formed a merchant association and designed a plan to breathe new life into Old Encinitas. They applied to California Main Street for a grant to revitalize the downtown area. Their lifesaving efforts paid off. In 2004, Encinitas earned the Great American Main Street Award for resuscitating the downtown area through authentic historic preservation. The city retained its historical identity.

I quickly puff up the small hill to D Street. I’ve had my $3.50 dose of ecstasy from Berry Happy, nonfat vanilla frozen yogurt with a topper of shredded coconut, mango, and those tapioca thingies filled with passion-fruit bits. It was everything I’d fantasized. I do a silent meditation, thanking the earth, sun, air, and ocean for their contributions. I thank Thich Nhat Hahn, a Vietnamese Buddhist monk nominated for the Nobel Peace Prize, for making me aware of how our food came to be.

The sugar goes straight to my head. With renewed energy, I surge in and out of two

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...lanes, avoiding pedestrians and pedophiles. There is no bike lane in Old Encinitas and cars park diagonally. To exit, cars back into traffic. This is the most dangerous part of our ride.

Swami’s is an interesting, not-too-expensive café that everyone should try. The outside breakfast and lunch dining has a young, hip feel to it. A shot of wheat grass is a buck. The air reeks of fascinating psychoanalytic tales being told, sophisticated discussion on whether Obama is more warlike than Bush II, and what the newest adornments on the Cardiff Kook are. The Acai Fruit Plate with Yogurt will knock your socks off.

The other night I awoke from a dream of eating their Acai Fruit plate. I had no socks.

GT: The Virgin of Guadalupe left me feeling that I should pursue a more spiritual course. How about taking a few minutes to tour the Self-Realization Fellowship? We can pay due respect to the Swami.

The Self-Realization Fellowship
We cruise by and appreciate the beauty of brilliant red bougainvillea against the white pillars and golden domes of the Self-Realization Fellowship. It’s hustle and bustle on city streets, but riding under the arched entrance, serenity engulfs us. Nestled in this landscape is a tranquil pond.

GT: Dip your thumb into that pond and leave it there for a few seconds.
I place my thumb in the water. A two-foot koi with beautiful markings of gold, orange, and black approaches and heads for my finger. It start to withdraw, but a force tells me to relax and ohmmmm.
Dr. Bill (delighted): He’s sucking on my thumb. It tickles.

GT: That fish might be Paramahansa Yogananda. I think he believed in reincarnation.

There is no sign that says Quiet, but silence and muffled voices prevail. People quietly wander in awe. The solemnity and austerity of the setting leaves us on a spiritual high. The view from the highest point stuns GT and I into silence. The setting is based on a philosophy that we can share beauty, honor, and love in a generous way, and more beauty, honor, and love will result.

There is another spiritual experience going on below us. The waves are choppy, and there’s a bit of wind. About 15 surfers are getting their highs from riding Swami’s waves. I find it a miracle that humans can approximate what Jesus did sans board. Swami Yogananda, I’d guess that you’re pleased to see the two worlds in harmony.

“That fish might be Paramahansa Yogananda. I think he believed in reincarnation.”

GT: A few more words are warranted about the teacher behind this temple. This guy is big-time in the spiritual world. Mukunda Lal Ghosh was born in 1893, in Gorakhpur, India, into a rich Bengali family. While a baby in his mother’s arms, a renowned master of Kriya yoga blessed Mukunda and forecast his future, saying, “Little mother, thy son will be a yogi. As a spiritual engine, he will carry many souls to God’s kingdom.” People were aware that there was something special and different about this child.

At 17, Mukunda proved to be a real-life Siddhartha. On the first meeting with a revered Swami, who was to become his teacher for ten years, he
was told that he had been chosen to disseminate the ancient science of Kriya yoga to the world. In this philosophy, meditation is seen as the way to gain oneness with God.

In 1925, he arrived in California and established the international center for Self-Fulfillment Fellowship. He moved among the elite. His talks filled Carnegie Hall and the Los Angeles Philharmonic Auditorium with folks interested in spiritual travels. The Los Angeles Times stated: “The Philharmonic Auditorium presents the extraordinary spectacle of thousands...being turned away an hour before the advertised opening of a lecture with the 3000-seat hall filled to its utmost capacity.”

Dr. Bill: His teachings make sense to my barely spiritual soul. It impresses me that a rotund brown man with an orange robe was a spiritual teacher in a city with a majority of middle-class Caucasians.

GT: The distinguished Swami appeals to a rainbow of colors, cultures, and religion. Yogananda believed that all religions are equal and essentially have the same message: love and service to God. His message is as beautiful as this temple and the grounds that surround us.

So, I will chew on all this for a while and maintain my spiritual high. For now, our journey ends at the halfway point to La Jolla.

GT: Thank you for joining us. See you on the next adventure. ■

— Bill Lombardo
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likely while Petco's have risen an estimated 5.9 percent. PetSmart stock has zoomed in the period, along with earnings. Because Petco is privately held, most of its numbers are a mystery.

An investment banker named Bryan, using the handle “I’m not that kind of banker,” writes knowledgeably on the web about the pet retailing business. Asking, “Has Petco lost its mojo?” he estimated last June that in the 2006–2011 period, PetSmart’s operating cash flow zoomed 45 percent while Petco’s went nowhere. As of mid-2011, Petco’s stock, if it were trading, would be 16 percent lower than the 2006 takeover price, he calculated.

Mike Foss, Petco’s chief financial officer, disputes the operating cash flow estimates on which Bryan’s estimates are based. “By virtually every single metric — sales, profit, cash — we’re better off” than in 2006, he claims. The company just hit $3 billion in annual sales.

The investment banker pointed out that Petco a year ago took out a $1.225 million loan, partly to pay a dividend to its investors (the takeover crew). The dividend: almost $700 million. Foss doesn’t argue the point but says Petco has saved $18 million yearly by rejiggering its bonds in a period of lower interest rates.

“Net net, it is clear that all is not going according to plan at Petco,” said the investment banker.

Mitt bitches that Newt attacks capitalism. But Mitt’s form of capitalism is strictly greed-obsessed — not the kind that made America great. Keep pointing that out, Newt. ■

Bigger nuisance continued from page 3

30th Street in North Park are zoned CN-1-2.)  

However, those regulations do not apply to busi- 

nesses that operated with their current land-use per-

mit before 2000, when the zoning designation was 

established. That is the case with Jack in the Box, which 

opened in 1961. The regulations do not apply, that is, 

unless the restaurant closes for an extended period or the 

building is torn down and rebuilt. In that case, the 

permit expires and the company is subject to current zoning 

regulations.

“I’m absolutely disgusted to find out that the City is 

willing to ignore its own rules about zoning and grant 

Jack in the Box variances for the hours of operation, 

the drive-through, required parking spaces, and build-


ing-to-lot-size requirements, among others,” says Nail. “I purchased my home in good faith that the City would follow 

its own rules.”

The proposal appears to have support from the City’s Development Services Department. In a November 4 email, development project manager Michelle Sokolowski informed residents that staff supported extending drive-through hours until 2:30 a.m. “Staff supports the hours of opera-

11

21

48

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southbound on I-5.

North Park Planning Com-

missioner says the renova-

tion with conditions to miti-

gate potential noise impacts from drive-through oper-

ations, including message board confirmation and 

courtesy signs.”

A Jack in the Box spokes-

person says the renova-

tion will only enhance the 

neighborhood and promises that the restaurant will not 

extend its hours. The restau-

rant is currently open from 

6:00 a.m. to midnight and the drive-through from 5:30 a.m. to 2:00 a.m.

“We have 30 years remaining on our lease and 

would like to replace the 

50-year-old building with a 

new one," says spokes-
person Brian Luscombe. 

“The proposed design will 

significantly improve the 

area. There will be more 

landscape, and it will be 

more pedestrian friendly.

“Our options are, con-

tinuing to operate the res-


taurant in its current con-

dition for many more years 

or enhance the entire prop-

erty with a new restaurant. 

We’ve met with neighbors 

and modified our original 

plans as a result of those dis-


cussions. For example, we 

initially submitted plans for 

a 24-hour drive-through, 

but after concerns from 

residents we will maintain 

current hours of operation.”

Nail denies the rebuild 

will enhance the neighbor-

hood. “As much as every-

body would like to see a 

pretty new building there, 

it boils down to quality of 

life, allowing exceptions, and 

opening doors to issues that 

are already regulated. Those 

regulations were enacted for 

a reason and weren’t meant 

as suggestions. They need to 

be upheld. By tearing down 

the existing building, they 

are starting at square one, 

just like they had never been 

there.”

Rick Pyles lives near the 

restaurant and serves on the 

North Park Planning Com-

mittee. Pyles says he hopes 

that the zoning codes will 

provid the City and Jack in 

the Box to come up with a 

plan that complements this

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neighborhood of Craftsman homes, near the edge of Balboa Park. “The zoning designation provides nearby residents protections against allowing commercial emphasis in this residential neighborhood,” he says. “Many current residents purchased their properties with this zoning in mind and fully believed that these laws would be upheld.

“And I still hold fast to the idea,” Pyle continues, “that Jack in the Box could do something incredible there that would be fully embraced and supported by the community, but it won’t be the typical stucco box with drive-through operation as its main goal.

“But I guess Jack is just too stuck in the box to think outside of it.”

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NEWS TICKER
continued from page 3

Diego County, unlike Los Angeles, the right independent could actually beat major party contenders.

By Matt Potter
Friday, January 27

Anti-Trust Fund
Attorney Admits Taking Clients’ Funds
Carlsbad — A former Carlsbad attorney admitted that she took money from two clients’ accounts and used those funds “for personal use,” according to two clients’ accounts

Clients’ Funds Attorney Admits Taking Anti-Trust Fund

So, if someone finally has the gall to say something to the mayor, they cite them for a felony.”

By Chad Deal
Tuesday, January 24

Grading Manchester
Resort Cited for Environmental Violations
Carmel Valley — While a public controversy rages around Sunday’s waterfront stadium proposal by the U-T San Diego, another major project by the paper’s owner has been facing difficulties with city planners.

According to a September 20, 2011, “Notice of Violation” provided by the mayor’s office this month in response to a November request made under the state public records act, the Grand Del Mar resort, developed by U-T owner Douglas Manchester, has allegedly run afoul of the city’s Resource Protection Ordinance.

Alleged violations include “unauthorized grading, including removal of sensitive biological resources, to create and construct equestrian trails and construct an equestrian center at and around the Grand Del Mar Resort.”

The notice says that the grading and construction was done “without required building or grading permits. This unauthorized grading and construction activity impacted a total area approximately 1.68 acres in size.”

None of the records produced by the mayor so far document the current state of the review process.

By Matt Potter
Tuesday, January 24

Driving Pollution
Attorney General Intervenes in SANDAG Lawsuit
San Diego — California attorney general Kamala Harris announced this afternoon that she has filed a motion to intervene in a lawsuit that would subject

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Gall Is Not a Crime
Occupy San Diego’s Complaints Against SDPP
San Diego — Members of Occupy San Diego will be attending tonight’s Citizens Review Board of Police Practices to voice complaints regarding the way the San Diego Police Department has handled the ongoing protest that began in early October.

“I want to address the number of people arrested whose charges have not been filed,” says Occupy San Diego media liaison Ray Lutz. “You should not just be able to arrest a whole bunch of people for nothing and not ever have anybody say that’s wrong…. Some Occupy participants who have been following the figures say that 80 percent have not resulted in charges being filed.”

Lutz cites cases such as the arrest of four for felony conspiracy after “mic checking” mayor Jerry Sanders during his State of the City address.

“These people may be considered rude, but it’s a public meeting,” says Lutz. “You have a right to speak in there. San Diego City Council meetings win my award for the worst public participation rules in the States. I mean, three minutes per subject? It makes no common sense at all….”

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San Diego Reader | January 2, 2012
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CITY LIGHTS

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February 2, 2012

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CITY LIGHTS

The Cleveland National Forest Foundation and the Center for Biological Diversity originally filed suit in November 2011, claiming that “[the San Diego association] used a deficient process to develop a flawed plan that will invest heavily in freeways at the expense of public transit, increase pollution and exacerbate global climate change.”

Harris agrees with the lawsuit’s assertion that the environmental impact report that accompanied the plan does not adequately address air pollution and climate concerns.

Among her objections are that while greenhouse gas emissions are initially forecast to decrease, projections show them rising again after 2020 and overall driving-related pollution continuing to increase through at least 2050.

By Dave Rice
Monday, January 23

Bypass Blockage
Save Our Heritage Wins Battle Over Plaza de Panama
Balboa Park — Preservation group Save Our Heritage Organisation has been granted a petition for writ of mandate filed last summer over the city of San Diego’s adoption of a memorandum of understanding lending support to a proposal to revamp Balboa Park’s Plaza de Panama.

The plan, pushed by mayor Jerry Sanders and Qualcomm founder/philanthropist Irwin Jacobs, would eliminate vehicle access by creating a bypass bridge that would loop around the heart of the plaza and lead to a paid parking garage.

Per a release from the preservation group, superior court judge Judith Hayes concludes that the memorandum “constitutes an approval of the proposed project without prior environmental review as required... The [memorandum] constitutes action that effectively forecloses due consideration of project alternatives or mitigation measures that are essential parts of [California Environmental Quality Act] review.”

By Dave Rice
Monday, January 23

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Keep Digging

Susan Luzarro needs to keep digging into Ed Brand. Her recent article on the 12th was very factual but not completely (“Funds for Educa—No, Funds for Us,” “City Lights,” January 12). He did not retire from Sweetwater in 2005. Instead, he took the superintendent’s position in San Marcos. The leopard didn’t change his spots, and he began the same questionable ethics. The San Marcos board was very wise in getting rid of him as quickly as possible, although it cost them to do so. He lived on San Marcos’ dime for several years, all the while continuing to search for a new position in education. When San Marcos’ money ran out, he retired through the State Teachers’ Retirement System and began an unsuccessful attempt to start his own bank, probably with some of the same investors that are or have been involved with Sweetwater. When he took the interim superintendent’s job with Sweetwater, he was not only drawing $20,000 a month from them but also his retirement money.

When he took that interim job, he fully intended to get the superintendent’s job back. Think about it. This man shows back up in Sweetwater, and all of the same ethical and questionable monetary issues surface. During his six-year absence from Sweetwater, that staff continued to operate in the manner that he taught them to. Mr. Gandara simply followed the lead of his predecessor, Ed Brand. Keep digging, guys. It’s all there.

Name Withheld

Comments from Reader website

City Lights, by Don Bauder

Published January 25

I would like to play at the local casinos but cannot stand the smoke. Having to walk through it to the “non-smoking area” is nauseating. The non-smoking section also does not offer the breadth and depth of games the smoker enjoy. So I am a potential customer that never patronizes casinos due to smoke. I recall when people could smoke on airplanes, the office or in restaurants and it reminded me of this line: “Having a smoking section in a restaurant is like having a pecing section in a swimming pool.”

By Ponzi 11:15 a.m., Jan 25, 2012

Cover Story

Published January 25

Donna Frye is one of the only politicians I respect. Remember when she WON the Mayoral race? Only to have it stolen due to some obscure technicality? That was San Diego at its worst.

By x76 12:42 p.m., Jan 25, 2012

Technically, it was before 1989 (not 1990) that “candidates for city council were nominated in the districts they hoped to serve but elected by the entire city.” The first district-only elections were in 1989. In those days, the city council elections were held in odd-numbered years.

By barryjantz 3:46 p.m., Jan 25, 2012

Nice interview by Joe Deegan with former City Council-member Donna Frye.

Frye remains intelligent, thoughtful and principled. During her years in office, she took a lot of guff from people with half their qualifications at City Hall. Until we get Bob Filner for Mayor or return to a city manager form of government, Donna is better off paddling her long board around the OB pier because this city has been sold by the highest bidder(s) by our termed-out “strong” Mayor Jerry Sanders.

By monaghan 9:09 p.m., Jan 25, 2012

I have admired Joe’s writing for some time.

By Mindy 11:14 9:49 p.m., Jan 25, 2012

She will always be “Mayor Frye” to me.

By bohemianopus 8:03 a.m., Jan 26, 2012

Thank you for your service, Donna Frye. You were the one politician that kept things real.

By Ponzi 8:12 a.m., Jan 26, 2012

Nice job, Joe. Donna is a classy lady and we owe her a lot.

I wish somebody would hire her as a columnist or commission her to write a book.

By patflynning 10:29 a.m., Jan 26, 2012

Frye represented the best of what we consider public service to be. Too many politicians are interested more in their own careers and how much money they can make (legally or illegally) down the line. When she spoke up at Council meetings, you always knew she had something very worthwhile to offer. She is the “watch dog” that we need now at the Council, but no longer have.

By dwbat 11:13 a.m., Jan 26, 2012

Yeah, Donna stuck her lovely head into that nasty meat grinder called San Diego politics, and never got the appreciation she deserved. She found that she couldn’t kiss all the boys, and had to cut some things off that she found counterintuitive, but
that’s the price that has to be paid to maintain your sanity when you’re in that business.

The tag-line from the old radio show “Gunsmoke” said, “It’s a chancy job, and a little lonely…”

A LOT lonely, eh Donna?

In that business, enemies look like friends and friends look like enemies--it’s SO confusing . . . A well-crafted lie is still a lie, eh?

Me, I’m an anarchist in the original sense, and a fan of the Occupy Movement.

I have to laugh when people sit in the comfort and safety of their American homes and type on their $1500 laptops, “I’m an anarchist.” No, you’re not.


Your comfort, your safety, your laptop are all made possible by the non-anarchy (read: order, rule of law) of the first world.

Movies
Published January 25
No Oscar for Oskar! Thanks for this!

By Scott_Marks 7:16 p.m., Jan 25, 2012

Let’s be honest: anyone who looks at Glen Close for one minute and thinks she is a man must be on drugs. That film presumes the audience is willing to go along with the charade for the sake of the movie, but I just felt like I was participating in some childish nonsense the whole way through. What a farce.

As for “Separation,” I told my friend Parviz, an Iranian immigrant not to go see the film as it will only make him feel embarrassed for his countrymen.

While I found the subject matter of the film interesting enough, the peculiar behavior of the characters, between phoning mullahs to see if it was a sin to cleanse a dirty man, and slapping oneself because of the shame brought on by the wife’s behavior, caused me to feel I was watching a travelogue film about some bizarre, primitive people, disconnected from the modern world, and far removed from any education or science.

Some may want to raise Hoo-Ha’s for such a film even being produced by an Iranian company, but I suspect the filmmaker knew part of the success of the film would be due to the rest of the world being given a glimpse of what life is really like in a culture that adheres to 7th century beliefs. It is unique; but is it really good?

By Joaquin_de_la_Mesa 7:07 a.m., Jan 26, 2012

Javajo: In picking apart A Separation, you somehow missed the movie. It is grounded closely on real Iranian life, though with some credible short-cuts for dramatic effect. The movie is not unique. It carries forward a great modern tradition of factually rooted but inspired, low-budget Iranian films, some brave enough to make the director (notably Jafar Panahi) a victim of official repression. Go to Kensington Video and ask Guy to rent you some of the fine Iranian works (I’d recommend Offside, The Apple, Taste of Cherry, to name only a few).

Joaquin: Man-faced? Is that in the exalted hip tradition of “man whore” and “manimal”? At this rate of progress, we may soon be back referring to gay men as nancy boys.

By DavidElliott 1:17 p.m., Jan 26, 2012
Thursday | 2

CONFLICT
San Francisco Zen Buddhist priest and poet Norman Zen Fischer reads from his new book-length poem, “an exploration of conflict within the self — conflict between friends, lovers, communities, nations, war, and torture.”

WHEN: 7 p.m.
WHERE: D.G. Wills Books, 7461 Girard Avenue, La Jolla. 858-456-1800; dgwillbooks.com

Friday | 3

ELECTRIC LOVE
Live music, belly dancing, AcroYoga, love potions, local art (including Adelaide, Jon Sprague, and Duckman), and food and drink are brought together by Danyavaad & the Shimmy Sisters for a “heart-warming” evening suited for February. Also, tarot-card readings and “sweet bites from the Plant Powered Peeps.”

WHEN: 7 to 10 p.m.
WHERE: Electric Ladyland, 1944 Newport Avenue, Ocean Beach. 619-525-525; danyavaad.com

Saturday | 4

EXPLORE AMERICAN SIGN LANGUAGE
Curious about sign language? The garden’s education specialist and alter-ego, Ms. Smarty-Plants, plan a “fun-filled class” that will include many basic signs. You’ll be signing to music before you go and receive handouts to help you practice at home.

WHEN: 10 a.m. to noon
WHERE: Water Conservation Garden, 12122 Cuyamaca College Drive West, El Cajon. 619-660-0614; thegarden.org

Sunday | 5

CREATE A FABULOUS FASCINATOR
Learn how to make your own “charming cocktail hat” in this class with artist-instructor Jill Courtmanche. You’ll learn basic millinery techniques and the art of hand-stitching to craft a cocktail hat or fascinator (head piece) using felt, feathers, netting, and grosgrain. No sewing experience required.

WHEN: 1 to 4 p.m.
WHERE: Bravo School of Art at NTC Promenade, 2690 Decatur Road, Point Loma. 619-223-0058; bravoschoolofart.com

Monday | 6

TRASH: ART + SCIENCE INTERSECT
The New Children’s Museum and Birch Aquarium invite you to explore trash “both scientifically and through an artistic lens.” Enjoy current aquarium exhibits, wine and hors d’oeuvres, and a panel discussion with refuse experts Margaret Wertheim, Miriam Goldstein, and Nigella Hillgarth. Reservation required.

WHEN: 6 to 8 p.m.
WHERE: Birch Aquarium at Scripps, 2300 Expedition Way, La Jolla. 619-795-1721; aquarium.ucsd.edu

Tuesday | 7

HIGH TECH FAIR
See hands-on demonstrations of the latest applications of science and technology. Over 50 industry leaders will demonstrate their current and emerging technologies at the San Diego County High Tech Fair for students in grades 6 through 12 and their parents.

WHEN: 5 to 8 p.m.

Wednesday | 8

DIViding THE ESTATE
It’s 1987, and aging matriarch Stella Gordon wants to keep her estate intact. But her children, like King Lear’s, want to tear apart both land and tradition. The Reader’s Jeff Smith says, “Elizabeth Ashley gives a bravura performance as Stella.”

WHEN: 7 p.m. (and through Sunday, check for times)
WHERE: Old Globe Theatre, 1363 Old Globe Way, Balboa Park. 619-234-5623; theoldglobe.org
**Gather No Moss**

**TRAVEL STORIES AND TIPS FROM OUR READERS**

*Belen market sold several local products — herbal aphrodisiacs, baby monkeys, sloths, and other jungle “pets.”*

**Iquitos, Peru**

By Kayla Washko

“Can you carry the backpack on your chest instead?” Gino asked me as we were about to enter the Belén market in Iquitos, Peru.

I nodded, turning it around. He winked. “That’s a gringa inteligente,” he said. “Oh, and one last thing: if you plan to take pictures, make sure to wrap the cord around your wrist.”

As we ventured inside, I realized it wasn’t just the camera or backpack that made me look out of place: Iquitos’ unremitting heat had caught me unprepared, and to cope I had traded my stylish jeans and flats for gym shorts and sandals. No one else in the market seemed affected by the humidity; they were still in tennis shoes and denim, a few women were clad in long-sleeved shirts.

Gino tried to show me all of the local products — herbal aphrodisiacs and baby monkeys, sloths and other jungle “pets” sold illegally in the market.

Meanwhile, the locals stared at me with my purple backpack hanging awkwardly over my breasts, the frontal load making it impossible to follow Gino closely or squeeze through narrow openings without knocking against passersby.

I passed a stand of slaughtered chickens, their heads dangling over the edge of the counter. I gulped, more flushed than ever.

“This way, this way,” said Gino, waiting for me to catch up. “The boat’s waiting.”

We darted through the last alleyway, where men were selling banana trees. Finally, the dock was in view. After Gino helped me onto the boat, I flung down my backpack beside me, the front of my blue T-shirt now covered in perspiration.

Waiting for the motor to start, Gino began his tour again. “Everything floats around here,” he explained, motioning in the direction from which we’d just come. “We got floating houses, floating markets…”

He nodded in my direction. “We even got a floating gringa.”

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**Havana, Cuba**

By Julien Farinas

As usual, my father disappeared while I was sleeping. For a second, I wondered what a 65-year-old tourist would be doing alone in the middle of Havana at 8 in the morning. Then I figured he just wanted some alone time with his motherland and went back to sleep.

An hour later, he was back with eggs, bread, espresso, and milk. Over the continued on page 56.
Let us plan your next vacation.
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ROAM-O-rama
San Diego Outdoors with the Canyoneers

PIEDRAS PINTADAS TRAIL
Distance from downtown San Diego: Approximately 30 minutes. Take I-15 to the West Bernardo Dr./Pomerado Rd. exit. Head west on West Bernardo Dr. for about a half-mile and turn into the dirt parking lot on the right.
Hiking length: 3.8 miles round trip. Difficulty: Easy; up to 200 ft. elevation change. Suitable for children.

This 3.8-mile looping trail is just off I-15 on the south side of Lake Hodges.

The aptly named Piedras Pintadas (“painted rocks”) trail in Escondido explores a small part of the rich San Diego County Kumeyaay Indian culture and habitat by following a well-marked trail with interpretive plaques. The trail wraps around Bernardo Bay on Lake Hodges, which is an important habitat refuge for many native and migratory animal species, especially birds.

Walking through the boulder-strewn hills that circle Lake Hodges, it’s easy to see why the native Kumeyaay peoples were inspired to use these natural canvases for the ceremonial rock art that this area is well known for today. Although the purpose of these pictographs is not entirely known, they were likely important for the spiritual or religious practices of the Kumeyaay. The Kumeyaay were a people that were deeply in tune with the land they inhabited, both spiritually and physically.

Although things have changed in the 500–1000 years since the rock art was created, including the creation of Lake Hodges itself, it is still possible to explore this area and picture a much different time.

Although one can sample several of the habitat types important to the Kumeyaay on this hike, the actual pictograph site is now off limits to the public due to vandalism. However, interpretive signs along the trail provide fascinating insights into Kumeyaay culture and daily life, including information about edible and medicinal plants, use of natural resources, and the technologies they developed to survive in this harsh environment.

A large boulder that was used as a food processing center still contains depressions, or “mortars,” in which acorns and other grains were ground by a hand-held pestle. Many of the most important Kumeyaay plant species are still abundant along the trail as well.

Lake Hodges was not originally part of this Kumeyaay landscape. There was once a river before it was impounded by Lake Hodges Dam to the west. The lake has since become a crucial habitat for the endangered California gnat-catcher in addition to supporting raptors, wetland birds, and many other species. A visit in the winter months should provide great birding opportunities, as many winter residents and stop-over migrating species may be seen. A summer hike may afford more reptile sightings. Hikers should be wary of rattlesnakes that might be in the vicinity.

This 3.8 mile looping trail is just off I-15 on the south side of Lake Hodges. Depart from the southwest corner of the parking lot off West Bernardo Road, directly across the street from a large retirement complex. Pick up a map at the trailhead information center and work your way south and west, circling south of Bernardo Bay. Enjoy the wetland plants and wildlife and notice the changing vegetation as you climb a short but steep section into the coastal sage scrub of the hills overlooking the lake. After passing a small waterfall, go through a gate and work to the right to climb the scenic Ridge Loop Trail. The entire hike will take anywhere from 1–2.5 hours, depending on the number of stops for reading signs or viewing bird life.

Canyoneers are San Diego Natural History Museum volunteers trained to lead interpretive nature walks that teach appreciation for the great outdoors. For a schedule of free public hikes: http://www.sdnhm.org/education/naturalists-of-all-ages/canyoneer-hikes/

Find more Roam-O-Rama columns online at SDReader.com/roam

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SPECIAL EVENTS

"All You Need Is Love...and Art" Friday Night Liberty promises open artist studios, galleries, performances. View display of quilts inspired by Beatles songs and art, greeting cards and gifts for Valentine’s Day in eight galleries. Friday, February 3, 5pm; free. NTC Promenade, 2640 Historic Decatur Road. (POINT LOMA)

"Electric Love" Dannyvoad and the Shimmmy Sisters host a bowling love potions by Hugh T. Alchemy, tarot card readings, “sweet bites from the Plant Pow- ered Peeps,” “the Love Blaster,” Tammy Firefly, art by Adelaide, Jon Sprague, Duckman, more. Open 6-8pm. "Create your own character or wear reds, whites, and pinks." Reservations: diane@wild-coast.net Saturday, February 4, 10am; free. Tijuana River Estuary, 301 Caspian Way. (SOL CARLOS)

“Feast for the Eyes” Self-proclaimed “Painter of Chefs” Christopher M. hosts “food and wine pairing that recreates the artist’s images course by course with culinary tastings catered by Mandy Braidic of the Inspired Gourmet.” RSVP: 619-238-0320. Saturday, February 4, 6pm; Sunday, February 5, 12pm; free. 21 and up. Exclusive Collections, 835 West Harbor Drive, Suite A.B. (DOWN TOWN)

Are you ready to achieve all your resolutions in 2012? Are you ready to take your life to the next level in 2012? We are ready to be your “No Excuses” guides. NESS (No Excuses Success Semi- nars), Your Ticket to a Better Life. We want to help you tap into your strengths and put together a plan for 2012 that takes advantage of the best of you. We will spend the day figuring out what gives you the best chance of success and design a step-by-step plan that leaves you energized, focused, and look- ing forward to the coming year. $99. Bring a friend for free! We will offer lots of free items to go along with the training. Info: 909-714-9057. Saturday, February 4, 10:30am to 2:30pm; Casa Silber, 822 Redondo Court. (MISSION BEACH)

Artistic Banner Unveiling The 101 Arts Alive Banners will be unveiled, followed by reception for the artists. The 100 banners may be seen on lamp posts along Highway 101 (Leucadia to Cardiff) until final auction Sunday, May 20, at Cardiff Town Center. 760-944-6027. Sat- urday, February 4, 2pm; Arts Alive banner party. 1950 N. Coast Hwy. 101. (LEUCADIA)

Chinese New Year Celebration Celebrate the Year of the Dragon with traditional lion dancers and a martial arts demonstration by the Three Treasures Cultural Arts Society. Saturday, February 4, 12:30pm; $9. Serra Mesa Kearny Mesa Library, 9005 Aero Drive. (KEARNY MESA)

Create a Fabulous Fascinator Perhaps a “charming cocktail hat” is more your style? Learn basic millinery techniques, art of hand-stitching to craft a cocktail hat or fascinator using felt, feathers, net- ting, grosgrain with instructor Jill Courtemanche. Little or no sewing experience required. 619-223-0658. Sunday, February 5, 1pm; $77-85. Bravo School of Art at NTC Prom- enade, 2690 Decatur Rd., Studio 206. (POINT LOMA)

Dharma Bums in Concert Free event to support The Dharma Bums Temple. The Dharma Bums’ songs reflect their strong belief in freedom and the eternal quest for enlightenment by the human spirit. Sponsored by Buddha For You. www.thedharambahs.org or www.buddha-for-you.com for more information. Saturday, February 4, 7pm. WorldBeat Cultural Center, 1200 Park Boulevard. (BAlboa PARK)

Explore American Sign Lan- guage Curious about sign lan- guage? Garden's education spec- ialist (and her alter ego) Ms. Smarty-Plant plan “fun-filled class” including many basic signs. Participants will be sign- ing to music by departure time, and receive handouts for practice at home. Saturday, February 4, 10am; $20-25. Water Conserva- tion Garden, 12122 Capyscola Col- lege Drive West. ([DIANESO SAN DIEGO])

Explore Watercolor and Col- lagne San Dieguito Art Guild hosts love-themed demonstration by art- ists Kathy Harvey. Expect “a few minutes of relaxation followed by warm-ups, watercolor practice with specific instructions, creation of a design with inspiration from quotations, poems, writings. Sup- plies provided. Thursday, February 2, 1pm; free. San Diego Botanic Garden, 230 Quadrangle Drive, (ENCINITAS)

Field Festival of Local Authors 2012 Mingle with local authors who work in a variety of literary genres. Author Taffy Cannon leads panel discussion (11am-noon), followed by refreshments and book sales, signings (noon-1pm). 760-602-2012. Saturday, February 4, 11am; free. City of Carlsbad Dove Library, 1775 Dove Lane. (CARLSBAD)

Miniature Show and Sale San Diego Miniature Crafts hosts 38th annual event with exhibits, sales, workshops, classes for crafters, art- ists, collectors of dollhouse-size miniatures. Saturday, February 4, 10am; Sunday, February 5, 11am; $2-7. Al Bahr Shrine Center, 5440 Kearny Mesa Road. (KEARNY MESA)

Presidential Report Card: Year Three Consider President Obama’s marks with Civilized
Pugs n' Kisses Dress your pug up in its "cutest outfit," join the fashion show, walk the red carpet during fundraising party hosted by Pug Rescue of San Diego County ($5 entry fee per pug includes professional photograph). Tickets include four glasses of wine, cheese and crackers, "sweets galore." Saturday, February 4, 2pm; $22-$25. 21 and up. Pido & Company Canine Country Club, 1228 University Avenue. (NORTH PARK)

Put a Bird on it! See art making firsthand, register for adult and children's art classes when Bravo instructors offer demonstrations for Friday Night Liberty. Create a "quick and easy" painting for birds on a wire-themed "Make Your Mark" project (finished pieces on view through February). Friday, February 3, 5pm; free-$5. Bravo School of Art at NTC Promenade, 2690 Decatur Rd., Studio 206. (POINT LOMA)

Valentine's Day Pet Portraits Have your pet's photograph taken in front of a festive backdrop. The $10 donation includes one 4" x 6" photo; pay an additional $10 for CD with digital files. 760-888-2235. Saturday, February 4, 10am; Escondido Humane Society, 3450 East Valley Parkway. (ESCONDIDO)

Whale Watching Adventures Hornblower Cruises leads 3.5-hour outings in search of migrating gray whales, with captains and naturalists from San Diego Natural History Museum on hand to help spot tails and teach guests more about the marine wildlife offshore. Reservations: 619-686-8715 or hornblower.com/whales. Sundays, 9:30am; through Sunday, April 15, free-$40. Hornblower Cruises, 1066 North Harbor Drive. (DOWNTOWN)

Winter's Hottest Fashion Accessory? The Hat! Learn essential millinery techniques with instructor Jill Courtemanche. Cut and sew a six-piece pattern to create a custom cap in winter fabrics such as wools and tweeds. Bring a sewing machine, some sewing experience. Class concludes February 18. Materials list, registration: 619-223-0058. Saturday, February 4, 2pm; $88-$98. Bravo School of Art at NTC Promenade, 2690 Decatur Rd., Studio 206. (POINT LOMA)

Are You Ready For The Ron Paul R3VOLution? San Diego supporters will have their monthly meeting! Its purpose is to connect us. We will discuss and teach tools to get Dr. Paul elected. We can • YOUR PRAYERS HAVE BEEN ANSWERED

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Rhyme & Verse

Love Is Its Own Proof
A poem by Rumi

How long will you keep on crying,
"Where's my remedy? Where's my cure?"
Whoever it is that's making you search for a remedy,
go look for him.

How long will you stay mired in sadness, complaining,
"Sorrow has taken my soul away? What is the soul? Why don't you try to find it?"

Did you smell a loaf of bread?
Go toward that smell.
That smell will tell you everything you need to know about bread.

If you fall in love,
your love is your proof and that's enough.
If you're not in love,
what good is proof?

—Translated by Nevit O. Ergin and Will Johnson

Mevlana Jalaluddin Rumi was a 13th-century Islamic mystic who was born in Persia but spent much of his life in what is now Konya, Turkey. He was a student of a younger but equally enigmatic spiritual teacher, the wandering Dervish Shams of Tabriz, and it was under the influence of Shams that Rumi became an ecstatic Sufi teacher and poet, arguably the most popular and widely read poet in the United States. The spontaneous utterances that are Rumi's poems are almost all addressed to his beloved Shams, whom he sees as God's representative. In the Islamic world, Rumi is revered by many as the founder of the Mevlevi Order of whirling dervishes. "Love Is Its Own Proof" is taken from "The Forbidden Rumi," translated by Nevit O. Ergin and Will Johnson, and published by Inner Traditions, InnerTraditions.com. The poem is reprinted by permission.

Find more poetry online at SDreader.com/poetry
Gregorian Chant Mass

Pa-ter noster, qui es in cae-lis: sancti-fi -tur nomen tu-um: advé-ni-at regnum

| Father          | who art is heaven, | hallowed be thine name, | Thy kingdom |

4 pm on the second Sunday of every month

• Sunday, February 12, 4:00 pm.

Choir and congregational singing of Gregorian Chant, sacred polyphony, and hymns.

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Featuring Jesse DeSoto from “Dancing With The Stars”

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CLASSICAL MUSIC

“Russian Romance” Camarada chamber music ensemble presents music from Eastern Europe. Reception precedes concert. 619-231-3702. Saturday, February 4,

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BOOK SIGNINGS

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San Diego Reader February 2, 2012 59
6:30pm; $40-$50. Perry L. Meyer Fine Art Gallery, 2400 Kettner BL, Suite 104. (LITTLE ITALY)

“The Art of Fugue” Bach Collegium San Diego explores J.S. Bach’s fugues “as an exemplification of the nature of life, culminating with arias...addressing the human passions of joy, temptation, grief, and hope.” Music will be accompanied by dancers choreographed by Yolande Snaithe, in UCSD’s Moïli and Arthur Wagner Dance Building, 619-341-1726. Friday and Saturday, February 3 and 4, 7:30pm; $20-$40. University of California San Diego, 9500 Gilman Drive. (LA JOLLA)

Salome San Diego Opera opens season with the Richard Strauss opera based on Oscar Wilde’s “chillingly erotic” adaptation of the biblical story of Salome and her lecherous stepfather. Cast includes soprano Lise Lindstrom, bass-baritone Greer Grimsley, tenor Allan Glassman. Conductor is Steuart Bedford; Sean Curran directs. Performed in German with English translations above stage. Reservations: 619-533-7000. Friday, February 3, 8pm; Sunday, February 5, 2pm; $50-$210; San Diego Civic Theatre, 1100 Third Avenue. (DOWNTOWN)

Faculty Recital Violinist Alyze Drelling, pianist Linda Scott; guitarist Eric Foster perform music of film composer Howard Blake, Maximo Pujol, and original compositions by Eric Foster in French Parlor, Founders Hall, Friday, February 3, 7.30pm; $5-$10. University of San Diego, 5998 Alcalá Park, (LINDA VISTA)

Hungarian Pianist Endre Hegedüs returns to perform works by Bach, Beethoven, Chopin, Grieg, Tchaikovsky, along with Gershwin’s “Rhapsody in Blue.” Stick around for reception featuring Hungarian pastries, 858-538-8158. Saturday, February 4, 7pm; free-$10. Scripps Miramar Ranch Library, 10301 Scripps Lake Drive. (SCRIPPS RANCH)

Winter Showcase Concert San Diego Youth Symphony and Conservatory’s Concert Winds, Wind Symphony, Concert Orchestra, Sinfonia in recital. 619-233-3232 x115. Saturday, February 4, 2pm; $10-$35. Copley Symphony Hall, 750 B Street. (DOWNTOWN)

Comedy

Comedy Night at Doc’s Saloon Headliner Danny Villalpando joined by Michael O’Brien, Charlie Ayers, Rich Flores, host Lamont Ferguson. Recommended reservations: 562-786-3111. Friday, February 3, 8:30pm; $10. 18 and up. Joey’s Smokin’ B-B-Q, 6955 El Camino Real. (CARLSBAD)

FOOD & DRINK

“Cooking Together Thursday” Deborah Shubert helps participants with cooking class “menu that is easy to prepare when two of you are working side by side.” Thursday, February 2, 6:30pm; $50. Williams-Sonoma, 7007 Friars Road. (MISSION VALLEY)

Changing of the Barrels In honor of barrel-aged anniversary series, brewery marks “the emptying of the 23rd Anniversary Ale from...bourbon barrels and the filling of...24th Anniversary Ale.” Tickets include beverages, food, commemorative glass, unblended barrel tasting of 23rd Anniversary Ale. 858-273-2739. Thursday, February 2, 6pm; $50. 21 and up. Karl Strauss Brewing Company, 5985 Santa Fe Street. (PACIFIC BEACH)

DANCE

Argentine Tango with Colette Will give you a first free class any Monday or Wednesday and will introduce you to the passion and magic of Tango at Dance Place San Diego in Point Loma. No need for a partner. More information: www.TangoWithColette.com or call 514-726-5567. Monday, February 6, 7pm and Wednesday, February 8, 7pm. Dance Place, San Diego, 2650 Truxtun Road, Studio 106, (POINT LOMA).

Get into Square Dance Alpine Squares host square dance open house for singles, couples, families. Dancing takes place in hall found in church’s back parking lot. 619-463-0543. Fridays, 6:30pm; through Friday, February 3, free-$5. Lakeside Community Presbyterian Church, 9908 Channel Road. (LAKESIDE)


President’s Day Weekend

Sonoma County Jazz Week features jazz bands, vocalists, and an array of musical acts. Friday, February 3, 7:30pm; $20-$25. Musical Instrument Museum, 1000 Younger Street, Santa Rosa, CA 95403. (SONOMA)

A Passion for Dancing Soul Food Cooking! Celebrate Black History Month with cooking classes and cultural expressions. Friday, February 3, 6pm; $45-$65. The Black Cultural Center, 338 Newhall Hall, UCSD. (LA JOLLA)
**SHEEP and GOATS**

The Vishnu Smriti

Even were he to die with him, a kinsman is unable to follow his dead relative: all excepting him are forbidden to follow him on the path of Yama [the god of death].... Of existing beings being the beginning is unknown, the middle of their career is known, and the end again unknown; what reason then for you to complain? As the body of mortals undergoing the vicissitudes of infancy, youth, and old age, even so will it be transformed into another body hereafter; a sensible man is not mistaken about that. As a man puts on new clothes in this world, throwing aside those which he formerly wore, even so the self of man puts on new bodies, which are in accordance with his acts in a former life.

The Vishnu Smriti is one of the latest books of the Dharmashatra tradition in Hinduism. It does not directly address the means of knowing "dharma" — that is, one's responsibilities and duties to others. This anonymous text is notorious for advocating the controversial "sati" — or burning of a widow on her husband's funeral pyre. Estimates of the time of composition vary widely — anywhere from 1000 to 300 BC.

Find more excerpts online at SDReader.com/worship

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**Demonstration by local restaurateur Robin Croom, who will share how to make a delicious dish, and discuss the history of African-American cuisine.** Samples for everyone. Saturday, February 4, 3 pm; free. Bonita Sunnyside Library, 4357 Bonita Road. (BONITA)

**Vegan Sundays** Chef Matthew Purnell shares "simple-to-follow recipes that are easy on the budget and full of nutrition," with consideration of gluten-free options, raw foods, juicing. Fee: $30 per class or $120 for five classes (when paid in advance). 760-696-2964. Sundays, 12-1pm; through Sunday, March 4, 30-120. Center for a Healthy Lifestyle (behind Boys & Girls Club), 533 Lomas Santa Fe Drive. (SOLANA BEACH)

**History Repeating** "Fascinated or obsessed with recurring themes in your life? So say we. All our greenroom writers workshop focuses on 'phenomenon of history coming back to haunt us,' with 'in-class generative writing and discussion.'" Thursday, February 2, 7-30pm; Space 4 Art, 325 15th Street. (EAST VILLAGE)

**Meditations at the Edge** "The 'Humanities in Hospice' series continues with workshop led by Zen teacher, poet, author, Metta Foundation founding faculty Norman Fischer; and Elizabeth Hamilton, a teacher at Zen Center of San Diego. RSVP: 619-278-6345 or sadvani@sdhospice.org. Saturday, February 4, 8:30am; $20. San Diego Hospice, 4311 Third Avenue. (HILLCREST)

**End Time Mondays** Is the world coming to an end? What is the Mark of the Beast? Will there be a Rapture? Discover what the Bible says about Last Day Events at our ongoing Bible Prophecy Seminar every Monday! Questions? Call 760-723-7733. Monday, February 6, from 7pm to 8:30pm. Fallbrook Seventh-Day Adventist Church, 1200 Rainbow Valley Road. (FALLBROOK)

**Varieties of E.T. Experiences** Barbara Lamb, who "has regressed over 800 e.t. experiencers," addresses newly formed Red Orni (UFO) organization. Donations: $5. 619-561-0237. Sunday, February 5, 5pm; Sizzler, 3755 Murphy Canyon Road. (MISSION VALLEY)

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**Lectures**

**First Five Latin** "Want to improve your memory? Come, sing, and explore the faith community. Sessions held at Temple Solel. For info or to register, email pathwaysJ@TempleSolel.org. Register today! Please note: The program for you. Join us on Sunday mornings at 10am for great music from our new Music Director, Christopher Spinke, who is a featured soloist at Agape International Church in LA. Consciences. Enlightened Message. Come see our CD! For info or to register email pathwaysJ@TempleSolel.org. CLASSROOM 795 N. Rose Street (760) 745-3738

**TEMPLE SOLEL Pathways to Judaism** Are you an interfaith couple or family not affiliated with a synagogue? Want to learn more about Jewish life and traditions? Pathways to Judaism is the program for you. Join us for creative educational experiences in a welcoming family friendly environment. Sundays, 10:45-12:15, beginning February 6. Sessions held at Temple Solel. For info or to register email pathwaysJ@TempleSolel.org or call CARDFIT 3657 Manchester Avenue (760) 710-9567

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**ST. ANNE CATHOLIC CHURCH** Immigrant Justice Workshop

**ST. KIERNAN CATHOLIC CHURCH** Hebrews and James Epistles

**ST. LUCY CATHOLIC CHURCH** United Church

**UNIVERSITY CITY UNITED CHURCH** Immigrant Justice Workshop

**CARDFIT** 3657 Manchester Avenue (760) 710-9567

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**Church Alive is Worth the Drive!** Sunday Worship 10 am. Dr. Clayton Ford, Pastor. For info, directions, and worship. www.lajollacatholic.org. (LA JOLLA)
Cheese Heads, Unite

Cheese-lover, cheese-maker, Jedi cheese-master — most of the world’s population falls into one of these categories. Few foods have such a broad range of appeal. I’m so smitten, I’ve considered lobbying to make cheese its own food group.

Recently, I encountered some like-minded folks who gladly grant such a campaign serious grassroots support. The group is called Queso Diego, an assemblage of locals brought together by their affinity for and fascination with fromage. They call themselves a club, but with a membership swelling over the 100 mark, they’re more like a small army. Their current base of operations is Curds and Wine (7194 Clairemont Mesa Boulevard, curdsandwine.com), a cheese- and wine-making supply store in Kearny Mesa that is both the site of monthly meetings and a shopping mecca. That’s where I caught up with them to partake in their first-anniversary festivities.

In light of that milestone, a champagne- and cheese-tasting was chosen as the proper mode of celebration. Six sparkling wines, from cava to rosé to blanc de blancs, were paired with a mountainous, drool-inspiring cheese platter comprised of triple crème brie, Tallegio, Humboldt Fog, a truffled cow’s-milk variety, and more from Venissimo Cheese’s downtown shop (which donated half of the night’s bounty).

There were also a number of cheeses on hand that had been crafted by Queso Diego members. Many, if set down in a grocery store or deli, would be indiscernible from commercially produced versions of the same style, and it’s unlikely a taste test would do much to help dispel such confusion. The homemade cheeses I sampled (bleu de chèvre, havarti, a smoked cheddar, and a vegetable ash-coated goat cheese) were delicious and exhibited the trademark nuances of traditional styles — tang, herb, sweetness, and spice.

It’s clear the members of this club harbor the utmost respect for the art of cheese-making. That said, craftspersons make up only a percentage of Queso Diego’s membership. Anybody is welcome to join up and attend the club’s monthly meetings, which consist of everything from pairings where taste profiles, compatibility, and the histories of the night’s cheeses and beverages are explained in detail, to educational events exploring cheese-making techniques, ingredients, tools, and machinery.

It’s that open and accepting nature that’s allowed Queso Diego to grow to such large numbers so quickly. Originally, it was a Google group called the San Diego Cheese-making Group, which consisted of founder Chris Banker and a handful of fellow enthusiasts. Soon, they were receiving inquiries from droves of people looking to get in on the action. Some were far more interested in consuming than creating, but that was fine with Banker, whose mission from the start was to avoid the pretension that so often accompanies artisanal delicacies like cheese and wine.

Happily, it’s evolved into every bit the casual, jovial, communal, everyman entity Banker envisioned. So, if you’re looking for a place where you can sip cocktails with your pinky up and do your best monocle-wearing aristocrat impression — while dignifiedly arguing the proper temperature at which to allow a nice gouda to age with some equally stuffy know-it-all — Queso Diego is not for you.

Members come from all walks of life with varying knowledge of cheese. Some only know they like it and want to know more…and that’s perfectly fine. Meetings are casual, allowing Queso Diegans to take as much or as little knowledge from them as wanted or needed. Lessons learned might come from the evening’s lecturers or from someone sitting across the table during the pre-event social hour.

There’s also a chance that those lessons will be about making something other than cheese. Turns out, these folks are not only into, but really good at crafting other things, from mustards to olives to wine and beer. A notable percentage of Queso Diego’s members also belong to the popular San Diego homebrew club QUAFF (Quality Ale and Fermentation Fraternity, quaff.org) and bring in their brews to share with the club — just like the group’s cheese- and wine-makers. Others bring in store-bought beverages or hors d’oeuvres to bolster the selection and tasting experience. Such donations are voluntary, and, as of now, there is zero cost associated with Queso Diego membership, though, this may change as rising membership will likely necessitate increased structure.

Future meeting topics will include themed tastings, including Irish cheeses with Irish-style red ales and stouts near St. Patrick’s Day, and pumpkin homebrew and cheese tastings in autumn. They’re also working on bringing in a vendor with a mobile pizza oven so they can use their homemade cheeses to create on-the-spot pies. The group is also planning a field trip to downtown’s Bice, home of the city’s only restaurant cheese bar. Another big initiative is a push to get a cheese-making competition added to the calendar of events at the 2012 edition of the San Diego County Fair.

They’re ambitious, yet the overriding philosophy is simple: come one, come all, eat, drink, and be merry. That’s my kind of club. If it sounds up your alley, too, check out Queso Diego on Facebook or at their website, quesodiego.org.
ON THE MENU: NEW DELIGHTS WITH AN OCEAN ON THE SIDE.

SIP & SAVOR: CHOCOLATE & WINE
Available nightly in February from 5 to 10 p.m.
$30 per person, $45 with wine tasting.
Cozy up to a three-course tasting menu featuring chocolate in each course alongside perfectly paired wines. Enjoy main course options like Cacao Nib Sesame Crusted Albacore and Braised Veal Short Ribs served with Bitter Chocolate Risotto.

VALENTINE’S DAY
Tuesday, February 14, from 5 to 10 p.m.
$65 per person.
Celebrate love with a four-course menu featuring Truffle Cauliflower Panna Cotta, Mallard Duck Rillettes, Black Angus Filet Mignon, Red Velvet Cake Deconstructed, and more. Ask about our romantic room package with the La Jolla Shores Hotel featuring oceanfront accommodations.

6 FOR $6 HAPPY HOUR
Monday to Friday from 4 to 6 p.m.
Wind down your day with our Six for $6 Happy Hour! Choose from six appetizers and six drink specials—each only $6. Menu highlights include Steamed Black Mussels, Baja Fish Tacos and a Zesty Blood Orange Martini.

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Wild Pile

“We’re not into coffeehouses like you. But you’d probably ask for a soup.”

A nastasia from Vladivostok brings my waffle. Melissa — her family is from Guam — hands me my coffee. The coffee’s Kona, from Hawaii. The waffle is from heaven.

Sigh. Love a surprise. Here I was, ambling along Market. Biggest care in the world was a slightly grumbling gut.

It’s around 2:00 in the afternoon. Looking for first food of the day. Heading east. I pass that mini-canyon, an actual earthquake fault line right where Market Street and First Avenue meet. It looks pretty wild down there. They’ve turned it into a rock-garden affair.

The first shop east of the fault gully has a banner in the window. It says, “Hawaii’s Lion Coffee.” There’s a menu up in the window, too: “Lion EATS.”

Aha. Prices are good, $5–$7. And I have this thing about Kona coffee. It tastes chocolaty, earthy, round, and smooth. Love it. ‘Course, it costs more, and I see a Starbucks farther on, but what the heck?

I head in.

First thing is the big welcome from Melissa. “Hi there!” Full of gusto, like she really means it. “Practice Aloha,” reads a sign taped to the cash register.

The small 100 percent Kona coffee costs $2.50. They have the ordinary stuff, too (small, $1; medium, $1.85; large, $2), but I figure I’ll save on the food.

“Still serving breakfast?” I ask.

“All day,” Melissa says.

“Well, it’s ten o’clock somewhere,” I say. The choice is between breakfast burritos (bacon, ham, chicken, sausage, or veggies), with eggs, potatoes, and cheddar. Or ham or turkey breakfast sandwiches. Everything’s $4.95. For lunch, they have $5.95 sandwiches; you pick your own meat, cheese, bread, and extras.

I’m almost tempted by the lunch combo: half a sandwich and a cup of soup ($5.95).

But then I spot the waffles. Lordy. There’s a basic Belgian ($5.95), a macadamia, a chocolate-chip, a coconut, a chocolate-coconut ($6.95). You get a choice of maple, coconut, or guava syrup.

I go for the chocolate-coconut waffle. Ask for the maple syrup, then straight away wish I’d gone for the guava, but Melissa’s already on her way. So, no biggie.

I could sit outside, except the good talkin’s happening here, in the warmth. Place looks kinda like a Starbucks, with blond wood tables. One big difference: they have a lion painted into the concrete floor, another looking down from the ceiling. The shelves are stacked with red and yellow and black bags of Hawaii’s Lion Kona coffee beans.

Anastasia makes my waffle on a waffle iron right there behind the counter.

She’s studying international business. Student exchange. “You think this is cold?” she says. “Right now, in Vladivostok, it’s 20 degrees below.”

I ask what I’d eat if I went into a Vladivostok restaurant. “We’re not into coffeehouses like you,” she says. “But you’d probably ask for a soup. A vegetable soup or a borsch with the beet-root soup Russia is famous for. You’d probably get a kompot, made from dried fruit, to drink. You’d pay about $5.”

So, hey, not so different.

But the coffee… IMHO, Kona coffee’s in a class all its own. For sure, my brew is velvety smooth. Also: the waffle is a sticky, crunchy, chocolaty mess.

So, guess what? Next day, I’m passing up Market again, and I can’t resist coming back in to try the lunch sandwich/ soup combo. This time, Anastasia is doing the greeting.

I ask for another of those delicious coffees and the half a sandwich and soup combo. Anastasia brings over a big royal-blue bowl of steaming chicken-vegetable soup, plus a chunk or two of French bread. This is filling enough in itself — hot, briny, chunks of chicken… Then I start on the sandwich. You get your pick of turkey or ham (I chose ham) on a bread or bagel or croissant (I chose the wheat bread), cheese (I chose pepper jack), and free “extras,” like, lettuce, tomato, red-onion slices, and pesto.

She toasts it all up and brings it over. It’s a wild little pile of ham and cheese and all that fresh stuff. For $5.95, it’s a good deal. Even with the $2.50 Kona coffee, I’m out under $10.

Larry, the boss who’s just come in, says the Lion company started in Toledo, Ohio, in 1864. Which makes it the oldest major American coffee company. They became important players in the U.S. coffee-roasting scene back when Teddy Roosevelt ruled the roost. But by about 1980, when everything had fallen apart but the name, a Hawaii-based fellow named Jim Delano bought the rights to the name for his company — and took it over to Hawaii. Now Lion roasts and sells beans that grow on the Big Island’s volcanic slopes. And Larry here is trying to re-launch the Lion brand on the mainland. This Market Street location is where he’s stuck his flag in the sand, the first of what he hopes will be a, uh, Hawaiian chain in the continental U.S.

“We’re definitely number one in Hawaii,” he says. But here he’s only just begun.

I’m thinking…so this is supposed to be the first of many locations…

Anastasia comes over.

I have an idea.

“Larry, Anastasia! How’s about this: Vladivostok’s not big on coffee places, Kona, whatever — not yet. Right, Anastasia? So how’s about we launch a Siberian chain of Lions. Could break that market wide open.”

“And you’d go over and open it up for us?” Larry asks.

“Oh, sure, no problem,” I say. Anastasia says, “Even though it’s 20 degrees below, Celsius, in Vladivostok right now?”

“Oh. Right.” I think about the lovely Carla, happy in the warm San Diego sun. “Can I confirm tomorrow?”

The Place: Lion Coffee, 101 Market Street #100, downtown, 619-299-5466
Type of Food: Light American
Prices: Breakfast burritos (bacon, ham, chicken, sausage, or veggie, with eggs, potatoes, cheddar, $4.95; ham or turkey breakfast sandwiches, $4.95; lunch sandwich (turkey/bacon, choice of cheese, bread, extras), $5.95; Belgium waffle, $5.95; Macadamia, chocolate-chip, coconut, or coconut-chocolate waffle, $6.95; acai bowl, $6.95
Hours: 6:00 a.m.—8:00 p.m. daily (Sundays, 6:30 a.m.—7:00 p.m.)
Buses: 3, 11, 120
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Good Food at the Airport?

“Well, it’s better than airplane food,” says Ken. “And Surly Jim here makes a good vodka.”

Okay, so damned with feint praise on the food front. But even though this is the airport, I’m chewing on some pretty nice potstickers.

I’m here waiting for Jan’s plane to arrive. Carla’s friend from Florida. Coming for a week. Eating at the airport?

For the first time in my life, I’m early. Disturbing feeling. I wandered the hallways looking for something to eat, but all I see are Starbucks standups and the usual franchises.

Then I spot this dragon, on the floor. Its long tail leads you into a Chinese fast-food place.

The dragon’s long tail leads you into a Chinese fast-food place.

Now I’m paying what I would have for the kung pao chicken. Still, it looks pretty good. I follow the dragon tail deep into the bowels of the place, kinda walking parallel to folks heading for their planes. I end up sitting at the bar.

“Could you have ordered it here,” says Surly Jim. “What can I get you?”

I go for the breakfast pot pie ($8.50) and coffee ($2.50). The pie’s a raft of flaky, light and crunchy, served with a spicy soy sauce.

“What the heck. I go for that, too. I get the four. Now you’re having what I would have for the kung pao chicken. Still, it looks pretty good. I follow the dragon tail deep into the bowels of the place, kinda walking parallel to folks heading for their planes. I end up sitting at the bar.

“Could you have ordered it here,” says Surly Jim. “What can I get you?”

I go for the breakfast pot pie ($8.50) and coffee ($2.50). The pie’s a raft of flaky, light puff pastry topped with a ladle of rosemary sausage gravy and an egg, your choice (I got mine sunny side up). On the side are hash browns, griddled crispy and molded into a tower, then browned again on one side. Nice job on those.

The puff pastry shattered into flakes at the touch of my fork, just the way it should. The gravy was nice, not that gloppy, greasy stuff you often get. It looked and tasted just like good pot pie filling, with lots of rosemary and black pepper, along with carrots, celery, scallions, and bits of sausage. The egg was great, a beautiful orange runny yolk and a firm, tender white.

I have to mention my server, Justin. It was busy, the place was full, but he managed to keep track of your plate. It’s not coleslaw. It’s a vinegar-based mix. Really quite delicious.

He’s right. It’s like kim chee.

It’s hard to leave this little group of guys, instant compañeros. But, there’s Jan’s plane announcement.

Don’t Sleep In, Snooze

Snooze, the latest addition to the block of Fifth Avenue between University and Washington in Hillcrest, calls itself “an AM eatery.” And, yes, they are open at the ungodly hour of 6:30 a.m. on weekdays, which I rarely see willingly. The things I do for food...

I wasn’t disappointed. From the funky ‘50s retro look to the classic-rock soundtrack to the friendly, energetic staff, Snooze provides a wake-up call for even the grumpiest of early risers.

The menu features Niman Ranch eggs and meat and organic Guatemalan coffee. I usually don’t have much of a problem choosing what I want to eat, but I did pause to consider getting a Pancake Flight ($8.50, three different pancakes, your choice).

I opted for the breakfast pot pie ($8.50) and coffee ($2.50). The pie’s a raft of flaky, light puff pastry topped with a ladle of rosemary sausage gravy and an egg, your choice (I got mine sunny side up). On the side are hash browns, griddled crispy and molded into a tower, then browned again on one side. Nice job on those.

The puff pastry shattered into flakes at the touch of my fork, just the way it should. The gravy wasn’t that gloppy, greasy stuff you often get. It looked and tasted just like good pot pie filling, with lots of rosemary and black pepper, along with carrots, celery, scallions, and bits of sausage. The egg was great, a beautiful orange runny yolk and a firm, tender white.

I have to mention my server, Justin. It was busy, the place was full, but he managed to keep track of
everyone and everything with incredible good cheer. I knew that should always happen, but he did an exceptional job, and it really added to the experience. Snooze has five locations in Colorado. This is their first California spot, 3940 Fifth Avenue.

**Van Gogh and the Three Candles**

The three candles burn bright in their candelabra. It sits on the console in the middle of this ol’ horseshoe bar. It’s the kind butlers hold to light the way through the hacienda in movies such as, say, Zorro. Wax from many an evening piles up below each candle.

I’m sitting up at the “U” part of the horseshoe bar. Over by the window, Juan Moro is playing incredible flamenco riffs on his guitar.

Couples canoodle at tables. Two are sharing a pan of paella. Black mussel shells and red shrimp tails stick up out of the yellow rice.

Here at the bar, Van is pouring me a zin, and the other bar guy, Aaron, is setting up glasses for Rachel and Matt. Rachel is a

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**Two Ways to Find Foodie Solace**

Now that chef and restaurateur Matt Gordon has gotten through the first several months at his newest eatery, Solace and the Moonlight Lounge in Encinitas, the spot’s running well enough for him to take a breath and have some fun. For him, that means special events highlighting two of his favorite things: local ingredients and wine. Both will be the subjects of events he’ll be putting on this month.

On Sunday, January 29, Gordon and his sous chef, Ginny Vacarro, will head out for a special sunset barbecue at Greely Garden, a plot being developed in Logan Heights to supply Solace with produce and serve as an educational site for students at Laura Rodriguez Elementary School.

Vacarro has been putting in plenty of time conditioning the soil, helping to erect a greenhouse and get the garden ready for the public. The barbecue will be its debut and will include live music, an art show, and some other fun surprises. Greely Garden, 3254 Greely Avenue.

Prefer a wine soiree to a garden party? Pencil in January 31 to visit Solace and the Moonlight Lounge for the Solace Family Wine Tasting. Gordon and his co-owner and beverage director, Young-Mi, will have six of their vendors in to pour 40 of their favorite bottles. Artisanal cheeses and special food pairings from the restaurant’s kitchen will be served.

Solace and the Moonlight Lounge, 25 East E Street.
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**Valentine’s Day**

Tuesday, February 14, 2012

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**More Than Just Salads: Casa de Luz**

“I don’t like using the word ‘macrobiotic’ to describe our food,” says Eduardo (Wayo) Longoria III. “It sounds too science-y. Macrobiotic actually means ‘great life’ and that includes food, but it’s so much more. It means to live every part of your life consciously.”

Wayo should know. His new dining room, Casa de Luz on University Avenue in North Park, is scheduled to open in three weeks. He was diagnosed with multiple sclerosis nine years ago, and after following conventional medical protocols for four years he decided that it wasn’t working for him.

“MS is an autoimmune disease. My body was trying to kill itself. I kept asking, Why is my body doing this? My body was telling me something, and I needed to listen to it,” says Wayo.

Wayo’s father (also Wayo), founded the first Casa de Luz 20 years ago in Austin, Texas, where it has become a highly regarded favorite. But Wayo III had his own destiny; working at the family’s Burger King and Papa John’s franchises, opening his own seafood restaurant, and “being young, doing what young men do.”

When he began suffering from vertigo and received his diagnosis of MS, everything changed. He traveled to Amsterdam, Italy, and France, where he studied at Cuisine Santé in Saint-Gaudens, France. It was there he learned about using food to help heal his body and control his MS symptoms. He still has the disease, of course, but the number of flare-ups has dramatically decreased.

So what does Casa de Luz offer, beyond the usual “local, organic?” For starters, it is affiliated with the UCSD Center for Integrative Medicine’s cooking school. The menu changes daily and is all plant-based, vegan, and macrobiotic.

There will be raw menu items when possible. Tables, which hold eight, are communal, though there will be a few smaller ones, too. The upstairs area houses a full demo and teaching kitchen.

Executive chef Denise Girard, whose prior positions included a stint at the Raw Kitchen in West Palm Beach, is committed to maintaining a “high taste profile. You have to create delicious food if you want it to be sustainable. Otherwise, people will just continue to eat as they did before.”

Both Girard and Longoria emphasize that eating healthfully is no quick fix. “Give us a month [of consistent adherence to the lifestyle],” says Wayo. “We’ll change your mind, and you’ll love it.”

Casa de Luz will be at 2920 University Avenue.

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**Soup & Sandwiches (in That Order) at Bolillo Toritas**

Gringos are familiar with the taco, burrito, enchilada, and nacho sections of Mexican to-go joints. They’re the unofficial signature cuisine of America’s Finest City. Yet there’s one prominent, well-stocked portion of the standard taco shop bill of fare that gets consistently overlooked: the column headed by the word torta.

For those who’ve been scared off by an unfamiliar term and never tried one, it’s basically a sandwich. In the best cases, they’re made using bolillo rolls, a slightly sweet style of bread with a sturdy exterior crust and a doughy center. All too often on this side of the border, bland varieties of hard taco are passed off by an unfamiliar term and never tried one, it’s basically a sandwich. In the best cases, they’re made using bolillo rolls, a slightly sweet style of bread with a sturdy exterior crust and a doughy center. All too often on this side of the border, bland varieties of hard taco are substituted, making for an inferior product.

I was encouraged when I happened upon a new spot in...
the Gaslamp that "gets" this sandwich: Bolillo Tortas offers 17 different tortas, ranging from the kind you can find just about anywhere in San Diego (carne asada, shrimp) to americano-geared types (turkey and cranberry, ham and cheese) and traditional numbers that "gets" this dish.

As a test, I went for the traditional category, selecting their torta ahogada, a roll stuffed with carnitas and thin rings of raw red onions lying in a shallow red pepper broth. A saucy raw red onions lying in a shal low red pepper broth. A saucy

Bathing in a low red pepper broth. A saucy

I was pleased to have found good tortas, but the show was

When it's for the tortas or their supporting cast (which includes bacon-wrapped, mozzarella-stuffed jalapeños), I'll be back to this place for sure.

Bolillo Torta, 417 Fourth Avenue.

Mama's Grill

Mama's Grill in Kearny Mesa is sandwiched between several restaurants in a strip plaza at Clairemont Mesa and Ruffner. It's pretty no-frills. Just walk

I love the dark grill marks and the crunchy crust on the bread. Not too thick, though. The meats and cheeses stay put when you bite into it. Layers

I also sampled a carne asada bolillo ($7.55) in front of you.

It's fairly no-frills. Just walk

Steak and Ribeye

My favorite! Get the ribeye.

And the phrase "Meat and Potatoes" comes to mind when looking at the menu at Mama's Grill.

The ribeye is Juicy! It's cooked to perfection and the sauce is just right. The potatoes are also cooked to perfection and are a perfect side dish.

I would highly recommend the ribeye at Mama's Grill.
facade looks out on the block of Fifth Avenue between Washington and University, which has seen a lot of development recently.

The interior is resplendent in guru-chic. The overall effect is not exactly in line with the pantheistic décor of an Indian restaurant or the tropical Buddhist trappings of some Thai places. It’s more reflective of the kind of transcendental fusion culture that evokes images of mid-century yogis and gurus leading the burgeoning spiritual revolution in American counter-culture. The net effect is peaceful and serene, and the perfect surroundings to become one with some vegetarian cuisine.

That’s correct. The specialty of the house is vegetarian and vegan food. And Lotus Cafe does a good job of presenting vegetarian food as the main event rather than a quirky side show. The majority of their menu items are vegetarian, and most can be made vegan with a few small substitutions. Good karma abounds.

The vegetarian chili dog ($6.45) comes on a whole-wheat bun and is smothered in veggie chili. Melted cheese and sliced red onions make an appearance on top, and blue corn chips and salsa are on the side. Like any veggie dog, the texture is just a little too soft to be a perfect substitute, but the flavor is basically identical to any other hotdog. There’s enough chili that it requires a fork and, at the end of the day, it’s quite good.

In order to totally undo any possible health benefits of a vegetarian diet, Lotus Cafe blends up killer shakes. Of a vegetarian diet, Lotus Cafe blends up killer shakes.

Lotus Cafe, 3955 Fifth Avenue.

Posted Jan. 24 by Ian Pike

Two-Buck Sliders

Whoa-ho! What a deal! I popped in to Stout Public House (1125 Sixth Avenue, downtown) during happy hour (which are long and easy to remember: 4 to 8 p.m., every day) to grab a bite and a pint before I jumped aboard the Blue Line trolley half a block away (Fifth Avenue stop).

This was about six. The guy next to me was having chicken tenders. So, what the heck. I ordered a happy hour plate of them ($3.50 for four with honey mustard dip) and a pint of Guinness, seeing as how this was an Irish pub and the guy pouring them was an Irishman, Mark, one of the owners. And seeing they didn’t have a Stone Arrogant Bastard.

You have to pour Guinness slow, of course, and while Mark’s pouring, I’m poring over the happy hour menu. I see that sliders, which normally go for the great price of $3, are now $2. This I gotta try. So I order one, and when it comes, hands down, it beats the tenders by a mile.

One, it’s big for its size, two, it’s Angus beef, and three, I take on a slab of cheese for 25 cents more. Talk about Two Buck Chuck! It’s a heckuva bite. Mark says the ultra-tender bun is Hawaiian bread.

If you’ve got two bucks to rub together and you’re hungry, for my money, the bucks stop here.

Warning: It’s hockey season, and trust me, Stout is Hockey Central. Don’t expect to see anything but flying pucks and monster ice collisions on the TV screens.

Posted Jan. 24 by Ed Bedford

First Look: Prepkitchen Little Italy

Before comfort food and reclaimed chic were the trends in America’s Finest, there was Whisknladle.

The product of young restaurateur Arturo Kassel and partner-in-crime executive-chef Ryan Johnston, WNL took La Jolla and then the entire county by storm with porcetta, pastas, sandwiches, and refined Americana, was inspired by a trip Kassel took to a Little Italy antique shop shortly after opening the show on the road, opening a second location in Del Mar.

Situated on the second story at the southwest corner of India Street and Date Street, the new “PKLI” is more like Whisknladle than its namesake predecessors. A full-fledged dine-in restaurant, complete with a large bar area, this is a place to sit down and take your time with your food. Best of all, it can seat 65 diners at a time. A lot of thought has been put into creating the perfect atmosphere for lounging, including the main dining room, featuring wide-angle views of India Street to an off-to-the-side dining space referred to as “The Study” that’s furnished to feel as if you just walked into somebody’s relaxed home.

The design, which seamlessly meshes together elements of home, carpenter-treated and lumberjack-hacked woods, and relics Americana, was inspired by a trip Kassel took to a Little Italy antique shop shortly after securing the space. He ended up spending thousands of dollars on a hodgepodge of outlandish bric-a-brac, all of which have found their way into PKLI. It’s worth a trip to the restroom to check out the custom-painted humanimal plates from a local artist lining the walkway to the loo.

There’s a lot more to discover, including a shared sink meant to be every bit as communal as the trio of tables by the bar, whimsical animal and skull bottle openers on the wall, and 40 choices of the preliminary designs for PKLI pasted up as wallpaper inside the restroom. Go forth, eat, and explore.

PKLI will offer food until midnight and will be located at 1660 India Street.

Posted Jan. 24 by Brandon Hernandez
Showcase Shame. “Jolt ’N Joe’s downtown canceled all entertainment, which included every band night and a comedy night,” says Lenny Morris of his now-defunct residency at that venue every other Wednesday. “It was a real surprise.

I was working with them to get music, comedy, and other events up and running. The first show we did there had a great turnout. The two in December were a little lighter.”

According to Morris, “I didn’t get to have a direct conversation with the owner. Rather, I just received a call from the entertainment director the night before my event at downtown’s Hard Rock Cafe — Lenny Morris and Friends, set to debut February 4 with local acoustic guitarist/songwriter Ben Varela and pianist John Intrabartolo.

The La Mesa–based troubadour and promoter says the Hard Rock restaurant, wearing its rock ’n’ roll pedigree all over the walls, doesn’t host enough concerts. “I’m just trying to start a new concept, whereas people will get me serenading them for three hours, for free, as well as a couple of talented guests playing sets, in a family-restaurant setting. I’m not trying to compete [with other live music venues], but there aren’t many places downtown with delicious food, great drinks, a wonderful staff, a variety of live music, and no cover charge.”

“No cover” being key. “Just spend your money on satisfying your appetites. [The Hard Rock], honestly, seriously has the best chicken strips ever.”

Starting in March, themed nights will feature music from a particular decade or a specific artist, with contenders to include Elvis Presley, Johnny Cash, Michael Jackson, the Beatles, and Van Morrison.

Morris is currently recording his sophomore album No Secret. Upcoming Lenny Morris and Friends events will include Jeffrey Joe Morin with Jo James Lewis (February 11), and Celia St Croix with Katie Dwyer (February 18).

Suburban Standards. While drilling holes into records, Colin Tappe talks about Standards, a record store he is preparing to open in Vista. “I just wanna do something for North County. That’s where I am, and I like it here. I’m just a suburban kind of guy, you know?” he tells me as we chat in the half-prepared shop.

Tappe, who commuted to his job at Radiation Records in Anaheim for a year, plans to enrich the cultural landscape of Vista, instead of abandoning it the way he’s seen so many do over the years.

“There’s a tendency for interesting people to get the fuck out of North County as soon as they possibly can.” In contrast, Tappe is investing in a spot that he sees as an interesting hub of sorts — near a restaurant called the Yellow Deli, where he’s seen “Ren-fair people, to tea-partiers, to band nerds. All kinds of folks.”

While a record by a metal band called Darksom plays over the newly installed stereo system, Tappe explains his record store’s name.

“It’s a girl name. Among other acquisitions, Tappe purchased the paint sandwich board he is preparing to open in Vista. Certain Girl Situations. “I think Hemingway and maybe Bukowski are the only writers who I’ve read all of their books,” says keyboard crooner Sean Davenport, whose new Hills Like Elephants (the name is a Hemingway reference) project is preparing to release their debut album while Gun Runner goes on a “long-term break-up” — an expression consistent with the heart-on-sleeve mood of Davenport’s pending Endless Charade, a concept album “about certain girl situations.”

“A girl kind of messed me up. I was dealing with that (continued on page 72)
The idea was to make a keyboard album where the guitar is textural rather than the main drive of the song," Davenport says. "I didn't want to do a Sea Change or Bon Iver thing, where the music matches the mood, which is sad. I wanted to keep it danzir. So the album is, like, a remix of the songs I started with. None of them sound like how they started."

With Hoffee's help and taking cues from the likes of Twin Shadow, Peter Wolf Crier, and Destroyer, Hills

Like Elephants has been doing the "beat-oriented lo-fi dance thing" since October, echoing equally of Dinosaur Jr., LCD Soundsystem, and Sam Cooke. The live lineup includes Andrew Armredding (River City) emulating synths with guitar and effects, former Gun Runner trampus Carlos Ortiz, and guitar/bassist Danny Gallo.

"The album's called The Endless Charade, and from one end of the album to the other it shows you that as bad as it gets, it's going to be okay, and you learn along the way. The games never stop — you have to learn how to play. It's not spiteful; it's more just if you can relate."

The Endless Charade features art by Jon Kruger (River City) and is set to be released late February followed by a nationwide tour in May.

— Chad Deal

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All Leather's Joyner says, "No last show, no reunion, no final record." It's a waste of time and money to not tour on it or play a show with it... We just decided to move on with other projects, cause everybody has something else going on."

The production collaboration known as Leg

Lifters, which consists of Joyner and All Leather's vocalist Justin Pearson, recently finished a remix of a band called Warsaw Warsaw, to be released as a seven-inch on Pearson's 31G label. Pearson also sings for the band Retox, which is about to go on a West Coast tour beginning at the Casbah February 16. Sing also plays drums in Maniqui Lazer, while Joyner plays drums and sings in Hot Nerds. Joyner's other production/DJ duo, Es'e & Zain, recently solidified a bimonthly residency in Mexico, playing Yourevolution Bar in Tijuana on February 25.

— Bobby Bray
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I Love the Cookies

“I’m huge in Japan. Isn’t everybody, though?”

I have a new covers album called 1957 that’s mixed and done,” says busy Blizzard frontman Chris Leyva, who plans to release a new solo CD on Valentine’s Day. His 2008 solo debut, Singled Out, produced by Lee Coulter, was nominated for two SDMAs. The latter is more electronic-based than his previous projects, having been mastered and coproduced by Chris Reynolds, whose local acto techn Red Flag made the Billboard top-ten charts back in 1988 with their song “Russian Radio.”

Leyva, who grew up in Mexico City, also books bands at venues around town and co-manages the Black Cherry Group that he founded in 2006 with Reliable Records main man Jerry Segal. “We wanted to offer something positive in the midst of the slow demise of the music industry,” says Leyva of the downtown San Diego company. “We handle artist relations, concert promotion, and we do a lot of brand marketing. [Black Cherry Group] was envisioned as a company that could help artists with the nuts and bolts of the music industry.”

Chris Leyva is currently playing around Southern California with his band Leyva & The Dead 67’s.

WHAT’S IN YOUR MUSIC PLAYER?
1. Noel Gallagher, Noel Gallagher’s High Flying Birds. “I feel this is his most expressive work created under terrific pressure, and the results were very choreographed, but on this one he’s completely free.”
2. The Rembrandts, Choice Picks. “This is a collection of tracks featuring two friends re-recording their greatest hits. Their playing is like aged whiskey — it just keeps getting better with time.”
4. Kesha, Animal. “This really excites me and makes me want to do a new electro-dance album. I prefer her over other peeps such as Lady Gaga and Katy Perry, who I dig but who are losing their organic simplicity.”

FAVORITE SURPRISE?
“The invitation I got through my email to the 2010 Grammy Awards, via Black Cherry Group. It was my first time at the Grammys, and it was as awkward as a high school prom. I was overdressed, and in all the pictures I took totally dazed. I got invited again [to the 2011 ceremony], and I kept it cooler, less dressy. I think I’m getting the hang of it, but I’m still not used to the red carpet.”

SEEN ANY GOOD SHOWS LATELY?
“I very recently enjoyed watching some cool local bands: Dante’s Boneyard, Isaiah Blas, and Dying to Wake. They were all impressive in their own genre, especially for local bands.”

BIGGEST LIE YOU EVER TOLD?
“That I’m huge in Japan. Isn’t everybody, though?”

FIRST TIME DRUNK?
“Oh, man. I was, like, 16, in Mexico City at a cabaret. And yet I still managed to keep my virginity.”

MOST AUTOBIOGRAPHICAL LYRICS?
“I have a song called ‘New Life’ where I sing about being a rock-and-roll troubadour, always looking for adventures, romance, and inspiration: ‘I went searching for some fun last night/ Got so drunk almost got into a fight/ But I wouldn’t want a new life/ Or be stuck at home with new wife/ I’ll just take my throne and write a song for me.’”

MOST MONEY YOU EVER WASTED?
“I do that every day. Three grand here, nine grand there. It’s sick sometimes, but it’s mostly travel expenses. We have to handle a lot of money sometimes.”

LOCAL EATERIES WHERE YOU TAKE OUT-OF-TOWN VISITORS?
“Waters Fine Foods and Catering on Morena Boulevard, by Brick by Brick. Order the chicken on focaccia bread with the crunchy onions and pesto spread. It’s only six bucks, and you can sample all the sides, with all the organic yumminess. I’ve been going there for a long time. I love their cookies, and the girls there are real cool.”

PROUDEST ACHIEVEMENT?
“That I can finally make my living, thank God, on music alone.”

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With pianist Myra Melford, bassist Mark Dresser, drummer Matt Wilson.

The Bailey Wood Pit
Barbecue: 2307 Main St., Julian, 760-765-3757.
Saturday, 8pm — Wild Night.
Classic rock. $5.

Bar Pink: 3829 30th St., North Park, 619-564-7194.
Thursday, 9pm — The Husky Boy All-Stars. Featuring DJ Buda.
Bar Pink, 9pm — DJ Artistic and NoSuckerDjs.
Thursday, 9pm — The Sidewalk Scene and the Answers.

Basic Urban Kitchen and Bar: 410 Tenth Ave., East Village, 619-531-8869.
Tuesday, 7pm — Timothy H. Alternative. Free.

Belly Up: 143 South Cedros Ave., Solana Beach, 858-481-8140.
Thursday, 8pm — Joe Walsh.
Rock. Sold out.
Friday — Keller Williams. Rock/jam.
Saturday — Martin Sexton. Folk/country/blues.
Tuesday — Dr. Dog. Psychdelic rock/baroque pop.
Wednesday — Dave Booda, Michael Tierman, Lisa Sanders.

Brass Rail: 3767 Fifth Ave., Hillcrest, 619-298-2233.
Saturday, 6pm — Lady Jane Dj.
Seattle’s own! $10.

Thursday, 8pm — Suffer in Black.

Café Libertalia: 3834 Fifth Ave., Hillcrest, 619-299-9360.
Friday, 8pm — Bug Guts, Jeff Berkley.
Saturday, 8pm — The Dread Crew of Oddwood.
London Below. $10-$12.

Wednesday, 8:30pm — The Brokers Free.
Friday, 8:30pm — Doomtree.
Saturday, 8:30pm — FX5. Covers/standards. Free.

ELEANOR FRIEDBERGER: The Casbah, Thursday, February 2, 8:30 p.m. 619-232-4385. $12.

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Eleanor Friedberger and Dominant Legs. $12.
Friday, 8:30pm — Doomtree.
Saturday, 8:30pm — The Soft Moon and Gold Showers. $8-$10.
Monday, 8:30pm — Alice Smith. $15.
Wednesday, 8:30pm — Saint Motel, Heavy Guilt, Noferals. $8-$10.

The Coyote Bar & Grill: 300 Carlsbad Village Dr., Carlsbad, 760-729-4695.
Saturday, 9pm — Oceanside’s own! $10.

The Coyote Bar & Grill: 300 Carlsbad Village Dr., Carlsbad, 760-729-4695.
Thursday, 6pm — Red Lane.
Blues/jazz. Free.
Friday, 6pm — The Brokers Band. Free.
Saturday, 6pm — Big Shot Reub & the Reeloaders. Free.

Friday, Saturday, 9pm — FX5. Covers/standards. Free.

Dizzy’s: Second Avenue & 1st., Downtown, 858-270-7467.

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Field. American fiddle rock.
Castellanos. Jazz/Latin.
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Heights, 619-450-4292.
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Linda Vista.
UCSD, 858-534-8497.
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Folktronica. $10.
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5790 Armada Dr., Carlsbad, 760-
Museum of Making Music:
Molly Malone's:
The Loft:
Pala Casino: 35008 Pala
Temecula Rd., Pala, 877-946-
Thursday, 8pm — Colbie Caillat.
Friday, 9pm — Lipstick N
Saturday, 8pm — Dog &
Bombs, the Gore Horseman,
Problem with Dragons,
Tigers. $5.
Sunday, 8:30pm — Planetoid,
Problem with Dragons,
Bantamfether, Daginition.
Soma: 3350 Sports Arena Bl.,
Midway District, 619-226-7662.
Thursday, 6:30pm — Bleeding
Through.
Metalcore.

Humphreys Backstage Music
Club: 2241 Shelter Island Dr.,
Shelter Island, 619-224-3577.
Friday, 9pm — Viva Santana.
Carlos Santana tribute. $12.
Saturday, 9:30pm — Rockola.
Classic-rock covers. $12.
Kensington Cafe: 4141 Adams
Ave., Kensington, 619-640-0494.
Saturday, 7pm — Doug Walker

I'm not sure what you mean by "metalcore." It's a genre that's not widely recognized by the general public, and it's often associated with hardcore punk and metal. If you're referring to the band August Burns Red, also known as ABR, they are a metalcore band that is popular in the United States. They are known for their fast-paced, aggressive sound and their technical skill.

It's possible that the "metalcore" reference was intended to describe a different band or genre, but without more context, it's difficult to say for certain.

If you could provide more information about the context of your question, I would be happy to help further.

By the way, "metalcore" is a genre of music that originated in the early 1990s and is characterized by its fast pace, complex technicality, and aggressive sound. It is often associated with other genres such as death metal, thrash metal, and hardcore punk.

It's also possible that the "metalcore" reference was intended to describe a different band or genre, but without more context, it's difficult to say for certain.

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If you could provide more information about the context of your question, I would be happy to help further.
Undercover Blues
Boo Boo Davis
By Andrew Hamlin

Boo Boo Davis wishes you a “Xmas Blues,” and you should marvel at his organic melding of the blues as an outlet for pain and that prolonged pain known as suffering; and the benediction of the holiday spirit.

Spirit, indeed, concerns many Boo Boo musings, though his animus punches straight through to animal. Urging the listener to his “Turkey Walk,” he’s got his own turkey walk down bowlegged, festooned with a “gobble gobble gobble gobble gobble” obligato.

John Gerritts picks up the trance-inducing Mississippi style of drumming, pounding ‘til the sound takes you up and around. Boo Boo’s boss, Jan Mittendorp, busts guitar and bass lines simultaneously on one six-string, a talent he isn’t even especially proud of.

Boo Boo, who got his musical initiation banging a lard can for the family, brings lard can lessons to his voice and harmonica. He wastes nothing. Each piece reinforces.

So, “Xmas Blues” reinforces suffering against a plea to the almighty for the end of suffering, for best wishes to manifest themselves. Boo Boo finishes with an honest-to-God gospel song, except that he calls God “Dave.” “Thank you, Dave!” he says at the end of many songs, thanking Him. And, frankly, I hate (the idea of) God just a little less, being honest-to-Dave.
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2/8 • Atomic Punks 7:30PM
2/9 • Steve Poltz 3rd Annual Birthday Bash at The Rugburns, Bob Schneider, AJ Cooper and Sara Petite 8PM
2/10 • The Makepeace Brothers, The Brothers of Brazil • 30 PER TICKET GOES TO SD MUSIC FOUNDATION 8PM
2/11 • F-MS: A Rockin’ Jazz and Blues Night For Breea feat. Alan Iglesia and Crossfire, Steph Johnson and DJ Joel
2/12 • Candy Kane’s Sweetheart Swing feat Karling Abbavogie
2/17 • 91X Presents An Evening With Cake • 30 PER TICKET GOES TO SD MUSIC FOUNDATION 8PM
2/18 • Atomic Groove 8PM
2/19 • Super Nacho Matinee 3PM
2/3 • Atomic Groove • 7:30PM
2/10 • Super Nacho Matinee 3PM
2/11 • F-MS: A Rockin’ Jazz and Blues Night For Breea feat. Alan Iglesia and Crossfire, Steph Johnson and DJ Joel
2/12 • Candy Kane’s Sweetheart Swing feat Karling Abbavogie

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FRIDAY 2/3 • 9:30PM

SATURDAY 2/4 • 9PM
MARTIN SEXTON
WIADAM GONTIER W/PURLING HISS TUESDAY 2/7 • 9PM

TUESDAY 2/8 • 7:30PM
DAVE BOODA, MICHAEL TIERMAN AND LISA SANDERS W/NIKKI BUHM AND THE GRAMBLERS SATURDAY 2/11 • 9PM

W/Bob Scott W/ADAM GONTIER SATURDAY 2/4 • 9PM
MARTIN SEXTON W/PURLING HISS TUESDAY 2/7 • 9PM

MONDAY 2/13 • 9PM
DAN HICKS AND THE HOT LICKS W/ NENA ANDERSON THURSDAY 2/16 • 8PM

TUESDAY 2/14 • 8PM
EAT NEXT DOOR AT THE WILD NOTE CAFE • 858 720 9000
February 14 — Tommy Emmanuel.
February 15 — Jake Shimabukuro.
February 26 — Lila Downs.
March 1 — Merle Haggard.
Bar Pink:
3829 30th St., North Park, 619-564-7194.
February 10 — Pocket.
February 11 — The Milkcrate DJs.
Belly Up:
143 South Cedros Ave., Solana Beach, 858-481-8140.
February 12 — Abbey Road.
February 16 — Dan Hicks & the Hot Licks.
February 18 — Atomic Punks.
February 19 — Steve Poltz Third-Annual Birthday Bash.
Birch North Park Theatre:
2891 University Ave., North Park, 619-239-8836.
March 2 — Girls and Unknown Mortal Orchestra.
Brick by Brick:
February 9 — Evolove, Matt Toka, Blameshift.
February 10 — Sabbath Judas Sabbath and Ultimate Sin.
February 11 — Hell on Heels Burlesque Revue.
The Casbah:
2501 Kettner Bl., Little Italy, 619-232-4355.
February 12 — Mike Garson.
February 19 — Mundell Lowe, Gary Scott, Bob Magnusson.
Eleven:
3519 El Cajon Blvd., City Heights, 619-450-4292.
February 10 — The Bloody Hollies and Heavy Glow.
Epicentre:
8450 Mira Mesa Blvd., Mira Mesa, 858-271-4000.
February 10 — Off Track.
February 11 — Terra Firma.
House of Blues:
1055 Fifth Ave., Downtown, 619-299-2583.
February 11 — Dweezil Zappa Plays Zappa.
February 16 — The Fray.
February 17 — The Expendables.
February 22 — Iced Earth and Symphony X.
February 23 — Hot Chelle Rae.
February 25 — Mat Kearney.
February 29 — The Kooks.
Humphreys Backstage Music Club:
2241 Shelter Island Dr., Shelter Island, 619-224-3577.
February 9 — Ruby & the Red Hots.
February 10 — Detroit Underground.
February 11 — Honey Island Swamp Band.
Humphreys by the Bay:
2241 Shelter Island Dr., Shelter Island, 619-224-3577.
April 16 — Elvis Costello & the Imposters.
April 17 — Madness.
Lacey J’s Roadhouse Saloon & Grille:
8861 Magnolia Ave., Santee, 619-448-8550.
February 10 — Sundance Band.
February 11 — Hard Rock Allstars.
February 12 — The Down-Beat Big Band.
Lestat’s Coffee House:
3343 Adams Ave., Normal Heights, 619-282-0437.
February 10 — Gregory Page.
The Loft:
9500 Gilman Dr., UCSD, 858-534-8497.
February 17 — The Heavy Guilt, the Howls, Low Volts.
Molly Malone’s:
1270 Main St., Ramona, 760-789-9050.
February 10 — Safety Orange.
February 11 — Skynrd’s Innyrds.
Museum of Making Music:
5790 Armada Dr., Carlsbad, 760-...
February 12
Harbor Dr., Downtown. Ramona, 760-789-7008.
Soda Bar:
Seaport Village:
February 11
45000 Pechanga Parkway, Dr., Midway District, 619-487- and Alpha Channel.
— Bloody Mess & the — Drama Club.
— Roger
— Tony Bennett.
— Carter Falco,
— Abe West, High
— Tony Bennett.
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February 10 — Young the Giant.
February 11 — The Swellers.
February 17 — Killing the Messengers.
February 10 — Unwritten Law.
February 12 — Terri Clark.
February 12 — Oak Ridge Boys.
February 19 — Juice Newton.
February 10 — The Brian Ellis Group.
February 11 — The Spires.
Tio Leo’s:
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Mon.-Fri. 11-7 • Sat. 11-5 • Closed Sun.
Legendary Repairs by Yuris Zeltins, Drew Gallahar,
University Ave., City Heights, — Van Halen and Kool
Tio Leo’s: 5302 Napa St., Linda Vista, 619-542-1462.
February 10 — Robin Henkel, Billy Watson, Whitney Shay.
February 9 — Jeffrey Joe Morin.
February 16 — Michael Tiernan.
The Tower Bar: 4757 University Ave., City Heights, 619-284-0158.
February 18 — The Widows.
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Rose Wine Pub in South Park caught my attention when it opened about 16 months ago. It was a holiday walkabout night and the cozy bar, which seats about 30, was standing-room only. Wanting to get acquainted beyond the pint of IPA I had on my first visit, I returned last month and took bartender Joel’s suggested tour of the menu.

“It’s a nice, quiet place,” says owner Susan Prise, who named the pub after the location’s “historic 1927 Rose Grocery” and her grandmother Rose Miranda.

Void of any sommelier snoot, Rose Wine Pub is a laid-back environment in which to explore boutique wines from around the world paired with a menu that adapts monthly to the local market and the ingenuity of Rose’s close-knit staff.

The house specializes in flatbread pizzas, pansini, cheeses, and salads, and is as-much-as-possible organic and locally sourced (Rose recently hosted a benefit for the Seeds@City organic garden at City College).

Joel recommended the spicy beef and cauliflower/potato/cheese empanadas with the house chimichurri sauce as an appetizer before bringing out a Polish pesto flatbread (sausage, sundried tomatoes, fresh mozzarella, and feta) and the seasonal winter squash flatbread (sauceless, kabocha squash, pancetta, carmelized red onion, goat cheese, rosemary, sage, olive oil, garlic).

For dessert, Joel brought out the last of a prickly pear sorbet with dollops of marshmallow cream and chocolate Popcorn.

“The cactus apples were wild-harvested by one of the cooks,” he said. “She has the scars to prove it. It’s a defini-
tive labor of love.”

In addition to their collection of wines ($6 to $18/glass), Rose offers bottled beers and six drafts, generally including a selection from the neighboring Stone outlet.

At $9 for a six-inch flatbread and $14 for a foot-

long, prices are geared toward South Park’s professional crowd without being prohibitive to the neighborhood’s quasi-employed artist and musician community.

Happy hour runs until 6:30 daily with a $5 menu of select wines by the glass and house staples, including bleu chips, mushroom crisps, margherita flatbread, and “feta-ishes” (grilled pita, feta, honey, and tzatziki sauce).

Restaurant-industry workers can join Joel for an all-day happy hour and board games every Monday.

Find more stories by Chad Deal at SDReader.com/deal
ATHENS MARKET:
Price cocktails & appetizers.

ASTI RISTORANTE:
DOWNTOWN

AND WINE BAR:
DEL MAR

CANDLES ON THE BAY:
Paid! House of Blues:
Daniel’s, Jäger, José Cuervo Gold.
3:30-6:30 pm: $4 shots: Jameson, Jack
$1 off drafts. 15% off appetizers.
3-6pm: $2 off select wines by the glass,
4-6pm: 1/2-off drinks & bar menu.

PAID! MONKEY PAW:
Edamame, $.99.
5-7pm: $2 domestic, $4 micro, $2.50
$3 wells, $4 martinis. Killer happy
day, 3-6pm: $3.50 domestic pints, $4
domestic bottles, wells, house wine.

PAID! THE STAGE ROCK BAR &
GRILL: Daily, 5-7pm: $6 wine, tapas,
$4.50 wells, $3 doggie bites.

PAID! JT’S CLUBHOUSE PUB &
GRANTVILLE

GRUMPY DAN’S GRILL:
$4 wells.

PAID! YARD HOUSE:
Monday-Friday
Turf Supper Club:
Friday-Sunday

ROCKIN’ BAJA LOBSTER:
Grill:
PAID! THE REFLECTORS

GRUMPY DAN’S GRILL:
$4 wells.

PAID! YARD HOUSE:
Monday-Friday

ROCKIN’ BAJA LOBSTER:
Grill:
PAID! THE REFLECTORS

GRUMPY DAN’S GRILL:
$4 wells.

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$4 wells.

PAID! YARD HOUSE:
Monday-Friday

ROCKIN’ BAJA LOBSTER:
Grill:
PAID! THE REFLECTORS

GRUMPY DAN’S GRILL:
$4 wells.
The Melting Pot: Daily, 5-7pm: 1/2-off cheese fondue, salads, chocolate fondue.

PAID! La Jolla Brew House: Monday-Friday, 5-7pm: 1/2-off wells and appetizers (excludes seafood & guacamole).

PAID! Su Casa: Monday-Friday, 5-7pm: 1/2-off wells and appetizers (excludes seafood & guacamole).

LA MESA

Riviera Supper Club & Turquoise Room: Daily, 4-7pm: $1 off drinks and cocktails.

San Pasqual Winery Tasting Room and Gallery: Monday-Friday, 4-6pm: $1 off wine by the glass.

The Kensington Club: Daily, 10am-6pm: $2.50 wells, drafts, domestic bottles.

PAID! Ti-Two: Daily, 4-7pm: $3 wells and imported drafts.

LA JOLLA

PAID! La Jolla Brew House: Tuesday-Thursday, noon-7pm: $2 off craft beer; $3 and house wines; $3 off appetizers. Friday-Saturday, 10pm-close: $2 off craft beer; $3 and house wines.

Lupi Italian Restaurant: Tuesday-Sunday, 5-7pm: $3-$5 martinis, beer, wine. Free doggie treats.

The Melting Pot: Daily, 5-7pm: 1/2-off cheese fondue, salads, chocolate fondue.

PAID! Su Casa: Monday-Friday, 5-7pm: 1/2-off wells and appetizers (excludes seafood & guacamole).

PAID! Fat City Steakhouse: Monday-Friday, 4-7pm: $2 drafts, $3 wells, $4 wine. 1/2-off appetizers.

PAID! Puerto la Boca: Daily, 4:30-7:30pm: $3 house wine, $3.50 drafts, wells, 6 house martinis. 30% off appetizers.

MIDWAY DISTRICT

Brick Alley Bar & Grill: Daily, 3pm, 7pm-close: $1 off pints, $2 off tall beers.

MIRA MESA

Mira Mar: Paid! The Filling Station: Monday, 7pm-close: $4 margaritas. Tuesday, 7pm-close: $2 kamikazes. Wednesday, 7pm-close: $3.50 premium drafts. Thursday, 7pm-close: $2.50 wells, domestic beers; $7.50 domestic pitchers. Saturday, noon-7pm: $3.50 mimosas. Sunday, noon-7pm: $3.50 bloody marys.

MISSION BEACH

Guava Beach Bar & Grill: Monday-Friday, 4-7pm: Two-for-one domestic bottles, discounted special roll.

MISSION VISTA

The Aerc Club: Daily, 2pm-2am: $5.50 off beer and wells.

City Wok: Monday-Saturday, 3-5pm: 1/2-off beer, wine, sake, appetizers.

LA MESA

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Man's Defender

“Baby, I ain’t chained to a radiator in a room full of chopped-off hands.”

Aaron Feldman’s so connected that when he sits by the pool and the beer runs out, he whines: “No one has texted me in, like, AN HOUR!”

He lives in Brentwood, his father’s a big-time lawyer. As his college roommate Iskinder says, Aaron’s “smart, privileged, and white as the sky when you die.” He’s so entitled, he’s exempt. He’ll never have to worry about anything, ever, world without end.

Iskinder will. He’s every bit as smart as Aaron (and more cagy, funding his education at Brown University by dealing ganja). But his father’s an immigrant from Ethiopia who married a white woman. And Iskinder finds himself caught between his father’s sturdy ethics and the slippery economic ladder he longs to climb. His name means “man’s defender,” but the doors to his future won’t open without help — without, as the title of Jonathan Caren’s play suggests, a Recommendation.

So, where could Aaron go that he wouldn’t be connected? As in David Mamet’s Edmond, the playwright flips Aaron. He winds up in a holding cell. Cut off from all lifelines, including his father, who refuses to bail him out, Aaron has no social network. He shares the cell with Dwight Barnes, an African-American as hooked-up behind bars as Aaron is outside.

Aaron got a birthday call from hockey hall-of-famer Wayne Gretzky. Dwight claims to know basketball star Dwayne Wade.

When moved to county jail, they make a pact. Dwight will protect Aaron from harm. In turn, Aaron will work to have Dwight released. Once outside, however, Aaron forgets the entire affair. Or tries to.

The Recommendation has a schematic feel. Convenient things have to happen to sharpen the dilemmas (Aaron’s incarceration for a modest traffic violation, Iskinder’s choosing Barnes for pro bono defense, the trio meeting up in a sports club, naked to the waist). But while the seams in the plot still show, Caren has a terrific comic touch, and his ear for accurate, blistering dialogue is undeniable. His characters have an extra gear: when connection devolves into confrontation, they kick into overdrive.

The Old Globe has given The Recommendation the kind of tight, jazzy production often used to conceal a bad script. Director Jonathan Munby’s stage is in near-constant motion (even the scene changes are an athletic dance). Munby uses film techniques — blackouts, jump cuts — but...
Problem is: McDonagh has written a very funny script. He sets up a bizarre situation and then plays “Can I top this?” And does, then does again.

Carmichael lost his left hand 27 years ago. He’s been on a quest ever since: to find it and do grave bodily harm to the six idiots who lopped it off. The hand should be easy to spot: it has “H.A.T.E.” tattooed across the knuckles.

Flash forward: when Marilyn tells Mervin, receptionist at a fleabag hotel, there’s something funny about him wearing boxer shorts, he replies, “About me? Baby, I ain’t chained to a radiator in a room full of chopped-off hands with a gas can about to explode in it, insulting a guy’s boxer shorts.”

Toby, an African-American male also chained to the radiator, has a brief moment of admiration for his abuser. If Carmichael turned his fierce determination to cleaning up the environment, “m-f-ing environment’s gonna end up clean.”

Cygnet Theatre’s advertising signs in the lobby, and preshow announcement warn patrons about what’s to come. If frontal, funhouse-warped the-play becomes funnier the deeper we go. Ably directed by Ruff Turner Sonnenberg.

Galileo's gem as quirky Mervyn, Eric Weiss’s dream has come true. He’s got the 11th-best-selling novel in the country. Donald Margulies’s comedy-drama puts Eric on a pinnacle, then systematically demolishes it in the first 90 minutes of the show. Eric’s path is never in doubt, and the conclusion comes as no surprise. Whatever gets in the way of Eric’s ambitions is easy to forgive. As Eric, slowly peeling away his illusions. Ably directed by Ruff Yeager, the cast defines characters — and caricatures — with skill.

The play that “changed American theatre forever” — The New York Times

The Beauty Queen of Leenane, The Crisp of Irishman. So, this is what he thinks of us! ■
Dead Meat

The men, like the wolves, virtually disappear into their overgrown hair.

Another buzz-kill week at the movies: wolves, cancer, thoughts of Oscar. Oy vey (yes, let us prepare for the Jewish film festival).

The Grey

Joe Carnahan’s The Grey, about men pursued by Alaskan wolves, will not be confused with Sarah Palin’s Alaska. No Tea Party truisms, no chipper chatter, no tiny Trig or piping Piper. If Sarah showed up in Joe Carnahan’s film she would be, like her presidential hopes, dead meat.

Liam Neeson stars as a veteran lone-wolf type who shoots wolves near oil-rig sites. He feels suicidal, having lost the love of his life. After he goes down in a plane crash, carrying men leaving the North Slope rigs during frigid winter, survival instincts kick in. Lacking his gun, he improvises desperately, as big canines pick off survivors (one guy has eyes that say “kill me quickly”).

The men, like the wolves, virtually disappear into their overgrown hair. Dallas Roberts is the sensitive, religious fellow; Frank Grillo the ex-con preener whose butt Neeson kicks hard; and Dermot Mulroney is intelligently fatalistic. The beasts come, eyes glowing at night, and we can imagine their alpha-male thoughts: If we eat all these people, we might evolve into werewolves.

Written by Ian Mackenzie Jeffers from his short story, the movie is like Jack London abducted by TV’s Ice Road Truckers and forced to eat a vile stew of bloody fur and axle grease. Not that anyone was expecting Noel Coward’s Design for Living from Carnahan, who began his manly movie career with Blood, Guts, Bullets and Octane and then flexed his auteur pecs on Narc, The A-Team, and Smokin’ Aces. Not untalented (which is not exactly the same as “talented”), he uses the weather strongly, does not make the wolves hokey, and gets sagging, stolid poignancy from Neeson. A star who faced the Holocaust (Schindler’s List) can definitely face wolves and mortality.

The film undermines itself.
Neeson’s grim ordeal is intercut by dewy flashbacks of him in bed with his lover, who keeps saying “Don’t be afraid” (she’s a mommy-nanny sex dream). A man falls down a huge tree, cracking branches and his bones, fatally, then imagines his huge tree, cracking branches and sex dream). A man falls down a be afraid” (she’s a mommy-nanny and relatives are many, and Frédéric as director, exploiting elements of Jules et Jim: zip-snap editing, iris shots, briskly objective narration, and romantic runs through Paris. It must be engraved in French law that any director can steal from François Truffaut (as he stole from Renoir, Hitchcock, etc.) and Louis Malle (Zazie dans le Métro).

But then boyish Romeo (Jérémie Elkaim) and his fresh Juliette (Donzelli) don’t die — they endure their baby Adam developing cancer. The process of long medical treatment is sketched, the supportive friends and relatives are many, and Frédéric Pierrot is touchingly real as a surgeon who has seen too much. But while quite a convincing mother, Donzelli as director and writer cannot resist providing a shock sequence empowered by Vivaldi, a tender episode awash in Luis Bonita’s Manhã de Carnaval, soulful closeups of the parents as almost ageless lovers, and distraught Juliette doing a Run Lola Run through the hospital.

Donzelli is not about to show us this sweet kid really suffering. She winks an early clue to Adam’s fate and has the narrator blithely outline the late innings of the marriage. This soaper could be A Man and a Woman and a Cancer Kid. Seldom before has facile compassion seemed so much like a commercial for universal health care.

Oscar Thoughts
I turn to the Oscar nominations with a jaded lack of surprise. In the top race there was no chance for Blackthorn, Le Quattro Volte, or Tinker Tailor Soldier Spy. They had too little buzz, box office, and other awards. The new voting rules led to nine choices (some worthy), and if you know Academy history it is easy to spot the enabling factors. The Artist is elegant, funny, and foreign but also hometown. How could Hollywood folk resist a valentine to their fabled past, scented with the aroma of French roses?

The Descendants makes a family crisis warm, huggy, and Hawaiian. The biz loves shadows gilded with sunshine, plus profits and the silver smile of its reigning favorite, George Clooney. Extremely Loud and Incredibly Close stinks as a credible story about a child facing the aftershock of 9/11. But the WTC tragedy sanctifies ambition, and as New York is the real star, rejection would have seemed disdainful.

The Help is formulaic but savvy entertainment. Prestige factors are the history lesson rendered by a great female cast and a racial divide bridged by humor. Hugo strains for glory and needs some wins. When Martin Scorsese spends $170 million to consecrate the roots of cinema, what self-respecting Academy would deny attention?

Midnight in Paris is the supreme hit of Hollywood’s favorite New Yorker, Woody Allen, even though he disdains the Oscars. The public’s love crowned an endearing comedy. Moneyball shows that a sports movie doesn’t have to be a sweaty clod. Brad Pitt has grown as an actor, and the biz begins to see that Bennett Miller is a great director.

The Tree of Life is innately pompous. The industry had to endorse an auteur’s Hallmark card to the universe, stated in such American (and National Geographic) terms.

War Horse turns World War I into a popcorn bag full of oats (and corn). The publicity is endless, and the biz is committed to Steven Spielberg as a genius. I say: neigh.

San Diego Jewish Film Festival “22! 22! 22!” pleaded Julie Hagerty at the roulette table in Albert Brook’s Lost in America. Now preparing the 22nd spin of its wheel, the San Diego Jewish Film Festival is a sure bet. The SDJFF is a sleek package that hasn’t lost its personality. Its presenters, mostly female and mostly...
of Israeli entries, and lots of smart themed works, the usual strong mix that is kosher but not insular. Jewish-based at the Lawrence Family Jewish Garfield Theatre in La Jolla and the Theatre, plus some gigs at the JCC’s in Clairemont, Regal’s San Marcos Stadium 18 Carlsbad Village Theatre Garfield Theatre, LFJCC

Guy Nattiv’s Israeli drama about a bar mitzvah boy, Mabul (The Flood), opens the spree on Thursday day, February 9. The closing feature comes ten days later with Wolfgang Murnberger’s tale of an Austrian Jew and his Nazi “friend,” My Best Enemy.

Scanning just the documentaries, I am drawn to Vikram Jayanti’s Anna Halprin, Heaven, Underground about a Jewish Austrian Jew and his Nazi “friend,” My Best Enemy.

I am drawn to Vikram Jayanti’s Anna Halprin, Heaven, Underground about a Jewish Austrian Jew and his Nazi “friend,” My Best Enemy.

SAN DIEGO

The Agony and the Ecstasy of Phil Specter

All reviews are by David Elliott, Matthew Luckman, John Rahbo, Scott Marks, and Danae Shepherd. Priorities are indicated by one to five stars and antipathies by the black spot. Unrated movies are for now unreviewed. Thousands of past reviews sorted alphabetically, by year of release, and by rating are available online at SanDiegoReader.com.

Albert Nobbs — Glenn Close, looking quite small, revives a role she did to off-Broadway acclaim 30 years earlier. Albert, a parched, remote, miserly, desexual “male” butler, is really a woman. His life at a Dublin hotel is mediocre, but Close achieves a sad, stricken pathos. She almost loses the film to Janet McTeer as another female in butch drag, slyly macho and in love with her/their pretty wife. Rodrigo Garcia directed this oddity with care and sensualism. Brendan Gleece is good as a boring but decent doctor. 2012. — D.E.

The Artist — A comedy of unreserved movie love, shot in Hollywood by French director Michel Hazanavicius. Big silent star George (like a merger of Douglas Fairbanks, John Gilbert, and Warren William) falls when sound arrives. The casting of brash, funny, hugely likeable Jean Dujardin as George gives heart to the charm. Bérénice Bejo (the director’s partner) as Peppy, an emerging star gives heart to the charm. 2011. — D.E.

Haywire — Reviewed this issue.

Chronicile — Teen buddies luck in super powers that unleash, of course, their dark side. Josh Trank’s thriller, filmed in Canada and South Africa, stars Alex Russell, Michael Kelly, Michael B. Jordan. (CARAMEL MOUNTAIN 14; ESCONDIDO 16; FASHION VALLEY 18; GASLAMP 15; GROSSMONT CENTER 10; LA JOLLA 12; MISSION VALLEY 20; MISSION VALLEY HAZARD CENTER 7; OCEANSIDE 16; OCEANSIDE MISSION MARKETPLACE 13; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; Poway 10; TEMECULA TOWER 10; TOWN SQUARE 14; VISTA VILLAGE; FROM 2/03)

Contraband — The camera looks for ex-troopers to support smugglers. We are jolted between opressive closeups and panoramic helicopter shots. Mark Walhberg plays the reformed smuggler who is compelled back into crime to protect his family. Giovanni Ribisi, as the villain, rehashes his addled weasel performance from The Rum Diary. The “gone straight, drawn crooked” storyline has become a cliché. There is a tense heist sequence in Panama that manages to keep the thriller consistent and well paced, but overall the film lacks ingenuity. 2012. — J.R.

The Descendants — Alexander Payne’s film is on Hawaiian time and floats well below his Sideways. George Clooney is the rich Honolulu lawyer whose faithless wife has crashed into a coma. He is also trustee for a huge patch of Kauai that excites his greedy relatives and his wife’s lover. His trip with his daughters has some wry humor, leading to live-and-learn pathos. It’s like The Little Fockers adrift in a Hawaiian travelogue. Clooney tries hard, but his hair does best. Acting laurels go to sublime Shailene Woodley as the older daughter and Robert Forster as her grumpy gramps. With Judy Greer, Nick Krause, Maurice Lillard, Beau Bridges, Laird Hamilton. 2011. — D.E.

The Grey — Reviewed this issue.

Extremely Loud & Incredibly Close — Extremely ambitious and incredibly pretentious. Also false. A brainy, yappy New York boy (Thomas Horn) feels guilty about not answering the WTC calls of his doomed dad (Toms Hanks) on 9/11/01. He walks around New York looking for fishy clues, and a mute, grizzled man (Max Von Sydow) tags along. Von Sydow looks more burdened by fate than when he faced Death in The Seventh Seal. Stephen Daldry directed, loading the kid with so much symbolic weight that he is like a toy carrying the World Trade Center. Though well shot, it makes seriousness seem a labored game for children. With Sandra Bullock, Zoe Caldwell, Viola Davis, John Goodman, Jeffrey Wright — all working below their ability (Hanks, ditto). 2012. — D.E.

The Salsa Tel Aviv comedy, the Incessant Visions — Letter (CARMEL MOUNTAIN 14; ESCONDIDO 16; FASHION VALLEY 18; GASLAMP 15; GROSSMONT CENTER 10; LA JOLLA 12; MIRA MESA 18; MISSION VALLEY 20; MISSION VALLEY HAZARD CENTER 7; OCEANSIDE 16; OCEANSIDE MISSION MARKETPLACE 13; OTAY RANCH 12; PALM PROMENADE 24; PARKWAY PLAZA 18; PLAZA BONITA 14; POWAY 10; RANCHO DEL REY 16; RANCHO SAN DIEGO 15; RIVER VILLAGE 6; SAN MARCOS 18; TEMECULA TOWER 10; TOWN SQUARE 14; VISTA VILLAGE)

The Queen — Reviewed this issue.

The Friends of Eddie Coyle — Directed by Ted Kotcheff (Carmel Mountain 14; Escondido 16; Fashion Valley 18; Grossmont Center 10; Horton Plaza 14; La Jolla 12; Mira Mesa 18; Mission Valley 20; Mission Valley Hazard Center 7; Oceanside 16; Oceanside Mission Marketplace 13; Otay Ranch 12; Palm Promenade 24; Parkway Plaza 18; Plaza Bonita 14; Poway 10; Rancho Del Rey 16; Rancho San Diego 15; River Village 6; San Marcos 18; Town Square 14; Vista Village)

The Seventh Seal.

The Gangster, the Vice Cop — Reviewed this issue.

The Jew’s New Year: From Callahan to Pickpocket — Reviewed this issue.
Bargain showtimes are in parentheses.

CENTRAL

San Diego Natural History Museum
Kaplans Theater
Screening Spike (619-232-0248)
Ocean Oasis (Not Rated) Fri: 12:00pm; pm;
Sea Rex: Journey to A Prehistoric World (Not Rated) Fri: 11:30am, 1:30pm;
Shark Night 3D (PG-13) Fri: Sun 11:00, 2:00

CARMEL MOUNTAIN

Reading Carmel Mountain
11602 Carmel Mountain Road (800-326-3264)

The Artist (PG-13) Fri-Sat: 10:50, 1:30, 4:30, 7:00, 11:30
Mandela (PG-13) Fri-Sat: 10:30, 1:05, 3:20, 5:30
Amazing Spider-Man (PG-13) Fri-Sat: 7:00, 4:30, 9:00, 12:00
Flipped (PG-13) Fri-Sat: 12:00, 1:30, 3:30, 5:00
The Hunger Games (PG-13) Fri-Sat: 7:00, 9:30, 12:00
How to Train Your Dragon (PG-13) Fri-Sat: 7:00, 9:30, 12:00, 12:35
 phenotype

CLAREMONT

Reading Town Square
4665 Claremont Drive (800-326-3264 #2729)

The Artist (PG-13) Fri-Sat: 11:00, 1:30, 3:30, 5:30, 7:00; Sun: 10:30, 11:30, 12:30, 2:30, 7:30
Mandela (PG-13) Fri-Sat: 10:30, 1:05, 3:20, 5:30
Close (PG) Fri-Sat: 10:00, 12:00, 2:00, 4:00, 6:00
Close (PG) Fri-Sat: 10:00, 12:00, 2:00, 4:00, 6:00

KENSINGTON

Landmark Ken
4501 Adams Avenue (619-829-0386)

Declaration Of War (FR) Fri: 2:00, (4:30), 7:00, 9:30; Sat: 2:00, 4:30, 7:00, 9:30; Sun: 10:00, 12:00, 2:00, 4:00, 6:00, 8:00; Fri-Sat: 10:00, 12:00, 2:00, 4:00, 6:00, 8:00

L A JO L L A

AMC La Jolla
8679 La Jolla Village Drive (888-262-3662)

Big Miracle (PG) Fri-Sun: (11:40) 2:15, 4:30, 7:30, 10:10; Chronicle (PG-13) Fri-Sun: (11:45) 1:30, 4:30, 7:30, 10:10; The Descendants (R) Fri-Sat: (11:45) 1:30, 4:30, 7:30, 10:10

Landmark La Jolla Village
8679 La Jolla Village Drive (619-821-0236)

The Artist (PG-13) Fri-Sat: Mon - Thu: 12:00, 4:30, 7:00, 9:30; Fri-Sun: 10:00, 12:00, 2:00, 4:00, 6:00, 8:00; Sun: 10:00, 12:00, 2:00, 4:00, 6:00, 8:00

MIR A MESA

Regal Mira Mesa
4204 Mira Mesa Blvd (619-326-1266)

Call theater for program information.

MISSION VALLEY

AMC Fashion Valley
7037 Pearl Road (888-262-3662)

Big Miracle (PG) Fri-Sun: (10:45) 1:05, 3:05, 5:05, 7:10; Chronicle (PG-13) Fri-Sun: (11:45) 1:30, 4:30, 7:30, 10:10; The Descendants (R) Fri-Sat: (11:45) 1:30, 4:30, 7:30, 10:10

Regal Horton Plaza
Horton Plaza (619-444-FILM)

The Adventures of Tintin (PG) Fri: (4:35) 5:35, Sat: 8:35, Sun: 11:35; The Grey (R) Fri: (2:15) 3:45, 6:45, 9:55; Beauty and the Beast 3D (PG-13) Fri-Sat: (11:30) 1:00, 3:30, 6:00, 8:30, 10:30

CHOICE THEATERS

AMC Imperial Valley
2700 W. Broadway #200 (858-291-3535)

Big Miracle (PG) Fri-Sun: (10:00) 1:00, 4:00, 7:00, 10:00; One for the Money (PG-13) Fri-Sun: (10:50) 1:05, 4:05, 7:05, 10:05; The Grey (R) Fri-Sat: (10:15) 1:45, 4:15, 7:45, 10:15; The Wolf in Black (PG-13) Fri-Sun: (10:10) 1:30, 4:30, 7:30, 10:30; Underworld: Awakening (R) Fri: (10:15) 3:15, 6:15; Underworld: Awakening (R) Fri: (10:15) 3:15, 6:15

Hugo 3D (PG) Fri-Sun: (11:00) 4:25, 7:10; Man on a Ledge (PG-13) Fri-Sat: (11:45) 1:30, 4:30, 7:30, 10:30; Moneyball (PG) Fri-Sat: 11:30, 2:30, 5:30, 8:30; The Iron Lady (PG-13) Fri-Sat: (11:10) 2:30, 5:30, 8:30, 11:10; The Woman in Black (PG-13) Fri-Sun: (11:10) 1:30, 4:30, 7:30, 10:30

MISSION VALLEY

AMC Fashion Valley
7037 Pearl Road (888-262-3662)

Big Miracle (PG) Fri-Sun: (10:45) 1:05, 3:05, 5:05, 7:10; Chronicle (PG-13) Fri-Sun: (11:45) 1:30, 4:30, 7:30, 10:10; The Desendants (R) Fri-Sat: (11:45) 1:30, 4:30, 7:30, 10:10

CARMEL MOUNTAIN

Reading Carmel Mountain
11602 Carmel Mountain Road (800-326-3264)

The Artist (PG-13) Fri-Sat: 10:50, 1:30, 4:30, 7:00; Sun: 10:30, 12:30, 2:30, 5:00

MIR A MESA

Regal Mira Mesa
4204 Mira Mesa Blvd (619-326-1266)

Call theater for program information.

MISSION VALLEY

AMC Fashion Valley
7037 Pearl Road (888-262-3662)

BIG MILE\n
Mission Valley
1345 Pacific highway

5:45, 7:15, 9:40; Midnight in Paris (PG-13) Fri-Sun: (11:30) 1:30, 4:30, 7:30, 10:30; Moneyball (PG) Fri-Sat: 11:30, 2:30, 5:30, 8:30; The Iron Lady (PG-13) Fri-Sat: (11:10) 2:30, 5:30, 8:30, 11:10; The Woman in Black (PG-13) Fri-Sun: (11:10) 1:30, 4:30, 7:30, 10:30

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Reading Carmel Mountain
11602 Carmel Mountain Road (800-326-3264)

The Artist (PG-13) Fri-Sat: 10:50, 1:30, 4:30, 7:00; Sun: 10:30, 12:30, 2:30, 5:00

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4204 Mira Mesa Blvd (619-326-1266)

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MISSION VALLEY

AMC Fashion Valley
7037 Pearl Road (888-262-3662)

Big Miracle (PG) Fri-Sun: (10:45) 1:05, 3:05, 5:05, 7:10; Chronicle (PG-13) Fri-Sun: (11:45) 1:30, 4:30, 7:30, 10:10; The Desendants (R) Fri-Sat: (11:45) 1:30, 4:30, 7:30, 10:10

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Reading Carmel Mountain
11602 Carmel Mountain Road (800-326-3264)

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MIR A MESA

Regal Mira Mesa
4204 Mira Mesa Blvd (619-326-1266)

Call theater for program information.
11:00 Sun. (10:00, 11:45) 12:30, 2:30, 3:15, 5:00, (11:30) 2:20, 5:20, 8:10, 10:50; Underworld: Awakening 3D (Fri-Sun) (11:00, 1:15, 4:30, 7:45, 10:00); The Descendants (Fri-Sun) (11:00, 1:15, 4:30, 7:45, 10:00); Extremely Loud & Incredibly Close (Fri-Sun) (10:45, 13:30, 2:05, 7:15, 10:15); The Grey (R) Fri & Sat 11:15 AM, 1:45, 4:15, 7:15, 10:00, Sun & Mon 11:15 AM, 1:45, 4:15, 7:15, 10:00; Extremely Loud & Incredibly Close (PG-13) Fri-Sat 11:45 AM, 2:15, 4:45, 7:05, 9:45, Sun: 11:45 AM, 2:15, 4:45, 7:05, 9:45; The Woman in Black (PG-13) Fri & Sat 10:00 AM, 12:45, 3:00, 5:15, 7:30, 9:45, Sun: 10:00 AM, 12:45, 3:00, 5:15, 7:30, 9:45; The Woman in Black (PG-13) Fri-Sat 11:00 AM, 1:45, 4:30, 7:15, 10:00, Sun: 11:00 AM, 1:45, 4:30, 7:15, Mon: - 4:30, 7:15.

POWAY
UltraStar Poway
13475 Poway Road (858-646-9423)
I Am Bruce Lee (NR) Thu 8:00 PM, Barbie in a Mermaid Tale 2 (NR) Sat & Sun 10:30 AM, Big Miracle (PG) Fri Sat 10:00 AM, 1:00, 4:00, 7:00, 10:00, Sun: 10:00 AM, 1:00, 4:00, 7:00, Chronicle (PG-13) Fri & Sat 10:30 AM, 12:45, 3:00, 5:15, 7:30, 9:45, Sun: - 10:30 AM, 12:45, 3:00, 5:15, 7:30; The Woman in Black (PG-13) Fri-Sat 11:00 AM, 1:45, 4:30, 7:15, 10:00, Sun: - 11:00 AM, 1:45, 4:30, 7:15; The Grey (R) Fri Sat 10:40 AM, 1:35, 4:45, 7:40, 10:40, Sun: - 10:40 AM, 1:35, 4:45, 7:40, Man on a (PG-13) Fri-Sat 10:10 AM, 12:45, 2:15, 4:20, 7:05, Wed: 1:25, 4:20, 7:05, Thu: 10:15 AM, 12:45, 2:15, 4:20, 7:05, One for the Money (PG-13) Thu 10:05 AM, 12:35, 3:15, 5:35, 8:05, 10:35, Sun: - 10:05 AM, 12:35, 3:15, 5:35, 8:05; Extremely Loud & Incredibly Close (PG-13) Fri-Sat 10:50 AM, 1:40, 4:25, 7:20, 10:10, Sun: - 10:50 AM, 1:40, 4:25, 7:20, Haywire (R) Fri-Sat 10:35 PM, Thurs: 7:35 PM, Red Tails (PG-13) Fri Sat 10:00 AM, 1:00, 4:10, 7:10, 10:00, Sun: - 10:00 AM, 1:00, 4:10, 7:10, Beauty and the Beast 3D (G) Fri - Thu 10:05 AM, 12:20, 5:10, The Artist (PG-13) Fri 10:30 AM, 1:20, 4:20, 7:20, Sun: - 12:20, 5:10, 8:00, 10:30, Sun: 12:20, 5:05, 8:00, 10:30, Man on a (PG-13) Fri-Sat 10:50 AM, 1:40, 4:25, 7:20, Sun: - 10:50 AM, 1:40, 4:25, 7:20, Haywire (R) Fri-Sat 10:35 PM, Thurs: 7:35 PM, Red Tails (PG-13) Fri Sat 10:00 AM, 1:00, 4:10, 7:10, 10:00, Sun: - 10:00 AM, 1:00, 4:10, 7:10, Beauty and the Beast (G) Fri - Thu 2:40 PM, BABY’S NIGHT OUT "THE DESCENDANTS" THURSDAY 2/9 @ 7PM. BRING THE BABY PARENT MOVIE MORNING "BIG MIRACLE" WEDNESDAY 2/8 @ 10AM. BRING THE BABY!
look and smoldering dispassion the genre demands, but not even Meryl Streep could add depth to this. It’s easier to swallow than the average Angelina Jolie “feminale empower- ment” outing, due to the expertly staged fight sequences and a brisk running time.

With Ewan McGregor, Michael Fassbender, Antonio Banderas, Michael Angarano. 2012. — S.M.

★★ (FASHION VALLEY 14; ESCONDIDO 16; FASHION VALLEY 18; GASPALM 15; GROSSMONT CENTER 10; HORTON PLAZA 12; MIIRA MESA 18; MISSION VALLEY 20; MISSION VALLEY HAZARD CENTER 7; OCEANIDE 16; OCEANIDE MISSION MARKETPLACE 13; OTAY RANCH 12; PALM PROMenade 24; PARKWAY PLAZA 18; PLAZA BONITA 14; POWAY 10; RANCHO DEL REY 16; RANCHO SAN DIEGO 15; SAN MARCOS 18)

The Iron Lady — Britain’s greatest prime minister since Churchill is seen through a glass, darkly — the darkness of dementia closing in. Her beauteous crown of hair is gone, but flickering memories turn into brick flashbacks of the glory years. Meryl Streep is quite touching as Margaret Thatcher in retirement and is a brilliant poser in her prime of bulldozing power.

In the political segments, Thatcher is sur- rounded by file footage and cartoonish men in suits. The decision of director Phyllida Lloyd and writer Abe Morgan to frame this fierce, game-changing leader as a sad, doomed figure is spot on.

The design work is of a piece, making as cuddly as a blowtorch. 2011. — D.E.

★★★★ (CARMEL MOUNTAIN 14; ESCONDIDO 16; FASHION VALLEY 18; FASHION VALLEY 14; GASPALM 15; GROSSMONT CENTER 10; HORTON PLAZA 12; MIIRA MESA 18; MISSION VALLEY 20; OCEANIDE 16; OCEANIDE MISSION MARKETPLACE 13; OTAY RANCH 12; PALM PROMenade 24; PARKWAY PLAZA 18; PLAZA BONITA 14; POWAY 10; RANCHO DEL REY 16; RANCHO SAN DIEGO 15; SAN MARCOS 18; TEMECULA TOWER 10; TOWN SQUARE 14; VISTA VILLAGE)

A Separation — Another Iranian movie shot through with irony, with the genre’s mix of comedy and (young Maggie) Alexandra Roach.

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House Person II $10.63-$12.50/ hour. Minimum 2 years’ hospitality or health care experience, 2 years’ experience in householdkeeping and references required. High school graduate or GED. Optimum Health Institute is a mission of the Free Sacred Trinity Church. Apply in person: 9665 Granite Ridge Drive, Suite 310, San Diego 92123. Or apply online at www.OptimumHealth.org.

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A puzzler and a writer?

THE READER PUZZLE:

RULES OF THE GAME
1) Submit your completed puzzle to the Reader each week for our ongoing contest! We keep track of each puzzle you successfully complete, and the results and ranking are posted online each week to SDReader.com/ puzzle. But your submission will only be counted if you successfully complete a puzzle AND get it to us by 7:00 a.m. Monday.
2) Submit the correct answers to one of the puzzles along with your name and a brief message (20 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 inappropria message.
3) The puzzle-contest ranking, shown online and in the paper, will begin anew every three months. Complete the journey four times a year!
4) Entries must be faxed to 619-231-0489 or 619-233-7907; or mailed to Reader Puzzles, P.O. Box 65803, San Diego, CA 92186-5803; or delivered through our mail slot at 1703 India Street in Little Italy, or scanned and e-mailed to puzzle@sdreader.com. Submissions by e-mail must be attached as an .PDF format, with at least 800 pixels, maximum file size of 1MB. Submissions that don’t fit the format will not be counted or viewed!
And now for the really small print:
1) All answers must be legible and entered in the spaces provided.
2) Entries must be faxed to 619-231-0489 or 619-233-7907 or mailed to Reader Puzzles, P.O. Box 65803, San Diego, CA 92186-5803; or delivered through our mail slot at 1703 India Street in Little Italy, or scanned and e-mailed to puzzle@sdreader.com. Submissions by e-mail must be attached as .PDF format, with at least 800 pixels, maximum file size of 1MB. Submissions that don’t fit the format will not be counted or viewed!
2) All winning entries will be screened for plagiarism.

Across
1. _______ Poets’
2. Hushed “Hey!”
3. Chew out
4. Rock’s _____ Speedwagon
5. Apt. features
6. Run out

Down
17. _____ vez (Mexican’s “maybe”)
18. Captured
19. Singer Warwick
20. “Agreed”
22. Prefix with hazard
23. Capture
24. U.S. Cellular Field team, informally
25. Biabber’s feature
27. “Mona . . .”
30. Hourly wage, e.g.
31. Med. specialty
32. A baker might have a hand in it
33. _____ Beta Kappa
35. Explore carefully
39. Vote to kill a bill
40. Be in a funk
41. Drop the ball
44. “_____ that cute?”
47. Haagen-____
48. Cookie with creme
49. “Relax”
52. It may have an antenna
54. Dada figure
55. “That hit the spot!”
56. On trial
57. Turns red, perhaps
59. “Young Frankenstein” lab assistant
60. “There’s _____ in ‘team’”
61. Dissimilar
62. State with a panhandle: Abbr.
63. Whole lot
64. Perceived to be
66. Texter’s “Holy smokes!”

SOLUTION TO LAST WEEK’S PUZZLE:

We cannot accept your entry without the following:
Name: _____________________________________________
Address: ___________________________________________
City: ______________________________________________
State: ___________ Zip Code: ____________
Personal Message: __________________________________ 
Please check one:
Cap: _____________________________________________
T-shirt: S __________________________________________

We are temporarily out of T-shirts. Winners will receive caps.

THIS WEEK’S WINNERS:
(All winning entries will be screened for plagiarism.)

Leslie Chase, Campo, B. Why is it that our most brilliant thoughts occur in dreams we can’t remember?
Carolyn Clark, Lakeside, B. I’m fishing with a new rod. Does that make me a fisher? (Columnist Chast)
Betsy Cory, Chula Vista, B. I’m putting primer on my new arbor. Does that make me a denizen?
Cindy Fisher, San Clemente, B. The next time opportunity knocks, I’m pretending I’m not home.
Martin Soblick, Del Mar, S. What game did Marco Polo play?

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COLLEGE AREA, $440 & UP. Separate room in townhouse. Separate men’s and women’s houses. Children accepted. 1 block from UCSD. $440+ utilities. 858-289-5165.


East County

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Select units, OAC.
A puzzler and a writer?

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 and ranking are posted online at SDRReader.com/puzzle. But your submission will only be counted when you successfully complete a puzzle AND get it to us by 7:00 am Monday.
2) Submit the correct answers to one of the puzzles along with your name and a brief message (20 words or less, no URLs or phone numbers). Clearly mark the puzzle that you want to enter this week by crossing off the other completed puzzles. All puzzles that are cut into pieces will be disqualified. 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) We will award writers of the best messages, among those who correctly solve the puzzle, one of the famous Reader baseball caps or T-shirts. And we will print the winning messages in the paper and online.
4) The puzzle-contest ranking, shown online and in the paper, will begin anew every three months. Complete the journey four times a year!
5) Entries must be faxed to 619-233-7907; mailed to Reader Puzzle, P.O. Box 85803, San Diego, CA 92186-8803; or delivered through our mail slot at 1701 India Street in Little Italy, or scanned and e-mailed to: Sudoku@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.
6) All answers must be legible and entered in the spaces provided.
7) Late entries will not be considered.
8) One entry per person per week or you will be disqualified.
9) Employees of the Reader and their immediate families are not eligible.

We cannot accept your entry without the following:
Name: ________________________________________________________________
Address: ________________________________________________________________
City: ______________ State: _______ Zip Code: ________________
Personal Message: ________________________________________________________

Please check one:
Cap: ____________ T-shirt: _______ S______ M _______ L _______ XL _______ 

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.

EASY:

```
2 6 9 3 5 4
5 2 3 7 1 9
1 6 4 9 2 8
3 8 5 4 6 2
4 9 2 5 3 7
7 3 8 1 6 4
```

SOLUTION TO LAST WEEK’S SUDOKU PUZZLES:

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EASY: 8 5 1 4 9 2 7 6 3
       6 2 4 5 3 7 9 8 1
       7 9 3 1 6 8 4 5 2
       2 3 7 6 8 5 1 9 4
       5 1 6 9 4 3 8 2 7
       9 4 8 2 7 1 6 3 5
       4 7 2 8 1 6 3 5 9
       1 8 9 3 5 4 2 7 6
       3 6 5 7 2 9 4 1 8
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EASY: MEDIUM: HARD: EVIL:

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**Parking**
- Progressmanagement.net; www.sandiegoconnection.com
- 888-451-8713.

**Baypointe**
- 1920 East Valley Parkway, Suite A
- License #30672
- 619-231-1917.

**Oceana Pacific Beach**
- One half of the floor
- 280-521-5017.

**Ocean Beach**

**Pacific Beach**

**Point Loma**
- 858-270-2787.

**Ocean Beach**

**Pacific Beach**
- 1BD+1BA. 700 sq ft apartment. Heated floors, tiled bathroom, 5 lighted tennis courts, clubhouse, barbeque area, business center, on-site parking. Small pets welcome. Close to freeways and shopping. 1550 Chalcedony. 888-451-8713, baypointe@bayinnapts.com.

**Ocean Beach**
- 1930 Emerald Street. TPPM, 858-273-8657.

**Ocean Beach**
- 1BD+1BA. Beautiful, newly remodeled townhouse. Close to shopping. No pets. 1920 Felspar Street. 858-483-3796.

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Brainstorms
by Don Rubin
High tech?
Each of these varsity patches represents an imaginary "school" or "college," etc. We found example #7, for instance, on a student attending High Tech.
How many others can you identify?

1) _____________________________
2) _____________________________
3) _____________________________
4) _____________________________
5) _____________________________
6) _____________________________
7) _____________________________
8) _____________________________
9) _____________________________
10) _____________________________
11) _____________________________
12) _____________________________
13) _____________________________
14) _____________________________
15) _____________________________
16) _____________________________

SOLUTION TO LAST WEEK'S PUZZLE:
Glassy-eyed
1) made in usa
2) MASON (twice)
3) NET WT. 283 G.
4) Contents 20 fl. oz.
5) no deposit no return
6) not to be refilled
7) refrigerate after opening
8) SHAKE WELL
9) Employees of the Reader and their immediate families are not eligible.
10) Late entries will not be considered.
11) All answers must be legible and entered in the spaces provided.
12) No deposit no return
13) Made in usa
14) Net wt. 283 g.
15) Contents 20 fl. oz.
16) Not to be refilled
17) Refrigerate after opening
18) We are temporarily out of T-shirts. Winners will receive caps.

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 and ranking are posted online at SDRReader.com/puzzle. 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) Submit the correct answers to one of the puzzles along with your name and a brief message (20 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) We will award writers of the best messages, among those who correctly solve the puzzle, one of the famous Reader baseball caps or T-shirts. And we will print the winning messages in the paper and online.
4) The puzzle-contest ranking, shown online and in the paper, will begin anew every three months. Complete the journey four times a year!
5) 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 Submissions by e-mail must be attached in JPG format, 800 by 800 pixels, maximum file size of 10MB. Submissions that don’t fit the format will not be counted or viewed.
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.

THIS WEEK’S WINNERS:
Carl Baltrunas, Milpitas, 7—Help me—I’m trapped in a glass factory.
Jonathan Gerard, Downtown, 4—How do you get people to use dollar coins? Quit printing the $1 dollar bills. Seriously.
Tom Thetford, Lemon Grove, 1—Your tiny hats will not fit my giant Olmec head—send shirt later.
<image of a document with text>

Grand Opening
$10 Off. 4th ad.
any massage

<image of a document with text>

DOWNTOWN
$450 & UP.
Adorable studio in elegant, style building. Great location. Free parking available. Common kitchen, bathrooms, laundry, near City College, 4th St, 22nd St. More. Please visit 4th St, 22nd St.
www.HughesManagement.net

DOWNTOWN
$475-550.
Very nice 1BD 1BA unit near Petco Park. Utilities included. Common kitchen, bathrooms, laundry, vending machines. 5th Ave, 521 2nd Ave & Island Ave.
www.HughesManagement.net

DOWNTOWN
$580 & UP.
www.HughesManagement.net

DOWNTOWN
$585.
First floor unit, Island Ave. Horse sized parking. Close to gas lamp district.

DOWNTOWN
$640 & UP.
Studio apartment, 1BD+1BA, 1BD+1BA, 2BD+1BA, $775 & UP. 1BD+1BA from $775; 2BD+1BA from $1095. 2BD+2BA from $1399. 3BD+2BA from $1895.
www.HughesManagement.net

DOWNTOWN
$650 & UP.
Large 1BD+1BA apartment w/ high ceilings, tall windows. Includes utilities, on-site parking. 14th & Island Ave. 619-244-8522.
www.HughesManagement.net

DOWNTOWN
$650 & 600.
Large 1BD+1BA apartment w/ hardwood floors, patio/ balcony. Includes utilities, on-site parking. 14th & Island Ave. 619-244-8522.
www.HughesManagement.net

DOWNTOWN
$685 & UP.
1BD+1BA apartment, Library, Laundry. Available now. 1 BD, 1.5 BA, 800 sqft. 840 S. Orange Ave. 619-299-3042.

DOWNTOWN
$700 & 900.
2BD+1BA apartment, Library, Laundry. Available now. 2 BD, 2 BA, 1000 sqft. 840 S. Orange Ave. 619-299-3042.

DOWNTOWN
$725 & UP.
2BD+1BA apartment, Library, Laundry. Available now. 2 BD, 2 BA, 1000 sqft. 840 S. Orange Ave. 619-299-3042.

DOWNTOWN
$750 & 900.
2BD+1BA apartment, Library, Laundry. Available now. 2 BD, 2 BA, 1000 sqft. 840 S. Orange Ave. 619-299-3042.

DOWNTOWN
$800 & 850.
2BD+1BA apartment, Library, Laundry. Available now. 2 BD, 2 BA, 1000 sqft. 840 S. Orange Ave. 619-299-3042.

DOWNTOWN
$825 & 850.
2BD+1BA apartment, Library, Laundry. Available now. 2 BD, 2 BA, 1000 sqft. 840 S. Orange Ave. 619-299-3042.

DOWNTOWN
$850 & 900.

DOWNTOWN
$900 & UP.

DOWNTOWN
$925.
2BD+1BA apartment, Library, Laundry. Available now. 2 BD, 2 BA, 1000 sqft. 840 S. Orange Ave. 619-299-3042.

DOWNTOWN
$950 & UP.
5BD+4BA apartment, Library, Laundry. Available now. 5 BD, 5 BA, 1600 sqft. 840 S. Orange Ave. 619-299-3042.

DOWNTOWN
$1000 & UP.

DOWNTOWN
$1050 & UP.

East County
$20 OFF 1 Hour
$2 Off 1/2 hour

<image of a document with text>

Grand Opening
$10 Off. 4th ad.
any massage

<image of a document with text>

<image of a document with text>
**Discount Stump Grinding**

We grind any size stump size. Call us today for free quote! 608-987-7062.

**San Diego Reader**

Detailed three page description. For more info about finding a home, call 619-282-5400.

**Native Maid Clean**

If you can find one better... rent it! 5450 University Ave, San Diego. Convenience, quality, and display their CALL permit number.

**San Diego Reader**

Clean, quiet, secure. If you can find one includes free dish TV, Wi-Fi. Close to 2-person occupancy. Pool/laundry. Rent Management, 619-282-5400.

**Winter Gardens**

called to first, then compare.

**Management**

$350 per month. Must supply rental moving truck. We guarantee the best service in San Diego. (Fully Bonded) Licensed 6201200192. Ask for Stephen. 619-685-7876.

**NOTICE TO READERS: Companies moving house must be licensed by the California Public Utilities Commission. Please call 1-877-282-4999 to report any violations.**

**San Diego Reader**

The name says it all. Let us show you how we go above and beyond all others for your homes, rentals and office cleaning. Honored to have been an all of San Diego. Call for free quotes at 515-321-8199.

**20% Off Cleaning**

We do it all Move-outs, windows, roofs, yard work etc. Responsible, even at weekends. 15 years experience. Reliable, friendly, references, insured. Call 619-957-0982.

**Cheapest Maid Clean**

If you can find one better... rent it! 5450 University Ave, San Diego. Convenience, quality, and display their CALL permit number.

**San Diego Reader**


**COLLEGE AREA, $1900.**

2BD+1BD, large private entry! Privacy, patio, pool access, 24/7 security, underground parking. Nonsmoking. Available now. 949-600-2744.

**4742 Seminole Drive. Call 619-804-1044, or call Rachael, 619-804-1044.**

**CLEANING SERVICES**

Cleaning & Moving


**San Diego Reader**

Clean, quiet, secure. If you can find one better... rent it! 5450 University Ave, San Diego. Convenience, quality, and display their CALL permit number.

**San Diego Reader**

The name says it all. Let us show you how we go above and beyond all others for your homes, rentals and office cleaning. Honored to have been an all of San Diego. Call for free quotes at 515-321-8199.

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We do it all Move-outs, windows, roofs, yard work etc. Responsible, even at weekends. 15 years experience. Reliable, friendly, references, insured. Call 619-957-0982.

**Cheap Handimenn**


**San Diego Reader**

Clean, quiet, secure. If you can find one includes free dish TV, Wi-Fi. Close to 2-person occupancy. Pool/laundry. Rent Management, 619-282-5400.

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Clean, quiet, secure. If you can find one includes free dish TV, Wi-Fi. Close to 2-person occupancy. Pool/laundry. Rent Management, 619-282-5400.
Open to the Public Now! Newly Rebuilt Engines From $995
Get 90-Day Financing Available

We purchase engines at wholesale prices due to our high volume and own the distribution center. Let the professionals handle it for you. The cost of an engine cannot match our quality and prices. Order online or visit one of used engines with limited 90-day warranty cannot compete with our price.

SUNRISE AUTO • 9800 Mission Gorge Road 619.624.0442

Brakes
Free brake inspection. Front or rear.
Includes labor, new parts and semi-metallic pads.
Machine rotors or drums.
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Most cars and light trucks.

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60,000-mile replacement recommended. Old, cracks can break due to age and exposure engine damage. Most cars and trucks.

Factory-Scheduled Services
We use premium parts to improve your performance. Per manufacturer’s recommendation. Timing belt extra if required.

15K Service
$49
30K Service
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Japanese Auto Plus
Toll-Free 888-502-9168
7645 Carroll Road (just off Miramar Rd., one block from Pyramid)

Free Towing (within 10 miles) with major repair (over $100)

Premium Oil Change Service with Synthetic Blend Oil

- Up to 4 qt oil
- Check charging system
- 15K service
- Check fluids
- New oil filter
- 4pt inspection
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$19.95
+ EPA

Catalytic Converters
From $229

Complete Service & Repair
European • Foreign • Domestic
Cars • Trucks • SUV’s

All work GUARANTEED Nationwide!

San Diego Reader, February 2, 2012 111
1BD+1BA upstairs apartment for rent. Cabinets, shelves. Washer/dryer. 858-768-4322.


1BD+1BA downstairs apartment. Small, quiet complex around courtyard with putting green. 4118 Adams Ave. 619-804-3325.

1BD+1BA. Airy, spacious, clean, well managed and great value. Rent today! 448-5592 or 619-855-0377.

2BD+1BA Downstairs apartment, laundry Management, 619-282-5400, see! Water, sewer, trash included. Normal Heights, $925

1BD+1BA 1/2 off 1st! Gated, electric laundry, parking. Available now. 4515 Bancroft Street #2. Office: 619-560-1179.

1BD+1BA downstairs apartment. New from Adams Avenue. 619-804-3325.

1BD+1BA apartment. Brand new, 448-5592 or 619-855-0377.

2BD+1.5BA. Beautiful condo located in Bankers Hill. Call 619-282-6910. 4722 Polk Ave. 619-540-5827.


1BD+1BA apartment (unfurnished). 3787. Hamer double cutaway, set in jewel cases with 2-panel cover, tray liner and shrink wrap. Full color, $2.40 each. Call 619-541-5261.


Traffic School
Day evening classes. Only $30 when you mention the Reader. Only $25 when paid in full. Call 619-426-1065 or visit www.trafficschool.com for your location and hours.

MUSIC


COOKING

Culinary Arts. For chefs, enthusiasts and up and coming chefs! 6-8pm class on Wednesdays and Saturdays. Call 619-287-6518.

LINGUISTIC


BRAINY

Cannabis Patient Act. Includes: boot, parts, labor, grease. 1/2 price for the 2nd boot on same axle. Most vehicles. Limited time offer.

BRAINY

Cannabis Patient Act. Includes: boot, parts, labor, grease. 1/2 price for the 2nd boot on same axle. Most vehicles. Limited time offer.

SUPER DEAL BRAKE SERVICE $89.95

Offers valid with replacable pads, rotors. Most 4 cylinder cars. Restrictions apply.

SCS

San Diego Reader, February 2012

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Day evening classes. Only $30 when you mention the Reader. Only $25 when paid in full. Call 619-426-1065 or visit www.trafficschool.com for your location and hours.

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NAME: Chris Halbich
CAR: 1997 Nissan Sentra
PREVIOUS CARS: 2001 Pontiac Grand Am with 20˝ rims
WHAT IS YOUR COMUTE LIKE?: It’s a drive through in Ali- lied Gardens to work [Target] in Mission Valley. Beyond work, I just dip and slab from here to there.
CHEAPEST GAS! I use unfold- ing.
WHAT’S WRONG WITH YOUR CAR? The check-engine light is on. It’s just awful. The 805 merges right before the exit.
WHAT DO YOU LISTEN TO WHEN YOU DRIVE? Mainly hip-hop, like Tech9, but also some of myself. I perform and post on Avon.com, where people can share their music with each other...
I go under the title of 2-Vicouz, so look me up!
TICKETS? I’ve got a clean driving record, so I expect when the cops aren’t around.
ACCIDENTS? In the Pontiac, I was making a left on a yellow arrow and some dude hit me. Insurance company pin that on me, obviously. I also hit up for bad money.
WORST TRAFFIC? Oh, man, that exit on 8 West for Mission Valley is just awful. The 605 merges right before the exit. Cars try to come to a stop while people are trying to merge. I see an accident per day there.
FAVORITE DRIVE? To be honest, I like this block around Baran Way. Where it’s sorta quiet and kind of secluded. I like Navajo Road all the way into the city... just cruising and quiet.
LAST FAVORITE DRIVE? Any drive where I’m not gonna like what I see when I get there.
SHORTCUT? You can take Mission Gorge all the way into San tee to avoid the traffic on the 8.
WHAT’S YOUR DREAM CAR? ’93 Mustang 5.0 convertible. Maybe a Lancer Evolution. I like all Evos, even the old ones, pimped out.
FAVORITE RACING SERIES? Definitely drifting. It’s not really racing, but I like the show-off aspect.

Get a shortcut to share? E-mail aboyd@sandiego reader.com

by ANDY BOYD

DEADLINE: Monday 3pm.
WANTED: Glass writing desk or small dining table. Camino palo fence. The following items: 5-piece flatware set: steak knives. 619-729-6106.

**FURNITURE**

**BOOKCASES**, Oak, walnut, mahogany, cherry or teak. Choice of 2'x4', 2'x4', 3'x3', 3'x4', 4'x4', 4'x4'. Remodeling office. 905-1010, 619-870-8536.

**DRESSER**, 64x12x9H 1/2. 3 drawers both sides, middle cabinet. 165. 88-592-9832.


**REPLACEMENT PERIOD,** 10. 15 on furniture market. Repair. 200-150. 612-870-3910.

**DINING SET.** 48x10x32H. 5 chairs, leaf, buffet. Customize, burl finish. 200. 619-88-592-9832.

**PATIO FURNITURE**. Tint/ house windows, large plastic dining table. Canvas patio furniture.

**DRYER/DISHWASHER.** Kenwood. Pioneer Technics, and Acoustics, Polk audio, Sony, Bose, 858-925-7746.

**ANTIQUE WARE MIRROR,** Very ornate, gilded leaves/ grape, metal frame. Rare beveled glass/ rosettes. Ornate, gold leaves/ grapes, metal frame. Rare beveled glass/rosettes. Worldwide clients. Also, Asian paintings, drawings, prints.

**FIREPLACE WITH SIDES.** Never used. Was $300, best offer. 619-260-1757.

**FLAMINGO BIRD**. Movies. $65 all. 619-295-2551.

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**HOLYDAY VILLAGE,** Outdoor estate sale Feb. 2nd, 2012, start time 7am. Clothes, books, shoes, antiques, collectibles, household items, anything for sale in mint condition. For more information please call 619-540-3536.

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