

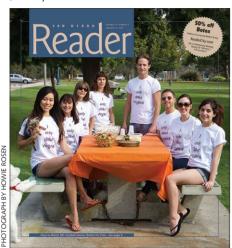




# Reader

SanDiegoReader.com 619.235.3000

January 30, 2014



Where's the beet? — page 20



Behold Oscar's shorts — page 80

# Three's a Charm

**WIN \$100** 

Find somewhere in our features (articles, listings, or classifieds) three instances of the same phrase.

This week's clue: "tear away?" (2 words)

123

Last week's contest results — page 98

# ADVERTISING

Classifieds.....

| Classif | ied Ads |
|---------|---------|
|---------|---------|

| Display Ads         |  |
|---------------------|--|
| Automotive97        |  |
| Career Training86   |  |
| Health and Beauty34 |  |
| Help Wanted85       |  |
| Legal Solutions     |  |
| Music62             |  |
| Rentals93           |  |
| Research Studies24  |  |
| Services94          |  |

Travel & Getaways ......46

# NEWS & FEATURES

# **City Lights**

| ٠. | ity Lights   |    |
|----|--|----|
|    | San Diegan, newly out of prison, helped expose             |    |
|    | "Wolf of Wall Street"; and News Ticker                     | 2  |
|    | Under the Radar  | 3  |
| Le | etters   | 4  |
| N  | eighborhood News   | 6  |
| Di | iary of a Diva   |    |
|    | Barb sends a message to David's vagus nerve                | 8  |
| SI | D on the QT  |    |
|    | Almost factual news  | 12 |
| Si | treet Style  |    |
|    | Brilliant spectacles, major kinks at a fashion show        | 14 |
| Uı | nreal Estate   |    |
|    | Don't be dissuaded by the small kitchen and breakfast area | 16 |
| В  | est Buys   |    |
|    | Top picks for picnics                                      | 18 |
| ı  | Only Date Vegans   |    |
|    | Got on the train a meat-eater; got off the train a vegan.  |    |
|    | By Dave Good   | 20 |
| M  | eet the Ambassador   |    |
|    | Dishcrawler Lindsay Marks said, "Write about me!"          |    |
|    | Elizabeth Salaam did                                       | 34 |
| Cı | rossword   | 92 |
| _  |  |    |

# CALENDAR

### **Events**

Theater.....

Movies

|     | Art, Book-signings, Classes & Workshops, Comedy, Dance, |    |
|-----|---|----|
|     | Discussion Groups, Food & Drink, For Kids, Lectures,    |    |
|     | Outdoors, Special Events, Spoken Word, Sports & Fitness | 45 |
| Tra | avel & Getaways   |    |
|     | Fermented shark and the Viking thing in Iceland         | 46 |
|     | Might want to wear orange on your hike to Boden Canyon  | 47 |
| Po  | petry   |    |
|     | "The Penitent," by Edna St. Vincent Millay              | 50 |
| Re  | estaurants  |    |
|     | After a salad day, Ed sneaks a sausage at Fathom        | 55 |
|     | Feasters' delights (and disappointments)                | 56 |
| Mu  | usic  |    |
|     | Blurt   | 62 |
|     | Club Crawler  |    |
|     | Buddy Banter is poor but they love what they do         | 68 |
|     | Everyone's a Critic                                     | 72 |

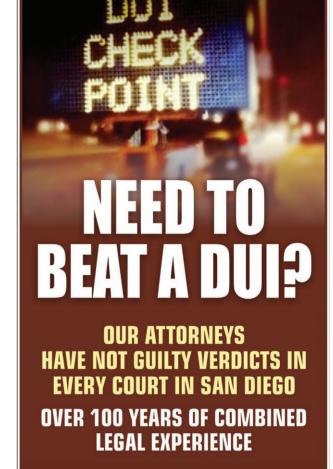
 Everyone's a Critic
 72

 Happy Hour
 74

San Diego Beer News

...74

.78



# Little or \$0 Down Payment Plans

First Offense DUI
DUI w/Accident
Multiple DUI's
Expert DUI Defense
Felony DUI
Aggressive DMV Hearing Defense

You Only Have 10 Days to Save Your License so Call Today! Free Private Consultation and Free Legal Information by Phone



www.GoldenStateCriminalDefense.com

\*David Weil and Terry Allen, Supervising Attorneys. No Money down to begin most misdemeanor cases in San Diego County not set for Trial if requested at consultation. We never guarantee or predict the outcome of any case. Main office located at 591 Camino de la Reina Suite 100 San Diego, CA 92108.

### NEWS TICKER

By Reader staff writers

# Police dog needed to remove abusive boyfriend

"I still love him"

Officer Robert Craig said at a court hearing on January 21 that he was called to speak with a distraught woman on the evening of November 3 of last year.



Botello's boyfriend and father of their eight-year-old daughter, Joaquin Martinez (28), hid in the apartment's bathroom.

Twenty-seven-year-old Catalina Botello said she was afraid to return home to her Escondido apartment after a fight with her boyfriend, Joaquin Martinez, 28. She met police in the parking lot of a nearby 7-Eleven.

Officer Craig said he went to an apartment at 250 East El Norte Parkway and heard a man inside speaking loudly. The officer said he knocked on the door and identified himself, and then the man went quiet and the interior lights went off.

More Escondido police officers arrived. One officer brought a canine and one had a "ballistic shield." Police entered the apartment using a key provided by Botello. Martinez was found inside a locked bathroom.

At the court hearing, Botello denied her previous statements that her boyfriend had broken her cell phone and taken away her car keys and prevented her leaving through the front door of her apartment.

When prosecutor Susan Gust asked Botello if she still loved her boyfriend, who is the father of their eight-year-old daughter, Botello replied. "I do."

"It is quite common in domestic violence cases for victims to recant their initial statement to police," Gust commented after the hearing.

Eva Knott

# Hatchet attack on jewelry shop owner

A fit over bad credit

Police are searching for a man accused of beating a jewelry-store owner with the blunt end of a hatchet and stealing a gun on January 22.

Around 3:30 p.m., the man was reportedly in Hamlin Jewelers on the 2200 block of Fletcher Parkway, attempting to make a purchase with a credit card. When the card was declined, the man became angry and produced a hatchet, using it to strike

the unidentified shop owner several times in the head.

The perpetrator is described as a thin white or Hispanic in his 20s with a slight beard and was last seen getting into a tan Toyota 4-Runner with a partial license-plate number that possibly reads 4XU245.

Dave Rice

# "Godfather of Camp Pendleton" pleads guilty to bribery

Cervantes charged in kickback scheme
Natividad "Nate" Lara Cervantes, who reportedly referred to himself as the "Godfather of Camp Pendleton," pleaded guilty on January
21 to a kickback scheme in the awarding of construction and service contracts at the Marine base.

The federal court accepted guilty pleas to bribery charges from Cervantes involving the awarding of at least six government construction and service contracts from 2008 to 2011.



The self-proclaimed "Godfather of Camp Pendleton," Natividad "Nate" Lara Cervantes

According to court records, Cervantes received cash payments from contractors and remodeling work on his condominium. Cervantes admitted to accepting a bribe of \$25,000 to assist a contractor in getting a \$3.5-million flooring job at Pendleton.

Don Bauder

# Pot political action committee forms

Will access to politicians thwart federal crackdowns?

In this age of political action committees, it's hard to fathom that there wasn't already a committee dedicated to fight for medical marijuana initiatives and boost pro-pot politicians. Well, now there is. On January 6, California's secretary of state signed off on the formation of the Alliance for Responsible Medicinal Access (ARMA) PAC.

The political action committee, according to documents posted on the county clerk's website, will be represented by some familiar faces in San Diego's medical marijuana

continued on page 41





In 50 years of covering financial fraud, I have found few people as repugnant as Jordan Belfort, who is portrayed by Leonardo DiCaprio in the current movie *The Wolf of Wall Street*.

# Wolf on Wall Street? No, Scumbag

By Don Bauder

So is Amr (Tony) Elgindy, who late last year returned to live in San Diego County

(he won't say exactly where) after a long stretch in prison. When I talked with him, he seemed depressed — not unusual because he has had severe problems with bipolar disorder.

But the ebullient Belfort gets big bucks as a moti-

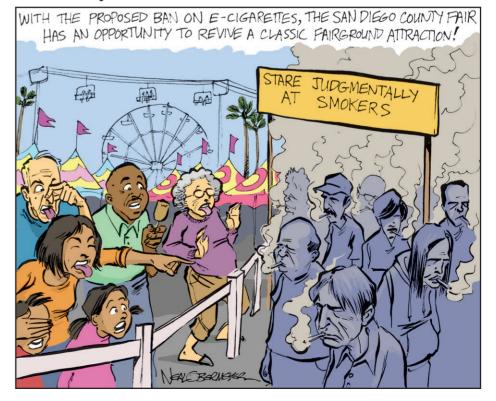
vational speaker, has written two successful books — The Wolf of Wall Street and Catching the Wolf of Wall Street — and is being portrayed by Hollywood star Leonardo DiCaprio in Martin Scorsese's movie The Wolf of Wall Street. It came

out Christmas day.

But financial fraud experts tell me Belfort was never known as the Wolf of Wall Street while his scams were going strong in the 1990s, and his firm was on Long Island, not Wall Street. An earlier movie, *The Wolf of Wall Street*, came out in 1929 (months before the big crash of that year).

I read both books, supposedly autobiographical, allegedly written by Belfort. In 50 years of covering financial fraud, I have found few people as repugnant as Belfort. In a rehab session, he introduces himself: "Hi, my name is Jordan, and I'm an alcoholic, a Quaalude addict, and a cocaine

### **Neal Obermeyer**



addict. I'm also addicted to Xanax and Valium and morphine and Klonopin and GHB and marijuana and Percocet and mescaline and just about everything else, including high-priced hookers, medium-priced hookers, and an occasional streetwalker."

Yet, throughout the book, he talks about how much he loves his wife (his second, and they have since divorced) and his children, even though he romped with prostitutes in Switzerland while illegally stashing money in that tax haven, crashed a helicopter and sank an expensive yacht while high on drugs, drove

his car through the garage with his daughter in the front seat, and shoved his wife down a flight of stairs. The government said he stole \$200 million but only asked him to pay back \$110 million. He

has not done so, according to the Brooklyn United States attorney's office.

The movie is said to be true to the book, with more than 500 uses of the word "fuck." I refuse to see it, not because of the endless profanity, but because DiCaprio is playing the role of a selfprofessed scumbag who is clearly proud of his thefts.

Back in the late 1990s, Elgindy was one who helped blow Belfort's vile stock-market scams out in the open. By tape-recording phone calls with Belfort, Elgindy could show that Belfort, who had been banned from the stock-brokerage business, was still swindling innocent victims — in fact, had a concealed interest in a brokerage Elgindy ran. The tapes were provided to the Federal Bureau of Investigation and to Gary Weiss of Business Week (now Bloomberg Businessweek), who

wrote a blockbuster series in the late 1990s about stockmarket boiler rooms and the junk they foisted on naive

people and how the whole rancid business was heavily infiltrated by the Mafia.

To the best of his recollection, Elgindy believes he was betting that Belfort's garbage stocks would go down while Belfort's maggoty salespeople were trying to talk them up.

Belfort cofounded and ran perhaps the slimiest of the boiler rooms that

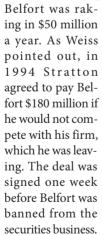
> dumped worthless penny stocks on naifs through high-pressure sales. Its name was Stratton Oakmont. (The names of many such pump-anddump brokerages read like a list of British royalty — Monroe Parker,

Hanover Sterling, Armstrong McKinley, ad nauseam.) In his halcyon days,

Martin Scorsese

Wall Street.

directed The Wolf of



Hmmm... The ban didn't stop him, as Elgindy's tape recordings revealed. Finally, Belfort pleaded guilty to multiple securities violations, along with money laundering. But, astonishingly, his punishment was a mere 22 months in prison. The reason? In a perversion of normal procedure, he ratted on people who worked for him. It should be the other way around. "All his rat credits were high," cracks Weiss,

> whose book, Born to Steal: When the Mafia Hit Wall Street, is considered the Bible on boiler-room stockmarket scams.

> Elgindy's associates ratted on him.

Gary Weiss wrote a

series of stories in the

1990s exposing the

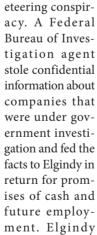
market boiler rooms.

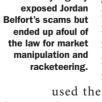
practices of stock-

As a young man, he worked for smelly brokerages and pushed

Belfort-like junk. He admits being a scumbag. But then he switched to sniffing out stocks that were overpriced or fraudulent in some way. He would short those stocks (bet that they would go down) and also post his negative comments in chat rooms and on his own website. People paid big bucks for Elgindy's opinions; he raked in so much that he bought a multimillion-dollar home in Encinitas. Elgindy shared his reports with government investigators.

But in a New York trial, he was convicted of a rack-





Tony Elgindy

used the information to short stocks for profit and spread the dirt over the internet in attempts to manipulate the stocks. Also, said the federal government, Elgindy tried extortion on some companies by threatening to spread the bad news unless he was given discounted shares.

continued on page 41

# **UNDER THE RADAR**

# Like Hedgecock, unlike son

In January 1986, a month after quitting as San Diego mayor following his conviction in a campaign money laundering scandal, Roger Hedge-

**V** ZeroPaid

cock was asked by the Evening Tribune his pick to win that year's Super Bowl. "Patriots by three points. Why? My 5-year-old son Christopher is picking them by three. He's picked the Pats all the way through the playoffs. I don't know why. But obviously he knows more about football than I

The Chicago Bears beat the New England Patriots, 46-10.

Fast-forward to 2014. Hedgecock the elder, now 67, works for La Jolla real estate mogul and U-T San Diego publisher **Doug**las Manchester and his sidekick John broadcasts. His son Christopher **Lynch**, an ex-NFL player whose son is also a veteran of the league. The paper and its cable TV operation, where the voluble Hedgecock is a vocal financial backer of GOP mayoral hopeful Kevin Faulconer, are proponents of professional football and vigorously lobbying for a new taxpayer-subsidized Chargers stadium. Last month the U-T ran a sprawling feature bemoaning

inroads that video pirates are making by stealing video broadcasts of the football league's lucrative games and putting them on the internet. "In data provided to Congress, the NFL has said it identified 1,045 unauthorized streams of live games during the 2008 season, and 2,800 in 2009. The league declines to release more recent figures,"

the story said. "Three thousand miles to the south, **J from Nicaragua** is laughing. No, it's not going away. He no longer pirates live sports telecasts. But his friends and

relatives still do, including some, he says, living in the United States - without remorse or trepidation, for fun and for profit."

As it happens, Hedgecock's son Christopher, now 33, operates a website featuring items that show fans how to do the kind of thing the U-Tcondemns. Called Zeropaid.com, it was started in March 2000 by the younger Hedgecock and Jorge

Gonzalez, according to a site history. "We still run the site today with the help of great writers, contributors, moderators, and you — the reader." Last week, Zeropaid's top item was headlined "How to

Watch NFL Football Games Online For Free." It began, "By following the easy steps below you can watch out of market NFL games online that may not be popular enough for broadcast TV, or NFL games that aren't televised in local markets due to football blackout restrictions (especially with the economic downturn)." Another Zeropaid

item provided directions on "How to download Photoshop for Free" by using socalled torrent sites. Says the item: "To download the latest and greatest version of

Photoshop — CS6 — you'll need to fire up your favorite BitTorrent client and do a bit of searching. Don't have one? Don't know what Bit Torrent is? Then read this quick guide 'How to Download Stuff with BitTorrent.' Once you have your BitTorrent Client fired up, go to any one of the thousands of BitTorrent tracker sites out there and search for a copy to download, or cut to the chase and go to the Pirate Bay right off the bat." Reached by phone last week, Chris Hedgecock said his site doesn't host any pirated material and that it acts only as an informational resource for

> those interested streaming free video, much of which is legally provided by sponsors. He said he didn't remember his 1986 Super Bowl call.



Local legislators like listening to larcenous lobbyists lobbying.. provided they pay \$3000 and keep it pithy.

Roger Hedgecock's employer

bemoans the pirating of NFL

teaches us how to do it.

lot has been written about special interests getting in bed with the state legislature, figuratively speak-

dates A

ing. Now a group of prominent women Democrats from San Diego has raised the bar with a "speed dating" event designed to put big donors face-to-face, in person with their potential politi-

continued on page 41



50% off Botox

\$139 for 20 Units

Wellness & Longevity Medical Group

On sale at ReaderCity.com Wednesday-Monday, January 29-February 3



# 60% off vehicle window tinting

\$99 for 5 Windows

**Audio Tint Proz** 

On sale at ReaderCity.com Wednesday-Monday, January 29-February 4



\$10 For \$25 worth of traditional Italian cuisine

Mangia Italiano on Third

On sale at ReaderCity.com Friday-Friday, January 31-February 7

Hundreds more at ReaderCity.com

# **LETTERS**

We welcome letters pertaining to the contents of the Reader. Phone them in at 619-235-3000, x460; address them to Letters, Box 85803, San Diego, CA 92186-5803; or submit them at SDReader.com/letters. *Include your name, address,* and phone number. Letters may be edited for length and clarity.

### **Half His Drive**

I just finished your cover story about Theo Tucker ("I'm Looking at You Looking at Me," January 23 cover story). If someone in America's Finest City doesn't grab this promising young man and offer him a full-time position at a living wage, you are crazy stupid!

I wish my daughter's boyfriend had half his drive! Hell I wish I had half his drive! In a world where people use their crappy upbringing as an excuse to behave badly, here is a guy who has chosen to rise above it and become a decent person anyway. How many of us can say the same?

I wish I had something to give other than my voice, but I am in no position to help him. I can be his cheerleader though. I know the Reader has a large following and there is someone out there who can help.

Please look into your hart and know what you are doing is helping someone to help themselves. It is good karma and will come back to you a hundredfold.

> Kathryn Stevens North Park

# Cattle Prods, Firecrackers, and Attack **Dogs**

Concerning your January 16 cover story, "La Jolla Cove Is Becoming a Sea Lion Cesspool," I think this has gotten out of hand. I would make two suggestions.

First, get ahold of our congressional representatives and state senators to revise this idiotic Marine Mammal Protection Act so it will allow dealing with marine mammals that have become dangerous nuisances.

Second, after you've done that, go down to the beach with some cattle prods which are used to in the stockyards to handle steers with electric shocks in the butt to move them along, and use them against the aggressive sea lions to get them off the beach and into the water.

Third, get some aggressive guard dogs and put them down there with a couple of watchmen on the beach. all day and all night. Then maybe the seals and sea lions will finally get the hint and move away to the Channel Islands, or some offshore Mexican islands.

This is ridiculous. I think people are a lot more important than a bunch of stinky seals and sea lions. It's gotten out of hand and it's about time that people do something about it. And I'm not talking about the stupid old ladies, the seal and sea lion huggers. Those people are ridiculous.

So, #1) Get the law changed. #2) Get some guard dogs and run them off. #3) Cattle prods.

The other thing you could do is use firecrackers. Oh, that would work! There are very loud firecrackers that are sold just for uses like this to drive off different useless animals. You can buy them mail order out of a catalog.

Cattle prods, firecrackers, and attack dogs. There's your solution. Get those damn things off the beach and into the water. Tell them to move on!

I don't have anything against seals and sea lions, but human beings are more important than pinnipeds around here, at least. If you read the Bible, in Genesis it says that God gave mankind dominion over the animals. If that's the case, then let's do something to kick them off the rocks.

> Name Withheld via voicemail

# **Hollywood Calling**

I live in Hollywood, California, and we're down here filming in San Diego. Every time we're in San Diego County, we love to get the Reader.

continued on page 7

### EDITOR

Iim Holman

### **NEWS & FEATURES EDITOR**

Ernie Grimm

### SENIOR EDITOR

Matt Potter

### ASSISTANT FRITORS

Robert Mizrachi, Robert Nutting

### **EDITORIAL ASSISTANTS**

### CONTRIBUTORS

Don Bauder, Ed Bedford, Jane Belanger, John Brizzolara, Patrick Daugherty, Joe Deegan, W.S. Di Piero, Barbara Fokos, Mary Grimm, Moss Gropen, Dorian Hargrove, Thomas Larson, Deirdre Lickona, Matthew Lickona, Bill Manson, Elizabeth Salaam,

### GENERAL MANAGER

John-Paul Franklin

### ADVERTISING SALES DIRECTOR Chris Reed

**ADVERTISING SALES MANAGERS** 

# Mercia Daughn, Chrissy Guevara

SENIOR ACCOUNT EXECUTIVES

Bill Burton, Matthew Dickson, Brett Flynn, Stephen Hatch, Holly Micelli, Randy Rice, Todd Westfall

### **ACCOUNT EXECUTIVES**

Eduardo Bravo, Johnny Costabile. Ashley Loschiavo, Traci Mendoza, David Phillipich

# **CLIENT RELATIONS MANAGER**

### MARKETING COORDINATOR Andy Boyd

AD/MARKETING COORDINATOR Ashlev Naugle

### AD COORDINATOR

## **DIGITAL AD COORDINATOR**

### DIGITAL SPECIALIST

Kaitlin Suga

# ADVERTISING SUPPORT STAFF

Anthony Sieberg

## PRODUCTION MANAGER

Deborah Condit

# PRODUCTION COORDINATOR

### Mike Brown

ADVERTISING GRAPHIC DESIGNERS

# Aleiandro Banales, Jessica Wentzel

ADMINISTRATIVE STAFF

# Lauren Bishop

I.T. MANAGER

I.T. ENGINEER

**OPERATIONS DIRECTOR** Howard Rosen

All advertising in the Reader is subject to current rate card. The Reader reserves the right not to accept an advertiser's order. The entire contents of the San Diego Reader are copyright 2013, SDReader, Inc. All rights reserved

### NATIONAL ADVERTISING

The Ruxton Group - 1-888-2Ruxton

# MAILING ADDRESS

Reader, P.O. Box 85803 San Diego, CA 92186-5803

### OFFICE

# 619-235-8200

Paid Classifieds

# **GENERAL INFORMATION**

619-235-3000

You have the freedom to shop where you want for your living room furniture but do you really have a GHOIGE? BIG BOX stores offer a selection of items that they purchase in truckload and boatload quantities. They fill up their warehouses. In reality, they narrow down your choices, by providing THEIR SELECTION to select from.



















from \$497



CUSTOM SECTIONALS

CUSTOM BED FRAMES

from \$797 from \$497



American Made Top Quality Furniture **Approximately 10 Days For Production** 







WE SELL MORE CUSTOM SOFAS, SECTIONALS, AND BED FRAMES THAN **ANYONE IN SAN DIEGO COUNTY!** 





MetroDecorOnline.com

# **Clearance Center Store** 619-275-4330



1164 Morena Blvd. • San Diego

# **Main Showroom Store** 619-275-4300



1210 W. Morena Blvd., Ste. B • San Diego

Earn up to \$125 for your story and photos. Go to sdreader.com/write

# **NEIGHBORHOOD** NEW

By Reader stringers

CHULA VISTA

# Fairy shrimp causing headaches

# Endangered species require a lot of accommodation

The county and the Sweetwater Authority are still trying to figure out which agency is going to be responsible for moving a closed trail around a newly discovered patch of fairy shrimp, an endangered species.

Diane Carter, president of the Bonita Valley Horsemen, said "they have filled out the permit application, but the delay is over who will sign it."

The permit became necessary in November, when the U.S. Fish & Wildlife Service Jamul — was closed within days.

Complicating matters, the trail is on land owned by the water authority but licensed to the county for its park. Now the county and the water authority have gotten stuck in discussions about who should sign the permit application for a short-term solution.

At the December 3 meeting, water-authority manager Jim Smyth reminded people that the money would come from the authority's ratepayers.

On Friday, January 17, Smyth said that he is going to have to take the issue to the water-authority board.

"It gets into ownership," he said. "Anytime you're dealing with water, you have three layers of bureaucracy."

MARTY GRAHAM

TEMECULA

# **Teacher silences first-grader,** protest ensues

# It's about freedom of speech

In Temecula on January 21, about 50 people

waved American flags and held up signs in front of Helen Hunt Jackson Elementary School in a rally to support the family of a first-grade girl who was allegedly denied her right to freedom of expression during a classroom presentation.

"We have launched a bit of a legal strike

against the [Temecula Valley Unified School] district," said George Rombach of Temecula.

Robert H. Tyler, attorney with Advocates for Faith & Freedom, filed a formal complaint against the district on January 13 on behalf of the student, Brynn Williams, and her parents.

The letter states that on December 18, 2013, Brynn brought home an empty bag



Protesters outside Helen Hunt Jackson Elementary School (Murrieta mayor pro tem Harry Ramos in the suit)

from her teacher at Helen Hunt Jackson and was to bring back an item in the bag that represented her family's Christmas traditions. As part of the assignment, she was also supposed to give a one-minute presentation about the object.

According to page two of the seven-page complaint letter, Brynn was the last child to give her presentation. The complaint states, "Brynn began by saying, 'Our Christmas tradition is to put a star on top of our tree. The star is named the Star of Bethlehem. The three kings followed the star to find baby Jesus, the savior of the World. John -'

"Stop right there! Go take your seat," the teacher allegedly said, and that was the end of Brynn's presentation.

The demand letter alleges the teacher then told Brynn, in front of the class, that she was not allowed to talk about the Bible or share any Bible verses. It went on to state that after school Brynn told her mother, Gina Williams, that she thought she was in trouble because she had talked about Jesus.

Murrieta's mayor pro tem, Harry Ramos, was among the crowd of freedom-of-speech supporters who lined the sidewalk near 32400 Camino San Dimas for about two hours.

"Politics have no place in the classroom. It's just a shame," Ramos said. He also said he welcomes Brynn to give her presentation to council members at a city-council meeting. SHELLI DEROBERTIS OCEANSIDE

# **Guess I can't handle** liquor anymore Older woman gets drunk,

sideswipes two cars

According to a resident of the fourplex community off South El Camino Real, behind the Target store, the whole neighborhood woke up to the sound of crashing cars around 1:00 a.m. on January 16.

A driver, described as an older white woman, plowed

her brand-new, 2014 Ford Focus into two parked cars on the eastbound two lanes of Via Las Rosas at Via Sonora. Her car was totally damaged and undriveable. She was arrested for DUI by Oceanside police officers.

KEN HARRISON

DOWNTOWN SAN DIEGO

### We're doing it

# Future low-income apartments set for Cortez neighborhood

The dead-in-the-dirt "Atmosphere" downtown condo project, which crashed in 2004, is getting a new lease on life. Now it will definitely become a low-income apartment complex, through efforts by Centre City Development Corp. (now Civic San Diego) and the nonprofit Wakeland Housing and Development Corp. of San Diego.

The project must still go before a City of San Diego hearing officer, said CivicSD senior planner Lucy Contreras. She explained that such approval is usually done "on consent with no major controversy, especially if it is associated with a project that has had numerous public meetings prior to approval."

That's the case with the Atmosphere project. The San Diego City Council gave final approval to the 12-story, 205-unit project last year.

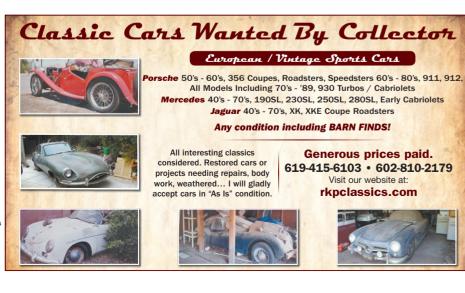
Attorney and activist Hud Collins, who regularly blasts municipal expenditures at city-council meetings, told the Reader he's opposed to all affordable-housing projects.

continued on page 42



Move the trail, save the fairy shrimp. Ouestion is, who moves the trail?

notified the water authority and the county that dormant fairy shrimp had been found in tire ruts on a trail in Sweetwater Regional Park. The South Side trail — which follows the southern edge of the park, continues east over the mountains, and eventually reaches





# **LETTERS**

continued from page 4

I loved the article on the organic stuff (January 9 cover story: "Produce Is a Vehicle for Our Souls"). I became a vegetarian 24 years ago next month, and I'm only 53. I'm originally from Acapulco, Mexico.

A lot of people in the entertainment business read the *Reader*. We wanted to make sure you knew that.

I'm going to have to keep this issue as a collector's item because of how it says 2013 instead of 2014. I appreciate you guys. Have a happy new year.

> Manny Aguilar Hollywood

# **Bring Back Bush**

I've missed the reviews that Robert Bush writes. Beyond enjoying his depth and range as a writer, his columns are an important service to music lovers throughout San Diego. We need this cohesive bond between listeners and musicians now, more than ever.

Joe Garrison City Heights

# **Nothing New**

I'm calling about a News Ticker item in the last issue (January 23) called "Chums Forever: Jan Goldsmith and *U-T San Diego*."

Well, there is nothing new in this town. They are like two peas in the same pod. One controls the beautiful people from a dying newspaper. The other controls the bureaucracy of the city.

Name Withheld via voicemail

# **Alternate Habitat**

Re: "La Jolla Cove Is Becoming a Sea Lion Cesspool," January 16 cover story. I think the solution before getting the sea lions to move is to have a place for them to move to.

In my observations of the sea lions in San Francisco I noticed that they would occupy the ends of empty slips of marinas around the bay. What if the city were to create an alternate habitat off the shore for the sea lions

that they could then mark as their territory?

I think the habitat should be a floating mass, anchored to the ocean floor. It should be large enough to support the current number of sea lions currently in the cove. Once set in place, block access to the areas the seals are currently occupying. This would also help deter visitors from feeding them.

The city should probably coordinate this idea with experts in sea lion behavior in territory marking.

Regarding the barking, if the habitat were a significant distance from the cove, the barking would be nothing more than light background sound.

> Joe Covino City Heights

# **Suggestions from Seattle**

Coming from out of state, we were interested in the sea lions at La Jolla and how to rid the rocks and beach of them ("La Jolla Cove Is Becoming a Sea Lion Cesspool," January 16 cover story). The stink is awful, so we stopped taking guests there to eat or shop.

Here are some suggestions for the merchants and/ or the City of San Diego to try. Some of these are proven remedies and some are just suggestions: use non-lethal electrical impulses of direct current (works in Anacortes, Washington to keep the seals off the piers); drop cherry bombs into the sea about 20 feet out; use whistles, at a pitch that they can hear, but we can't (like dog whistles); cover cliffs with barbed wire or something slippery, but biodegradable; capture and relocate one half of the herd; use drones to drop some sort of pellets that bother them (if drones can deliver pizza, why not confetti?); feed the females food with birth control in it; and the person that suggested pressure washing the rocks with fire boats hoses is a good idea (make sure they do it every other day until the sea lions find a new home).

Love your publication.

Phil & Sue Kienast Seattle, Washington

# Entitled to Live in UH

I'm writing in response to your article in the January 16 edition regarding the University Heights neighborhood boundaries (Neighborhood News: "Who Cares About Community Boundaries?).

I am one of the people who asked the UHCDC to support a resolution to correct the boundary error that was written into the 1986 North Park Community Plan.

This boundary error was included in the 1986 North Park Community Plan as a result of a meeting of the UHCA board members and then-Councilperson Gloria McColl. They met on June 2, 1984 to discuss reducing the borders of University Heights. Specifically, they met to discuss "the community plan as it affects the area bounded by El Cajon Boulevard on the south, Mission Valley in the north, Park Boulevard in the west, and 805 in the east" (quote from the UHCA's Newsletter dated May 1984).

The idea to divide and reduce the borders of University Heights was spearheaded by the UHCA's board member, Chris Huddy, along with the other board members, including Judy D. Abercrombie.

Consequently, only a few months after that meeting, University Heights street signs were strategically placed at Texas Street by the City, thus dividing our neighborhood in half.

Then, in 1986, the North Park Community Plan was published, and the new UHCA's recommended "reduced" borders that split University Heights at Texas Street were listed in the Community Plan. This was done in error and without proper notice or input from those affected.

No one on the east side of Texas Street was ever informed that these new boundaries had been discussed and decided upon. Indeed, our entire area was removed from having the UH neighborhood designation because of the actions of

continued on page 44



# **NOW OPEN**

4548 CAMINO DE LA PLAZA SAN YSIDRO, CA (619) 495-0421

# Writers wanted

# \$200

We pay up to \$150 for neighborhood news stories accepted for publication, plus \$25 for photos, and another \$25 for videos.

# It's easy

Submit stories about occurrences in San Diego neighborhoods or on San Diego campuses — 50 to 500 words relaying the Who, What, When, Where, How, and Why.

# Any small incident

Any small incident or change in your neighborhood could be enough to make an interesting story. If unsure, email stories@sdreader.com and ask.

We also accept submissions for concert reviews, cd reviews, and travel stories.

# How to start:

Go to **SDReader.com**, scroll down on right-hand side to Write a Story for us. Follow the easy steps.





by Barbarella

stretched my arm out across the bed, but when my hand felt only fabric, a pang of panic gripped me. I cast about in the darkness, a sense of desperation rising in my chest, until my fingers finally found David's bare shoulder. I sighed with relief and David said, "You okay?"

"I am now, beh-beh," I said, giving his shoulder a little squeeze. I was reminded of a quote from my childhood, a page out of Winnie the Pooh: Piglet sidled up to Pooh from behind. "Pooh," he whispered. "Yes, Piglet?" "Nothing," said Piglet, taking Pooh's paw. "I just wanted to be sure of you."

David adjusted his position so that he could rest the palm of his hand against my forearm. As we lay like that, hands touching arms, I scooted closer to him still, and placed my cheek on his chest, my leg on his leg. The more of him I felt, the more concerned I was at the prospect of not feeling him, so I continued to press myself tighter against his body. The feel of his skin was a tether that held me to the moment, keeping me safe from being cast

adrift into a tempest of brain

I can recall a few incidents from my childhood that I now recognize in retrospect as fits of separation anxiety — once in elementary school and once more in eighth grade. Both times, I had just gotten out of the car as my mother was dropping me off at school when I was overcome with irrational fear. It was as though I'd walked away from the safety of an island and into an endless ocean, just to remember I couldn't swim, and the only way to keep from drowning

# When skin touches skin

would be to crawl back onto the island. Or in reality, back into the car with my mother.

Mom could tell by the terror on my face that something was wrong. I was generally a good student, and I got anxious about missing assignments or being late to classes, so when I jumped back into the car and pleaded, "Please don't make me go. Please, can I be with you today — please, please, please?" My mother didn't try to argue me away, as she did with my younger sister, who was always trying to get out of going to school. Instead, Mom searched my eyes, nodded, and took me home, where she called the principal and reported me sick for the day.

As I lay there with David, feeling his skin beneath the blanket, with the reassuring pressure of his hand on my hip above the comforter, my fears faded away, and I experienced a sensation so rare to me that it took me a moment to identify it before I drifted off to sleep with a smile on my face: peace.

The following morning, I awoke with what I imagined was the same smile. I couldn't remember the last time I'd slept so soundly. So, of course, the first thing I did — before David awoke and before I was vertical — was grab my phone from the nightstand to Google, "Why is human touch so soothing?"

I expected to find a bunch of stuff on the psychology and emotional benefits of human contact — it hadn't occurred to me there'd also be a bunch of physiological health advantages. When someone touches you — in what's called a "friendly touch," because obviously this wouldn't be the case if you were punched in the face — the pressure receptors in your skin send signals to your brain. More specifically, to the vagus nerve, which is in direct communication with your organs. Upon notification that you are not alone, the vagus tells your heart to slow, which decreases your blood pressure.

When skin touches skin, things happen with hormones: cortisol decreases and oxytocin increases. The first one is known as the "stress hormone," and the second is dubbed the "cuddle hormone" or, more clinically, the "bonding hormone." That explained the surge of emotion and attachment I felt for David when we were just lying there, holding each other. Lowered blood pressure, diminished stress, an overwhelming sense of peace...all brought about by something as simple as being touched by someone I loved. I may have been reading about the science of it all, but the more I learned, the more magical it seemed.

I know plenty about cortisol — its primary function is to pump you with "fight

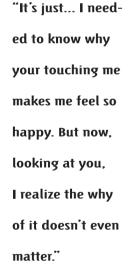
or flight" energy. To do this, it borrows energy from your immune system, which is why we are more susceptible to illness when we're stressed out. My runaway cortisol is the reason I have a standing prescription for chill pills. It's the stuff that pushes me to the edge, into panic attacks, wanting to fight or flee, not from a snarling tiger but from mundane, everyday things, like realizing I forgot to reply to an email.

David began to stir. I placed one hand on his chest and continued to hold my phone above my head with the other. When his eyes opened, I read aloud, "A soft touch on the forearm makes the orbital frontal cortex light up.' That's the same area that gets excited by things that smell really good or taste sweet. It says here that means touch — like chocolate, if you're into chocolate — acts as a 'rewarding stimuli."

David smiled a slightly confused smile and then turned on his side to face me. "It's just..." I searched my mind for answers to the questioning look on my love's face. "I needed to know why your touching me makes me feel so happy. But now, looking at you, I realize the why of it doesn't even matter. It's, like, I've been seeking cures for what ails me in the form of a pill or a drink, when all along, all I needed to do when I was feeling stressed was to be touched by you. You're my medicine, beh-beh."

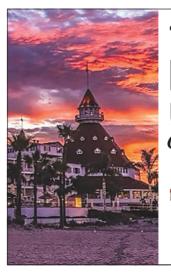
David's smile widened and he rested his hand on my leg. I put my phone down, grabbed David's hand, and held it in mine. **■** (@barbarellaf)

Find more stories by Barbarella at SDReader.com/barbarella









♥2,985 others like this.

**Follow** us on Instagram

**3**@sandiegoreader



# FREE LEGAL GUIDE 619-780-2470 • SDReader.com/Legal

Available 24 hours a day, 7 days a week. At the prompt, enter the 4-digit extension of the category that interests you.



PERSONAL INJURY • Extension 5601

Sponsored by Julia E. Haus Law Firm, 462 Stevens Ave., #303 Solana Beach 92075 • 619-234-1100 • www.hauslaw.com

- 1 Motor Vehicle Accidents
- 2 Wrongful Death / Catastrophic Injuries
- 3 Medical Malpractice
- 4 Traumatic Brain Injuries
- 5 Premise Liability / Slip & Fall
- 6 Employment Law
- 7 Defective Products
- 8 About Julia E. Haus Law Firm



**FAMILY LAW • Extension 5606** Sponsored by William M. Henrich

4849 Ronson Court, San Diego • 858-576-4484

- 1 Divorce : An Overview
- 2 Domestic Partnerships
- Divorcio, Una Vision General
- 4 Premarital And Marital Agreements
- 5 Military Families
- 6 Modifications
- 7 The Other Facilitator
- 8 Wills, Probates And Trusts



# **CRIMINAL LAW • Extension 5602**

Sponsored by Erik Friis, Superior Law Center, 3160 Camino del Rio South, Suite 300, San Diego, CA 92108 • 888-205-8961 • www.superiorlawcenter.com

- 1 Will I get focused, personalized attention?
- 2 Will I be hiring an experienced attorney?
- 3 Will I have to appear in court?
- 4 How will I afford aggressive legal representation?
- 5 How can hiring an attorney improve my chances of success?
- 6 Will I have to do jail time?
- 7 How long will a conviction stay on my record?
- 8 What should I do if I have been charged with a felony?



# **SEXUAL HARASSMENT/ WRONGFUL TERMINATION** • Extension 5608

Sponsored by The Law Offices of Joel C. Golden 619-246-8449 Old Town Professional Bldg., 2356 Moore St., Suite 201, San Diego www.goldenlawfirm.com • goldenlawfirm@gmail.com

- Sexual Harassment
- Discrimination
- 3 Wrongful Termination 4 Executive Termination
- 5 Whistleblower / Retaliation
- 6 Fraud Against the U.S. Government [False Claims Act]
- 7 Legal Fees



# BANKRUPTCY/CREDIT LAW • Extension 5603

Sponsored by Attorney Deborah L. Raymond, 445 Marine View Ave., Suite 300, Del Mar • 858-481-9559 • www.bankruptcyhelpsd.com

- 1 Free Easy Phone Evaluation.
- 2 What Is Chapter 7 Bankruptcy? 6 Looking For Mortgage Relief?
- 4 Lowest Price Guarantee!
- 5 Collection Agency Harassment
- 3 What Is Chapter 13 Bankruptcy? 7 Lawsuits and Wages Garnished? 8 Inaccurate Credit Report?

"We are a debt relief agency. We help people file for bankruptcy relief under the Bankruptcy Code."



# **INSURANCE CLAIMS** • Extension 5604

Sponsored by The Law Office of Robert Bruce Arnold

- UM / UIM / Auto / Property
- 6 Department of Insurance
- 7 Do I need an attorney?

4 Unsafe Working Conditions

5 Wrongful Discharge



# **EMPLOYMENT/LABOR LAW** • Extension 5609

Sponsored by Laturno & Graves • www.laturnograves.com San Diego: 619-234-3323 • Escondido: 760-741-7544

- Administrative Hearings
- 5 Non-Competition Agreements
- 3 Employment Agreements 4 Hostile Work Environment
- 2 Employee Handbooks / Policies 6 Severance Agreements
  - 7 Wage and Hour



2329 India St., San Diego • 619-233-1096 • www.arnoldlawoffice.com

- 1 Insurance Bad Faith
- 2 Duties of Insurance Company
- 3 First Party Claims / Health /
- 4 Time Limits
- 5 Disputes with Insurance Company
- Help Line



# **DISABILITY**• Extension 5610

**SOCIAL SECURITY &** 

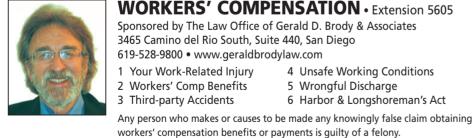
Sponsored by Anthony J. DeLellis & Associates • 619-278-0900 1565 Hotel Circle South, Suite 370, San Diego • www.delellis.com

- Overview of Social Security
- 2 Filing a Claim
- Retirement Benefits
- 4 Survivorship Benefits
- 5 Lump Sum Death Benefits
- 6 Family Relationships
- 7 Disability Benefits 8 HIV as a Disability

# **HOMEOWNERS ASSOCIATION DISPUTES** • Extension 5611

Sponsored by Deutsch & Associates • www.mgdlaw.com 120 West Grand Avenue, Suite 205, Escondido • 888-286-3945

- 1 Failure to maintain & repair
- 2 Delinquent assessments, liens and foreclosures
- Governing document violations, hearings and fines 4 Internal dispute resolution
- 5 Mediation
- 6 Arbitration
- 7 Litigation to compel access to records, adherence to election rules, and compliance with Open Meeting Act



### 3 Third-party Accidents 6 Harbor & Longshoreman's Act

**IMMIGRATION** • Extension 5607 Sponsored by Reza Athari, Principal Attorney at Reza Athari & Associates

3444 Camino del Rio North, Suite 103 San Diego • 619-284-8811 • Fax: 619-284-8822

1 Ways to Be Legal

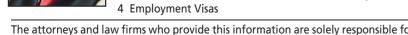
3 Business Visas

- 5 International Students
- 2 Spouses & Children
- 6 Changing & Extending Visas
- 7 Visa Denials & Deportation

# **DUI & DMV LAW** • Extension 5619

Sponsored by www.SanDiegoDefenders.com 24 hrs.(619) 258-8888 Attorney Team Daniel Smith & Jon Pettis for all cases 585 3rd Ave., Chula Vista, CA 91910 Between I-5 & 805

- 1. What penalties for DUI, Hit & Run, or DUI w/injuries?
- 2. DMV gives 10 days to Protect License, Act Now?
- 3. Why hire a lawyer if BAC .08%?
- 4. Will I have to go to DUI court?
- 5. Difference in VC 2315(a), VC 23152(b)?
- 6. Misdemeanor vs. Felony Dul? 7. Can I expunge a DUI conviction?
- 8. Are blood tests accurate?
- 9. Marijuana or Drug DUI?
- 10. Why hire a DUI lawyer now?



# **Traffic School**

Day/Evening. \$30 w/ad. \$25 each w/friend. San Diego, East & North County locations. AtcTraffic.org. 888-291-6594 or 619-659-1411.

## **DUI & DMV? Stay Home we Go** To Court 4-U!

Former Federal Defender & Harvard DUI lawyers Affordable Payment Plans and DUI's Dismissed Call Dan Smith, Esq. 24hrs. (619) 258-8888

# **Divorcing**

Avoid high cost and fighting in court. Call to learn about advantages of Mediation. Free phone Consult. A Fair Way Mediation Center, 619-702-9174. www.afairway.com.

# **Expungement**

Misdemeanors \$500 Felonies \$600 Motion to reduce Felony to Misdemeanor \$700. Motion to terminate probation early \$700 Call the Expungement Center 888-210-0862

# **Social Security Disability**

Free Advice from Experienced Attorney.
Dan R. Cohen, 760-888-7338; 619-358-5443. Sandiegosocialsecuritylawyer.com

# **Criminal Defense Attorney**

DUI, possession, domestic violence, etc. Visa/MC. Free consult. Scott Salmu, Esq., 619-232-4LAW (4529).

# Stop IRS in 24 Hours!

Easy pay plan. Ex IRS officer. 30 years experience. 888-677-3729 or www.TaxSolutionServices.com.

# **Personal Injury & Accident** Attorney 619-760-7900

Car Accidents.slip/trip/falls/dog bites.

### Debt Relief, 619-696-7444

Free consultation, Scott A. Fleming, Attorney All Options. www.flemingdebtrelief.com.

# **Bankruptcy \$100 To Start**

Free attorney consult. Payment plans available. Paul Caprara, Esq. 888-619-2826 or www.avantlaw.com

# Can Bankruptcy Help Me? Wipe Out Debt, Start Fresh!

Free case evaluation. Flexible payment plans. 14 years' experience. Se Habla Espanol. Mission Valley/N County Offices. Call today, 619-517-4553

# Is the IRS After You? Help Is at www.mtax.com

Call Curtis McAllaster, CPA, 619-523-3098.

# **Don't Let IRS Ruin Your Life!**

Peace of mind is within your reach! Call 1-877-FIXABLE (24 hours) for recorded message and free report. Attorney Dave Greenberg, 858-292-0700, www.fixabletax.com.

# **Got Warrants?**

Quick Fixes to Your Criminal, DUI, DMV, & Warrants! Call Abby L. Ertz, Esq. 619-840-4566 www.ErtzLawGroup.com

# **Traffic Tickets?**

Don't pay. Hire an attorney to fight for \$100. No attorney fee if ticket not dismissed. Contact Law Offices of Elizabeth Aronson 760-685-8242 or SanDiegoTrafficTickets.com.

### **Divorce Easy \$79-Up**

Serving all San Diego County! Office or in-home appts. Pymt plans. Visa, M/C. 619-479-4527.

# **Work Injury Attorney**

Law Offices of Hollingsworth and Hollingsworth No upfront costs. www.2Hlaw.com. 619-810-1427.

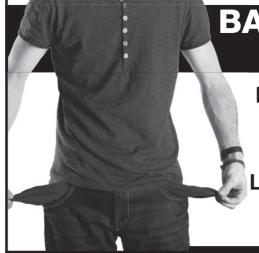
# **H.O.A.** Disputes Law Office

Home Owner Association legal pro!
Free Consultation! www.MGDLaw.com 888-286-3945.

# Car Repo'd or About To Be?

Call now to save it! 619-544-0669

# LEGAL SOLUTIONS



BANKRUPTCY

# **Need A Fresh Start?** We Can Help!

Free consult with experienced attorney.

# **Lowest Cost Guaranteed!**

**Atty. Evelyn Johnson** (619) 299-5988



DAY CLASSES • 8:30-4:00 EVENING CLASSES • 6:00-9:30

# RAFFIC SCHOOL



Accepted by ALL Courts **Guaranteed!** 

- Juveniles & Level II
- High Impact School DMV Certified

Visit our website: www.atctraffic.org

Locations: San Diego, East & North County 888-291-6594

ATC Traffic Consultants Office: 8333 Clairemont Mesa Blvd. (TVS 1149)

Drowning in Debt?

\$100 Starts Your Bankruptcy

El abogado habla español.

**Ramos Law Firm** 

South Bay: 2424 Hoover Ave., Ste., G National City, CA 91950

(619) 477-7600

North County: 217 Civic Center Dr., Suite 4 Vista, CA 92084

RamosLawyer@aol.com

Rebuild your Credit.

Let an experienced bankruptcy attorney help you:

Eliminate credit card debt.

Erase your 2nd mortgage.

# **SOCIAL SECURITY** DISABILITY

- Applications Hearings Appeals
- Disability and SSI benefits
- Call a local and experienced attorney for Free Advice



DAN R. COHEN. **ATTORNEY** 

760-888-7338

619-358-5443

# ACCIDENTS & INJURIES

Attorneys at Law

- Car/Truck Accidents
- Personal Injury
- Slip/Trip/Falls
- Dog Bites
- Pedestrian Accidents
   Motorcycle Accidents
- Wrongful Death
- Children's Iniuries

No fee until we win/settle your case Over 50 years combined legal experience

**Hall Law Firm** 619-760-7900 sdlaw10@aol.com

# **GET YOUR TRAFFIC TICKET DISMISSED FOR ONLY \$100!!!** If we can't help. you pay NOTHING!!!

Let us fight for you! We handle all San Diego County citations, including: Speeding • Photo Red Light

Call for details: Law Offices of R. Robert Punta YourTrafficTicketDismissed.com

D

Stop Sign • Cell Phone • No Insurance **Unlicensed Driver** 

1651 Rosecrans Street, 2nd Floor, San Diego, CA 92106 (619) 795-3420

# **Auto Accident? Injury?** Auto Accident? Injury?

Call now for free advice! Millions recovered. No recovery, no fee. Call 24/7: 619-338-8230.

# Affordable Family Law

Quality attorney assistance with Divorce, Parentage and more. Let us walk you through it. 858-487-3279. www. FamilyLegalEase.com.

# **Drunk Driving Attorney**

Felonies/misdemeanors/DMV/drugs. 619-338-9500. J. D'Ambrosio. Free consult. Visa/MC/Amex.

# Hypnosis—All Issues!

Smoking, weight, habits. Lori (CHT), 858-457-2100.

### **DUI and Criminal Defense**

Affordable rates. Visa/MC, flexible payment plans. Free consult. Attorney David Boertje, 619-229-1870.

# **Have Traffic Tickets?**

Get your traffic ticket dismissed for only \$100! If we can't help, you pay nothing! Law Offices of R. Robert Punta, 619-795-3420. YourTrafficTicketDismissed.com.

## **Divorce—Fast—Lowest Cost**

Custody/Visitation/Support. Free Office Visit. Legal Document Preparers... since 1976. Reg. #99. HÖTLINE: 619-685-0020 or 619-454-0994

# **Ex-IRS Tax Attorney**

Beat any price. Problems, returns, etc. 866-979-3159.

# Auto Accident? Injury? **Auto Accident? Injury?**

Call now for free advice! Millions recovered. No recovery, no fee. Call 24/7: 619-338-8230.

# **Arrested? All Felonies** All Misdemeanors

DUI, domestic violence, theft, drugs. Little or no money down (SD cases not set for trial). Affordable payments. Available 24/7. Free initial consultation. Superior Law Center, 888-205-8961. www.superiorlawcenter.com

# **Personal Injury Attorney No Upfront Fees**

Car accidents, slip/fall, etc. Free consultation. Scott Salmu, Esq., 619-232-4LAW (4529).

# Ch 7 & 13 Bankruptcy **East County**

Local Atty 619-599-3303

# **Personal Injury**

Car accidents, slip & fall, burns, dog bites. 30 yrs. exp. Law Office of Neal Gibbons, 619-850-6325.

# Bankruptcy, \$100 to start

Experienced, 25+ year Attorney! Free Consult! Se Habla Espanol. Payment plans avail. 619-236-1136.

# **Accident? Injury?**

Get the compensation you deserve. Law Offices of Robert T. Pope, 619-233-3893.

# **Drowning In Debt?** \$100 Starts Your Bankruptcy Free consultation. North and South County offices.

Se habla espanol. \*Ch. 7. Restrictions apply. Ramos Law Firm, 619-477-7600.

# **DUI & Criminal Defense**

Former DA now on your side! Free consult. DefenseLawSD.com, Payment plans 877-665-7797

# **IRS Problems Got You Down?**

27 years' IRS experience. Income tax and collection problems. Audit and appeals representation. Tax return preparation. Current/unfiled returns. Free consultation. Reasonable rates. BJ Tax Consulting, 858-530-1675.

### Simple Divorce \$199

Affordable rates, MC/Visa/Amex. Se habla espanol. www.JBCarnohan.com. Attorney, 760-722-8200.

# Don't File Bankruptcy! Text The Word "credit" to 26786

We Can Help You. www.AppleFinancialCare.net. \*Credit Repair, \*Income Tax Prep., \*Debt Settlement. \* And More. 619-202-7506 or 888-609-1170

# **Driving Woes? Ticket \$50**

Misdemeanor DUI \$500—DMV Hearing \$50. Jon Osborn, Attorney, 619-467-0209.

# **Aggressive Female Attorney**

Criminal/DVTRO. AttorneyLubin.com 619-232-2900

# Simple Bankruptcy \$699

Experienced, Understanding Attorney. Se habla Espanol. 760-722-8200. www.JBCarnohan.com.

### **Got Warrants?**

Quick Fixes to Your Criminal, DUI, DMV, & Warrants! Call Abby L. Ertz, Esq. 619-840-4566 www.ErtzLawGroup.com

# **Divorcing**

Avoid high cost and fighting in court. Call to learn about advantages of Mediation. Free phone Consult. A Fair Way Mediation Center, 619-702-9174. www.afairway.com

# **Expungement**

Misdemeanors \$500 Felonies \$600 Motion to reduce Felony to Misdemeanor \$700. Motion to terminate probation early \$700 Call the Expungement Center 888-210-0862.

# **Social Security Disability**

Free Advice from Experienced Attorney.

Dan R. Cohen, 760-888-7338; 619-358-5443. Sandiegosocialsecuritylawyer.com

# **Criminal Defense Attorney**

DUI, possession, domestic violence, etc. Visa/MC. Free consult. Scott Salmu, Esq., 619-232-4LAW (4529).

# **Stop IRS in 24 Hours!**

Easy pay plan. Ex IRS officer. 30 years experience. 888-677-3729 or www.TaxSolutionServices.com.

# **Personal Injury & Accident** Attorney 619-760-7900

Car Accidents, slip/trip/falls/dog bites.

# Debt Relief, 619-696-7444

Free consultation, Scott A. Fleming, Attorney All Options. www.flemingdebtrelief.com.

# **Bankruptcy \$100 To Start**

Free attorney consult. Payment plans available. Paul Caprara, Esq. 888-619-2826 or www.avantlaw.com

# Can Bankruptcy Help Me? Wipe Out Debt, Start Fresh!

Free case evaluation. Flexible payment plans. 14 years' experience. Se Habla Espanol. Mission Valley/N County Offices. Call today, 619-517-4553

# Is the IRS After You? Help Is at www.mtax.com

Call Curtis McAllaster, CPA, 619-523-3098

# **Don't Let IRS Ruin Your Life!**

Peace of mind is within your reach! Call 1-877-FIXABLE (24 hours) for recorded message and free report. Attorney Dave Greenberg, 858-292-0700. www.fixabletax.com.

# **Got Warrants?**

Quick Fixes to Your Criminal, DUI, DMV, & Warrants! Call Abby L. Ertz, Esq. 619-840-4566 www.ErtzLawGroup.com

# **Affordable Family Law**

Quality attorney assistance with Divorce, Parentage and more. Let us walk you through it. 858-487-3279. www. FamilyLegalEase.com.

# **Drunk Driving Attorney**

Felonies/misdemeanors/DMV/drugs. 619-338-9500. J. D'Ambrosio. Free consult. Visa/MC/Amex.

# **Hypnosis—All Issues!**

Smoking, weight, habits. Lori (CHT), 858-457-2100.

# **DUI and Criminal Defense**

Affordable rates. Visa/MC, flexible payment plans. Free consult. Attorney David Boertje, 619-229-1870.

### LEGAL SOLUTIONS



Have you been sexually harassed? Injured?

# We can help you!

Free Consultation. No Recovery, No Fee.

1-888-250-7982

For Information, e-mail: morris@sandiegolegal.com www.sandiegolegal.com

# **Auto Accident? Injury?**

Call 619-338-8230 for free advice!

Millions recovered. No recovery, no fee. Call 24/7.



619-338-8230

www.sdinjurylaw.com

# BANKRUPTCY BANKRUPTCY BANKRUPTC

# "We Guarantee a Discharge or it's FREE!"

FREE Consultation! • Only \$100 to Start!



**Wage Garnishment, Harassing** Phone Calls, Repossesions,Lawsuits, Foreclosures, the IRS

or Wipe Out Second Mortgage.

"Experienced Bankruptcy Attorney — over 5,000 cases resolved."



# 888-219-7566

501 West Broadway, Suite 510 (between Columbia & India) Downtown, San Diego 92101 www.BankruptcySD.com

## **Have Traffic Tickets?**

Get your traffic ticket dismissed for only \$100! If we can't help, you pay nothing! Law Offices of R. Robert Punta, 619-795-3420. YourTrafficTicketDismissed.com.

# **Divorce—Fast—Lowest Cost**

Custody/Visitation/Support. Free Office Visit. Legal Document Preparers... since 1976. Reg. #99. HOTLINE: 619-685-0020 or 619-454-0994.

## **Ex-IRS Tax Attorney**

Beat any price. Problems, returns, etc. 866-979-3159.

# **Auto Accident? Injury? Auto Accident? Injury?**

Call now for free advice! Millions recovered. No recovery, no fee. Call 24/7: 619-338-8230.

# **Arrested? All Felonies All Misdemeanors**

DUI, domestic violence, theft, drugs. Little or no money down (SD cases not set for trial).

Affordable payments. Available 24/7. Free initial consultation. Superior Law Center, 888-205-8961. www.superiorlawcenter.com.

# **Personal Injury Attorney** No Upfront Fees

Car accidents, slip/fall, etc. Free consultation. Scott Salmu, Esq., 619-232-4LAW (4529).

# Ch 7 & 13 Bankruptcy **East County**

Local Atty 619-599-3303

# **Hypnosis—All Issues!**

Smoking, weight, habits. Lori (CHT), 858-457-2100.

# **Personal Injury**

Car accidents, slip & fall, burns, dog bites. 30 yrs. exp. Law Office of Neal Gibbons, 619-850-6325.

# s the IRS After You? Help Is at www.mtax.com

Call Curtis McAllaster, CPA, 619-523-3098.

# Bankruptcy, \$100 to start

Experienced, 25+ year Attorney! Free Consult! Se Habla Espanol. Payment plans avail. 619-236-1136.

# **Traffic Tickets?**

Don't pay. Hire an attorney to fight for \$100. No attorney fee if ticket not dismissed. Contact Law Offices of Elizabeth Aronson, 760-685-8242 or SanDiegoTrafficTickets.com.

### **Auto Accident? Injury?**

Call now for free advice! Millions recovered. No recovery, no fee. Call 24/7: 619-338-8230.

### **Got Warrants?**

Quick Fixes to Your Criminal, DUI, DMV, & Warrants! Call Abby L. Ertz, Esq. 619-840-4566 www.ErtzLawGroup.com

# **Bankruptcy \$100 To Start**

Free attorney consult. Payment plans available. Paul Caprara, Esq. 888-619-2826 or www.avantlaw.com

# Have you been injured? Have you been sexually harassed?

We can help you! Free Consultation. No Recovery, No Fee. 1-888-250-7982. For Information, e-mail: morris@ sandiegolegal.com. www.sandiegolegal.com.

# **Bankruptcy Relief**

Need a fresh start? We can help! Free consult with experienced attorney. Lowest cost guaranteed! Atty. Evelyn Johnson, 619-299-5988.

# **Injured in a Car Accident?** We will Fight for You!

Free case evaluation. No Fees, unless we win! 14 years' experience. Se Habla Espanol. Mission Valley/N County Offices. Call today, 619-517-4553



# SD ON THE QT

Almost factual news

# **Chucking the chicken**

Egg farmer investigated for solitary acts of abuse

RAMONA — A 56-year-old employee of the Pine Hill Egg Ranch is currently under investigation by the district attorney for the abuse of several chickens under his care. The chickens, which had slowed in their production, possibly due to being



Discretion is advised for our more sensitive readers.

overworked, nevertheless proved hardy enough to survive their termination procedure. Literally hundreds of hens were rounded up and gassed in a shipping container, a standard industry practice known as "doing the deed."

"But apparently," said a neighbor who made the video that started the investigation, "the standard procedure didn't quite take care of business, and this guy had to finish the job on his own." A number of the chickens were still upright, "and you can see him beating the bird without mercy. He's got his hands wrapped around that big pole and he's working it like it's his job. Up, down, up, down, until there's nothing left twitching. And then, right out there in full view of anybody who happens to be passing by, he decides to chuck the chicken. He just grabs the little pecker and lets fly. It's shocking, really."







Screencaps showing Pine Hill employee chucking the chicken

Conan Izzem, spokesman for the County Depart of Animal Services, expressed dismay over the actions he saw on the video. "Pine Hill should be ashamed of themselves. They're crazy to turn a blind eye to this sort of thing, because it's going to hurt their bottom line. They may argue that everybody does it, but it's still socially unacceptable, and people are going to shun them — especially since they did it in public. These guys should realize that when they abuse their livestock, they're really hurting themselves. When you get right down to it, it's self-abuse."

# **Kevin Faulconer, Man of the People**



Scenes from the mayoral candidate's recent outreach to San Diego's minority communities. Clockwise from upper left: getting his hands dirty with Manuel Labor in Linda Vista, "cracking up" with a person of color in Skyline, going over some policy ins and outs with the boys at Club San Diego in Hillcrest, and ordering some delicious dog pot on Convoy. One of us! One of us!

# Cuts at UT-TV Force Format Change, Reductions in Set Furniture

Host Baldwin: "When life takes your couch, you just gotta stand up and dance!"





Area punk: "It was the only way to honor its legacy. Now The Man cannot have our Casbah."

# TORCH THE CASBAH

City of San Diego Declares January 14 "Casbah Day," Loyal Patrons Celebrate By Burning Club to Ground



Real Friendly. Real Close!







**BY SIOBHAN BRAUN** 

# An afterhours circus

When I scored tickets to ART-essence's CAPTIVATE: Cirque de l'Artisan, a fashion show in Middletown promoted as "providing the experience of a party and a show in tandem: live graffiti artists, professional dance teams, aerialist performances, circus acts, and talented DJs," I wasn't holding my breath. After all, the City of San Diego is the fashion equivalent of Little Rock, Arkansas. My tickets were said to include cocktails and complimentary valet





SAN DIEGO CLUBKIDS

ANDRE SORIANO

parking — that was not the case. The only parking spot I could find was in front of a nude photography studio where two men were relieving themselves against its exterior.

However, when I stepped inside the event, I was pleasantly surprised. The location was terrific: a warehouse with high ceilings was decorated in a kitschy circus theme. More importantly, the people-watching was

terrific. Andre Soriano, recently seen on Rihanna's Bravo series *Styled to Rock*, was in attendance. He stumbled about with a posse of followers. He posed for photos with everyone and their mother and made a generally brilliant spectacle of himself.

Featured fashions included Shekhar Rahate, winner of the Versace Award for Global Excellence in Fashion and a regular in New York Fashion Week, De Marcus, Zavval, and WishNow. Featured artists were Krissy Fernandez (Junk & PO), Jimmy Ovadia (the Art of Jimmy Ovadia), Danny Suhendar (Danny Suhendar Photography).

Cirque de l'Artisan opened with San Diego Clubkids. The performers wore elaborate costumes and strutted down the runway doing elaborate dances and contortions.

Victoria Roberts of Wish-Now, the San Diego Fashion Week 2013 third-place winner, had a runway show of frilly, Lolita-style dresses.

Overall, there were some major kinks in the event. They needed more seating and the pacing of the runway shows was a bit of a train wreck. However, I think that ARTessence has major potential. I'm looking forward to their next event.

Find more Street Style at SDReader.com/style



# THE FILM REVIEWS OF DUNCAN SHEPHERD

Five-Star Reviews from
The Adventures of Robinson Crusoe to Yojimbo



For 38 years, Duncan Shepherd served as the film critic for The San Diego *Reader*. Instead of simply describing a film's attributes, he took hold of it like Jacob wrestling the angel, and sought to see it face to face. The Five-Star Reviews collects those relatively few films that merited his highest indicator of priority, from 1924's *The Last Laugh* to 2009's *A Serious Man*.

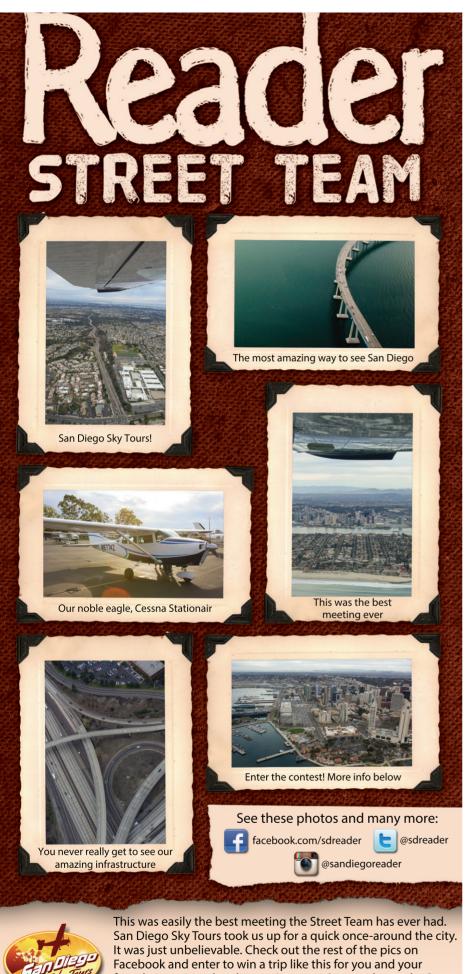
# \$2.99 download available on:



sdreader.com/books



Package #3 2 way pager







CHOICE

12.1" Flip Down or 2-7" Head Rest

DVD Player Included \$169

8252 Clairemont Mesa Blvd., San Diego, CA 92111 WE ARE IN THE CALIFORNIA BANK SHOPPING CENTER

888-775-6859

**Hablamos Español** \*Most cars require add'I parts and/or labor which is sold at an added cost. Photos for illustrative purposes only Price reflects discount. Rain check available for any out-of-stock items. All sale items require installation Free installation on any stereo purchased. Free alarm requires installation at an additional cost.

Mon-Thur 10-7PM Fri & Sat 9-7PM • Sun 9-5PM

**FREE** 

**HEAD** 

PHONES.

**6.5** KENWOOD

Like us on Facebook & get a FREE iPod cable ATM VISA Mastercard



# 3232 DOVE STREET | MISSION HILLS, 92103

CURRENT OWNER: Deborah Szekely | LISTING PRICE: \$1,945,000 | BEDS: 5 | BATHS: 5

# **U**NREAL **E**STATE

by Dave Rice

This week's property is hidden in Mission Hills, tucked away along a deadend street and shielded by a wall of towering bamboo interrupted only by an entry gate leading into the meticulously landscaped estate of healthand-fitness pioneer Deborah Szekely.

The residence began its life as a modest redwood cottage in 1914 before undergoing a series of modifications and additions so extensive that Pacific Sotheby's



The Japanese tea room-themed meditation room occupies an outbuilding on the lower half of the property.

International agent Janna Hernholm says that even the owner is left guessing as to what the original floorplan looked like. Eventually the home expanded to include five

bedrooms, five baths, and 3724 square feet.

The top floor of the home serves as the public reception area, with a small office area by the stairs, larger living room and dining area, and a small galley-style kitchen with breakfast area more akin to what one would expect to find in a home much closer to what could be considered

"entry level." Nonetheless, Hernholm assures that Szekely's chef does fine with it, accommodating frequent dinner parties for as many as 20 guests. She does concede, though, that the new buyer may want to expand into the adjacent laundry and storage rooms for extra space.

Outside lies a spacious rooftop view deck with a covered seating area and outdoor kitchen. An elaborate stained-glass skylight pierces the deck and looks down into a library area on the home's second level.

Heading downstairs from the top floor, the stairs land at a second living room with adjacent library space. Two master bedrooms on this level each have exterior entrances; one has a private koi pond outside, visible from large bedroom and bathroom windows. A door almost hidden in the wall paneling leads to another office, once occupied by the late philosopher, psychologist, and author Edmond Szekely, as well as a third en-suite bedroom.

A narrow stairway leads down to the home's bottom level, a large guest suite. Like the others, it's equipped with a private bath — this one featuring an extra-deep Japanesestyle soaking tub — and features an entrance from a secluded patio.

The exterior of the property is what makes the estate exceptional. Szekely spent decades terracing and landscaping the hillside, installing water features, statuary (not included in the sale, but negotiable), and a variety of flowers and other plants. Two garden-





- Licensed physicians
- FDA approved ingredients
- Safe and effective
- No side effects
- Heart disease ok
- High blood pressure ok
- Prostate removal ok



Initial consultation

5920 Friars Road San Diego 92110 www.MensClinicsofAmerica.com **Walk ins Welcome** 

San Diego • Houston • Chicago The Woodlands, TX • Vernon Hills, II

# San Diego University

# FOR INTEGRATIVE STUDIES

# Certificate, Bachelor's, Master's & Ph.D.

Tuition starting at \$400 a Month

**Business** Accounting Fashion Design Web Design Graphic Design

Hospitality Management

Marketing Executive Leadership **Sport Counseling** Psychology

USA English Language Center English as a Second Language Programs \$300-\$350/ 4-weeks

Only \$200-\$250/ A month With this ad!

### **TESOL Certificate \$699**/

6-week certification Teach English in the USA or Abroad! Start dates: August 12 & Nov. 4, 2013

- Online or weekend flexibility
- · Reduced fee and payment plans
- VA Approved

# \$200 OFF **English Classes**

\$100 off 1st two months with this ad. New students only. Not valid with any other offer. Expires 02/28/14.

# **ANNOUNCEMENT:**

The USA English Language Center is proud to share our new status as a nationally recognized, accredited program through ACCET!



Call 619.297.1999

3900 Harney Street, 92110 (Located next to the Trolley Station in Old Town)



Paths, bridges, and staircases wind through the gardens and terraces of the property's hillside yard.

ers working at the property insist its current (impressive) condition does no justice to the spring and summer months, when foxtails, magenta bougainvillea, white roses, and other blooms cover the grounds.

Much of the landscape design was aided by noted landscape architects Takendo Arii and Sarah Brightwood, Szekely's daughter, who brought in additional exterior features such as a dark-bottomed lap pool and outbuildings including a small gym, a potting shed, and a meditation room styled after a Japanese teahouse.

The gardens continue down onto a lower level of the property, which includes two lots accessible from Eagle Street not included in the sale. The three lots included on Dove Street add up to just under a half acre of property in all, to which over a quarter acre could be added by acquiring the Eagle lots.

Owner Deborah Szekely is noted for founding Tecate's Rancho La Puerta with her husband Edmund in 1940, one of the world's first health spas. In 1958 she went on to establish the

highly acclaimed Golden Door in Escondido, a boutique operation that continues to attract patrons willing to spend \$7000 or more on a weeklong

retreat. She also served on the President's Council on Physical Fitness for the Nixon, Ford, and Reagan administrations.

Over the years Szekely has used her home for notable events, including benefits for the Old Globe theater in the 1950s and 1960s, parties featuring celebrity athletes (Szekely was third chair of the board running Jack Murphy Stadium), and events featuring politicians ranging from Pete Wilson to Nancy Pelosi. Guests of Szekelv over the years have included Bill and Judith Movers as well as George and Lenore Romney.

Now 91, Szekely told *The Atlantic* magazine in October that she's purchased a smaller house nearby and plans to spend the next decade adding her stylistic touches to it.

The 3232 Dove property was previously listed for \$2,900,000, with all five parcels, including the two on Eagle. After several months without a suitable offer, the property was re-listed in December for \$1,945,000, this time only including the three Dove Street parcels. ■

**HID KITS** 

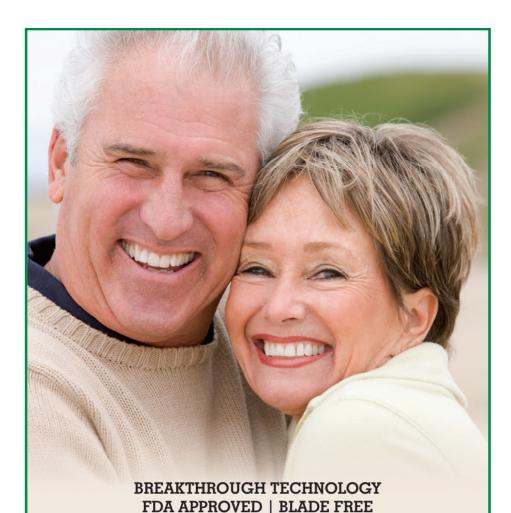






714 E. Valley Parkway, Escondido • 888-220-9469 • escondidoaudiosport.com

tures are for illustration only. Regular prices only. Some cars require extra parts and labor at additional cost. Installation extra. No carryout. Carryout prices are higher We do not honor warranties on carryout items. Prices subject to change without notice. \*Restrictions apply. With I.D. With written estimate.



# Cataract LaserSurgery

Finally arrived and new in San Diego, The LenSx® laser provides accurate computer controlled precision, for the most consistent and predictable results.

After your Laser Cataract Refractive procedure, you can expect:

improved vision, no discomfort, less astigmatism

My experience with West Coast Eye Care, Dr. Katzman and the staff has been wonderful. The atmosphere is caring and genuine. I LOVE the results and can't wait to get my other eye done. I can see! I can read! My whole life seems brighter! Thank you and Bless all of you at West Coast Eye Care.





Potentially less out of pocket expense through our Medicare approved surgery center.

For Free Cataract Consultation call: 1-888-230-7314 WestCoastEyeCare.com

Dr. Barry Katzman voted one of San Diego's "Top Doctors" by San Diego Magazine. LenSx® certified surgeon. "America's Top Ophthalmologist" from Guide to America's Top Ophthalmologists from Consumer Research Council of America

# **BestBuys**

-EVE KELLY

Our college friends Monica and Fred will be visiting from Indianapolis soon. "We want to spend most of that time outdoors," Monica told me, "and soak up the sun's rays."

There's nothing like out-of-town visitors to remind us what an amazing blessing we have here in our climate. We live in year-round picnic weather.

So I sent out queries to some fellow San Diegans asking for their favorite picnic spots and then made my own pilgrimage to some of them. I'd love to hear a few of your favorites.

**Mission Point Park** (South Mission

Beach)

"For us it is Mission Point Park, hands down," said Lorraine. "It's never crowded, the view is serene with boats, kayaks, and paddle boards on the quiet bay. Beautiful rock jetty and walkway for strolling, and

there's always a beautiful breeze. Peaceful and out of the way, we have spent many a great time there "

I found this spot to be as lovely as Lorraine described. It was almost completely empty on a perfect afternoon. Plenty of shade trees, plenty of grass, and the serenity of sailboats and the tide gliding to and from the ocean between the jetties. I liked the choice of grass or sand picnicking. I'll be back.

Kate Sessions Neighborhood Park (Soledad Road, Pacific Beach)

"Kate Sessions Park is our go-to spot," explained Tess. "We're suckers for a view, and the park offers a bird's-eye view of downtown skyscrapers, planes lifting off from the airport, Mission Bay, the ocean beyond. A great spot for romance," she offered.

The park, named after the mother of Balboa Park, features two ample grassy sections: one is flat and features a playground at one end, but not much view. The other slopes enough to make playing ball impractical, but it provides a sort of stadium-seating view to the south. It's kind of like Mount Soledad, with more room and fewer people. Bonus: The north side of the park is a wild area of coastal sage scrub with hiking trails.

### Santee Lakes Regional Park

(Weekdays, \$3 per vehicle; weekends/holidays, \$5; Sprayground wristband, \$2 per child) "Santee Lakes is where we go to picnic," sug-

"The park offers a bird's-eye view of downtown skyscrapers, planes lifting off from the airport, Mission Bay, the ocean..."

gested Sarah. "It's picturesque, with rolling grassy areas surrounding lakes with islands in the middle. Shady trees, ducks, docks, a concrete path around the entire park for walking or biking after picnics. They also have an awesome spray park for the hot days," she added. The rental cabins floating on the lake are speaking to

me. I'm thinking of extending this picnic to a weekend-long picnic.

> Bayview Park (First Street, Coronado)

This Coronado spot is a favorite of my pal Kristen. "We love this park overlooking San Diego Bay," she touted. "It's tiny and gorgeous, romantic and quiet." It offers a premier view of the downtown skyline with a couple of benches to sit on and watch boats and the lights of downtown.

Louis Stelzer County Park (Wildcat Canyon Road, Lakeside)

"Louis Stelzer County Park is never crowded and always immaculately clean," replied Bernice. "Giant boulders, lots of live-oak trees, there's a large loop around the play structure area for scooters and such, and hiking trails. The

hiking is lovely, and sometimes after rain, a little stream flows under

a bridge."

Pantoja Park (G Street, Marina District/downtown)

"For an urban respite, you can't beat Pantoja Park," stated Tom. "It's the oldest park in San Diego, built in the 1800s."

I paid a visit. Between noon and 1:00 p.m. on weekdays, it has the feeling of a Spanish or Latin American plaza. Workers on lunch break play soccer and throw Frisbees on the grass in the center while office types in suits and tennis shoes parade around the broad path that circumnavigates the roughly one-acre park. The less active lounge in sun on the fringes or in the shade of four enormous Moreton Bay fig trees. There's no bay view, but that's kind of the point. It's a sort of green cove in the concrete ocean of downtown.

Find Best Buys online at SDReader.com/best-buys

- 1: Kate Sessions Park
- 2: Santee Lakes Park

Laser Vision Correction?

My visits were painless and enjoyable. I will return for future eye care needs and will recommend everyone who needs eye care to come and see them.

T. McClean

Refractive procedures from \$999 per eye Custom Intralase \$500 off

Call Aura for a free consultation. Compare what we offer to what other San Diego surgeons offer.

|  | West<br>Coast<br>Eye Care | Other Ey<br>Surgeon |
|--|---------------------------|---------------------|
| Is your doctor "iLASIK" certified?   | Yes                       | ?                   |
| Will your exam, surgery and follow-up care be provided by the same doctor?   | Yes                       | ?                   |
| Do they use the new "Iris Registration<br>Tracking Device" for a safer,<br>more effective procedure?                 | Yes                       | ?                   |
| Do they offer 4th generation FS Intralase to create a safer, faster, more controlled, bladeless all-laser procedure? | Yes                       | ?                   |
| Do they have hidden prices or add-on fees?   | No                        | ?                   |
| Will they diagnose your vision needs and recommend the most appropriate refracti                                     | ve                        |                     |

surgery (LASIK, CK, PRK, Multifocal

Implants/ReSTOR, etc.)?

My results are fantastic. I can see better now, and I look just great. I am so happy I went to Dr. Katzman.





# **Droopy Eyelids?**

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

In just 20 minutes you'll look 10 years younger!

Free \$500 Gift Card\*

\$500 off both upper and lower lids\* or \$100 off either upper lids or lower lids.\* Insurance can cover this procedure. Schedule a consultation to see if you qualify. Call 1-888-230-7314. Ask for Aura.

Visit our new Eyewear Boutique in UTC featuring Cartier, Chrome Hearts, True Religion, Tag Heuer and the Mustang Collection.

# WestCoastEyeCare.com 1-888-230-7314 • VSP accepted

Serving San Diego's Eyecare Needs for 29 Years  $\bullet$  College Area/La Mesa  $\bullet$  El Cajon  $\bullet$  Clairemont/Mira Mesa Escondido/Vista/RB  $\bullet$  South Bay  $\bullet$  Alpine  $\bullet$  Se habla español.

Dr. Barry Katzman voted one of San Diego's "Top Doctors" by San Diego Magazine "America's Top Ophthalmologist" from Guide to America's Top Ophthalmologists from Consumer Research Council of America.

\*See office for details. All offers not valid with certain plans or insurance. Cannot be combined with other offers. Must bring ad at time of visit. Offer expires 3-3-14.





# lonly date vegans

hat are you doing here? You are a meat-andpotatoes man." Joe Shemirani has blown my cover in a room full of vegans. Heads give a half turn. The room goes silent for a beat. "Meat and potatoes! On New Year's Eve!" he shouts, laughing, enjoying this now. It's true — I'm a meat eater, here to research a story about vegan life at a Barons Market veganproduct test. For the past five years or so, Shemirani, who owns Barons, has attended the same year-end party as I and he has always been the person in charge of food there, and not one speck of it has ever been vegan. "You don't eat this food," he chuckles, gesturing at the spread of vegan goodies that have been arranged on folding tables. He would be right. Today's event is being staged to

help Barons managers decide which new vegan products will make it to their shelves. For the next hour, 15 local vegans will gnaw their way around the room and

sample from numbered displays of pre-packaged store items that range from vegan cookies to vegan shrimp.

Vegan shrimp?

"It's some kind of soy protein," Jared Meyer says.

Meyer, 35, is the organizer of a *Meetup* group called San Diego Vegans. He's here as part of the test. He points out other meatless meats that are intended for vegan (or vegetarian) consumption, faux prod-

ucts such as turkey made from tofu and hot dogs made of soy. "I didn't know this store existed until today." Meyer generally shops at Sprout's or Costco. "They stock over 4000 vegan items at Costco." I am surprised that he knows this. He says Trader Joe's stocks less in the way of vegan-sanctioned edibles — around 3000 items. Meyer also has an encyclopedic knowledge of vegan-product price points at the stores he frequents. He extends an invitation to a *Meetup* gathering at a local vegan restaurant. "We've quadrupled our membership over the past two years." I accept.

Much of the food on display here today at Barons' Loma Portal headquarters looks a lot like those freeze-dried pre-packaged meals made for backpackers or U.S. military field ops. Eating them requires

a suspension of one's gustatory disbelief: the vegan smoked salmon, for example, looks more like pinkish ribbon candy and tastes nothing like the real thing. The

baked goods actually do look like baked goods, but they are missing ingredients such as eggs and butter, foods that are nixed in accordance with the vegan dietary mantra: no meat, no dairy.

The Shemiranis themselves are not vegan. Barons has evolved over the years from being mostly a wine-and-gourmet-foods shop to a specialty grocer with upwards of 9000 vegan products on their shelves.

# Vegan Recipes el

RECIPES BY KATIE GLUCK
PHOTOS COURTESY OF AMY ANGELO PHOTOGRAPHY

## COCONUT RED LENTIL SOUP

### **INGREDIENTS**

2 Tbsp. coconut oil ■ 2 cups squash, medium dice 1 carrot, medium dice ■ 1 medium onion, small dice 1 clove garlic, minced ■ 1 in. piece of ginger, minced 1 (15 oz) can coconut milk

1 tsp. turmeric **■** 2 tsp. cumin

1 cup split red lentils, picked over for rocks and rinsed 4 cups vegetable stock ■ salt to taste

**INSTRUCTIONS:** In a large pot, heat oil over medium heat. Add squash, carrots, and onions to the pot. Sweat veggies, stirring occasionally over low heat. Add

garlic and ginger, stir until fragrant. Add coconut milk and stir until boiling. Add the remaining ingredients, except the salt. Stir the soup, bring to a simmer. Cover the pot with a lid and simmer for 25 minutes, stirring occasionally. Salt to taste. Remove from heat.

**MAKE-AHEAD TIP:** Cool soup completely, place in freezable container (leaving at least an inch at the top) and cover with plastic wrap (to prevent freezer burn). Can be kept in the freezer for up to three months. To thaw, take out of freezer and keep in fridge overnight.

## RAW CHOCOLATE AND RASPBERRY CAKE



# **INGREDIENTS**

CRUST:

1 cup walnuts **>** ¼ cup cacao powder ½ cup coconut shreds **>** 8–10 dates 1 tsp. vanilla **>** salt to taste

CHOCOLATE GANACHE LAYER:

1 cup coconut oil, liquefied ■ 1 cup cacao powder

¼ cup maple syrup ■ ½ cup peanut butter

1 package of organic frozen raspberries,

thawed and drained

CHOCOLATE CASHEW MOUSSE:

2 cups cashews, soaked 2 hours

 $^{1\!\!/_{\!\!2}}$  cup coconut oil, liquefied  $\blacksquare$   $^{1\!\!/_{\!\!2}}$  cup maple syrup

½ cup coconut milk  $\blacksquare$  1 tsp. vanilla  $\blacksquare$  ¾ cup cacao powder  $\blacksquare$  salt to taste

**CRUST INSTRUCTIONS:** In a large food processor, combine all ingredients until dough forms, salt to taste. Line the bottom of a spring form pan with parchment paper. Evenly pack down crust on the bottom of the pan.

**CHOCOLATE GANACHE LAYER INSTRUCTIONS:** Combine all ingredients in a high-speed blender. Pour ganache over crust. Layer with raspberries.

**CHOCOLATE CASHEW MOUSSE INSTRUCTIONS:** In a high-speed blender, combine all ingredients until smooth. Pour over raspberry layer.

Place cake in refrigerator for at least 8 hours to set.

**Chef Katie Gluck (left)** 

conducts her vegan

cooking classes at

the Wine Vault &

**Bistro on India Street** 

"There's been a market shift." Rachel Shemirani is one of Joe's daughters. She works in-store marketing. "Our shoppers want more natural, GMO-free options. They don't want

a bunch of junk in their food. And they want to shop local." She begins to work the room. "Would you pay \$4.99 for this item?" No. Only \$3.99, the group agrees, and that's a big maybe. The members of the focus group know

what won't. Tofurkey, for example, which is the brand name of a soy product that has been made to seem like turkey, is a big winner today, but not so much a stovetop macaroni-and-cheese item.

what works for them and

"You have to camouflage it for my kids," says a mother, "and that's a downside for me."

"The Chia Pods?" asks Shemirani. No, says the group. "They'd be fun, if they didn't taste like that." Chia Pet jokes follow. Next comes a cookie.

"Vegansexual" is a term coined by ABC News in 2007 that describes a vegan that only sleeps with other vegans.

One of the testers reads aloud from the list of ingredients on the label. She frowns: "This one has 16 grams of sugar. Oh, wow." Another reads from a different label: "The first two ingredients are love and water." Then Shemirani holds up a small vegan faux-meat deli sandwich that looks

more like an appetizer. She wants to know if there is a market for this sort of thing, and possibly for other similar deli items. Indeed, there is. This group seems warm to the

idea of a vegan deli counter.

"But," says a guest eater as she regards the sandwich with a measure of skepticism, "lose that cheese."

# **Flexitarians**

It's a fullmoon night when I stroll down India

Street, past a sausage joint ("Our Links are the Wurst"), a window display of gleaming fish slabs displayed on crushed ice, and golden chickens making endless slow turns over a flaming rotisserie. Any one of these options, I think, would be pleasant. Instead, I climb the stairs to the Wine Vault and Bis-



The San Diego Ladies Vegan Cooking Club celebrates their first anniversary.

tro, a boutique restaurant renowned for ribs and such, to attend a vegan cooking class taught by the owner's daughter, Katie Gluck.

Guests are arranged in groups of five. The table mates to my left introduce themselves: "We're meat-eating vegetarians." Alan Greenberg and his wife Sharon Gorevitz live in Talmadge Park. "Most vegans won't eat anything with a face," he says when I express doubt at his claim of being a vegetarian and still eating meat. Does not animal protein cancel the equation?

"We don't eat a Flintstone's-size steak," he says. "Or a hunk of bread." Greenberg indicates a small portion size with his hands.

"Maybe a piece of chicken," Gorevitz says. "Or fish."

"Why? Because God gave us teeth." Greenberg bares his choppers in a toothy grin. "Ripping, tearing teeth, teeth for meat eating. If we were supposed to be vegetarians, we'd have teeth like cows." They are here tonight, he says, in order to learn to make a few



# UP TO 70% CASH NOW!



760-439-7620

cm4cards.com

MOBILE SERVICE AVAILABLE





# \$199 permanent | makeup | eyelash extensions | from \$45

For eyeliner, lip liner or eyebrows. Over 20 years experience. Virtually painless. Free Wi-fi! Not valid with any other offer. Save 10% on your 2nd service!

Curler & Comb

**Escondido** • 760-207-7033 649 W. Mission Ave. #4



# Tone & Tighten Your Body for the New Year with a \$55 Body Contour Wrap

(1st time clients only. Reg. \$70)
Not water loss. FANIÉ Botanical
Products. See Testimonials on our
website and check out our Yelp reviews!

Karie Hayden & Associates
Pacific Beach • 858-581-3321
975 Hornblend #D
www.kariehayden.net



# Great Lengths Hair Extensions SPECIAL

20% to 30% Off for All Hair Types Full Service Salon All other services 20% off

# Hair Sensations 6 Internationally Recognized Licenses 1 a Jolla - 858-456-8647

**La Jolla • 858-456-8647** Expires 02/13/2014.

more healthy alternatives to add to his wife's postbreast-cancer diet.

To my right are Marcie and her son Chris, who is a history major at Mesa College. Marcie is an executive in the Petco organization and divides her time between San Diego and San Antonio. Neither are vegans. "We've been coming here for years," Marcie says. "Katie convinced us of the importance of adding more plant-based things to our diets." I ask Chris where we'd go if he and I were to hypothetically ditch class and head out. He says he'd be good with a Smashburger.

Gluck, 24, who is slight and brimming with energy to the point of being perky, says by way of introduction to the room, "Tonight, we're going to be doing a plantbased Thanksgiving."

She explains her own path to a plant-based diet. "It was an eight-hour train-ride home for the holidays. When I got on the train, I was a meateater." Someone gave her a book about the vegan lifestyle titled The Kind Diet, by Alicia Silverstone. "I read the book all the way down the coast, and it changed my life." She got off the train a vegan. Gluck asks to see a show of hands. "How many of you here tonight are vegan?" From my vantage point, I see less than half a dozen hands go up. Out of 25 or so attendees, four of them are men. Carrot soup is up first. Gluck goes to work with a blender and a frying pan.

"I'm obsessed with pumpkin seeds. Pumpkin seeds are really good if you have parasite issues," Gluck says. "My sister came home from Namibia once, and she had so many parasites. She was on antibiotics. I convinced her to eat pumpkin seeds for a year, and she cleaned up." Pumpkin seeds, it turns out, are an integral part of Gluck's recipe for carrot soup.

Marcie likes the soup but suggests Greek yogurt as an improvement. Seated next to her is a striking woman, a late arrival who resembles Frida Kahlo but with softer features. For whatever reason, I fail to ask her name. She agrees with the Greek-yogurt comment but says it would take the soup out of vegan territory entirely. "It would still be vegetarian," says Marcie, "but not vegan."

It turns out the Frida Kahlo lookalike is not a lifestyle vegan either. "Vegan food is just a

Vegan Recipes el

PHOTOS AND RECIPES COURTESY OF VEGENISTA.COM

### MIXED BERRY & COCONUT COFFEE CAKE

Adapted from Chloe's Vegan Desserts



### **INGREDIENTS**

STREUSEL TOPPING:

¼ cup all-purpose flour ■ 1 cup roughly chopped pecans ¹¼ cup toasted coconut chips ► ½ cup brown sugar (organic & vegan)

3 Tbsp. organic virgin coconut oil, melted

2 cups all-purpose flour ■ ½ cup raw sugar (organic & vegan) <sup>1</sup>/<sub>4</sub> cup brown sugar ■ 1 tsp. baking powder (aluminum-free)

1 tsp. baking soda ½ tsp. kosher salt

1 cup unsweetened almond milk ■ ½ cup organic virgin coconut oil, melted

1 Tbsp. organic apple cider vinegar ▶ 2 tsp. pure vanilla extract ▶ 2 cups organic mixed berries, fresh or frozen

**STREUSEL INSTRUCTIONS:** In a medium bowl, combine flour, pecans, coconut chips, sugar, cinnamon, and nutmeg. Add coconut oil and toss with two forks until it appears crumbly (crumbs should be the size of small peas).

**CAKE INSTRUCTIONS:** Preheat oven to 350 degrees. Lightly grease an 8-inch-square pan. In a large bowl, whisk together flour, sugars, baking soda, baking powder, and salt. In a separate bowl, whisk together almond milk, coconut oil, vinegar, and vanilla. Pour the wet mixture into the dry mixture and whisk until just combined (do not overmix!). Gently fold in the berries. Fill the prepared pan with batter and evenly sprinkle the streusel topping. Bake for 40 minutes uncovered, then cover with foil and bake another 10 minutes. Let cool, slice, and serve.

# GINGERED SOBA NOODLES WITH WATERMELON RADISH, BROCCOLI & CABBAGE

This is one of my favorite recipes to make and take for lunch at work. Because it is a "chilled salad" it doesn't require re-heating. It is intensely flavorful, from its blend of fresh herbs to the zesty Sriracha-spiked dressing. Soba noodles, made out of buckwheat, are more nutritious than white pasta and hold up very well in chilled salads. All of the vegetables used in the original recipe were from Suzie's Farm and are available in late winter/spring.



# **INGREDIENTS**

3 Tbsp. olive oil ▶ 3 Tbsp. sesame oil ▶ 3 Tbsp. seasoned rice vinegar

3 Tbsp. raw agave nectar ■ 2 Tbsp. Sriracha ■ 1/3 cup tamari

2 *Tbsp. freshly grated ginger* ▶ 2 *cloves minced garlic* 

2 watermelon radishes, halved & thinly sliced

1 broccoli crown, cut into florets & steamed

1 small purple cabbage, thinly sliced ■ 1 bunch scallions, sliced ½ cup cilantro, roughly chopped ■ ½ cup mint, roughly chopped

12 oz. soba noodles ■ Gomashio for garnish

**INSTRUCTIONS:** Cook soba noodles according to manufacturer's instructions. Steam

broccoli florets for 5 minutes, shock in ice water, and set aside. Shred cabbage, slice radishes, chop scallions and herbs. In a large bowl, combine olive oil, sesame oil, rice vinegar, agave, Sriracha, tamari, garlic, and ginger in a large bowl. Mix well. Add cooled noodles, vegetables, and herbs and toss until well coated. Garnish with more herbs and gomashio.







different night out, like Thai food. It's interesting." Many of the guests here tonight fit into a far more expansive and new healthy diet definition: "flexitarian," a term that has been coined to describe those who eat healthy but follow no strict regimen such as that of the true vegan.

Since no dairy whatsoever is allowed in the vegan kitchen, the next entrée, macaroni and cheese, seems like a violation. And when it arrives at the table a visitor can't help but notice that there is no macaroni, nor is there any cheese. Instead, spaghetti squash and nuts and roasted garlic make up the dish. Gluck suggests an organic coloring to make it even brighter than the natural yellow of the squash, "if you are feeding kids and trying to sneak one in."

But why call it "mac and cheese"?

"I'd call it a riff on mac and cheese," Marcie says.

"It kind of goes back to what we were saying earlier," Frida lookalike says, "about the vegan's need to make food that looks like meat but is really soy or vegetable protein." Later, when I ask Gluck about this, she says, "Maybe I should put the word 'cheese' in parentheses." Her mac and cheese is good, but it tastes nothing like its namesake. But when she makes faux bacon bits next out of mushrooms, I have to hand it to her — agitating them in water," Gluck says. "They get cleaner, and that way you can stress less about them." She is a vortex of plant and food aphorisms;

# "Vegan food is just a different night out, like Thai food. It's interesting."

they almost do taste like bacon.

The main course, the one with the mushroom bacon bits on it, comes with steamed brussels sprouts. "I recommend

for example, kale: "It's a superfood; it's closer to the sun, so it's full of chlorophyll and antioxidants." I glaze over during some of the explanations, but my mind subconsciously keys in on certain words such as "diabetes" and "heart disease" and "antiinflammatory" and so on.

"Once you try these," Gluck says about her mushroom non-bacon bacon bits, "you'll be hooked."

"I love the smell of bacon," the vegan-friendly woman I call Frida says. "I just don't like the taste of it."

# The Vegan Child

"I have a 12-year-old son who is vegan." Lolly Brown, 45, lives in Oceanside. Her 20-yearold daughter is a vegetarian and her husband is a full-on carnivore. "I stopped eating meat when I was 12," she savs. "My parents were cool about it, and growing up in San Diego, it was easy." She says her family ate Mexican food frequently. "I iust didn't like meat." But later in life, she became more philosophical about her dietary choice. "I got into Buddhism. I'm not uptight about it or anything, but I started thinking, Am I that hungry that *I have to eat another thing* with a soul?"

She stayed the vegetarian path but she did like fish, soul or no soul. "When I was 25, the vegetarian guitarist in a band I sang in gave me a hard time about it. I told him I ate fish because I liked

# RESEARCH STUDIES

# **Recovering from Opiate Dependence?**

Medical researchers at USCD are currently conducting a study to evaluate how an investigational drug impacts symptoms during short- and long term recovery from opiate dependence. There are up to 4 total study visits. The study drug will be compared to placebo. Eligible participants must be:

- Males age 18 or older
- Free from drugs of abuse for at least two weeks (participants may be currently using Suboxone, Methadone, or other prescribed opiate agonists)

All study procedures will be provided at no cost to the participants. Eligible participants will also receive up to \$200 compensation for their time and travel.



UNIVERSITY of CALIFORNIA, SAN DIEGO

MEDICAL CENTER

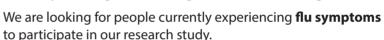
For more information please call:

(866) 550-UCSD
US San Diego Department of Psychiatry



# Do you have the Flu?



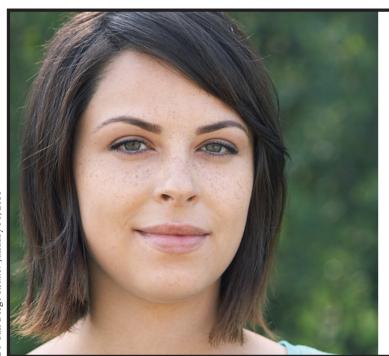


If you are **aged between 18-64** years and your **flu symptoms started within the last 40 hours** then you may be eligible to participate.

Participants in the clinical trial will receive reimbursement for their travel expenses.

Call today for more information:

California Research Foundation - 888-426-2792



# **CLINICAL RESEARCH**

SCHIZOPHRENIA • DEPRESSION • BIPOLAR DISORDER

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

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

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

To learn more, call the Sharp Mesa Vista Hospital Clinical Research Center at **(858) 836-8350**.





fish. He bet me I couldn't go without it for a week. I lasted 15 years." Brown eventually returned to eating fish along with her standard vegetarian meals but allowed Aidan, her son, to make his own choices as a toddler. She started him on a no-meat diet and says the boy has never eaten meat in his life. She also discovered that her son is allergic to dairy products. Once, as a toddler, she gave him cow's milk. "He staggered around gasping for air. He went into anaphylactic shock. It was lucky that I had some Benadrvl. I poured it down his throat."

When Aidan goes to sleepovers, his mother sends him with his own food. "I pack his lunch every day for school too." His favorites? "Blackbean-and-brown-rice burritos or tofu hot dogs. I made Tofurkey for Thanksgiving." I feel ignorant in asking if a Tofurkey turkey comes in the actual shape of a turkey with wings and drumsticks and all that, but I ask anyway. No, she says. A Tofurkey is round.

"My husband is a really good chef, but he's a meat eater." She and her husband play in a band called Hanging from the Rafters. "We all cook together on the weekends after rehearsals, and we've gotten it down to being able to make an entire meal that suits everybody, including my son." She admits to some hazing from other kids at school over Aidan's vegan life. "But it's usually his friend's dads who are the worst. At a cookout, one of the dads kidded Aidan by saying he'd switched his veggie burger out with real meat. He said, 'How's that juicy beef taste?' The father didn't actually do it, but Aidan was sweating



"The 20s and 30s vegan guys?" says Nichole Dinato, "They're like catnip to all of us."

for a minute."

# Vegan in the 'hood

Barry Pollard lost his

bid for a seat on the San

Diego City Council;

instead, he started the Urban Collaborative. We meet at a Starbucks in a Southeast San Diego retail development within eyesight of the Four Corners of Death: the intersection of Euclid and Imperial, remembered as such for the dope dealing and the gang turf wars that have gone on there. The Urban Collaborative is a volunteer outreach with a design to heal the ills of Southeast. One of the ways Pollard sees that happening is via a plantbased diet. But, he says, "This cuts deep into our culture, because our culture is so aligned with food." Pollard started the plant-based diet ball rolling by promoting Meatless Mondays in Southeast. "If I can get them to do that and commit to go up to Chollas Lake one day a week and exercise, that's huge, just that one little thing."

I first got wind of Pollard's veggie plan in an Urban Collaborative email blast. The email goes on to recommend Forks Over Knives, a documentary about the physical ills created by a meat diet. Pollard learned the hard way — both of his parents were incapaci-

tated by strokes. "Eighty percent of what I eat now is fruit and cereal. When I eat meat, I'm slowed down."

Pollard has a backyard garden that he thinks is rubbing off on the neighbors via the overflow vegetables he hands out. He'd likewise care to see some of the area's vacant lots turned into community gardens. "When health becomes a priority in the households," he says, "it will grow into new habits."

Would he go so far as to say that a plant-based dietary makeover might affect violence in Southeast, where 52 different gang sets are known to operate, according to the San Diego Police Department? "What would that involve? What would that look like? For generations, we've been eating a bunch of meat that's not good for us. That's become the norm. Chicken," he says, "is not necessarily bad for vou. But, fried?"

I ask if he knows of any vegans in Southeast. "You buy what you can afford. You cook what you have." I take it that means no, more or less. "This is what I mean about cultures. It starts with education, by letting people know what options are out there. There is a big missed opportunity in the churches here. Even though they're not the centers they once used to be, that's where you could reach the families. All it would take is classes in cooking. It would be great to see the churches take more responsibility in the physical health of their parishioners." Likewise for the area's schools: "Obesity is a huge problem in kids. There's a couple of groups out there trying to distribute cookbooks with recipes for healthy soul food, if

# ENDOMETRIOSIS? TIRED OF THE PAIN? NO MORE SURGERY!!!

A research study is underway for women, 18-49 years of age, who have a Surgical Diagnosis of Endometriosis either via Laporatomy or Laparoscopy in the last 7 years. An investigational oral medication for women with endometriosis will be used in participants with ongoing pelvic pain related to their endometriosis. Participants will receive compensation for their time and travel.

# Participants may receive all study-related:

- Exams and consultation with a board-certified ob-gyn
- Labs, bone scans, paps, ultrasounds at no cost

Interested



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

# 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

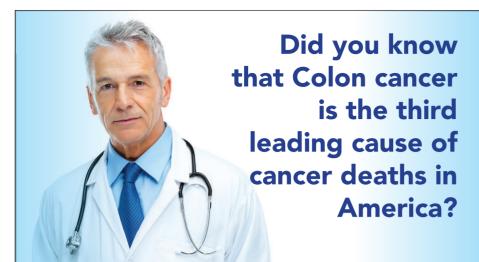
# To possibly qualify for the study:

- Women, 20 years of age and older
- Must have a history of fibroid tumors of the uterus
- Periods must be heavy and occuring every 24-35 days

INTERESTED CALL

# **MEDICAL CENTER FOR CLINICAL RESEARCH**

619-521-2841 • www.mccresearch.com



# If you or your loved ones:

- Are between the age of 40-75
- Have NOT had a prior history of a colonoscopy
- Do not have medical insurance

You may qualify for a free colonoscopy.

If you are interested in participating please contact us at 888-260-9482



Do you have symptoms of the flu?

# Put your FLU to good use.

Most of the time, nothing good comes from having the flu. Except now. If you get the flu, OR have the flu already, you can help evaluate an investigational medication that may help end flu symptoms more quickly.

Local doctors are currently conducting the FAVOR medical research study to evaluate the safety and effectiveness of an investigational flu medication for its ability to manage symptoms of the flu.

To pre-qualify for the FAVOR study, you must:

- Be between 18 and 80 years of age
- Have a fever of at least 100.4°F (if over 65 years of age, at least 100.0°F)
- Have 2 or more of the following symptoms:
- Cough, sore throat, headache, nasal congestion, body aches and pains, or fatigue

All study-related care is provided at no cost and payment for your time and travel will be provided.

To learn more about the FAVOR study, please visit www.favorflustudy.com or contact:

Artemis Research at 855-DoStudies (855-367-8834)

you will. For example, they recommend you use apple juice instead of sugar. It tastes better, and it's better for you."

But first there is the issue of steady access to fruits and vegetables. The one local big-box grocer in Southeast, Pollard says, sells tainted fruits and wilted vegetables that are beyond expiration. He pulls out a smartphone and scrolls through images of discolored meats, piles of lemons clad in greenish fuzzy jackets of mildew, pomegranates that have ruptured and dried out, and rotting, bruised oranges on the sale racks. "On Monday, there will be an action committee meeting with the managers. I'm a product of the '60s. Don't be surprised to see me outside with a group of people holding up signs."

# **Vegan Empire**

"I started my business in San Diego." Stephanie Redcross, 37, launched Vegan Mainstream, a company that specializes in marketing vegan products to vegan consumers, before she moved to Georgia in 2011. Redcross left because her boyfriend is a member of the Armed Forces and, as such, was transferred. They now live just outside of Savannah. Is he vegan, too? "He's not a lifestyle vegan, no. He made the switch to vegetarianism when we started dating. It's really hard to be a vegan in the service. If he goes out in the field [he has so far been deployed four times], he can't eat vegan. He has to eat vegetarian. I can't have him starving out there," she says.

"They make vegetarian MREs [initials for 'meal ready to eat,' which is an individual field ration designed for U.S. military use in the field]. I know of a veggie burger and vegetarian lasagna." They also offer a bean-and-rice burrito. "It's really tough being vegan here in Georgia. It's a much more conservative environment. The military base," she says, "brings diversity in levels of interest, but it's not like being in Washington DC or in San Diego."

I read that Mike Tyson had turned vegan. Bill Clinton, too. "The vegan circle would not call him one because he eats a little salmon now and then," says Redcross, "but, yes, he's on a plant-based diet."

Redcross's market research shows that there are two predominant vegan groups: one is young females, and the other middle-aged of either sex.

"Vegan women tend to be younger, college students, or recent grads. Some are still in high school. Then, you have pockets of older vegans that are aging into health problems," meaning people in their late 40s or 50s. "Cholesterol, heart disease — your doctor tells you to make some changes. There are many older vegans who came to it from a health standpoint. But younger vegans," she says, "they tend toward activism. They're more for animal rights or for the environment."

Does she come across many vegan families with children in her market research?

"Not yet. It's easier to transition into a vegan diet when you are single. With a family, you are re-

# RESEARCH STUDIES

# ARE YOU BINGE EATING?

Is your eating out of control?

Do you feel disgusted or guilty after overeating?

If so, you may have binge eating disorder. Binge eating is the most common eating disorder and has the potential to impact the health of those diagnosed with the disorder. Doctors in your area are currently recruiting people to participate in a research study evaluating an investigational medication for binge eating disorder.



To be eligible to participate, you must be between the ages of 18 and 55

Study-related care and medication will be provided at no cost to eligible participants and you may be compensated for time and travel.

Health Insurance or a doctor's referral is not needed.



rists providing (760) 75

3998 Vista Way, Suite 100, Oceanside, CA 92056

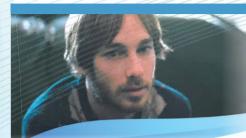
For more information, please contact (760) 758-2222 www.excellresearch.com



Board-Certified Psychiatrists providing excellent patient care and quality research.



Together We Can make a difference



Are you or a loved one doing well on your current medication for schizophrenia but still having issues with:

· Attention? · Memory? Thinking? · Problem solving?

### Volunteers must be:

- · Diagnosed with schizophrenia for at least two years
- · Currently taking an antipsychotic medication
- · 20-55 years of age and under consistent medical care.

Volunteers will continue their current antipsychotic medication while taking part in this study.

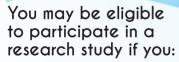
# Research study in SCHIZOPHE

Qualified participants will receive the following at no cost:

- · Study-related medical evaluations and exams
- Study drug
- Study-related evaluation and monitoring by the study doctor.
   Insurance is not necessary to participate and transportation service or travel reimbursement may be available.

If so, you may be interested in learning about a research study in your area.

# Do you suffer from Chronic Low Back Pain?



- · Are 18 years of age or older.
- · Suffer from moderate to severe Chronic low back pain.
- · Currently taking a prescription medication for your low back pain.

# DO YOU HAVE CONSTIPATION DUE TO PAIN MEDICATIONS?

If you are over 18 years of age, you may qualify to participate in a Clinical Research study for Constipation. Compensation may be provided for those who qualify.

FOR MORE INFORMATION CALL: 888-619-7272



# Do you suffer from Opioid Dependence?

Are you between the ages of 18-65 years and experiencing withdrawal symptoms?

If so, you may be eligible to participate in a research study of an investigational medication for the treatment of opioid dependency.

All research-related care and study medication will be provided at NO COST to those who qualify.

# **BREAK THE HABIT!**

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 morecigarettes 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.

Compensation and transportation may be available for those who qualify. Health Insurance not needed.

South Bay 1908 Sweetwater Road National City, CA 91950 Facebook

1-888-619-7272

synergysandiego.com

North County 710 E Grand Avenue Escondido, CA 92025

# **FLU Research Study Available**

Learn how you can put your flu to good use!



Call eStudySite if you are 18 or older experiencing flu symptoms like:

- □ cough
- □ sore throat
- □ fever
- □ headache
- congestion
- □ body aches and pains OR

Keep eStudySite in mind when you start experiencing flu symptoms and you could qualify for a research study. May apply effectives.

Compensation and study-related medical care may be provided at no cost.

Call us today at 1-877-500-3788

No Insurance Required.

Se Habla Español



info@eStudySite.com • www.eStudySite.com Locations in Oceanside, La Mesa,

Chula Vista, and Las Vegas

# **Chronic Pain After Surgery or Trauma?**



- Common surgeries like hernia repair, knee and foot surgery can damage nerves - causing
- Nearly 1 in 3 people who undergo surgical procedures struggle with burning pain, shooting pain, or numbness

### The ACCURATE Clinical Study

Right now, pain management specialists at San Diego Pain Institute are conducting a research study of an investigational device designed to provide targeted relief of chronic pain.

If you struggle with chronic nerve pain in your lower body following a surgical procedure or some other trauma, please see if this study may be right for you.

Take the Next Step To learn more, please call: 1-888-978-8397 or visit: www.AccurateStudy.com



writing the whole script. Only 1 to 2 percent of the total population in the U.S. is vegan. It kicks up to 5 percent when you include vegetarians."

But the general population is more and more willing to add vegan options to their diet, which she says is evidenced by the growth of vegan restaurants.

"This does not indicate that the vegan population is growing; it shows that meat eaters, or vegetarians, are willing to try vegan food."

In order to grow the vegan empire, she says that one can't just market to vegans. "You have to talk to everybody. If you want to see growth in your business, you have to step outside the stereotype vegans — the people that wear Crocs, the women that carry a burlap sack for a purse, or people that have a peace sign tattooed somewhere onto their bodies, and a lot of vegan businesses don't want to do that. It's far more helpful for people to see that there are other vegans that are like them," meaning non stereotypes. "You can be

a vegan and be a lawyer. You can be a vegan and be an athlete."

# Vegan Love

"To vegan women, I'm a unicorn." I take Jared Meyer up on his offer to attend a San Diego Vegans Meetup gathering at Sipz, a vegan sushi bar in North Park. Meyer is a whirlwind of activity in charge of a modest turnout of around 20 group members. The grandson of a rabbi, he claims atheism. He is originally from New Jersey. He is a self-employed marketing professional. He bears resemblance to Adam Levine, the Maroon 5 singer. "I used to do beer promotions. I managed the talent."

Talent? "You know, the promo girls." Yes, I do know. But Meyer says the nightclub lifestyle is in his rearview mirror now. "Since I gave up booze when I went vegan, and I rarely drank anyway, I'm not interested in going to bars." What did he get in the exchange? Better dating options, he says. "There is nothing more exciting to me than a

woman who is vegan or who eats vegan."

Later, I ask Meyer to explain what he means by the unicorn comment. "Firstly, I view any and all women who are vegans, or who are committed to a plant-based approach to nutrition as unicorns." They get more points, he says, for being vegan, atheist, child-free, and substance-free. "Given that I, too, am one of just a handful of vegan men, I would imagine that due to scarcity I would also be considered a unicorn. And who wouldn't want to meet, hug, or \*\*\*\* a unicorn?"

Meyer says there is no defined vegan social life, per se. "Dating is more of an art than a science, no matter if one is vegan, eats vegan, likes vegans, or only dates vegans. I have the feeling," he says later, "that many vegans are sometimes lenient when it comes to dating others," a condition he attributes again to slim pickings. "I dated a woman recently who told me that she's relaxed on who she dates. I thought she was a unicorn. But she clearly didn't care that I

RESEARCH STUDIES

# Study of Meditation for **Post-traumatic Stress Disorder**

The VA San Diego Healthcare System, UC San Diego, and Maharishi University of Management Research Institute are conducting a new study testing meditation and cognitive behavioral treatments for PTSD

## **Involvement and benefits:**

- Psychiatric evaluation
- Laboratory testing (blood testing)
- 12-weeks of PTSD treatment
- Compensation for participation

For information please call

877-286-9426 ext. 5979

VA San Diego Healthcare System and UCSD 3350 La Jolla Village Drive San Diego, CA 92161

IRB#: H120042 / Approved: 10/25/12





# **MEDICAL CENTER FOR CLINICAL RESEARCH**

www.mccresearch.com

# CONSTIPATION

....Tired of straining .....Tired of just not going

Medical research study is underway to evaluate an oral investigational medication for chronic constipation. If you have infrequent bowel movements, straining, and not feeling empty when you do have a bowel movement, you may be suffering from chronic constipation and should possibly consider this study.



# To possibly qualify for the study:

- 1) Male or female, 18-80 years of age
- 2) History of infrequent bowel movements, straining, and hard stool
- 3) Not taking medications which may cause constipation

# Participants may receive all study-related:

- 1) Exam and consultation with a board-certified physician
- 2) Labs, ekg, colonoscopy (if over 50 and not had one in previous 5 years), and study mediction at no cost
- 3) Compensation up to \$450.00, For time and travel

INTERESTED



**Medical Center for Clinical Research** 

619-521-2841 • www.mccresearch.com

# ROSACEA FACIAL REDNESS AND WORSENING BLEMISHES?

Has your rosacea not been treated lately?

Has it become a bigger and bigger problem?

Do you now have pustules as well as facial redness? a 12-week clinical study is underway **comparing marketed** azelaic acid and an investigational skin gel for rosacea.

# Participants must be:

- Healthy males and females at least 18 yrs of age
- Must have moderate rosacea with at least 8 pustules or nodules
- <u>Must not</u> have used topical steroids, retinoids, or antibiotics in the 2 weeks prior to enrollment

# Participants receive all study related

- Exam and consultation with a board-certified physician
- Medication, labs, and exams at no cost at
- · Compensation for your time and travel



MEDICAL CENTER FOR CLINICAL RESEARCH MISSION VALLEY interested Call
619-521-2841
www.mccresearch.com

# HAVE PSORIASIS?

A year long clinical trial for psoriasis allows all eligible participants to receive an investigational cream. If your psoriasis involves up to 20% of your body surface, you may be eligible.

All participants will receive topical study medication (no placebo).

# TO POSSIBLY QUALIFY:

- 1) Must be male or female 18 years or older
- 2) 20% or less of body involvement with plague psoriasis
- 3) Must have no allergies to Vitamin D or derivatives
- 4) No photo therapy, steroids, or methotrexate for at least 30 days

# QUALIFIED PARTICIPANTS MAY RECEIVE STUDY-RELATED:

- 1) Exam and consultation with a board-certified dermatologist
- 2) At no cost labs, ekg, and up to a year of study medication
- 3) Compensation for time and travel



MEDICAL CENTER
FOR CLINICAL RESEARCH
MISSION VALLEY

INTERESTED CALL
619-521-2841
www.mccresearch.com

LIFE AFTER MENOPAUSE...
DOESN'T HAVE TO
LEAVE YOU...
DRY AND IRRITATED?
IS INTIMACY...
ALMOST IMPOSSIBLE?

At least 40% of women in the menopause are left with vaginal dryness, irritation, and discomfort with sexual relationships, this 6-week research study may interest You. The study looks at an investigational hormonal vaginal tablet or placebo for vaginal dryness in women surgically or naturally in the menopause. At least 40% of women in the menopause are left with vaginal dryness, irritation, and discomfort with sexual relationships, this 6-week research study may interest You. The study looks at an investigational hormonal vaginal tablet or placebo for vaginal dryness in women surgically or naturally in the menopause.



### TO POSSIBLY QUALIFY:

- Healthy females, 30-75 years of age, naturally or surgically
- · menopausal complaint of vaginal irritation, dryness, itching, or
- · discomfort with intercourse presently off or willing to go off menopause hormones.

# PARTICIPANTS RECEIVE:

Exam and consultation with a board-certified gynaecologist study-related labs and hormonal testing, mammograms, pelvic ultrasound, and all study-related investigational medication or placebo at no cost compensation for your time and travel.



MEDICAL CENTER FOR CLINICAL RESEARCH

FOR MORE INFORMATION CALL 619-521-2841 www.mccresearch.com

**Compensation and Transportation may be available for those who qualify.** 

619-521-2841 www.mccresearch.com

# **Living with diabetes** is complicated

# What would you do with FREE time away from some of the daily worries and burden of treating diabetes?

FREEDOM-CVO is a clinical research study investigating an innovative approach to delivering treatment for type 2 diabetes that doesn't require needles or even pills. This study is now enrolling.

You may be able to take part if you:

- have been diagnosed with type 2 diabetes for more than 3 months
- are at least 40 years of age and have been diagnosed with a condition related to your heart or blood vessels, or
- · are at least 60 years of age with a risk factor for developing problems with your heart or blood vessels, in addition to your diabetes.

The study of this investigational new drug is expected to last for up to 65 months (5 years and 5 months), and you will receive care from a dedicated team of medical staff. There will be up to 14 visits to the study center.

Investigational product, examinations, and medical care relating to the study will be provided at no cost to you.

If you would like to help us in our research to develop a diabetes treatment that has the potential to be simpler and more convenient,





888-260-9482

www.prisandiego.com patients@prisandiego.com



# **Chronic Low Back Pain** and Constipation Study

Have you been treating your chronic low back pain with prescription pain medication and experiencing constipation?

A research study is currently underway in your area to test the safety and effectiveness of an investigational medication to help treat moderate-severe low back pain and the constipation that may occur in people taking prescription pain medications.

# In order to qualify, you must:

- Be 18 years or older
- Be experiencing moderate to severe chronic low back pain for 3 months
- Be taking a prescription pain medication for at least 4 weeks

# Qualified participants may receive:

- Study-related medical care
- Study medication
- Compensation for time and travel

Health insurance is not needed to participate.

Call 855-367-8834

for more information and to see if you qualify.

was one, too."

Consider the dating sites Veganpassions. com or Vegandatingservice.com. These are only a few of the plantbased diet dating options available online. There is even a site for green daters: Planetearthsingles. com. VeggieFishing.com advertises itself as a vegetarian online dating service for singles in San Diego (in truth, they are nationwide.)

Vegansexual is a term coined by ABC News in 2007 that describes a vegan that only sleeps with other vegans. "There is some truth behind the statement that vegetarians taste better." Nichole

Dinato lives in Hillcrest, works in administration. and on the side has her own blog called VeganSpin. She is a part of the *Meetup* party at Sipz. "Or, as I like to say, vegans taste best. Meat and dairy as well as caffeine and cigarettes make your [bodily] fluids taste bitter, whereas veggies and fruit (the exceptions being garlic and asparagus) make you taste cleaner and/or sweeter. From personal experience, vegans who eat a clean diet do taste better. I know vegans who can't think about kissing someone who has recently consumed meat. I totally get that."

Dinato, 32, is single.

"My ex and I went yegan together. We were a vegan couple the whole time we dated. We broke up just over a year ago. In that time the only romantic experience I've had was a brief affair with an old flame. He did ask me if I would cook him meat if he wanted me too, which was insulting as hell. I bought all new pots, pans, and utensils when I moved out last year. My kitchen has literally never had a single animal product in it."

It can get that serious for vegans and vegetarians, the avoidance of meat. At a friend's birthday party in a Chinese restaurant in North Park, one of the

RESEARCH STUDIES





members of our group requested a vegetarian dish with the stipulation that it not be cooked in meat grease. In order to comply, the kitchen scoured a fry wok. The vegetarian was made to wait while the rest of us got our steaming platters of red snapper and boiled octopus and orange chicken and sliced barbecue pork served first.

"My test right now is if a potential date asks me why I'm vegan or he asks me where I get my protein," Dinato says, "I'm pretty much uninterested. But if they have some awareness about veganism and can ask intelligent questions that they sincerely want to hear the answers to, then I'm game to pursue it further."

But she would not advertise herself as vegan on a dating site. "I feel like that would make a lot of people pass me by. It's tricky territory. The vegan singles sites I've looked at are all clunky and sketchy looking and are, frankly, wholly unappealing to me. Being vegan

and single is tough, and it constantly challenges your beliefs not in the sense of what would you do yourself, but what will you tolerate in someone else."

She says the same singles from the same dating pool tend to inhabit local *Meetup* events, like tonight. "A lot of the single vegan men, for some reason tend to be on the middle-aged side, whereas many of the single women are in their 20s and 30s. So, as a straight youngish woman

your options for someone in your age bracket are limited. The 20s and 30s vegan guys? They're like catnip to all of us," which tends to explain Jared Meyer's unicorn concept.

Sara Kennedy is 25 and works in retail management at Anthology. She lives in Normal heights. She is a bornand-raised San Diegan. "I have dated vegetarians, vegans, and carnivores, but it has only mattered who the person was and not necessarily what they ate. My lifestyle requires certain traits in people." She lists compassion, rationality, and freethinking among them. "I am definitely looking for those in a partner. I have no doubt that when I find the right mix, this potential Prince Charming will cut back heavily on meat and dairy." If not for her, she says, then for science. "Vegans have significantly lower chances of having heart disease, diabetes, cancer, arthritis, and the list goes on. Living a long and healthy life while decreasing your

carbon footprint and doing your part to stop the annual slaughter of billions of farm animals? What is there not to like?"

But if this sounds like a vegan ambush in disguise, Kennedy says otherwise. "My goal is not to convert everyone to veganism, but to let them readjust their own priorities when they learn about what the standard American diet is doing to their bodies and our environment. Like I said before, I wasn't vegan until I was vegan. If a potential

# RESEARCH STUDIES



# **GOT SOBRIETY?**

# WANT TO QUIT SMOKING TOO?

If you are a MAN in early recovery from alcohol dependence, you may be eligible to participate in our 15-week research trial.

Funded by the Veteran's Administration.

# ADDICTED TO COCAINE?

# WANT TO STOP USING?

If you want to quit or cut down your crack cocaine use, you may be eligible to participate in our 13-week research trial.

Funded by the National Institute on Drug Abuse, National Institutes of Health

All inquiries are confidential. These studies all involve taking a study drug or placebo.

Qualified participants will be compensated for time and travel.

Please call us:

(858) 642-1026

Visit us at: www.pac-tarc.org



# DRINKING AND SMOKING TOO MUCH?

# READY TO CUT DOWN OR QUIT BOTH?

If you are motivated to cut down or quit both drinking and smoking, you may be eligible to participate in our 18week research trial.

> Funded by the National Institute on Alcohol Abuse and Alcoholism.



# HAVE YOU EVER BEEN DIAGNOSED WITH A MENTAL ILLNESS?

# READY TO QUIT SM®KING?

If you are motivated to quit smoking cigarettes, you may be eligible to participate in our 24-week clinical research trial.

All inquiries are confidential. These studies all involve taking a study drug or placebo.

Qualified participants will be compensated for time and travel.

Please call us:

(858) 246-HOPE (4673)

Visit us at: www.pac-tarc.org



NEW YEAR, NEW YOU? WANT TO QUIT 20 4

# Do you or someone you know have UCSan Diego Schizophrenia?



UCSD medical researcher Dr. David Feifel, MD, PhD is currently conducting a clinical research study to evaluate an investigational drug for the treatment of schizophrenia. Participants will receive either study drug or placebo during the course of this 6 week inpatient study. Participants who complete the study are eligible for up to 3 months of follow-up medication treatment at no cost while continuing to see the UCSD study doctors.

Study-related medical and psychological evaluations and study drug will be provided at no cost. Eligible participants will also be reimbursed for time and travel.

For more information please call: (866) 550-UCSD UCSD Department of Psychiatry

# **DO YOU HAVE HIDRADENITIS SUPPURATIVA?**

The UCSD Dermatology is recruiting patients 18 - 65 years of age with moderate to severe hidradenitis suppurativa to participate in a research study for an investigational drug. Qualified subjects will be compensated for their time.

### **Contact:**

ucsddermstudies@gmail.com

858.657.1697



mate looked at all of the evidence and came back to me saying he'd rather die young than give up bacon, then he wouldn't be the right match for me whether or not I ate meat."

Nick and Katie Casamassas, ages 30 and 27 respectively, are here for the fellowship of the plant-based diet. Nick is in the Navy. The couple just moved to San Diego from Virginia where, Nick says, "There's a total lack of understanding," toward plant-based diet.

"You have to approach it from a different standpoint than just kindness to animals," Katie says.

"Even my mom was, like, you're not having any Thanksgiving turkey?"

Nick is a vegetarian; Katie is full-on vegan. "I tried going vegan for a few months," Nick says, "but I came back." The reason? "I love cheese too much." How about being an active vegan or vegetarian in the armed forces? Are they serving vegetarian chow? "Of course not. It's impossible to stay vegan, especially when you are deployed."

No, Katie says, vegan is not a form of extremism. "Everyone can eat vegan food, but not everyone can eat meat or shellfish due to allergies. The one common denominator," she says, "is vegan food."

"We had a vegan wedding in Washington," Nick says. "My mom cooked the whole thing."

The one who was lamenting the no-turkey Thanksgiving?

"Yes." He laughs. "It was fantastic."

"I don't want any pain or suffering to go into the food in my house," says Katie. "Being vegan is close to my religion. It is representative of everything I believe in, my core values like kindness, and so on." Do they drink alcohol? It turns out they do. There's an app for it called Vegan Xpress. Katie dials it in on her smartphone. "This shows lists of wines, beers, and liquor that are safe for vegans."

I see Jared Meyer again before I leave. The unicorn himself is single at present. "Location, timing, desire, attraction, and so on all play a role," he says. "I consider myself vegan, but I don't drink, don't want kids, and I don't believe in God. Some women might simply prefer a vegetarian man who does some or all of those things. Good thing I'm okay with being alone." ■

- Dave Good

RESEARCH STUDIES

# **UCSD ASTHMA BLOOD DONOR STUDY:**

Subjects aged 18-65 with current asthma symptoms to grass pollen needed for study requiring donation of blood, allergy skin testing, pulmonary function testing, and completion of allergy questionnaires.

Will be reimbursed \$575 for completion of 5 clinic visit study over a 2 year period.

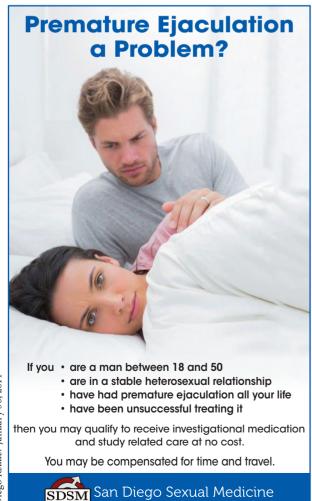
> Contact Brianna. UCSD Airway Research Center, 619-471-0822

# **UCSD SINUS ALLERGY BLOOD DONOR STUDY:**

Subjects aged 18-65 with current sinus allergy symptoms to grass pollen needed for study requiring donation of blood, allergy skin testing, pulmonary function testing, and completion of allergy questionnaires.

Will be reimbursed \$450 for completion of 4 clinic visit study over a 2 year period.

> Contact Dr. Broide, UCSD Department Medicine, 858.534.2033



THE PREMIER CENTER FOR SEXUAL HEALTH

619-265-7691 • information@sdsm.info



# Do you have the Flu?

Trial subjects sought for investigational influenza drug

We are looking for people currently experiencing **flu symptoms** to participate in our research study.

If you are aged between 18 - 64 years and your flu symptoms started within the last 40 hours then you may be eligible to participate.

Participants in the clinical trial will receive reimbursement for their travel expenses.

Call today for more information:

619-229-3909



# Feeling the pain caused by endometriosis?

If you're a woman age 18 to 49 and have been surgically diagnosed with endometriosis in the last ten years, you're invited to see if you may qualify for the Violet Petal Study. The purpose of the research study is to evaluate the safety and effectiveness of an investigational medication for the management of moderate to severe endometriosis-associated pain and other endometriosis-related symptoms. Physicians in your area are currently conducting the study. If you qualify, you will receive the investigational study medication, study-related medical exams, and laboratory services at no charge. You may also be reimbursed for other expenses.

To learn more, call **Dr. Sanjay K. Agarwal** at the **University of California at San Diego**, **858-822-2061** or visit **www.VioletPetalStudy.com**.





from chronic insomnia, you may qualify for this research study.

Should you qualify and participate in this study,
compensation may be provided.

Call toll free 855-DoStudies, that's 855-367-8834, or visit us on the web at www.DoStudies.com today to see if you qualify for this research study.



# LA JOLLA INSTITUTE ALLERGY & IMMUNOLOGY

# Has a doctor diagnosed you (or someone in your household) with Whooping Cough within the last five years?



We are studying the bacteria (B. Pertussis) that causes whooping cough in humans. Our study is aimed at understanding and improving the whooping cough vaccine and we are looking for healthy volunteers, between the ages of 18 and 65 that may have recovered from whooping cough or lived with someone that was diagnosed with whooping cough and are willing to make blood donation(s). Qualified participants will be asked to provide information regarding their vaccination history and will be provided compensation for donating blood.

If you would like more information or think that you may be eligible for this study, please call our study coordinator at

(858) 752-6979 or email study@lji.org.

# MEET THE AMBASSADOR

ON A TUESDAY EVENING in late September, Lindsay Marks stands in the center of a group of people at Spike Africa's Fresh Fish Grill and Bar on Broadway.

She wears a cheek-stretcher of a smile as she welcomes her 40 guests to the first stop of their downtown food tour. The social-media savvy in the group snap pictures of her and of the pile of raw oysters on the buffet table behind her.

"And I'd like to thank my photographer," she concludes, pointing to a man with a camera. Then, in a flash of childlike excitement, she adds, "That sounds so cool. 'My photographer."

About a year ago, Marks sat in front of an Excel spreadsheet at her corporate job and thought, *This* 

is not me anymore. She was about to turn 30 and could no longer stomach the idea of being one of "those people" who have zero love for what they do for a living. And so, on a whim, she went on *LinkedIn* and typed "foodie" into the search bar. She didn't expect any results but a hit for a "Dishcrawl Ambassador" popped up.

Dishcrawl began in San Jose in 2010 and has since been represented

Measurable results



in 125 cities around the country. They currently have nine full-time ambassadors and 45 part-time. During a standard Dishcrawl event, an

ambassador leads a group of people through four restaurant visits in one neighborhood, all within walking distance of each other. The restaurants provide small bites, sometimes buffet-style, sometimes sit-down. Each stop lasts 45 minutes to an hour. Dishcrawl provides the name, the website, and stickers that read "Dishcrawl approved" for restaurants to place in their windows if they choose. The company also provides a "five-week training program" via Skype. "Your first event, basically, is like a trial run," Marks says.

Once she passed the initial interview, she coordinated her first event in North Park, the neighborhood in which she lives. It was an easy place to start, since she was familiar with the restaurants, knew some of the staff and owners, and had no problem creating a walk itinerary between them. For that first event, she limited the number of tickets to 30. It sold out.

In June 2013, on her own now, save for the optional weekly conference call, she hosted another event in Little Italy. And though she bumped up the tickets to 45, it sold out. In August, she did South Park. Now, in September, it's downtown, and in early November she did another in the East Village. "I'm trying to do an event every four to six weeks," she says.

In the meantime, Marks has hung on to her full-time day job at CareFusion, a company that manufactures medical devices. Although Dishcrawl is her love

Dr. Trimor-Tamoria is now offering i-Lipo! Call us at 619-267-5884 to schedule your free consultation!







After 8 treatments of i-LipoXcell



Pain-Free Body Shaping Non-surgical · No Downtime Immediate Results



## Changing lives, one client at a time!

No Pain, No Surgery, No Downtime

**Monthly Specials** 

**Laser Hair Removal** 

50% off all treatments. Wednesdays only.

20 Units FREE Botox®

with the Purchase of 2 Syringes of Juvederm® for \$778

Limit 1 per client

**Botox**® \$199\* Juvederm® \$389

Save even more with Allergan's Brilliant Distinctions! \*First 20 units. Additional units \$9/unit.

Check out www.BeatitudeMedSpa.com for more monthly specials!

#### **Acne & Acne Scars**

Laser and light treatment options where traditional therapies have failed.

Spectra Acne • Isolaz Pro Photodynamic Therapy • Laser Resurfacing





**Body Shaping & Cellulite** 

**NEW** Vanquish™ • Thermage® CPT Body

Venus Freeze

**Packages** from \$720 to \$2395

### **Skin Tightening & Lifting**

Ultherapy — Face/Eyes/Neck Thermage® CPT • Venus Freeze • ReFirme





**Packages** from \$1350 to \$3295

### **Laser Resurfacina**

For sun damage, pigmentation, scars, wrinkles, pores, and texture

**NEW** SkinFinity • Fraxel® DUAL • eMatrix





**Packages** from \$899 to \$2495

NEW Perméa • Clear & Brilliant® • elos® Fotofacial





**Packages** from \$895 to \$3000

### **Liquid Facelift & Injectibles**

Using Botox® and Fillers (Belotero®, Juvederm®, Radiesse®, Voluma™) to soften wrinkles and restore lost volume.





**Starting** at \$895

#### Melasma

Latest FDA-cleared technologies for treatment of melasma





**Packages** from \$895 to \$1800

## **HOW TO GET STARTED:**

Schedule a free consultation with Dr. Chang for a customized treatment plan based on your goals, budget, and lifestyle.

888-230-2317



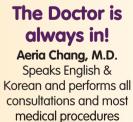
9040 Friars Rd., Suite 500, San Diego M-F 10am-7pm, Sat. by appointment



Conveniently located in Mission Valley, 1/2 mile west of Qualcomm Stadium, at the intersection of River Run Dr. & Friars Rd., in the building next to Wawanesa Insurance.

619-280-1609 • beatitudemedspa.com

1. Actual patient • 2. Model. Results may vary









IPL/ Photofacial \$189

Laser Tattoo Removal starting at \$75 **Laser Hair Removal** 

Full Bikini \$99 • Underarms \$49

ismile teeth whitening \$99 (better than Zoom)!

**Ask About New Voluma!** 

3740 Rosecrans, Ste. C • Point Loma • (Exit Rosecrans off I-8/I-5)

Viva Wellness **Medical Groups** 





Michael Tachuk, M.D., AACS, CACS, A4M

www.vivawellness.com • 888-259-6702 A+ Rated

Walk-ins welcome, when Dr. is available. Start same day!

Gift Certificates Available. \$20 free every \$100 (ask for details) Se habla español • We consider competitors' coupons for equivalent services. All offers valid with this ad. Offers expire 2/12/14.

job, the one that makes her corporate work "more tolerable," the pay is a far cry from the \$60,000 she makes arranging logistics and transportation for CareFusion.

The way the money works with Dishcrawl is that "crawlers" pay \$45 for each ticket, and 50 percent of ticket sales go to Dishcrawl. Marks gets the rest, but must subtract whatever comps she's given to bloggers or other members of the media from her cut. In other words, if she sells all 45 tickets, the maximum she can make is \$1012.50, and that's only if she doesn't offer any discounts or comp tickets. But for each event she offers four or five media passes because the bloggers help with promotion through Twitter, Facebook, and other social media.

"So, my first event," she chuckles, "my first ticket sells, and I get excited. So I go look, and it's [my boyfriend]. [And] he Googled a discount code. And I call him, and I'm, like, 'That's my money.' It was funny."

For each restaurant, Marks has a "small budget." Although she will not share the exact amount she offers, she does say it's in the low single digits per "crawler," and it includes tip and tax. The number scares some restaurant owners away, but Marks says her sales pitch is heavy with the perks of exposure, repeat business, and alcohol sales (100 percent of which go to the restaurant).

Tonight, after the ovsters and ceviche and house-made potato chips are long gone, Marks dings on a water class with a spoon and announces that it's time for folks to pay their bar tabs. Ten minutes later, she leads the group out the door and in a big, loud voice, says, "We're off to see the wizard!"

The next stop is a few blocks away at Magnolia Tap and Kitchen, where the group crowds in on tall stools around long bar tables. At one table, while awaiting their beer and their jalapeño corn bread, the guests share stories about how they found out about Dishcrawl. A Broadway aficionado named Leticia met Marks at the gym. Blogger Jen Boyd ("Secrets in San Diego") landed on Marks's radar

prior to the North Park event and has attended and helped promote three of her four Dishcrawl events. James Holtslag and Trey Nichols met Marks in August at Alchemy during a foodie event promoting their new business venture, Heart and Trotter Butchery. One woman knows Marks because they dance together in a cabaret group. (Yes, Marks dances. She also sews. "I cannot be bored," she says, "or I'm screwed.") Another couple of guys didn't know anything about Marks or Dishcrawl before but are down from L.A. for a conference and found the event while looking for something to do in San Diego for the evening.

And then there is the attractive middle-aged couple who Marks introduces to me as Lisa and Dan. They gush about how amazing the event is. I grow suspicious until I realize these are her parents.

"They come to all my events," Marks says.

A week or so after the event, when I call to confirm that Lisa and Dan's last names are also Marks. she tells me no, that their

#### **HEALTH AND BEAUTY**

If you've gone through opioid detox, you've taken a huge step towards recovery.

Adding VIVITROL® can help you STAY clean and avoid relapse.

The Counseling Clinics of La Jolla now offers ONCE-A-MONTH VIVITROL® injections as part of our Comprehensive Outpatient Opiate Rehabilitation Services

- will not make you feel sick if you relapse.
- VIVITROL® does not replace or act as a substitute for opioids.
  - is non-addictive and does not lead to physical dependence.
  - does not provide pain relief and does not create a "high."

Counseling Clinics of La Jolla 1150 Silverado Street

858-222-8800 La Jolla CA 92037



Call us to see if adding VIVITROL® to your recovery regimen is right for you.

VIVITROL® (naltrexone for extended-release injectable suspension) is not suitable for everyone. VIVITROL® is a once a month, prescription injectable the blocks the effects of opioids, and is the only non-addictive drug approved by the FDA to prevent opioid dependence after opioid detoxification. When combined with counseling, taking VIVITROL® can help maintain abstinence.



## Crown Dental Group \*\*\*\* yelp All Your Dental Needs **Under One Roof**

A Private Dental Practice for the Entire Family Since 1984

All Dental Specialities Board Certified

"The Dental Implant Center"

Free Second Opinion with a Specialist

Oral and Maxillofacial Surgeon • Periodontist Orthodontist • Pedodontist • Implant Specialist General Anesthesia for Adults and Children

Porcelain Veneers

**\$749** 

Per Tooth (Reg. \$1,600)





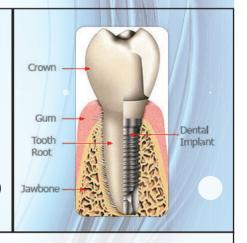
**Special** 

Implant 50% OFF UCR

(Done by a Specialist)

Free Consultation 2 years 0% Interest (Abutment Bone Graft & Implant Crown Included)

Ask about All-On-4



Crown Porcelain Fused to Metal Starting at

(Reg. \$1,100)





Braces & Invisalign

for Adults

Plus Free Consultation • 0% Interest (Limited Time Offer on 2 Year Cases)





Exam, Cancer Screening, Digital X-Rays (Reg. \$350)

(Includes: Smile Evaluation/Cosmetic Study and **Evaluation, Cancer Screening/Periodontal Gum** Disease Evaluation, Orthodontist Consultation and Any Other Speciality Consultation)

**Easy Financing** "Two Years No Interest" Upon Approved Credit



**CROWN DENTAL GROUP** A PRIVATE PRACTICE FOR THE ENTIRE FAMILY!

**Most Insurance Accepted** HMO • PPO Dentical • Military

Offers Apply for Patients with no Dental Insurance

**Financing Available** 









2405 Hoover Ave. National City, CA 91950

Visit our Website at www.crowndentalnc.com



## **Breast Augmentation**

\$5495 Includes Anesthesia

\$250 Off

Ask about our new patient special.

Liposuction **Facelifts** Rhinoplasty

**Eyelid Lifts Tummy Tucks Breast Lifts** 

#### James Casimir Pietraszek, M.D.

**Board Certified Plastic Surgeon** 25 years of plastic surgery experience Senior Staff Surgeon at Scripps Memorial Hospital La Jolla

> 1-866-576-7494 plasticsurgerylajolla.com

#### **Financing Available**

8929 University Center Lane, #102, San Diego 92122

\*Restrictions apply. Call us for details. With this ad. Expires 3-3-14.

THE LA JOLLA INSTITUTE OF PLASTIC SURGERY

last name is McGuckin and that Dan is not her biological father.

"My real dad passed awav."

Lisa and Dan went to high school together in Arizona. They fell out of touch when they went off to college. Lisa ended up in Reno, Nevada, where she met and married Graham "Grady" Marks and had Lindsay and her younger brother Kyle.

When Lindsay Marks was 12 years old, her father was diagnosed with non-Hodgkins lymphoma and died in 1995.

"Through the grapevine and old friends, [Dan] found out my mom's husband had passed away. He waited some time and then reached out to her. Then, later, when he was on a business trip [in Reno, from San Diego], they ended up having lunch," Marks says. "Then they just started seeing each other a little bit more."

In 1997, they married, and the family moved to Carlsbad. The transition was a difficult one for Marks. "When Dan came into the picture it was very hard. I was not a nice kid."

She laughs at the memory then puts it another way.

Since she hit adulthood, they've been getting closer. He's a successful businessman (she tells me twice that he was the project director for the San Diego Airport Terminal 2 expansion), and she goes to him for advice. They drink beer together. She hopes he'll walk her down the aisle one day.

She called him "Dad" for the first time in a 2012 Christmas card.

Back at Magnolia, Dan McGuckin throws an arm around Marks's shoulder and says of her charisma, "We're a little biased, but we'll take credit."

Marks says these events and the networking they create for her within the foodie industry reinvigorate her "happiness factor."

It shows. Although she's tired from the 30-plus hours she put into this event, on top of her fulltime job, she flits among her guests, chatting and laughing.

Although she says she's always had an upbeat personality, she's had to work at cultivating a professionalism to counter her naturally casual demeanor. But sometimes it's the casual tactic that works best. "I had a restaurant owner back out just a week before an event," she says. "I was super excited to have this particular restaurant onboard. But instead of calling and emailing and going over [everything I'd already told him about Dishcrawl] I thought I would go in, grab a drink, make some small talk, show my face, and bring a few people with me. After eating, drinking, and having some fun, the owner and I were able to chitchat on a friendly level. I brought up Dishcrawl and all it has to offer, and just like that, I was able to reseal the deal."

According to Marks, the average Dishcrawl ambassador lasts one or two events, which makes her, despite having less than a year's experience in the company, an expert.

"They offered me full-time after my first event. They don't do that for everyone," she says. "They want you to do three events a month and a weekend event. But, the money's not there."

The salary they offered was \$20,000 a year, plus 30 percent commis-

There have been other ambassadors in the county — one in La Jolla, one in Carlsbad, one in Chula Vista, and one in San Diego — before Marks, but none have done more than one event.

sion. She turned it down.

"It's a lot of work and not a lot of money," she says. "I'm okay with that, because I love it."

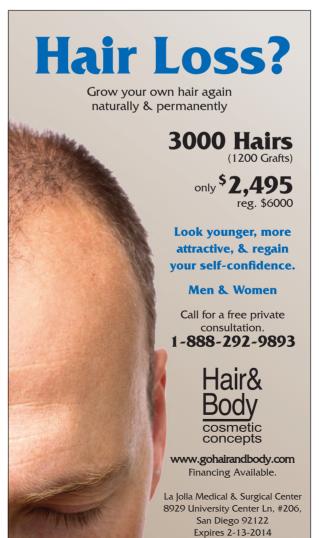
She is also paying her dues as the "right-hand girl" to chef Chad White, co-owner of Sea Rocket Bistro and owner of Plancha Baja Med, who calls her "the Regulator."

"I'm his personal assistant," she says. "So I am helping him run his business. I handle setting up events, coordinating with restaurants and other chefs. When I go to the events with him, I'm responsible for talking about him, talking to the press about him. And if he has a solo event, I'll host it so he doesn't have to come out of the kitchen and worry about any of that. I do the organizational side of his business."

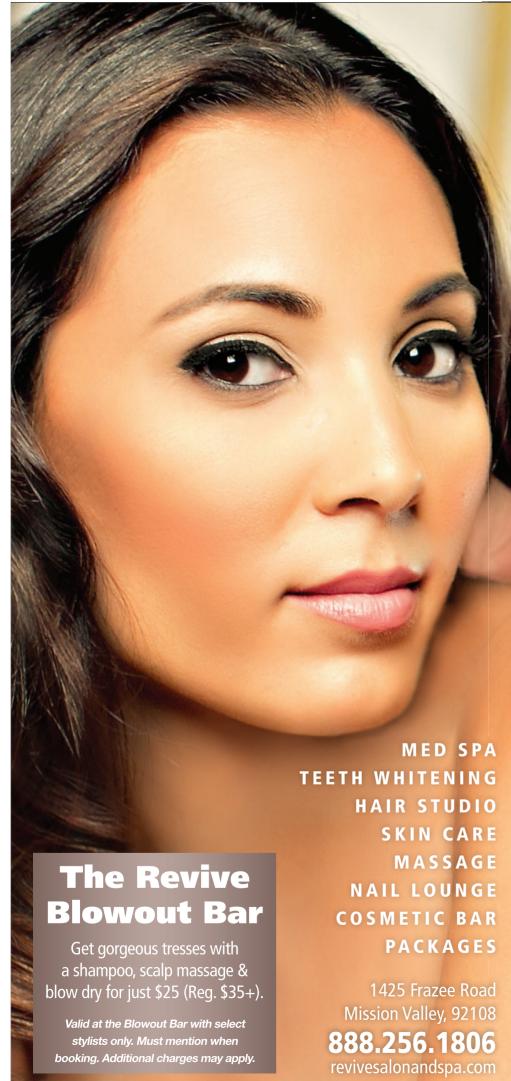
She estimates the time spent on White's business at 15-plus hours a week. It's not a paid position at the moment, but for her, it's another "foot in the door."

Marks and boyfriend Dan live together in North Park and make it a point to have dinner together a few nights a week, even when it means dining on the job. Tonight, the 6'5" bearded boyfriend is in attendance, hanging back, playing the behind-every-goodwoman-is-a-good man role, and watching Marks shine. Their attire makes a similar statement: his black-and-blue plaid shirt reads low-key and casual next to her glam strapless shirt and dark-wash jeans combo.

After more drinks, chicken wings, and babyback ribs at Magnolia,



**HEALTH AND BEAUTY** 



# re:vive

salon & spa

## Introducing Voluma \$549 (Reg. \$800)

This revolutionary new injectable treatment lifts and restores facial volume loss. Results are immediate and last up to two years! Say "no" to surgery and "yes" to Voluma (Per syringe pricing)

## \$8<sup>50</sup> Botox<sup>®</sup> Cosmetic

Frown Lines. Forehead Wrinkles. Crow's Feet. Per Unit Pricing.

## **\$299 Juvéderm XC** (Reg. \$399)

Limited time offer! Lip plumping, wrinkle smoothing Juvéderm for a gorgeous new you! (1cc)

## \$549 Sculptra Aesthetic\* (Reg. \$800)

Replace lost collagen and reduce wrinkles, lines and folds. Natural yet noticeable results that last up to 2 years.

\*Per vial pricing after mail-in rebate when you purchase 2-4 vials. Single vial \$699. While rebates last.

# Lose 1-3 Inches! with VASER® Shape Ultra

re:shape, re:firm, re:veal the new you!

Lose 1-3 inches in as few as three relaxing sessions with this new noninvasive treatment.

Purchase a package of three treatments for just \$1250 (Reg. \$2250). Plus, receive a complimentary Exilis Skin Tightening treatment on the same area! (Value \$450)

## **Laser Hair Removal**

Lip or Chin \$29 / Brazilian \$99 / Underarms \$49 Lower Legs \$129 / Bikini Line \$59 / Full Back \$230 Lower Arms \$95 / Extended Bikini \$79

Offers expire 2/20/14. Not valid with other offers. Must mention when booking. Offers are subject to change and may be discontinued at any time. Owned & Operated by Vishal Verma MD. and Vinita Parekh DDS.



the group heads toward Horton Plaza to Gourmet India, where the ceiling and walls' draped red and purple fabrics create a sense of intimacy in the small restaurant. The staff appears overwhelmed by the sudden presence of 40 people. Marks, whose smile remains wide, and her energy lively, will later confirm that, yes, this is the restaurant that signed on just yesterday.

This was the first time she did not have paperwork signed for all restaurants by the week or week-and-a-half prior to the event. With a week to go, two of the four restaurants cancelled. One, the Grant Grill, had to back out because they got a buyout, or someone who booked the whole place for the evening.

"Who are we?" Marks says with a shrug. "We're

just tiny Dishcrawl."

The second cancellation was more mysterious. The restaurant, which she won't name, was excited and ready to go, but when it came time to set up a meeting to sign the paperwork, they wouldn't call her back. So, she had to scramble, making calls, sending emails, and stopping by to speak with management in the hopes that she could get two more restaurants on board.

It was a close call, but no one in her group seems too put out by the insufficient number of tables or the confused staff at Gourmet India. They sip their ginger lemonade and lassi, munch on lamb naan and chicken kebabs, and keep the place lively with their raucous laughter.

At the last stop, Kamikaze 7, a few members of the group have fallen off, which Marks says happens each time. But when she makes her brief, introductory speech, it's with as much enthusiasm as when the evening began.

"So, this place is awesome," she says. "They've got this sushi vibe going, but they also have a bunch of other stuff."

The cute young waitresses in trucker hats, short shorts, and sneakers stand back while Marks goes on to give her thanks to everyone for coming. She concludes with the requisite plea for social media shares. "Please tweet, Facebook, Yelp us, and share with everyone you know. And if you go back to one of the restaurants, make sure you mention that you came on a Dishcrawl."

The bloggers and the Yelpers and the tweeters hunch over their big-eye tuna and edamame guacamole and take more pictures of their food.

Later, as the evening winds down and the "crawlers," take their leave, most stop by the bar where Marks sits eating tempura spam with Chad White, who has come at the tail end to offer his support. Marks offers smiles, hugs, handshakes, and many thanks. When blogger Bri-Geeski leaves, Marks hugs her and then calls out after her, "Write about me!"

— Elizabeth Salaam



HEALTH AND BEAUTY

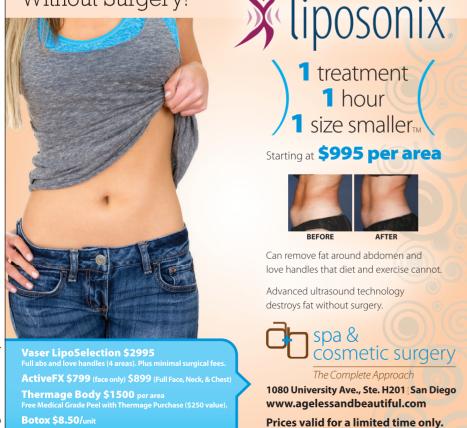
No problem!

Get 1 year of in office treatment for only

Program Includes: 2 Exams & X-rays
+30% Off UCR on Basic Dental Procedures
+50% Off UCR on Dental Implants

2405 Hoover Ave. +5U% Uff UCK ON UB National City, CA 91950 Most insure 1-888-440-6728 HMO • PPO • Do www.crowndentalnc.com Financing

Most insurance accepted HMO • PPO • Dentical • Military Financing Available



15% Military Discounts for all procedures and products, cannot be combined with other specials & packages. Must present Military ID card or Veteran ID to receive discount

888-497-1798

Reduce Fat in One Session!

Without Surgery!

Radiesse \$550 • Juvederm \$350



## Wolf on Wall Street?

continued from page 3

A government prosecutor suggested that Elgindy, of Egyptian descent, tried to dump stocks in advance of 9/11 and perhaps had inside information on the attack. But there was no proof of that, and the judge tried in vain to keep such suggestions away from the jury. In his appeal, Elgindy argued unsuccessfully that the jury had been tainted.

He got 11 years in prison, including 2 for lying to federal officials when he tried to fly to San Diego under a phony name, with \$25,000 in cash, \$30,000 to \$40,000 in jewelry, and prescription narcotics. He did this during a pretrial period when he was not allowed to travel.

The former FBI agent got six years. Elgindy says his prison stays in Manhattan, Brooklyn, and Terminal Island were "brutal." The government said he had to pay back \$1.5 million. Compare that to Belfort's \$110 million. If Elgindy deserved 11 years, Belfort should have gotten 22 years, and there would have been no motivational speeches and no Scorsese/DiCaprio movie. ■

Contact Don Bauder at 619-546-8529

## Under the radar

continued from page 3

cal beneficiaries. "This speed dating format will give us a chance to talk with you personally, share our experiences and answer your questions," ex-state senator Christine Kehoe is quoted as saying on the email invite. Others scheduled to attend included ex-state senator Dede Alpert, current senator Toni Atkins, and assemblywoman Lorena Gonzalez. The politicians didn't go dutch at the event last Saturday, January, 25; the tab for would-be dating sponsors started at the Bronze level of two tickets for \$1000, up to the Gold level of six tickets for \$3000. And what would a date night be without some well-heeled cor-

#### CITY LIGHTS

porate sponsors in the back seat? They included SDG&E, AT&T, Bridgepoint Education, San Diego-Imperial Counties Labor Council, California Apartment Association, and Encore Capital.

#### A few new wrinkles

It's almost time for one of plastic surgery's most popular confabs of the year, the "Rejuvenation of the Aging Face" conference held by the American Academy of Facial Plastic and Reconstructive Surgery at the Manchester Grand Hyatt downtown. Practitioners are invited to rent a booth and give talks to show off their youth-giving technology and therapies during the event from February 4 through 8. But there are a few caveats. The academy "will require that presenters at educational activities disclose when a product is not approved in the United States for the use under discussion," and "shall ensure, to the extent possible, meaningful disclosure of limitations on data: for example, ongoing research, interim analyses, preliminary data, or unsupported opinion."

> — Matt Potter (@sdmattpotter)

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

#### **NEWS TICKER**

continued from page 2

circle. Heading up ARMA is Bob Riedel, the former business executive—turned—marijuana dispensary owner, who for a time owned and operated the only legal marijuana dispensary in San Diego County, Mother Earth's Alternative Healing Cooperative Incorporated.

In an email, Riedel says the political action committee is still in the beginning stages.

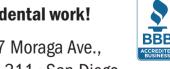
"We formed the Alliance for Responsible Medicinal Access to be a policy voice for medicinal marijuana patients and the people who seek to serve them legally. Our sole focus is ensuring legal medicinal access. We're just getting started and haven't made any

continued on page 43



12 months no interest financing available on all dental work!

Call for details





3737 Moraga Ave., Suite B-311 · San Diego

**Free Second Opinion!** 

888-460-0814

Most insurance accepted. Visa, M/C, & AmEx. · Care Credit

Treatment limitations are at the discretion of the doctor and he may elect to refer. Promotion offers cannot be combined with insurance.

## NEIGHBORHOOD NEWS

Continued from page 6

"The city should not be in the affordable-housing business," Collins said, "especially in the current pension crisis." He added that \$400,000 per apartment unit is "ridiculous" for such projects. "It should be \$70,000 to \$100,000 per unit at most," said Collins.

DAVID BATTERSON

CHULA VISTA

## While you were in Hawaii... Teachers picket school-board president's home

Sweetwater teachers who are on the verge of a strike over health benefits, class sizes, and campus safety issues picketed board president Jim Cartmill's house early January 18.

Meanwhile, word has it that superintendent Ed Brand has gone to Hawaii for two weeks.

Community advocate Maty Adato expressed concern at the January 14 meeting that Brand zipped through 2013 without an evaluation

At the recent meeting, Adato stated: "According to Brand's contract, he should have been evaluated by the board in May; that was never completed. Then we had to wait for Mr. McCann to return to his board seat so

Dr. Brand could get his third vote. [Trustee McCann suffered a traumatic car accident in July 2013]. To this day, [Brand's evaluation] has not been on the agenda again."

If the board decides to terminate him before the two-year contract is up, Brand gets a buy-out of his remaining contract.

SUSAN LUZZARO

TIJUANA

## Warning: Do not take weed into Mexico

#### So, what happens if you do?

In December, I crossed by foot from Tijuana to San Ysidro to get pictures of a new warning sign that reads, "Medical marijuana prohibited into Mexico/Prohibited into USA," and to investigate how common it is for people to get arrested for bringing their medical *mota* to Mexico.

After getting to the front of the long line to cross, I approached the Border Patrol booth. Nervously, I asked about medical marijuana crossing and the new sign. "I have no idea what you are talking about," the agent said. I tried again and asked him how often they arrest people for possession of small amounts. He refused to comment.

On my way to the sign, I approached several agents on their way to work. Their reply was short and they wouldn't answer more

than one question as they walked away.

How often do you guys arrest people for possession of pot who are crossing from the U.S. to Mexico?

"Very often." "Every day." "Don't do it." "Smoke it here or smoke it over there, simply don't cross with it."

"I used to cross [the border] often and many friends from Tijuana bought from me for their personal use," comments a medical marijuana card-holder from San Ysidro. "I had my card since 2008, but I don't dare cross it anymore. One time I had a couple grams in my pocket but I spotted the Border Patrol dogs by the border, so I turned around and tossed it to the empty lot. They told me that they saw me turn around and what I did was suspicious, but nothing happened to me."

Since then, he does not dare come near the border with pot.

MATTHEW SUÁREZ

ENCINITAS

#### **Gun trouble**

#### You're not under arrest. Oh, wait...

On January 13, Encinitas resident Youssef Boulaalam, through his attorney Allen Berrey, filed a 40-page claim of civil rights violations, illegal search, fabrication of evidence, false arrest, and imprisonment against Mono County and their sheriff's department.

Heading back to Encinitas from Bridgeport on July 10, Boulaalam was pulled over on Highway 395, after a patrol car followed him closely for several miles.

Boulaalam said Deputy Torres told him the car was going to be searched anyway, only then asking permission.

Stating he was not under arrest, the officers placed Boulaalam, uncuffed, in the back of the patrol car while Torres thoroughly searched the vehicle.

Boulaalam advised Sgt. Hahn that he had a handgun, registered to his boss, who had left the camping trip earlier. He told the officer exactly where to find the pistol in his zippered backpack.

The complaint states Hahn went to the backpack, dug through the clothes to find the pistol, examined it, and put it in the backpack and back inside the vehicle.

Even though the backpack had been out of the driver's reach, Boulaalam had left the loaded clip in the pistol — a violation. When Hahn told Torres about the pistol, Torres arrested Boulaalam for a possible felony.

It's in the evidence photos that attorney Berrey says the two deputies were "dumb enough to get themselves into trouble, and not smart enough get themselves out."

**Win a Winter Brew Fest** 

Enter to win a pair of tickets to Winter Brew Fest,

Enter by Wednesday, February 12th at 9AM.

continued on page 86





**Package** 

hotel stay, and \$50 Uber credit.

#### CITY LIGHTS

#### **NEWS TICKER**

continued from page 41
determinations on funding at

this point.

Dorian Hargrove

## Better take your fish oil

Grocery item may not be that healthy

Bumble Bee Foods, LLC, located near Petco Park, has been sued in federal court in the Northern District of California over claims it makes about its tuna products.

The plaintiff argues that Bumble Bee boasts too much about the presence of omega-3 in its tuna. Omega-3 fatty acids may lower the risk of heart disease, cancer, and arthritis and appear to be important to stimulate the workings of the brain.

The plaintiff, in a classaction suit filed in 2012, argues that Bumble Bee cannot state that tuna products are an "excellent source" of omega-3 or are "rich in" omega-3.

This month, the judge ruled that the case can go forward on omega-3 claims but threw out allegations that the company's claims for vitamin A and iron are unacceptable.

Don Bauder

#### **Follow the money**

Dumanis at center of tangled cash web

As San Diego's latest corruption scandal unfolds, it is casting fresh light on the

well-monied political network

well-monied political network of Republican district attorney Bonnie Dumanis and her consultant Jennifer Tierney.

CITY LIGHTS

Tierney, a longtime confidante of the D.A., works not only for Dumanis but also for superior court judges and city politicos who, Dumanis critics have argued, often seem to be a mutual-benefit society for the advancement of their political fortunes.

One of the judges handled by Tierney is Timothy Taylor. As reported here last year, Taylor is a former partner in the big downtown law and lobbying firm of Sheppard Mullin who was named to the bench by GOP governor Arnold Schwarzenegger in 2005.

Last March, Taylor heard a case brought by a group controlled by the city's hotel magnates, including Atlas Hotel, Inc.'s Terry Brown and Evans Hotels' William Evans, against then-mayor Bob Filner, in an effort to make the Democrat sign off on a lucrative promotional funding deal negotiated by previous GOP mayor Jerry Sanders.

Taylor's initial ruling in the lawsuit was favorable to the hotel owners, allowing their complaint against Filner to be expedited.

Public records subsequently revealed that Taylor, running in February 2012 for election to the bench, used Tierney as his political consultant. Taylor declined to recuse himself. Afterward, he ruled in Filner's favor.

Matt Potter

Model and

**Actual Patient** 



# The Perfect Body You've Always Wanted is Now Affordable

Safe, Affordable Breast Augmentation



"In my lifetime I've had over nine surgeries and never had I felt like a family member until meeting Dr. Sarosy and his staff. Wonderful people!" -Patty S., El Cajon

*-Patty S., El Cajon*"I found Dr. Sarosy and his team

to be the most professional and warm, compassionate people.

Thank you, everyone!"

-Carmen P., San Diego

## Vein&Liposculpture

CENTER

Dr. Charles J. Sarosy Certified by the American Board of Surgery 8881 Fletcher Parkway, Suite 241, La Mesa

Call Toll Free (888)229-8259

sdbodycontouring.com ~ Financing Available

# Start your writing career here

#### \$200

We pay up to \$150 for neighborhood news stories accepted for publication, plus \$25 for photos, and another \$25 for videos.

#### It's easy

Submit stories about occurrences in San Diego neighborhoods or on San Diego campuses -50 to 500 words relaying the Who, What, When, Where, How, and Why.

#### **Any small incident**

Any small incident or change in your neighborhood could be enough to make an interesting story. If unsure, email stories@sdreader.com and ask.

We also accept submissions for concert reviews, cd reviews, and travel stories.

#### How to start:

Go to **SDReader.com**, scroll down on right-hand side to Write a Story for us. Follow the easy steps.





#### **LETTERS**

continued from page 7

only a few people. No person or any group should be able to throw 16,000 people out of their neighborhood.

We now have the opportunity to correct this error. The North Park Community Plan is being updated, and we want this boundary error corrected. We want the UH traditional boundaries. from 163 to I-805, to be listed officially in the Community Plan. These have been the UH boundaries since 1888 and I asked the UHCDC to create a resolution to ask the Planning Department and the Mayor to recognize the true boundaries of University Heights.

The resolution was approved unanimously by the entire UHCDC board and unanimously supported by the North Park Planning Committee. I started the We Are University Heights online petition (weareuniversityheights.weebly.com). We are also talking to our neighbors and collecting signatures door-to-door. We currently have several hundred signatures of people in the neighborhood who believe that they live in University Heights and would like to have this noted correctly in the new North Park Community Plan.

While our resolution is being attacked by UHCA because they'd like this boundary error to remain, I want to note that when it comes to doing business, members of the UHCA's board believe the east side of Texas Street is in fact University Heights.

For example, UHCA's president, Bernie Horan, is also owner of Twiggs Café on Adams Avenue (east of Texas Street). His business's website states that his business is "technically located in University Heights." Moreover, Mary Anne Stevens, a realtor and secretary of UHCA, advertises that she's recently sold thirteen condos in the University Heights neighborhood. Her advertisement sent by U.S. Mail states that

all 13 of these condos are located east of Texas Street and are located in University Heights. These actions confirm that Mary Ann Stevens and Bernie Horan actually believe that the east side of Texas Street is in fact part of University Heights, no matter what they say as officers of UHCA.

Also, I'd like to note that the following people also believe that the east side of Texas Street is University Heights: the United States Geological Survey, Vicki Burgess of SD Development Services, and, most importantly, the 16,000 residents that live east of Texas Street and whose deeds and tax bills all declare that we live in University Heights.

It is time that Community Plan recognizes that the University Heights borders begin at the 163 in the west and end at I-805 in the east. It is time that we stop this arbitrary exclusion of 16,000 people from their rightful neighborhood. Indeed, all of our deeds and our tax bills indicate that we live in University Heights and we are entitled to be recognized as such.

Ross Lopez University Heights

#### **Lincoln Snub**

Please run another story about the Lincoln Club. They are slanting their ads and misleading the public about David Alvarez (as if he were a reverse snob) and Kevin Faulconer (as if he were an independent). I don't think people have sufficient info about the Lincoln Club and their interests.

Name Withheld via email

#### **Low Expectations**

In light of the embarrassingly botched/withdrawn legal actions against a sidewalk chalking "terrorist," a guerrilla gardener in O.B., and bribery allegations against "Jane Doe" vs Arevallo, a form of three-strikes penalty should be adopted to wise-up misguided local prosecutors Dumanis and Goldsmith.

I wouldn't expect much from my city, though,

whose best shot at attracting visitors consists of "Happiness Is Calling." Good luck on the stadium/ Olympics tries!

Also, to Ian Anderson regarding "Rebranding a Sunset View, Yet Again," Feast, January 14: Quiggs (great food/service) predated Nick's at the site of the current Wonderland.

Mike Loflen Clairemont

#### Transparency Advocate

The article in the December 19, 2013 *Reader*, City Lights: "The City's Code Monitoring Team: Foxes Guard the Henhouse," mistakenly referred to Code Monitoring Team (CMT) member Joan Dahlin as a "current land-use lobbyist from the League of Women Voters."

The League is not a landuse lobbyist but a protector and advocate of transparent, open meetings and the public's right to know. We appreciate having a slot on the CMT and hope to see Committee actions become more accessible to the public.

> Joan Dahlin La Jolla

#### **Straight to the Point**

Hello, thank you for writing the travel article about Barrow (Gather No Moss: "What to Do in Barrow, Alaska").

The story provided an interesting view. However, the date of actual visit should be noted. The story referenced visiting Pepe's, which burned down in late August (several months prior to publication).

Also, regarding the cab to Point Barrow — at best a cab could only make it as far as the summer cabins on the north end of town, not quite on the point. A nice story spin could include the "northernmost resort home." Had the writer scheduled a tour via Top of the World Tours, they would have taken the individual to the actual point for viewing at the whale carcass disposal area.

Name Withheld via email

AND WI

## Thursday | 30

#### AN EVENING WITH **FRIDA**

Watch the film Frida, receive a voucher to view the complete Frida Kahlo exhibition (of rep-

licas) and enjoy a Stone Brewing beer. The film, starring Salma Hayek, starts at

7:30 p.m. It is an outdoor theater, so dress warmly. \$20.

WHEN: 7 to 10 p.m.

**WHERE:** Stone Brewing at Liberty Station, 2816 Historic Decatur Road #116, Liberty Station. 619-269-2100; axs.com/frida

### Friday | 31

#### SHAKESPEARE IN THE DARK

A burlesque tribute to the works of William Shakespeare, with acts inspired by Othello, Hamlet, A Midsummer Night's Dream, and Antony and Cleopatra. Starring top burlesque performers Shannon Doah and, from the Bay Area, Jet Noir. \$25.

**WHEN:** 9 p.m.

WHERE: Queen Bee's Art & Cultural Center, 3925 Ohio Street, North Park. 619-255-5147; keyholecabaret.com

### Saturday | 1

#### LIFE IS JUST A BOWL OF **CHERRIES**

Mojalet Dance Collective presents "a fun show that touches on fascina-

tion with soap operas," choreographed by Patricia Sandback. Experience drama, humor, and commercial breaks. \$15-20.

> **WHEN:** 4 and 7 p.m. (also on Sunday)

> > WHERE: The Vine Theater Bernardo, 13330 Paseo del Verano

Norte, Rancho Bernardo. 858-487-1866; mojalet.com

### Sunday | 2

#### MINIATURE SHOW AND SALE

The San Diego Miniature Crafters hosts this event featuring exhibits, sales, workshops, and classes designed for crafters, artists, and collectors of dollhouse-size miniatures. \$2-\$7.

WHEN: 11 a.m. to 4 p.m. (also on Saturday)





## 292-0092; sdminiatureshow.com

## Tuesday | 4

#### OPEN SHAKESPEARE READING

OIL-PAINTING FROM PHOTOS CLASS, FEBRUARY 5

Presented by the San Diego Shakespeare Society. Anyone can join in the reading or just come along to listen. Parts are assigned before each scene so everyone who wants to can have a go. Directed by Rupert Essinger.

WHEN: 6:45 to 8:30 p.m.

**WHERE:** Upstart Crow Bookshop and Coffee House, 835 W. Harbor Drive, Downtown. 619-232-4855; sandiegoshakespearesociety.org

## Monday | 3

#### **GOLF FOR THE TROOPS**

Golfers of all skill levels are invited to play in this four-player "scramble" tournament including contests, prizes, beverage tickets, and a BBQ lunch. Shotgun-start at 10 a.m. Proceeds benefit the Wounded Warrior Project. \$75.

> **WHEN:** 10 a.m. to 3 p.m. **WHERE:** Riverwalk Golf Club, 1150 Fashion Valley Road, Mission Valley. 619-296-4653; blog.proveninc.com/wwptournament

### Wednesday | 5

#### LANDSCAPE & FIGURATIVE **OIL-PAINTING FROM PHOTOS**

This four-session class will emphasize composition and focal point using large, simple shapes and a limited palette. Photos will be supplied. Runs Wednesdays in February. \$100.

**WHEN:** 10 a.m. to 1 p.m.

WHERE: San Diego Botanic Garden, 230 Quail Gardens Drive, Encinitas. 760-436-3036; sandieguitoartguild.com



## **Gather No Moss**

TRAVEL STORIES AND TIPS FROM OUR READERS

Re-enactors flock to Viking Fest in Hafnarfjördur, Iceland, each June.

## Manly, studly Iceland By Tamar Fleishman

Iceland — remote and north of most of the rest of Europe — was settled just over 1000 years ago by Norse Viking men who brought Celt women as sex slaves.

This historic tidbit that you learn at Reykjavik's Saga Museum, along with tales of burning women at the stake and gruesome executions, shows Vikings as a rough-and-tough people. Their other museums, events, tall stature, impossibly long, healthy hair, and cuisine of the metro region highlight Viking descendants to be a studly bunch. Icelanders are proud of their heritage.

When traveling in Europe, it's often difficult for Americans to duplicate the comforts of home in a hotel. That's definitely not the case with Hotel Holt. You'll see Colgate in the spacious bathrooms with bathtubs. Fluffy spa robes, clothes steamers, flatscreen televisions, and Icelandic breakfast treats make travel much less wearing. Their happy hour — and phenomenal liquor collection — seem to attract all of professional Reykjavik.

You don't hear a lot about the cuisine of Iceland in the States, but you should. From high-end to street food, Icelanders have perfected the use of the bounty found in their micro-climate.

It may be difficult to pronounce grillið in Icelandic, but it translates into "barbecue." Near the downtown airport, in the Radisson Blu Saga Hotel, is Grillið Restaurant. They use accessible Icelandic ingredients in inventive, cool ways. Think lamb tartare — raw meat doesn't scare Vikings — with sour cream, breadcrumbs, and fried minced kale; or Icelandic prawns with cod mousse, lumpfish roe, lemon and rose pepper sorbet, arugula, nasturtiums, and avocado cream.

With other hot dog stands all over the city, selling products that look identical to

the naked eye, why do people only line up day and night for Bæjarins Beztu Pylsur?

People whisper that this guy's hot dogs are cooked in beer. Others shrug that they're exactly the same as all the other hot dog stands; it's just marketing. Cab drivers, city employees, and everybody in town laughs about how the guy who owns the stand is making money hand-over-fist. Anthony Bourdain, Madonna, and even Bill Clinton have eaten there... Clinton, presumably, before adopting a vegan diet.

Fiskfélagið means "fish company" in Icelandic, but there's a whole lot more to this really cool, global cuisine restaurant. It's located in a basement of a stone building; though it has a goth-like vibe, people of all ages and walks of life love going here. With their prix-fixe menus, you choose from Icelandic or world recipes, ranging the gamut from Argentinian to Faroese

dishes. Presentations include molecular gastronomy and authentic ingredients from each area.

DILL is located within the Nordic House, right outside Reykjavik's historic downtown. Celebrating all Nordic countries, the Nordic House is a cultural complex including library and art gallery. DILL has serene water views and of the airport. The restaurant gets its veggies and herbs from an onsite garden. Even the smallest elements are given exquisite attention: house-made Icelandic sea salt is part of the bread service. The beauty of the freshest herbs, vegetables, and fish is something that's hard to improve upon.

Now, if you're looking for manly and studly in a meal, there's no topping Reykjavik's 3 Frakkar: Chef Úlfar Eysteinsson is famous for his ideas with

continued on page 48

#### **Other Adventures**



**shiaog**: Breathtaking view at the top of Moro Rock Trail in Sequoia National Park, CA



**mcontos**: The bighorn ninja (Anza-Borrego State Park)



**chendri887**: The beautiful Morro Rock, looking northwest across Morro Bay





27,182 others like this.

Like us on Facebook



# Let us plan your next vacation.

Call your local AAA office for current rates and discounts.

San Diego/Mission Valley, 2440 Hotel Circle North
619-681-1570



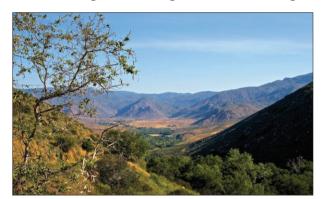
## ROAM- -RAMA

San Diego Outdoors with the Museum Canyoneers

#### **LOWER SANTA YSABEL TRAIL TO BODEN CANYON**

Hike along a bubbling creek and beside a towering riparian forest festooned with native grape vines.

Distance from downtown San Diego: About 45 miles. Allow 60 minutes driving time (Pamo Valley). From SR-163N, take I-8E, then SR-67N to Ramona, continuing on Main Street/CA-78, and then turn left on 7th Street. At the Y-intersection, turn right on Elm Street and follow it about half a mile to and turn right on West Haverford Road. In one block, the road makes a 90-degree turn to the left and becomes Pamo Road, descending steeply into the remote and scenic Pamo Valley. Shortly after reaching the valley floor, find Forest Service Road (FS) 12S04 to the left and park. Hiking length: Options for either 4.7 or 10.2 miles out-and-back or 5 miles point-to-point hike. Difficulty: Ranges from fairly easy to moderately strenuous, depending on the option chosen. Target shooting may be permitted at designated places on Orosco Ridge, but not in Lower Santa Ysabel or Boden Canyons. Check with a USFS Ranger (858-674-2901) about hunting season before you go. Orange is a good accent clothing color. No facilities or drinking water. Carry plenty of water.



The trails leads in and out of riparian forests hugging Santa Ysabel creek and its tributaries.

The Lower Santa Ysabel Trail, now reserved for hikers and equestrians, takes you beside a lush riparian forest of towering sycamores, willows cottonwoods, and spreading oaks, draped with native grape vines

as it travels beside or above Santa Ysabel Creek, then climbs up into bordering patches of grassland and chaparral. Depending on the season and rainfall, you may find a colorful display of wildflowers.

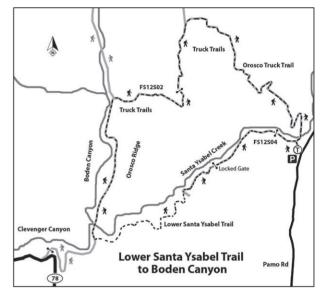
From the parking area, begin hiking north on FS12S04 to Santa Ysabel Creek. FS12504 forks upon reaching the creek. The road to the right becomes the Orosco Ridge Truck Trail. The Lower Santa Ysabel Trail begins to the left. At this point, the trail is a dirt road and open to motorized vehicles, but there is a locked gate 0.25 mile from Pamo Road and only authorized vehicles can continue beyond the gate. The trail is an easy hike in and out of the shady forest for nearly 1 mile but then begins to climb up the side of the mountain, reaching an elevation about 200 feet above the creek. After coming to another locked gate 1.29 miles from Pamo Valley, the trail levels off and continues through mixed ceanothus chaparral until it reaches Boden Canvon, 2,25 miles further on. There are at least three

ways to complete this hike:

Option 1 is an easy 4.7-mile outand-back hike. Continue down the
trail from the second locked gate
to an unnamed tributary canyon
leading to Santa Ysabel Creek,
2.35 miles from Pamo Valley. It
is a heavily wooded tributary with
a dense forest of grape-festooned
coast live oaks, sycamores, and
cottonwoods. A bubbling creek
with seasonal running water runs
through it, making it a cool, shady
place for lunch or a picnic. Go back
the way you came to complete this
hike.

Option 2 is a moderate 5-mile point-to-point hike. Continue on to Boden Canyon, 3.4 miles from Pamo Valley. Go left, descending to a truck trail. Continue west on this dirt road for 1.6 miles, until you reach the turnout on Hwy 78. If you elect this option, you must pre-arrange to have someone pick you up on Hwy 78. Since parking is no longer permitted at this turn-out, you need to get the timing right to make this work.

Option 3 is a more strenuous 10.2-mile hike. The option takes you into the Boden Canyon Ecological Reserve. Upon reaching the Boden Canyon, instead of going west (left), turn right and go north. The dirt road crosses Santa Ysabel Creek and becomes a hiking trail, leading up a short hill and then through a delightful riparian wilderness. After hiking 1.8 miles through the reserve, another trail branches off to the right. This goes



east and connects with another truck trail. This is a good place to turn around and go back the way you came for a moderately strenuous 10.2 out-and-back hike. Taking the trail up and over the Orosco Ridge is a slightly shorter way back to your car, but it involves an additional 1300 feet of elevation gain. It is also a hot hike up the ridge with no shade and possible danger from shooting on the ridge.

Note: Routes are checked from multiple sources where differences may occur. An example of this is Forest Road (FR) 12504 versus FS12S04. FS12S04 is correct and describes location: Forest Service (FS), Township (12) Section (S), and Road number (04). Boden Canyon, Drasco (misspelling of Orosco), and Guejito Truck Trails were labeled as "Truck Trails" due to map-source conflicts.

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, refer to the San Diego Natural History Museum website.

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















#### **HOW TO SEND US YOUR**

**LISTING:** Contributions must be received by 5pm Friday the week prior to publication for consideration. Do not phone. Submit information online at SDReader. com/events

Blue titles indicate sponsored events. To place a sponsored listing, call 619-235-8200.

#### ART

Art on the Green COAL Gallery Artists display their artwork every Sunday, weather permitting, from 9am-4pm, on the lawn in front of the Carlsbad Inn Beach Resort. 760-434-8497. Sunday, February 2 9am: free Carlshad Inn Beach Resort, 3075 Carlsbad Boulevard.

For the Love of Art Featuring live painting displays in the lobby and musical art performance in the gallery. Sculpture, painting, mixed media, and assemblage will be on view. Participating artists: Billie Hamilton, Scott Gengelbach, Lorain Khalil, Helena Espinoza, Beto Soto, Chobolits, Rod Engel, Wesley Lemont, Madeline Sherry, Andrew Seaton, Dan Camp, Jens Rossen, Harry Holiday, Adam Moyes, Harry Daily, and Joan Mathison Friday, January 31, 6pm; Saturday, February 1, 6pm; free, Brokers Building Gallery, 402 Market Street, (DOWNTOWN SAN DIEGO)

#### **International Artist Cornelia** Steckhan-CorkyArt invites you

to attend her art exhibition at West Coast Cafe on Saturday, February 1 from 2-8pm. Live painting demonstration beginning at 4:30pm. Live entertainment, appetizers, wine, and refreshments will be served. Saturday, February 1, 2pm; West Coast Cafe, 208 Palm Avenue. (IMPE-RIAL BEACH)

Museum of the Living Artist: Opening Reception Juried and awarded artwork from Outstanding Visual Artists of the region. Featured Artist: Lois Adler-Roussell. Show runs January 24 to February 23. Friday, January 31, 6pm; free-\$3. San Diego Art Institute: Museum of the Living Artist, 1439 El Prado. (BALBOA PARK

X-TO+J-C: Christo and Jeanne-Claude Receptoin The late David C. Copley was one of MCASD's most passionate patrons and generous trustees — he was also the most prolific collector of Christo and Jeanne-Claude's work in the United States. To celebrate Copley's commitment to this enduring body of work and to honor his memory, "X-TO+J-C: Christo and Jeanne-Claude Featuring Works from the Bequest of David C. Copley" will open with a special supporters' reception. The exhibition will open to the public on February 2. Friday, January 31, 6pm; free-\$10. Museum of Contemporary Art San Diego, La Jolla, 700 Prospect Street.

#### BOOK SIGNINGS

Greg Sestero Greg Sestero, author of The Disaster Artist: My Life Inside The Room, the Greatest Bad Movie Ever Made, will be discussing and signing his book at Perks Cafe in the UC-San Diego Bookstore. Sestero will also be screening his new behind-thescenes documentary on the making of Tommy Wiseau's infamous cult film The Room and hosting an interactive audience reading of the film's script. Friday, January 31, 5pm; free. University of California San Diego, 9500 Gilman Drive. (LA

Perils of Processed Foods: Community Keynote Consumers can gain a revealing glimpse into the world of processed foods at a keynote address by Michael Moss, a Pulitzer Prize-winning investigative reporter with the New York Times and author of the 2013 bestseller Salt Sugar Fat: How the Food Giants Hooked Us. Registration, 858-652-5400. Friday, January 31, 7:30pm; \$35. Hilton San Diego Resort, 1775 East Mission Bay Drive, (PACIFIC BEACH

**Spring Entertaining Book Talk** President, owner, and executive chef of Stone Kitchen Catering & Special Events Elizabeth Stone in promotion of her book An Invitation to Entertain: Recipes for Gracious Parties. Elizabeth will be

#### **Iceland** continued from page 46

traditional foodstuffs. I tried an ancient dish that even the native Icelanders veer away from: fermented shark. Potted, fermented shark was how Vikings preserved the meat, though some food anthropologists say that other preservation methods were available to them. They liked it! You eat a bit on a toothpick with a cold shot of Brennivin, an anise-like schnapps sometimes called "Black Death."

One might need a full bottle of it: Anthony Bourdain pronounced fermented shark as one of the grossest things he ever ate. How did I find it? I flung my toothpick across the table in outrage!

Then, I tried little tastes of things on an appetizer plate: reindeer pâté with lingonberry syrup was a stronger, country pâté, rich and still accessible. Smoked puffin was tasty, like smoked beef, but the texture got to me. They are very fatty, and their mouthfeel is gelatinous. After that, I was relieved and eager to try raw whale sashimi. If nobody told you differently, you'd think it was the reddest, most flavorful tuna sashimi you ever had. I finished the portion!

In the suburb of Hafnarfjördur, just a short bus ride from Reykjavik, is



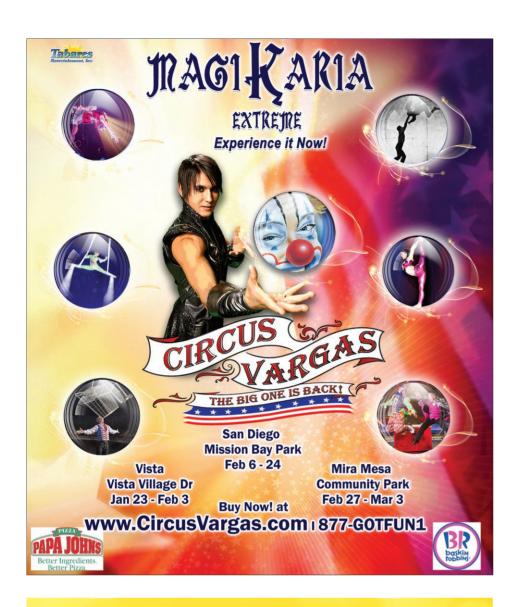
Reykjavik's Lutheran Hallgrímskirkja is the largest church in Iceland. Note the statue of Viking explorer Leif

the Viking Village. There's a traditional hotel, along with the type of shared longhouses and little cabins the Vikings used to snuggle up in...along with a group hot tub.

In June, they host a Viking Fest with a lot of very tall men doing their ancient manly thing: roasting meats, fake fighting, selling leatherworks, teaching the young 'uns to do the same.

Win \$25 for your travel tips or a Reader T-Shirt or hat for the best travel photo of the week. Go to SDReader.com/travel for more information.







## TAKE THE BUS **TO GOLDEN ACORN!**

Take the bus to Golden Acorn on Saturdays and Sundays. New members get \$5 Free Play! Seniors earn 7 points and get \$5 Free Play. Birthday month? Members get \$5 Free Play, to spend your birthday just right.

#### **BUS PICK UP LOCATIONS Saturday and Sunday Only**

8:40AM: 3007 Clairemont Dr. (Rite Aid) San Diego CA 92117 8:55AM: 5555 Balboa Ave. (Vons Parking Lot) San Diego CA 92111 **DEPARTING FROM GOLDEN ACORN AT 3PM.** 

Contact Mayra at 619 250-6999 or Player's Gold for more information 619-938-6049.

## GOLDEN

GoldenAcornCasino.com • I-8 at Crestwood, Exit 61 • (866)7-WINBIG(976244)



## WE BUY **CHINESE ANTIQUES**

The Chinese economy is booming. As a result, the market for Chinese antiques is red hot. Prices for many Chinese antiques have grown substantially.

So now is the perfect time to get the best value out of yours!





We will also pay a 5–10% commission for any referral based on the value of the deal.





### **Oriental Heritage**

11405 West Bernardo Court #214 San Diego, 92127 Email pictures to us: info@orientalheritageinc.com Visit us online: www.orientalheritageinc.com Call **858.376.1707** or Toll Free **1.800.575.5583** 

> We can make house calls if you have heavy items. Please call us for an appointment.

### Calendar LOCAL EVENTS

presenting a tablescape on spring entertaining followed by a Q&A. Thursday, January 30, 7:30pm; Warwick's Bookstore, 7812 Girard Avenue. (LA JOLLA)

## CLASSES & WORKSHOPS

Cake Decorating for Beginners An introduction to cake decor in a hands-on environment. Four-class series, Saturdays, begins February 1. Saturday, February 1, 2pm; \$125. 18 and up. Alchemy of the Hearth, 960 Rancheros Dr., Suite L. (SAN MARCOS)

Chinese New Year Celebration An exploration of the foods of Chinese New Year. Celebrate the beginning of the Year of the Horse, learn the meanings behind the foods served during this auspicious event, and the secrets to making a delicious feast. Bring an apron, closed-toe shoes, chef's knife, and containers to transport your creations home. Friday, January 31, 6pm; \$65. 18 and up. Alchemy of the Hearth, 960 Rancheros Dr., Suite L. (SAN MARCOS)

**Create Your Own Block Print** Ever wonder how newspapers were printed before computers? The way we print words and images has changed a lot over time. History has seen handwritten scrolls, carved wood blocks, moveable letter type by hand and machine, typewriters, Xerox machines, and finally, computers! Learn about the history of print technology this month at the San Dieguito Heritage Museum. Create and stamp your own wood block design on a canvas tote bag and view historical documents that have been printed on a printing press. Saturday, February 1, 12pm; free. San Dieguito

Heritage Museum, 450 Quail Gardens Drive. (ENCINITAS)

Hi-Performing Women Career Panel San Diego job trends, job search strategies, educational opportunities, and resume review. Saturday, February 1, 10am; free. Casa Valencia Galleria Baja, 2730 Historic Decatur Road. (POINT LOMA)

How to Take Care of Your Piano Learn how to save money with proper maintenance, keep your piano's resale and trade-in value, and learn what you should be looking for inside and outside. Saturday, February 1, 10am; free. Greene Music Recital Hall, 7480 Miramar Rd. Suite 101 (MIRAMAR)

Intermediate DSLR Photowalk for Teens This special teens-only photowalk will cover intermediate DSLR photography skills for those who've got the basics down and are ready to delve deeper into the manual settings on their camera and practice some pro tips and tricks. Professional photographer Daniel Solomon will give a quick intro in the media lab, and then students will have a hands-on learning experience doing a photowalk around historic Liberty Station Saturday, February 1, 1pm; \$49. NTC at Liberty Station: Barracks 15, Studio 103, 2750 Historic Decatur Road. (LIBERTY STATION)

Painting & Vino: Hokusai's Surfer Recreate Hokusai's Surfer while sipping wine or cocktails. Supplies (canvas, paints, brushes, apron) included. No experience necessary. Registration required. Thursday, January 30, 6pm; \$45. 21 and up. 98 Bottles, 2400 Kettner Boulevard. (LITTLE ITALY)

Photography Workshop: Outdoor Lighting for Portraits Learn how to take outdoor portraits in that warm, golden light that hits just before sunset. In this photowalk, professional photographer Daniel Solomon will show you how to use natural, outdoor light to create a perfectly lit portrait. Saturday, February 1, 3:30pm; \$49. NTC at Liberty Station: Barracks 15, Studio 103, 2750

#### **Rhyme & Verse**

The Penitent

A poem by Edna St. Vincent Millay

I had a little Sorrow,
Born of a little Sin,
I found a room all damp with gloom
And shut us all within;
And, "Little Sorrow, weep," said I,
"And, Little Sin, pray God to die,
And I upon the floor will lie
And think how bad I've been!"

Alas for pious planning —
It mattered not a whit!
As far as gloom went in that room,
The lamp might have been lit!
My little Sorrow would not weep,
My little Sin would go to sleep—
To save my soul I could not keep
My graceless mind on it!

So up I got in anger, And took a book I had, And put a ribbon on my hair To please a passing lad. And, "One thing there's no getting by — I've been a wicked girl," said I; "But if I can't be sorry, why, I might as well be glad!"



Edna St. Vincent Millay (1892–1950) was born in Rockland, Maine, attended Vassar College, and upon graduation moved to Greenwich Village. In 1917, she published *Renascence and Other Poems*, and in 1922 she published *A Few Figs from Thistles* with Harper & Brothers, in which her thoroughly subversive poem "The Penitent" appeared. It is a poem typical of her

provocative verse about love, sex, and romance. In 1923, when Millay was 31 years old, she published *The Harp Weaver and Other Poems*, which won the Pulitzer Prize. A master of rhymed, metrical forms and a superb sonneteer, Millay wrote a poetry that was at once witty, perceptive, passionate, provocatively unconventional in sentiment, and more often than not exquisitely wrought. Beautiful and bisexual, Millay had many lovers both before and during her marriage to Eugen Jan Boissevain. Her brilliant achievements in strict form place her in the first ranks of 20th-century American poets and today Millay's poetry remains widely read and admired.

Find more poetry online at SDreader.com/poetry

Historic Decatur Road. (LIBERTY STATION)

Writing About Illness Workshop Join Thomas Larson for a free workshop based on his new book, The Sanctuary of Illness: A Memoir of Heart Disease. This workshop is open to all, beginner to professional: writers, patients, and people in medicine. The illness, disease, or condition may directly involve each participant, a loved one who is suffering an illness, or a patient the participant is caretaking. All are welcome: physicians, nurses, mental and public health professionals, writers, scholars, and anyone interested in the intersection of narrative. medicine, and healing. Saturday, February 1, 10am; free. La Jolla Library, 7555 Draper Avenue. (LA

#### COMEDY

DM Broussard, Mimi Zulu Tonight in San Diego is filmed in front of a live studio audience, hosted by David Vaughn. This week's guests include comedian Dennis Michael Broussard with musical guest Mimi Zulu. Thursday, January 30, 7pm; \$5-\$7. Ocean West Studios, 9590 Chesapeake Drive #4. (KEARNY MESA)

Nick Turner A hilarious New York-based writer and stand-up comedian. You may have seen him on Late Night with Jimmy Fallon or as one of the New Faces at the 2011 Montreal Just For Laughs Festival. Nick is a regular at NYC clubs such as Gotham Comedy Club, Caroline's on Broadway, and UCB. Thursday, January 30, 8pm. Friday, January 31, 7:30 pm and 9:30pm. Saturday, February 1, 7:30 pm and 9:30pm. American Comedy Company, 818 Sixth Avenue. (DOWNTOWN SAN DIEGO)

**San Diego Comedy Festival** Comedians from across the country plus celebrity comedians headlining shows. Thursday, January 30, 6pm; Friday, January 31, 6pm; Saturday, February 1, 2:30pm; \$15-\$200. 18 and up. Comedy Palace, 8878 Clairemont Mesa Boulevard.

#### DANCE

#### **Argentine Tango with Colette**

Take a first free class Monday, February 3 at 7pm or Wednesday, February 5 at 7pm (or any Monday or Wednesday thereafter). We will introduce you to the passion and magic of tango. Visit *tangowith-colette.com* and call today: 514-726-5567. Dance Place San Diego, 2650 Truxtun Road, Studio 106. (POINT LOMA)

Contradancing No partners needed, and no experience necessary. Calling by guest caller Dugan Murphy, live music by The Old Twine String Band. Teaching from 7:30-8. Dance starts at 8. Discounts for teens and children, college, and military. Soft-soled shoes only, please. Friday, January 31, 7:30pm; \$10. Trinity United Methodist Church, 3030 Thorn Street.

Move as One Dance Instruction Fun, friendly, affordable social-dance classes. Singles class Wednesday, February 12 at 8pm; couples class Thursday, February 13 at 8pm. Escondido Social class/mixer Tuesday, February 11 at 7pm. 858-248-0593; sandiegodance-instructor.com. 858-248-0593. Art Studio 4, 340 N. Escondido Boulevard or Champion Ballroom, 3580 Fifth Avenue. (ESCONDIDO, HILLCREST)

Noche Cubana This event is a night of Cuban music, dance, and cultural cuisine. Enjoy a show, dine and dance. Featuring special performances by world-renowned band Los Hermanos Arango — live and direct from Havana, Cuba. Also featuring special Yoruba dance performance by master dancer Juan Carlos Blanco of Havana. Free salsa dance lesson (freestyle - no partner necessary) followed by salsa dance party on an open dance floor. Raffle prizes, plus authentic Cuban cuisine and beverages. All ages/\$15 cover. Saturday, February 8, 7pm to 11pm. WorldBeat Cultural Center, 2100 Park Boulevard. (DOWNTOWN



## Arthritis

Natural Approaches to Preventing and Handling Arthritic Pain

Tuesday, February 4, 2014 at 1pm Tuesday, March 4, 2014 at 1pm At Mission Valley Library 2123 Fenton Pkwy, San Diego 92108

Limited Space
Call Today to reserve your seat:
619-275-3683

Presented by: The Foundation for Wellness Professionals, a nonprofit Organization Wellness Consultant: Dr. Richard Engel



Perspective: Collage 2014 Featuring various dance styles such as tap, jazz, hip hop, lyrical, modern, and musical theater. Breathtaking costumes, imaginative set pieces, gorgeous theatrical lighting, and professionally trained dancers. Fridays, 8pm; Saturdays, 3pm and 7pm; Sundays, 2pm, \$5-\$15. Casa del Prado Theatre, 1650 El Prado. Suite 208. (BALBOA PARK)

Renaissance Faire Dancing Class The Playford Plodders meet every Thursday to learn and practice English Country Dance from the 17th Century. No partners required. Held in Room 203. Thursdays, 7pm, free. Casa del Prado, 1800 El Prado. (BALBOA PARK)

#### **FOOD & DRINK**

**Curbside Bites Food Trucks @ Innovations Academy** Gourmet food trucks gather each week at Innovations Academy on Thursdays from 5pm to 8pm. Innovations Academy Charter School, 10380 Spring Canyon Road. (SCRIPPS

The Mother Sauces Sauce making has a reputation for being a difficult art, but really it requires only a few basic methods and techniques. Learn the fundamentals necessary to creating the most delectable sauces — from hollandaise to tomato — in this hands-on class dedicated to transforming an everyday meal into a special occasion. Bring an apron, chef's knife,

and containers to transport your creations home. Preregistration is required as space is limited. Thursday, January 30, 6pm; \$65. Alchemy of the Hearth, 960 Rancheros Dr., Suite L. (SAN MARCOS)

#### **Southwestern Flavors Cooking**

Class Every cooking class comes with Ayla's quirky sense of humor and shenanigans, a lesson in modern home economics, quick cooking techniques, and super products you may not know about. Thursday, January 30, 6pm; \$60. Cooking 4 Life, 9145 Chesapeake Drive. (KEARNY MESA)

Iberico Wine Dinner Iberico ham exhibition followed by a six-course wine dinner featuring Iberico ham in each dish paired with wines from Baja, Mexico. Each course will be prepared in collaboration with our home chef Martin Gonzalez and chef Flor Franco and accompanied by a live performance from internationally acclaimed opera singer Kasondra Kazanjian. Thursday, January 30, 6:30pm; \$70. 21 and up. Toast Enoteca & Cucina, 927 J Street. (EAST VILLAGE)

Pre-Valentine's Day Get ready for Valentine's Day! And it's on a Friday this year. Make your reservations now as we will sell out for our special dinner this evening. An awesome five-course dinner for \$69+/person. A rose for each couple. Contact us! More info: 619-270-9670. Thursdays, 8:45pm. Solare Ristorante Lounge, 2820 Roosevelt Road. (LIBERTY STATION)

Valentine's Day Great Ape Nectar Returns for Valentine's Day with a firkin of this hazelnut chocolate milk stout conditioned with a tone of coconut. Come by before, after, or for dinner and enjoy this tasty treat with the one you love. even if that is yourself! Thursday, February 13, noon. Monkey Paw, 805 16th Street, San Diego. 619-358-9901. (LIBERTY STATION)

#### **FOR KIDS**

Birch Aquarium at Scripps: **Tidepooling Adventures** Visit a local tide pool to learn how these amazing habitats and their inhabitants truly survive "between a rock and a hard place." Trained naturalists will show you how to tread lightly during your visit and help you discover the world of tide pools. For ages 2+. Ages 2-13 must be accompanied by a paid adult. \$12-\$15. Birch Aquarium at Scripps, 2300 Expedition Way. (LA JOLLA)

Cooking Up Stories: For Preschoolers Preschoolers will read some food-themed stories and learn how to cook recipes inspired on the whimsical storybook world. All recipes will focus on fresh, seasonal produce and healthy ingredients and cooking methods. Taught by Fernanda Larson, director of the Cook for Thought Project. Contact: fernanda@cookin?gtothebeat. com. Thursdays, 10:30am; \$15-\$96. Center for a Healthy Lifestyle, 533





### **SHEEP** and **GOATS**

#### **Ibn Taymiya**

God — praises to Him is not His own creature. and not a part of His creation or an attribute of it. He is the Praised and Exalted, set apart in His holy Existence, aloof in His glorious Selfhood from all things He has created, and that is what the Books (of the Prophets) have brought... and thus God has created His servants, and thus reason attests. Often have I thought that the appearance of such as these [pantheist Sufis] is the chief cause for the appearance of the Mongol Tartars and the disappearance of the Law of Islam and that they are the vanguard of Antichrist the One-eyed, the Great Liar

who shall assert that he is God. — Ibn Taymiya

Ibn Taymiya (1263–1328) also known in Islam as Taqī ad-Dīn Abu 'l-'Abbās Ahmad ibn 'Abd al-Halīm ibn 'Abd as-Salām Ibn Taymiya al-Harrānī, was a Muslim theologian and logician who lived in the 13th Century during the time of the Mongol invasions.

An early and important proponent of the conservative Hanbalism movement which in reaction to the sweeping reforms made by the more liberal theologian Al Ghazali (c. 1058–1111) sought to return Islam to what he saw as an earlier interpretation of the Quran.

Find more excerpts online at SDReader.com/worship



Lomas Santa Fe Drive (behind Boys & Girls Club). (SOLANA BEACH)

DIY Food Trucks Design and build vour own food truck like Feast artist Jason Torchinsky. Use wood, tape, and markers to construct a miniature vehicle, and then drive it around to move or sell food in our mini country and city landscape. Thursdays, 10am; Fridays, 10am; Saturdays, 10am; Sundays, 12pm, New Children's Museum, 200 W. Island Avenue.

Feeder's Digest A new Feastinspired game. Send "food" to feed and strengthen different body parts. Saturdays, 10am; Sundays, 10am, New Children's Museum, 200 W. Island Avenue. (EAST VILLAGE)

Free Family Art Day: Explore the World of Paper Based on exhibitions of Urban Entropy: James Enos and Scape/Escape, a

variety paper projects for families to create their own architecture or landscape. No art experience required; all art supplies provided. Light and healthy refreshments available for the family. Children have the opportunity to explore the museum through a kid-centric docent tour. Sunday, February 2, 1pm; free. Oceanside Museum of Art, 704 Pier View Way. (OCEANSIDE)

Handmade Holidays: DIY Valentines Use repurposed paper and fabric scraps to create a oneof-a-kind note. Thursdays, 10am; Fridays, 10am; Saturdays, 10am; Sundays, 10am, New Children's Museum, 200 W. Island Avenue. (EAST VILLAGE)

**Lunar New Year Celebration** Complete with carnival games, arts, crafts, and performances from the Pan-Asian countries. Saturday, February 1, 11am; Bayview Terrace Elementary School, 2445 Fogg Street. (PACIFIC BEACH)

#### **LECTURES**

LIFE at MiraCosta College Lectures 1pm: "MiraCosta College Production, Once on This Island, with Tracy Williams, MiraCosta college faculty. A joyful island fairy tale with book and lyrics by Lynn Ahrens and music by Stephen Flaherty begins on a fictional isle in the French Antilles. 2:30pm: "From Foul-Mouthed Dad to Novelist" with Samuel Halpern. Dr. Halpern will talk about this journey from foul-mouthed dad to his first published novel A Far Piece to Canaan Friday, January 31, 1pm; free. 18 and up. MiraCosta College, One Barnard Drive. (OCEANSIDE)

**Nuclear Russian Roulette:** A Model of Proliferation and Preventive War Andrew Coe develops a formal model of bargaining between two states, where one can invest in develop-

ing nuclear weapons and the other imperfectly observes its efforts and progress over time and uses it to analyze the occurrence of proliferation and war and the role of intelligence-gathering. Social Sciences Building (SSB), Room 107. Thursday, January 30, 12:30pm; University of California San Diego, 9500 Gilman Drive. (LA JOLLA)

**Public Nights at the Planetar**ium Two shows every Friday. "The Sky Tonight" (7pm to 8pm): A live narrated show highlighting the current night skies from San Diego. The moon, planets, and constellations are described and audiences are taken on virtual journeys into space. "Stars, Powerhouses of the Universe" (8:15pm to 9pm): A fulldome feature that will take you on a journey that explores the nature of stars in our galaxy. From stars that are forming to stars that are exploding in death, these powerhouses are the beacons of the galaxy. Narrated by Mark Hamill. Fridays, 7pm, \$4-\$6. Palomar College, 1140 West Mission Road. (SAN MARCOS)

#### **OUTDOORS**

Birch Aquarium at Scripps Whale Watching Twice-daily cruises to locate gray whales on their round-trip migration from their Alaska feeding grounds to Baia California. Search for seals, sea lions, dolphins, and migrating birds. Thursdays, 9am; Fridays, 9am; Saturdays, 9am; Sundays, 9am; through Sunday, April 13, \$18-\$42. Birch Aquarium at Scripps, 2300 Expedition Way. (LA JOLLA)

The Great Urban Race A fun and challenging puzzle where teams solve clues, tackle challenges, and race for cash prizes in an all-out test of smarts and speed. Saturday, February 1, 11am; \$60. Jolt'n Joe's, 379 Fourth Avenue. (DOWNTOWN SAN

San Elijo Lagoon Guided Walk: Flyway Buffet Walks are led by San Elijo Lagoon Conservancy naturalists. Winter is peak migration time with birds resting and foraging at one of few salt marshes remaining along the Pacific Flyway. Winter shorebirds and ducks are here to spend the season, many of which come from the High Arctic. The stout Bufflehead may be seen diving in the channels. Dowitchers have a distinctive feeding

#### \$15

Special price for listings of this size on these Sheen & Goats pages, 50 words or less, 50 cents for each additional word. Call Lauren. Bishop: (619) 235-3000 ext. 200 or email her: lbishop@ SDReader.com Or - easiest of all - go to SDReader.com/ SheepAds and place your ad automatically any time of day or night.

KNOW THYSELF AS SOUL

#### **Spirituality** & Meditation Introductory **Talk**



On Inner Light and Sound and positive living. Free program and vegetarian lunch (RSVP), Sunday, February 2. Noon, www.santmat.net. Location: Progressive Health Services. (619) 260-0810. NORTH PARK 2141 Fl Caion Boulevard

#### THE CELEBRATION NORTH CHAPFL AT NTC **Spiritually** Jammin' but not **Religious**

A High Energy, Music-based Celebration with Nationally Renowned Singers and Musicians held in the historic North Chapel at Liberty Station, Rock Out Thursdays 7pm. (858) 320-0090. www.thecelebrationcenter.org POINT LOMA 2881 Roosevelt Drive

RANCHO BERNARDO COMMUNITY PRESBYTERIAN CHURCH Worship and **Prayer with** Valeri Wilson

Valeri Wilson, local worship leader/songwriter, will be playing and singing her original music accompanied by Marnie Hazeleer, a classically trained violinist This event is free and open to the public, with childcare provided at request, without cost. To register, contact Rachel Gleed via rbsis@san rr.com. Friday, February 7, 6-7:30 pm. RANCHO BERNARDO 17010 Pomerado Road

(858) 487-0811

#### 1ST SPIRITUALIST CHURCH **First Spiritualist** Church



Sunday Service, Feb 2: Meditation/Auric Healings 10am. Lecture Service, Messages 11am. Guest Speaker: Sylvia Williams Reiki Healings: 1:30-4 pm. Mini Readings: 1:30-3 pm. Monday, Feb 3: Spiritual Healing Class 6:30-8:30 pm Tuesday, Feb 4: Advanced Mediumship 6:30-8:30 pm Wednesday, Feb 5: Reiki Practice Group 4:30-6:30 pm. Thursday Feb 6: Intermediate Mediumship 6:30-8:30 pm. Friday, Feb 7: Meditation and Message Circle 6:45-9 pm. CITY HEIGHTS 3777 42nd Street (619) 284-4646

LAKESIDE COMMUNITY PRESBYTERIAN CHURCH

#### The Ugandan Children's Choir

Sunday, March 9, 4:00 p.m. LAKESIDE 9908 Channel Road (619) 443-1021

#### AMERICAN CATHOLIC CHURCH

#### **All Accepted** as they are and where they are without judgment.



Come experience Mass and the sacraments in a faith community rooted in Catholic spirituality and traditions where the Catholic faith is preserved and practiced with honesty, integrity, and inclusiveness Americancatholicchurch.org St. John the Beloved Cathedral: Catholic Mass every Sunday at 11:30 am. HILLCREST 3900 Cleveland Ave (619) 295-1489

Santo Nino Catholic Church: Catholic Mass every Sunday at 9:00 am. FL CAJON 374 N. Magnolia Ave. (619) 354-6466

## ST. JOHN BOSCO MISSION

#### Catholic **Traditional Latin Mass**



SSPX. Fr. Thomas Hufford Sunday Mass: 4pm, Confessions: 3:30pm. (858) 433-0353 (call for proper attire) stjohnboscomission@ hotmail.com, www.sspx.org Instaurare Omnia in Christo. To the greater glory of God! POINT I OMA 2881 Roosevelt Road

#### Novena to Saint Jude

The Patron Saint of Desperate or Hopeless Causes. May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us. Saint Jude, worker of miracles, pray for us. Saint Jude, helper of the hopeless, pray for us. (State your special intention, followed by the Our Father, Glory Be, and Hail

Mary prayers.) Say the above novena sincerely nine times a day for eight consecutive days, and promise to publish it or otherwise distribute it to others. It has never been known to fail. Thank you Saint Jude, for help with a miracle received.

FIRST UNITED METHODIST CHURCH OF SAN DIEGO **Voices of the** 

#### Spirit Bodhi Tree Concerts presents local bassists Michael

Morgan and Walter DuMelle joined by the MLK Jr. Community Choir SD as they raise their voices in an afternoon of soulful spirituals and gospel. Actor Abner Genece nunctuates the proceedings with recitations of writings from the days of American Slavery and from the African American Tradition. All profits will be donated to the MLK Community Choir's Scholarship Fund, which raises money for educational grants given to San Diego high school seniors pursuing a college degree in visual or performing arts. Sunday, February 16, 4-6 pm. MISSION VALLEY 2111 Camino del Rio South (619) 297-4366

RANCHO BERNARDO COMMUNITY PRESBYTERIAN CHURCH

#### Sacra/ **Profana:** I Hear **America** Singing Sacra/Profana presents

the San Diego premiere of Andrea Clearfield's "Dream Variations" for chorus, harp, flute, violin, and organ. Clearfield's multi-movement masterpiece incorporates poems by Langston Hughes to provide a stirring reflection on the American dream. Also on the program is "Expecting The Main Things From You," a three movement work for chorus, percussion, string quartet, and organ, by New York's Nico Muhly, and set to texts by Walt Whitman. Sunday, February 16, 4 pm. RANCHO BERNARDO 17010 Pomerado Road (858) 487-0811

LA JOLLA PRESBYTERIAN CHURCH

#### Sacra/ **Profana:** Vocal **Vanguard** part 2

In the second part of the Vocal Vanguard series (part 1 takes place January 12 at the Athenaeum Music & Arts Library), Sacra/Profana celebrates the modern generation, exploring an eclectic array of compositional styles and highlighting past winners of the Annual Composition Contest. Sunday March 23 4 nm LA JOLLA 7715 Draper Avenue (858) 454-0713

ST. LUKE'S LUTHERAN CHURCH

#### We Are **Called As Comunity**

Of Christians saved by grace through faith alone in Jesus Christ -to spread the Holy Gospel in word. sacrament and action soli deo gloria. Worship, 9am Sunday School, 10:15am. 619 463 6633 www st-lukes-la-mesa.org LA MESA 5150 Wilson Street (619) 463-6633

2014 (619) 260-0810 characteristic described like the rhythm of a sewing machine. This easy walk provides an overview of life between the tides. Presented by San Elijo Lagoon Conservancy. Saturday, February 1, 10am; free. San Elijo Lagoon Ecological Reserve, 2710 Manchester Avenue. (CARDIFF-BY-THE-SEA)

Trek with the Trackers Discover and identify tracks, scat, bedlays and other evidence of critters that live in local underbrush and trees. Join a Mission Trails Regional Park tracking-team guide for two hours of dirt-time fun — wear long pants! Meet in front of the Visitor Center. Saturday, February 1, 8:30am; free. Mission Trails Regional Park, One Father Jun'pero Serra Trail. (SAN CARLOS)

Public tours of UC San Diego highlight campus history, art, and architecture. Tours offered weekly on Sundays and are free to the public. Please note: these are not tours for prospective students. Advance registration is required. 858-534-4414; visitorsprogram@ucsd.edu. Sundays, 2pm; free. University of California San Diego, 9500 Gilman Drive. (IA JOLLA)

Walk Through Sage and Chaparral Be amazed by nature's variety and survival secrets on trail guide-led walk. Saturday, February 1, 9:30am; Sunday, February 2, 9:30am; free. Mission Trails Regional Park, One Father Jun'pero Serra Trail. (SAN CARLOS)

Whale Watching Tours With Sail San Diego. 619-297-7426. Fridays, 1:30pm; Saturdays, 1:30pm; Sundays, 1:30pm; through Monday, April 28, \$75-\$85. Shelter Island Marina, 2051 Shelter Island Drive. (SHELTER ISLAND)

## SPECIAL EVENTS

**2014 Chinese New Year Red Ball** The 2014 Chinese New Year Red Ball: Celebrating the Year of the Horse will feature red cocktail attire, a happy hour with tapas and specialty cocktails (4pm to 8pm), a live band (7pm to 10pm), and a DJ for dancing (10pm to 2am). Friday, January 31, 4pm; **free**. 21 and up. Club M, 5200 Grand Del Mar Way. (DEL MAR)

**40th Annual Miniature Show and Sale** The San Diego Miniature Crafters hosts an event featuring exhibits, sales, workshops, and classes designed for crafters, artists, and collectors of dollhouse size miniatures. Inquiries: *sd.minishow@gmail.com*. Saturday, February 1, 10am; Sunday, February 2, 11am; \$2-\$7. Al Bahr Shrine Center, 5440 Kearny Mesa Road. (KEARNY MESA)

9th Annual Lunar New Year Festival 2014 Miss Vietnam San Diego Pageant, culture villages, animal garden (with live animals), entertainment (Vietnamese singers), and a Vietnamese traditional dresses fashion show. Lots of vendors with Vietnamese food beer garden. Friday, January 31, 11am; Saturday, February 1, 11am; Sunday, February 2, 11am; **free**. Mira Mesa Community Park, 8575 New Salem Street. (MIRA MESA)

An "Evening of Spirit" With Blair Robertson, psychic medium, who will give a brief talk on mediumship connections and the spirit world. He will answer general questions from selected members of the audience. Next, he will "open the window" to the other side and bring messages to a variety of people in attendance. More info, details, and tickets: eveningofspirit.com. Tuesday, February 4, 7-9pm, Bristol Hotel, 1055 First Avenue; Wednesday, February 5, 7-9pm at Crowne Plaza, 2270 Hotel Circle North; Thursday, February 6, 7-9pm at Holiday Inn Express, 1661 Villa Cardiff Drive, (CARDIFF-BY-THE-SEA. DOWNTOWN, MISSION VALLEY

**Little Saigon Foundation Lunar** New Year Festival A fusion of Asian food, vendor booths, and entertainment featuring performers from Asia Entertainment Inc., Miss Traditional Dress Beauty Pageant, and three competing Lion Dance teams performing throughout the day. The Tet Festival promotes Asian culture and provides an opportunity for all demographics to enjoy the heritage of Vietnam's most-celebrated holiday. Friday, January 31, 5pm; Saturday, February 1, 10am; Sunday, February 2, 10am; \$4-\$5. Qualcomm Stadium, 9449 Friars Road, (MISSION VALLEY)

Poker Tournament A no-limits Texas Hold 'Em Charity Poker Tournament features entertainment and prizes. Contact: events@ rsfcc.org. Saturday, February 1, 6pm; \$100-\$250. 21 and up. Rancho Santa Fe Community Center, 5970 La Sendita. (RANCHO SANTA FE)

A Roaring 20's Soiree The Junior League of San Diego and Palomar Health Foundation are proud to present Casino for a Cause: A Roaring '20s Soiree. Attendees will revel in the decadence and dropped waistlines of the flapper era to support Palomar Health Foundation's Child Abuse Program and Sexual Assault Response Team. Admission

includes gambling chips, appetizers, drinks, and a Gatsby of a good time. Saturday, February 1, 6pm; \$40-\$55. 21 and up. Arterra, 11966 El Camino Real. (CARMEL VALLEY)

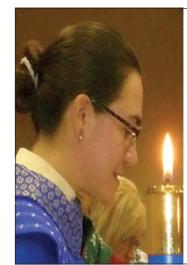
Red, White, Pink Valentine Ball Ages 40 to 60ish. Simply The Best Singles, an upscale organization for singles looking for relationships, marriage, and more, offers a Valentine dance/mixer with DJ Party Pam playing old and current music, an "icebreaker," prizes, psychic, photographer, and more. Dress is classy upscale dress (no jeans/no shorts). \$15 prepay, \$20 door, self parking \$5, valet \$10. Sign up at 818-577-6877 or Simply The-BestSingles.com, Saturday, February 8, 7:30 p.m. to 11:30 p.m., Del Mar Marriott, 11966 El Camino Real, San Diego (where I-5 & Hwy. 56 meet). (MISSION VALLEY)

Shakespeare in the Dark: A Burlesque Tribute Keyhole Cabaret Burlesque presents burlesque tribute to the works of William Shakespeare. With acts inspired by Othello, Hamlet, A Midsummer Night's Dream, Antony and Cleopatra and more. Special guest stars are burlesque legend Shannon Doah and Bay Area male burlesque performer let Noir. Also starring San Diego burlesque stars such as Lady Borgia, Sassy Stiletto, and many more. Friday, January 31, 9pm; \$25. 21 and up. Queen Bee's Art & Cultural Center, 3925 Ohio Street, (NORTH PARK)

**Used Book Sale** Hundreds of donated books for sale. Fiction, non-fiction, biographies, children and teen books, history, textbooks, psychology/self help, arts and crafts, cookbooks. Most priced \$.25 to \$1. Thursday, January 30, 1pm; Friday, January 31, 9:30am; Saturday, February 1, 9:30am; free. University Community Library, 4155 Governor Drive. (UNIVERSITY CITY)

## SPORTS & FITNESS

Davis Cup Tennis: USA and **Great Britain** The tournament began as a challenge between these two countries, so this match-up represents the essence of the Davis Cup. The Americans lead the alltime head-to-head with 11 wins to Britain's seven and the last British victory was all the way back in 1935. Times have changed since then, though, and British No. 1 player Andy Murray is the favorite to win both of his singles matches. Friday, January 31, 10:30am; Saturday, February 1, 11:30am; Sunday, February 2, 10:30am; \$139. Qualcomm Stadium, 9449 Friars Road. (MISSION VALLEY)



"A New Way to be Roman Catholic"

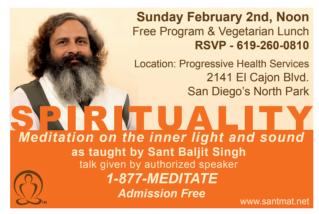
Restoring
Women's Ordination
Living the Change
We Envision

Mary Magdalene Apostle Catholic Community

Mass 5pm on Sundays

2696 Melbourne Dr. (at Gethsemane Church) www.mmacc.org 619-334-1722









Pa-ter noster, qui es in cae-lis: sancti-fi-cé-tur nomen tu-um; advé-ni-at regnum Our Father who art is heaven, hallowed be thine name, Thy kingdom



## 4 pm on the second Sunday of every month

Sunday, February 9, 4:00 pm.

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

#### **Our Lady of the Rosary Church**

State and Date Streets (Little Italy), Downtown San Diego





#### La Jolla Neighborhood Guide

\$3.99 COMING SOON!

For decades, La Jolla was largely unknown. It became a hideaway/playground for the rich and famous. Strollers down Shores Beach included U.S. presidents, J. Edgar Hoover, movie stars, and artists. Now read about La Jollans from Mitt Romney to Raymond Chandler, most important annual events, and institutions that make La Jolla what it is. Plus 30 original nonfiction stories, the best hikes or walks, outrageous real estate offerings, and cartoons of its famous residents.



### A BAD, BAD, boy

\$4.99

The little known Southern California underworld of the mid-Twentieth Century comes to life in this unique, never before told story of San Diego Mafia hit man Frank Bompensiero. Born in Milwaukee to Sicilian parents, the Bomp, as he came to be known, was one of the most fearsome Caporegimes of the Los Angeles crime family.



## **Complete Guide to San Diego Breweries**

There is no place like San Diego when it comes to craft beer — nearly 80 operating brewhouses and roughly 40 in the planning stages. Whether you're looking for a brewery restaurant, lush beer garden, brewpub, or tasting room, all of San Diego's options are here.



## The Film Reviews of Duncan Shepherd

For 38 years, Duncan Shepherd served as the film critic for The San Diego Reader. The Five-Star Reviews collects those relatively few films that merited his highest indicator of priority, from 1924's The Last Laugh to 2009's A Serious Man.











#### sdreader.com/books

#### **Get Addicted:** Chili Lemon Almonds

at Little Italy, North Park, and Pacific Beach



Valid through February 6, 2014 only. One coupon per customer per booth.

#### Poppa's Fresh Fish



#### \$1 off Live Sea Urchin

with this coupon. Find us on Date St, between India and Columbia

#### **Heirloom Tomatoes in Season Now!**

CSA subscriptions: www.irorganicsfarm.com



at Little Italy, Pacific Beach, North Park, and Fisherman's Market

#### \$1 off Carrots

at Little Italy, North Park, and Pacific Beach www.suziesfarm.com

Valid through February 6, 2014 only. One coupon per



### \$1 off when you buy 3 bunches of broccoli



Valid through February 6, 2014 only. One coupon per customer per booth.

> Suncoast **Farms**

#### Fresh Harvest RED and **CHANDLER Walnuts**



Valid through February 6, 2014 only. One coupon per customer per booth.

Near the Corner of State & Date

**Terra Bella Ranch** 

### \$1 OFF any 2 Paninis

At Little Italy

Valid through February 6, 2014 only.



Seb's

#### \$2.00 off our "FRESH GROUND ALMOND BUTTER"

at Little Italy, North Park, and Pacific Beach Valid through February 6, 2014 only. One coupon per customer per booth.



#### **Gilbert Ouintos Farms** Avocados \$1 each or \$5 for 6

at Little Italy, North Park, and Pacific Beach



Valid through ebruary 6, 2014 only. One coupon per customer per booth.

#### Save \$5 when you buy any 3 items at \$5 each

at Little Italy, North Park and Pacific Beach Weekly

Valid through February 6, 2014 only. One coupon per customer per booth.

California raised grass-fed

beef, free range chicken

and natural pork.



Baba Foods

One coupon per customer per booth.



**Paninis** 

Basiltops ®

From Seed to Sauce

\$1 off Spring Gerberas!

### **Maldonado Flowers** at Little Italy, North Park and Pacific Beach weekly

### **FREE Polito Farms market** bag with \$10 purchase

Valid through February 6, 2014 only. One coupon per customer per booth.



**Polito Family Farms** 

Little Italy at the SW corner of Date & Columbia





\$1.00 off any quart-Limit 1 per customer www.GreenFixSmoothie.com (619) 241-2414

Mention this ad for a

### FREE salt with \$10 purchase.

www.salt-farm.com

Valid through February 6, 2014 only. One coupon per tustomer per booth.





## **RETAIL &** WHOLESALE

原的

SONRISE RANCH





cafevirtuoso.com

SonRise

Ranch

Little Italy at

Date and Índia

#### Salmon Slinger

We make Pesto for everyone!

Our famous Pesto Perfectto, made with lactose

free Pecorino Romano Vegan, Dairy Free and Nut Free Pesto

All Gluten Free. Buy 3 get \$1 Off of each. I



\$1 off per pound Fresh Wild Alaskan Sockeye Salmon caught from our boat Always \$5 Live Sea Urchin Reserve on FaceBook or call (619) 729-1256

#### **TUESDAYS**



#### **WEDNESDAYS**





**SATURDAYS** 



www.sdweeklymarkets.com

30, 2014

## Sausage-wise

## "Gimme the salad," I say before I have time to think.

sit here shivering. Ends of fingers white, no blood. Only my hands are warm. And that's because I've got them wrapped around a toasty-warm glass of, uh, beer.

No kidding! I was just as surprised myself.

This is on Shelter Island, at the end of a fishing pier, eight at night, at a bait-and-tackle place, surrounded by guys zinging

their lines out over the black water till they go *plop!* 50 yards out, and then silence, while they wait to see if there're any takers down in Davy Jones's Locker.

I came up here because I'd seen Chad Deal's piece on this pier-end bait-shop bistro last July.

Boy, the owner, Dennis Borlek Jr., what heart. His dad Dennis Sr. was an underwater explorer. Dennis Jr. has lived nearby and worked on the water and underwater all his life. He says developing this shop is a tribute to his dad. Dad's ashes are even sitting there on a window that looks out past the harbor entrance to the open sea.

And under Dennis, the bait-and-tackle shop has become this little bistro, complete with home-made sausages, burgers, hot dogs, salad, and beer. Lots local. Even a "Pier Beer" that Helm's Brewing in Kearny Mesa made especially for Dennis.

I'm sitting at one of those round stone tables right by the pier fence. You look straight down to the inky depths. On the wall, a giant red octopus has wrapped his tentacles around a beer barrel. The company logo. Hundreds of moored yachts wink and nod in the moonlight. And when a night fishing boat goes by, the whole pier creaks and complains.

They have some inside seating but outside is it. But who would way out here to freeze their fannies just for a local beer they can buy all over town? Lots, if tonight is anything to go by. You see shadowy couples, hear murmurings all over the pier. Especially in this table area that's cordoned off by wine barrels and

chains

But...hot beer? I mean, yes, with mulled wine, *glühwein*, where they stick a red-hot iron

into your mug. But I'd never heard they do it with beer.

I wouldn't have known they do that here except for the little notice on the door. "Now serving our own version of Belgium's GLUHKRIEK! Heated Petrus Aged Red Ale with

Brown Sugar & a Stick of Cinnamon, \$8."

Not cheapest, but on a night like this, who could resist? I head inside to what feels like a small ship's cabin. Intimate and kinda brassy, ropey, timbery. Sean, the guy at the servery says *glühkriek* is not a problem.

He gets this little red-labeled bottle called "Petrus Aged Red, the key to heaven," empties it into a heating urn. "From Belgium," he says. While he's letting that heat, he opens a jar and brings out a heaping teaspoon of brown sugar and empties it into the urn. We wait a couple of minutes, then he pours the steaming ale into a handle glass, drops a whole stick of cinnamon into it, and stirs it all around.

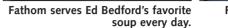
I take it out. Sit down, warm my hands around the glass. It's hot but holdable, and sweet in a malty-beery way. Like it. Like it a lot. Huh. First real new thing I've done in a while.

So. Check the eats menu. Dilemma rears its ugly head. I'd love to have one of their homemade sausages, made here in the bait shop on the pier, like the spicy Italian with provolone and red sauce on a six-inch Amoroso roll (\$7); or their burger, with blue, cheddar, or provolone; or one of their hot dogs — say, the World Famous Fathom Explodo dog (Vienna Beef dog wrapped in bacon with pepper jack cheese, kimchi, mustard, \$5); or, okay, their one salad, a wedge of iceberg lettuce covered in blue-cheese dressing, with grape tomatoes and bacon (\$6).

I mean, no contest. Spicy Italian sausage is the winner. I want something hot with this hot beer.









Fellow diner Paul tried the



The hot beer with cinnamon stick was the "First real new thing" Ed had done in a while.



On the wall, a giant red octopus has wrapped his tentacles around a beer barrel. The company logo.

Except, dang it, conscience. Still trying to lose ten pounds; three down, seven to go.

"Gimme the salad," I say before I have time to think.

And it's not too bad. Has enough flavor with that bacon and blue cheese to give the hot Petrus a run for its money. And reward for virtue? I'm just finishing up when this wall of lights starts coming toward us. I mean a wall. Gets bigger and bigger. I'm checking where I can run to in case it hits, when this behemoth slips silently by, right by the pier, close enough to touch, I swear. Far cry. It's a cruise ship, heading for Mexico. Awesome.

Okay, confession time. I come back a

couple of days later, desperate to know if the Italian sausage tastes as good as it sounded. And this time I brave a cold beer, the Ballast Point Fathom (\$6). I like it, but it'll take a lot to match the thrill of that first-ever hot *cerveza*.

Sausage-wise, I take my first chomp. Feel like a judge drinking whiskey during Prohibition: double the guilt, double the taste-bud pleasure. Man, it's good. And spicy. It means it. Plus, it's totally smothered by a thick red sauce, nice kicky provolone, and lotsa garlic. Yes, I've dropped off the wagon, but I'll be back, till I crack 200 pounds.

After that, All bets are off. ■

**The Place:** Fathom Bistro Bait & Tackle, 1776 Shelter Island Drive, Shelter Island, 619-222-5835, **Prices:** Spicy home-made Italian sausage with provolone and red sauce on six-inch Amoroso roll, \$7; Fathom burger with blue, cheddar, or provolone, \$7; Fathom Explodo hot dog (Vienna Beef dog wrapped in bacon, with pepper jack cheese, kimchi, mustard), \$5; wedge salad (iceberg lettuce wedge with blue-cheese dressing, grape tomatoes, bacon, \$6; Pizza dog (marinara, pepperoni, olives, mozzarella), \$5; Weekend brunch: Loco Moco (burger, eggs, gravy, or kimchi on rice), \$7; dunkin' fruit bowl (soaked in wine 24 hours), \$6

**Hours:** 3:00–10:00 p.m., Tuesday–Thursday; till midnight Friday, Saturday; (10:00 a.m.–8:00 p.m., Sunday; closed Monday

Bus: 28

Nearest bus stop: Anchorage Lane, near Shelter Island Drive





## **Sweet tang**

For the latest reviews from Reader writers and a complete searchable list of 2000 restaurants, please visit SDReader.com/feast

#### **Must-have pie**

2625 Lemon Grove Avenue — It's evident in the first bite from Coop's West Texas Barbecue. You can taste the crutch. The Texas crutch, that is.

The crutch, an aluminum-foil wrap applied to the meat halfway through smoking, cuts down on

cooking time by mitigating the effects of evaporative cooling, and forces the meat to retain a greater degree of moisture. The meat ends up more succulent, but with all the smokey depth of flavor one expects from pit barbecue, in which category we can (thankfully) place Coop's.

Nothing's free, of course, and the crutch locks in moisture at the expense of the bark, the layer of jerky that forms around the edge of barbecued

meat. Pitmasters, especially Texans who cook a lot of brisket, think it's a fair trade. Brad "Coop" Cooper must agree, because he refers to his "wrapping" method in an interview with the Chocolate Voice, posted on the wall of the restau. Brisket is always dry, but Coop's is less so, especially the fatty pieces, which merit asking for by name, if you're into that sort of thing.

The crutch was *probably* invented in Texas, hence the name, and *probably* as a way to cook better brisket. In Western and Central Texas, beef reigns supreme. East Texas (in the style of places like the Barbecue Pit) is tough to distinguish from the South, but much of the rest of Texas is, or was, cattle country, and barbecuing beef is what it's all about, although every other conceivable meat

makes an appearance somehow.

Also, once you get to the more westerly parts of Texas, spices evolve from the straight-up salt-and-black-pepper style of the South. Partly through Mexican influences, cinnamon, cumin, ancho chilis, and other warm spices show up in the dry rubs and sauces. Coop's sauce has that, a rich savoriness that's subtler than the sweet tang

of Deep South barbecue sauces. The barbecue sauce makes a guest appearance in the cole slaw, which

boasts a mayonnaise-less dressing (spiked with cider vinegar and barbecue sauce) and fresh, crispy cabbage. Potentially the best slaw around!

Coop's is nothing if not consistent, and everything that Naomi Wise said about the place in her "offical" review in 2011 holds true today. "Very good" remains accurate, and could be "excellent" if the beef ribs were trimmed more generously and if tenderness wasn't an occasional issue.

Interestingly, if Coop's has one musthave dish, it's the buttermilk pie. Generously spiked with nutmeg, the sweet slice of custard pie is good enough that it's worth loosening the belt a little bit to make room for dessert.

by Ian Pike



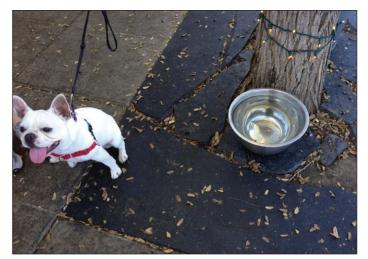
Coop wraps his brisket in aluminum foil half-way through the cooking process. It preserves moisture but cuts down on the smoky "bark."

#### **Crispy pickle**

2953 Beech Street — South Park easily claims

the title of my dog's favorite neighborhood. It's home to her favorite dog park, pet shop, and bar (Hamilton's, naturally). It's also where to find her favorite mid-walk water dish — the large metal bowl that sits outside the door to Grant's Marketplace. This makes it convenient enough for me to stop in for a sandwich from the small grocer's deli counter.

As far as delis go, there's nothing too remarkable



Ian Anderson's dog loves the big metal water bowl outside Grant's Marketplace in South Park. Anderson loves the avocado spread on rosemary-olive oil bread.

going on here: Dietz and Watson meats, assorted side salads, a choice of breads, etc. You get daily specials, some tasty looking pastries and a crispy slice of pickle. A cooler filled with specialty sodas washes it down with something different every time, if you care to be adventurous with your beverages. Every neighborhood deserves this sort of even-money sandwich option.

What really makes Grant's worth a visit is South Park's small-town charm; sit outside for awhile and a friend will pass by — or at least a friendly passer-by. Or at the least a steady stream of relaxed and limber smiling souls coming out of the nearby Ginseng Yoga studio. Even my dog runs into people she knows here.

There's plenty of indoor seating, but there's rarely a reason not to eat outdoors, even without the pooch in tow. There's no table service, but the counter staff never fails to be friendly, despite an awkwardly situated shop that disrupts this vibe during rushes, as circulating customers struggle to get in and out around others impatiently waiting for their to-go orders.

While it's convenient enough that a number of local residents do grab their food on the go, more should learn to call ahead, or at least find a seat and stop hovering. Nothing about Grant's suggests it's a fast-food joint, and it's really at its best when you've got time to sit on the wrap-

around patio and enjoy your time. This holds especially true if your lifestyle affords a little late-morning, sit-with-a-coffee-and watch-the-world-go-by time. In other words, my dog's third favorite meal: breakfast.

It's tough to make a bad egg, sausage, and cheese on a bagel, and Grant's performs competently with this type of typical breakfast offering. However, due to the lack of a visible menu board and counter case filled with quiches, a number of people

probably never notice the deli's best creation: the Rosemary Avocado Smash. It's basically a couple of slices of toasted rosemary—olive oil bread, slathered with spread avocado, topped by salt, pepper and basil leaves, served open-face. Sliced tomato is optional (though it should be mandatory) and determined carnivores will also want to get it with bacon.

It's not something I'd ever wake up craving, but seeing as avocado's the original superfood, it turns out to provide a satisfying start to the day. Which is fortunate, because if my dog had her way I'd be here a lot more often, and probably never get much done.

by Ian Anderson

#### Larb at first sight

4710 Market Street, Chollas View — You don't think of "Asian" and "salad" in the same breath. But here I am up in the wilds of 47th street, heading behind a garage/tire shop. Looking for a low building with the sun-faded sign.

Ah. Thar she blows. "Asia Café," right next to Laostars custom T-shirt printing shop. Everything in this little cluster of shops is Laotian. Asia Café's windows are all barred, but it still looks pretty relaxed in there. Who knew it was home to one of the great salad dishes of the East?







per person
Not valid with any

other offer. Adults only, up to 5 adults.

Expires 2-13-14 not valid for holidays



■ CHILDREN UNDER 3 EAT FREE

Children ages 3 and under eat free.

BEVERAGE \$1.65 FREE REFILL

■ PLEASE CALL FOR RESERVATION & CATERING

■ PARTY ROOM AVAILABLE

## Calendar

Laos is the country and *larb* is the salad I'm looking for. I'm determined to keep up this salad kick till I've lost ten pounds and gained pep in my step.

Asia Café has maybe six tables, maroon and white walls, and a small counter in front of the kitchen. It looks like it has food from all over Asia, like Thai and Vietnamese, but you can see Lao is what it's really all about. Pictures on the wall show the last king of Laos, Lao monasteries, and Lao monks. So, I figure they've gotta have larb. I like the idea because it's a salad, but with plenty of ground beef or duck or whatever to give flavor and oompf to the nuts and twigs part of the dish.

But I get a bit of confusion when I ask Johnny, the guy at the counter. "Papaya salad?" he says, like that's what most people ask for. Another name for larb?

"Yes," I say, without thinking. I hear a lot of clanging and chopping from the kitchen behind, and five minutes later Johnny's dad Robert turns up with a plate with what look like noodles, at first glance.

"Green papaya strips," says Robert.

Turns out that's the thing. This is no way the sweet papaya you think of. It's definitely sour, like tasting of unripe fruit, which it is, plus fish sauce, I'm guessing. Oh, yes. It's called *tam som*. Fermented crab, shrimp, fish go into the making. Johnny says it's up there with *larb* as Laos' most popular dish.

papaya may be unripe and soaking in the juices of tamarind and lime and those fermenting shrimp and crab and fish, but it's still a fruit, and you still get big lettuce leaves, so, yes. Salad. Healthy. And has the classic four flavors Asians like to bring to the table: sour (the lime and chilies), salt, savory

But, hey, it's a salad. The



They look like tacos, but that's not your traditional salsa.

(the fish sauces), and sweet (there's some palm sugar in there, too).

Of course, carbs come in the form of sticky rice. But, man, that's so great for soaking up the juices under the papaya.

So, that was \$7. I've left some to pack and take back to the ranch, see what the lovely Carla thinks. Question now: Should I have the *larb* that's really what I came for?

I order a Lao drink while I think about it. It's "soda-egg" (\$2.50), and it's a mix of soda, sweetened condensed milk, plus a raw egg dropped and mixed in. It's deliciously refreshing, especially after the sharp heat and sourness of all that marinated papaya.

What the heck. I order the *larb* (\$7) with ground beef (could have had seafood). And, man, a whole new meal. The

ground beef is mixed up with chopped salad, and it's covered in mint leaves.

It comes with plenty of lettuce leaves to pick up the meat with.

But Johnny explains there's more to it. "We have ground beef, beef tripe, and beef bile mixed in. That makes a bitter sauce to add flavor. Then we have cilantro, green onions, and padaek, the Lao fish sauce. My dad makes that here. It's different than, like, Vietnamese fish sauce."

"I add galanga, lemongrass, shrimp paste, tamarind, so the fish sauce smells better," says Robert. "And Laos is an inland country. The fish are freshwater fish. They taste different. S\-o the sauce tastes different."

You'd think the *padaek* wouldn't work with beef salad, but it does. Adds a sort of sweetness, actually.

On the way through, at a moment when I'm breathing fire from the spices in the beef, plus the *padaek*, Robert suggests a coconut. "Try the jelly

coco," he says. "It will cool you."

I nod. He gets a coconut out of the cooler cabinet (\$3.50). Green shell has been chopped away, and the mouth at the top has been plugged with...a kind of solid, white jelly, looks like.

"Carol's secret recipe," says Robert. Carol's his wife. Whatever's in it, it tastes like coconut milk. You lever the jelly out of the insides and kinda chew it. It's like the perfect fire brigade. Now I can handle more of that hot beef. The traditional *khao thip*—rice basket—filled with sticky rice helps, too.

All in all, quite an experience. Robert tells me how he and his family escaped from Laos in 1980, pretending they were going to a wedding across the Mekong River. Their family has stuck together. Robert, Carol, Johnny, and Robert's sister Kim all help run this place. "And there are more," says Robert. "I was the oldest of 13 children. They all came."

Wow. Laos's loss. Our gain. by Ed Bedford





## 1/2 Off Authentic Italian Cuisine

Buy one entrée, get  $\frac{1}{2}$  off a second of equal or lesser value.

Not valid with any other offer, no cash value.

Dine-in only. Not valid on Feb. 14th.



### mangiaonthird.com

248 Third Ave., Chula Vista, 91910 **619.623.3553** 





## \$10 Off Teppanyaki Meal When you spend \$75+

Served with Soup, Salad, Grilled Shrimp Appetizer, Hibachi Mixed Vegetables, 2 Signature Dipping Sauces and Steamed Rice.

\*Not valid with any other offer, excluding tax and alcoholic beverages. Must present ad.

Celebrate your special event with us!



Jananese Sushi Bar Steakhouse

San Diego 5451 Kearny Villa Rd., San Diego, CA 92123 858-560-7399

#### San Marcos 695 S. Rancho Santa Fe RD San Marcos, CA 92078 760-744-6600

Temecula 41501 Margarita Road. #L-101,

1501 Margarita Road. #L-101 Temecula, CA 92591 951-296-9133



0% attitude. 100% happy.

# RISTÓRANTEITALIANOBARLOUNGE

2820 Roosevelt Road ~ Liberty Station ~ Point Loma 619-270-9670 www.solarelounge.com







1043 Broadway, Chula Vista 888-217-7863

www.aquiestexcoco.com





## Calendar

### Deep South downtown

901 E Street, downtown San Diego — "I like being early," says Terryl Gavre. She's the wunderkind gal who started up Café 222 (remember her on posters wearing a waffle on her head?), and then Bankers Hill Bar/Restaurant, and then Bankers Hill at the airport and soon Acme Kitchen, kitty-corner to the old Central Library, and

soon to come after that, Bake Sale, a kind of patisserie/coffee place at Ninth and F.

Right now she's talking about being early to come to this part of town (just shy of East Village) which is still kind of not really happening. "That's what I like. Opening in greener areas that are in the process of becoming. Plus, rents are lower."

I was just hanging around this corner at Ninth and E, trying to get a peep in to what was going on at the corner café site. Great li'l old brick building from the 1920s. Last time I was in, it was an ultra-cheap Chinese place.

The gruff lady who ran it gave you the totally best-value food downtown.

So, sorry to see her go. But, peeking in, you see they have knocked down walls, doubled the size, set up a shiny kitchen in back, and the contractors say they are trying to get everything ready for a January 19th opening.

Uh, get what ready? This is when Terry Gavre turns up. "I'm calling it the Acme Kitchen," she says. "It will be a Southern-cooking place. I'm not a trained chef but I'm good at home cooking. And I've been studying everything I can about Southern cooking, from Junior League cookbooks onward. Everything from shrimp and grits with Tasso ham to angel cakes. I must have gone through 50 recipes for angel cakes."

Hmm... Thinking about my diet. Determined to lose ten pounds. Place like this won't help.

"No," she says. "This is not going to be for dieters."

'Course, she's a slim blonde who must just have the metabolism where she doesn't have to worry about it.

"Well," she says, "I think you've just got to be careful for six days, but then give yourself



Acme Kitchen

one day a week when you can really enjoy food. Otherwise, what's the point?"

She says to expect scratchmade Southern cooking here. Fried chicken, those shrimp and grits and Tasso ham, mac and cheese, smothered pork chops, biscuits, pies, cakes, and breads.

Good news: she'll have about 60 seats inside, plus 20 outside, café-style. And she'll have a wine-and-beer license.

But why "Acme"?

"I just like the feel of it. Bricky, '20s, like this building. And 'acme' means 'the best."

Her next project, Bake Sale, the pastries-and-coffee place, is just two minutes' walk away, at 815 F Street. The building there is like a spittin' image of this one. "But I won't be opening that till maybe mid-February. I need it to be my extra kitchen for here at Acme while we get geared up."

Man. How does she do it? Especially since, turns out, she has two kids.

Simple, she says. "Every day, when I get them off to school at 8:00 a.m., I figure I've got eight hours before 4:00 p.m. to get things done."

by Ed Bedford

#### **Devils on horseback**

3391 Adams Avenue, Normal Heights — "Sycamore Den got food!" That was the rumor, anyways, that the Normal Heights hipster-centric cocktail lounge, styled after a dreamy and favor-

able vision of the 1970s where men were *men*, had augmented its menu with something to soak up the alcohol from the drinks on the new cocktail menu

Well, it turns out that the bar added meat and cheese boards (~\$15), which are okay but nothing special. Stale bread, charcuterie and cheese of middling quality, fruit, pickled veggies...it's pretty obvious where this is going: *meh*.

The bigger problem is more philosophical. These meat and cheese boards are wine-bar food, poorly suited to the style and flavor of mixed drinks. Cocktails, by their very nature, are to be taken separate from — usually leading into — food. The original intent of the cocktail was to awaken the appetite before a meal, not to accompany food. The bitter potency of cocktails doesn't work with provincial picnic nibbles. The popcorn coming out of the vintage-looking machine behind the bar ends up stealing the show. Cocktails would pair better with more assertive foods. Coincidentally, the salty party snacks of the 1970s, resplendent in their tackiness, would be *perfect*.

Deviled eggs. Underwood ham on crackers. Devils (or angels) on horseback. BLTs. Cocktail wieners.

Now, that would be appro-











priate to the drinks. It's the difference between brie and prosciutto (wrong!), versus cheese curds and lil' smokies (right!). Maybe that's too much to ask of Sycamore Den, since the bar doesn't have a real kitchen, but it bears thought for the future of drinking in SD.

by Ian Pike

#### **Fistful of Korean BBQ** tacos

Must have been about five years ago now first I began hearing press — I'm sorry, word-ofmouth — about Kogi, the Los Angeles Korean BBQ/taco/food truck/phenomenon meant to revolutionize the restaurant industry forever. As the story went, Roy Choi's short-rib fusion tacos were so outstanding, the Kogi Twitter feed would announce a location and 30 minutes later a line of hipsters the length of a city block would exhaust the afternoon's supply of cilantro, tortillas, and meat.

The food-truck craze struck young entrepreneurdom, spreading throughout L.A. to NYC, Portland and (probably) Minneapolis (I mean, why wouldn't it?). Before long, even San Diegans were jumping on the bandwagon, with food trucks parked outside craft-brew tasting rooms, gathering at fairgrounds, turning up weekly at scheduled events in neighborhoods such as South Park and Normal Heights, Still, I never got to try that famous Kogi taco. Then — praise Cheollyung!

 I heard about Calbi BBO Fusion Tacos, a fleet of Korean taco trucks that I didn't have to drag myself up to L.A. to experience. Better still, it was making a stop in my neighborhood! Finally, could enjoy two of my favorite culinary traditions in one meaty handful.

The menu doesn't take long to read, which didn't bother me because I wasn't interested in being distracted from ordering a fistful of tacos. The actual ordering process was curt and brief, but I'm sure there are easier modes of service in the world than standing inside a small kitchen crammed into the back of a truck, taking orders through a narrow window a full two feet above the heads of pedestrians at street level, so I figure any minuscule amount of civility from a food-truck operator should be celebrated. In this case, I was honored to get my tacos super quick: one pork, one beef. With a side of guac to go with the hot sauce, because these ethnically diverse tacos were a long time coming.

Built on corn tortillas — a good start — the tacos were piled high with grated cheese, which sounded like a good idea at least. In the case of the beef, I'd have preferred a little less cheddar or a little more beef, as the cheese interfered with the smoky flavor of the BBQ. The rest of the toppings were fine — adding a little hot sauce really cemented the Asian flavor profile, working with the cabbage and cilantro to give each bite the layer of complexity you'd expect from such a dish. A little onion wouldn't hurt either I'd think

The pork taco offered a similar experience, simply replacing the smoky beef with sweet BBQ pork. I get that some people like that sort of thing, but I do not number among them, so I really got to know the Calbi hot sauce well trying to savor things up a bit. The guac might have helped, but, well...it didn't.

I supposed replicating the concept that successfully launched a culinary subculture requires a deft hand. Though I still hope to track down a Kogi truck one of these days, Calbi might have to wait awhile for more of my business. After all, there's pretty much a 1:1 ratio of food trucks to mustaches out there these days, so I've got plenty of other options to pursue the next time I'm hungry and don't want to eat sitting at a table for some reason.

by Ian Anderson











www.Rudfords.com

Missive in a bottle. Nice Legs is the title of a collection of short stories published by guitarist Jack Beddows and a songwriter-producer named Larry Zeiger. Each of the stories, they tell the Reader, was inspired by the drinking of a type of wine, hence the title.

each wrote our own stories," says Beddows. "The idea of the book was how the writing process took place. We'd pick a theme based on a bottle of wine"

"For example, the first story," says Zeiger, "Migration Pino Noir' — that reminded me of

# the inside track

"It's when you have a glass of wine," explains Zeiger, "and you swirl it around and hold it up to the light and see 'legs' running down the insides?"

"That's an indication of

when I moved to San Diego, first time in California, and the culture shock I experienced."

Beddows says that the drinking and story-telling became a weekly meet-up.



Couple of ex-Point Loma High teachers find a book in a bottle of wine.

quality," Beddows says. "You say, 'Nice legs!"

The wine-drinking was a form of after-work therapy during a time when both men were employed as teachers at Point Loma High School. "We The two would select a wine and then challenge each other to come up with a true and personal tale.

"And pretty soon into the process," Zeiger says, "we knew we had a book. This process

started during my last year at Point Loma High, when there was all sorts of political stuff going on in the school administration."

"All kinds of craziness," echoes Beddows. "It was through wine that we had these revelations." With the publication of the book, had their creative socializing come to an end? "No. We still get together and drink."

"Not heavily," Zeiger cautions. "Only two glasses."

Zeiger retired in 2007 after 33 years of teaching cinema arts, musical theater, and language arts. He once told the *Reader* he gave pop star Adam Lambert his first studio break in 2000 when the then-teen recorded a song for Zeiger's musical *Sweating Palms — A Steamy Tale of Passion with a Coffee Aroma*.

Jack Beddows is a classically trained composer with a pair of self-released guitar albums to his credit. He's working on a new novel and teaches guitar, piano, and yoga. He was a San Diego Book Awards finalist in 2011 for his memoir titled *The Amazing Adventures of Captain Immunity*. Is there a *Nice Legs Volume 2* on the horizon?

"A TV series is what we really want," Beddows says.

"A million copies sold," Zeiger grins. "Movie deals."

For more information about *Nice Legs* and a schedule of signing events, go to *facebook. com/larry.zeiger*.

— Dave Good

**Tribal tuba**. American kids don't just pick up the clarinet or tuba like Mexican youth do.

Dario Velasco, 20, is a student at Southwestern College

One person owns the band and it is up to him who is in the band and where the group gets booked. "The band pays for the suits," says Velasco. He says his



American banda Estrella de Pacifico sings some songs about Mexican thug life — with that fun polka beat.

who plays in Estrella de Pacifico, one of a handful of local bands who play *banda*, a style of horn-driven Mexican polka music that originated in the late 1800s in Sinaloa. There's a 24-hour TV channel that features *banda* music videos called Bandamax.

Velasco learned the tuba to earn a slot in a local *banda*, even though there aren't many tuba instructors.

"I had to teach myself how to play. Because of the internet, it's a lot easier to learn."

Bandas traditionally have from 12 to 18 members who all dress the same. Velasco says his banda has three different polyester suits — black, white, and orange. Everyone has to color-coordinate. "If you wear the wrong color, you get fined."

American *bandas* are structured the same as Mexican.

owner has over \$6000 invested in suits and band equipment.

While the polyester look and traditional instruments do not appear threatening, Velasco says many of his band's songs are about the dangerous lifestyle of the drug cartel.

"Sanguinarios del M1' is about an assassin hired by a drug dealer."

He says that San Diego bandas have not caught up with a trend in banda music that started to take off last year: mixing hip-hop and banda.

"It's called 'tribal.' You see it in Texas or in Mexico, but people up here aren't into it yet."

He says Estrella de Pacifico has played in Tijuana before. "But the pay down there isn't as good as it is up here. Besides, there's all the crime down there..."

Estrella de Pacifico usually

plays Fridays and Saturdays at El Camaron in Chula Vista and then on Sundays at Cafe Sevilla downtown.

— Ken Leighton

You stay strange, San Diego. Marcelo Radulovich's Titicacaman Records has heralded 14 releases, including 8 of his own solo albums and various collaborations. Of the top-selling titles, "Nicey Nice World and the Playground Slap are about tied. Nicey Nice World because we were out playing and exposing the music when the album came out, and the Playground Slap because of the history and old connections."

The former band has featured Radulovich with Jim Call (Penetrators), Joyce Rooks (Dinettes), Joey Carano (Ian Tordella), Bill Ray (Ike Turner), and Henry Wessman (Wit, Nathan Hubbard), while the Slap full-length included the original lineup plus guitarist Mike Keneally.

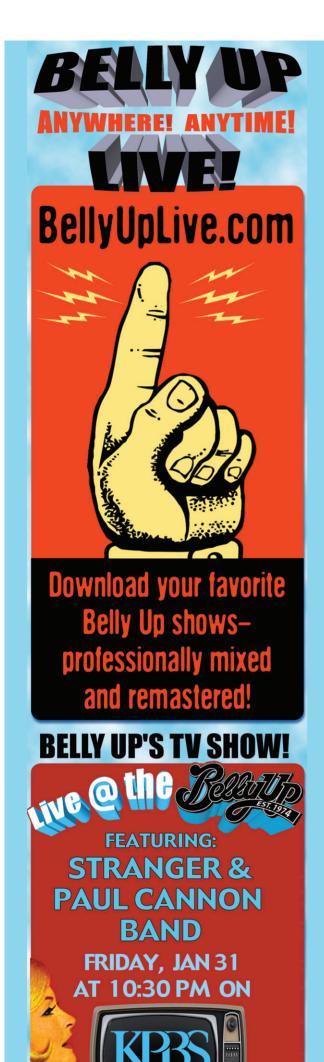
Most Titicacaman releases take almost scientific delight in melding experimental industrial noise with remarkably traditional (if deconstructed/reconstructed) classic-rock riffage. "There's a healthy experimental music scene in San Diego and lots of artists exploring new territories, in bars and in academia," says Radulovich, "The Trummerflora Collective helped feed the adventurous music scene between 2000 and

(continued on page 64)











TICKETS & INFO BellyUp.com • 858-481-8140

For presales, contests and other special offers, follow us on:

**Download the Belly Up app!** 







and sign up for our VIP email list!



































Added:

2/23 Skunk Records 25th Anniversary Celebration

3/6 Groovin for a Cure with Pine Mountain Logs • 4/27 Trampled by Turtles - on sale Friday! 4/28 & 4/29 O.A.R. - on sale Friday! • 5/25 Suzanne Vega - on sale Friday

### **Upcoming Shows:**

- 2/16 Steve Poltz's 5th Annual 50th Birthday Party
  2/19 Ziggy Marley SOLD OUT!!!
  2/20 Sunset Sessions: Ziggy Marley, The Hold Steady presented by KPRI
  2/21 Sunset Sessions: Augustana, The Parlotones presented by KPRI
  2/22 Sunset Sessions: John Butler Trio, Needtobreathe presented by KPRI presented by KPRI - SOLD OUT!!! 2/24 Lucinda Williams

- 2/24 Lucinda Williams
  (with band)
  2/26 Robert Randolph and
  the Family Band
  2/27 Lord Huron
  2/28 Elvin Bishop w/ Paul Thorn
  3/1 Cash'd Out Johnny Cash
  Birthday Bash
  3/2 The Wailers 30th Anniversary of

- Legend Tour 3/4 The Wild Feathers Presented by KPRI
- Gary Numan Karl Denson's Tiny
- 3/7 Karl Denson's Tiny Universe 3/8 Greensky Bluegrass 3/9 Vaud and the Villains 3/12 Paul Cannon Band Presented by KPRI 3/13 El Ten Eleven 3/14 Cultura Profética

- 3/14 Cultura Profética
  3/15 Tommy Castro &
  The Painkillers
  3/16 Lake Street Dive
  3/19 Galactic
  3/20 The Toadies Rubberneck
  20th Anniversary Tour
  3/21 & 22 The English Beat
  3/23 Rhys Darby of Flight of
  the Conchords
   Seated Show
  3/25 Delta Rae Presented by KPRI
  3/27 Lettuce
  3/30 Leftover Salmon
  4/1 The Mavericks

- 4/2 VNV Nation
  4/3 Big Head Todd and the Monsters
  4/4 Big Head Todd and the Monsters
  4/5 The Black Lips
  4/11 & 12 Super Diamond
  4/14 Cage the Elephant SOLD OUT!!!
  4/15 Mogwai
  4/16 Bonobo
  4/17 Bombay Bicycle Club Casbah presents
  4/19 Caravan Palace Casbah presents 4/19 Caravan Palace - Casbah presents
  4/22 The Infamous Stringdusters
  4/24 Sarah Jarosz - seated show
  5/2 Tokyo Police Club
  Casbah presents
  5/4 MarchFourth
  Marching Band
  5/9 Johnny Clegg
  5/11 Steel Pulse
  5/14 Stephen Marley
  5/22 The Marshall Tucker Band
  6/22 The Milk Carton Kids
  8/5 Third World

**Happy Hours! Fridays 5PM** 

Rent the Belly Up for your next event! Email Beth@bellyup.com

2009-ish, with people like Sam Lopez and [his] Stay Strange [events], who joined the collective toward its end, and Bonnie Wright, who these days

marcelo radulo TEPROCUPARSEPORNA

Strange as they wanna be, Marcelo and "Bugs" made a record.

continues to put on events on a regular basis. More venues like the Tin Can and Space 4 Art are very supportive. It's a beautiful and curious thing, everyone feeding it from various angles. A hotbed, for sure."

Radulovich recently released the full-length Nohayquepreocuparsepornada. "I've been working on this thing on and off for the past ten years.... The album features drumming by an old friend from Mexico Enrique 'Bugs' Gonzalez, who now plays with Los Lobos.

"It sort of encompasses the various styles and explorations

of the various Titicacaman artists and projects...there's a bit of rock, noise, quirky pop, funk, drone, no-time-signature ambience, shades of jazz, acoustic and electric, all wrapped up and served as songs, with surreal stories and observations as lyrics, in English and Spanish, [since] Enrique is from Mexico,

and I'm from Chile."

When Gonzales showed up at Radulovich's Cardiff studio, "He had the songs charted out and really impressed me with his musical sensibility and his perfect sense of timing. He was playing to click tracks. If he sped up or slowed down, it would show, so hearing him do obscenely creative and elaborate drum rolls and transitions is an extra treat when you

put it in perspective.

"His performance was so stellar that I had to work extra hard, so my parts wouldn't suck in comparison.

– Jay Allen Sanford

Marine rescue. Shocks of Mighty, the rock-steady band Michael Thompson formed, turns 20 this year. Trumpet player/singer Thompson's allegiance to the proto-ska sounds created in Jamaica in the early '60s wasn't what his other bandmates wanted six years ago. They fired the founder.

"They wanted more of the



Rastafarian angle, which I totally respect. But that's the reason I didn't want to go there. That's somebody's god. This isn't a joke. I think it's extremely disrespectful to sing about somebody's religion when you're not a part of it."

His ex-band changed its name to Raiz but folded within a few months. Thompson reformed Shocks, which he says is now his major calling in life.

But he learned that in order to play the sounds created by Lee Perry and Joe Gibbs, he needs sax and brass players.

That's where it gets difficult.

"Horns are a dying art form. They keep cutting publicschool music programs. When I was young they had programs for kids who couldn't afford it. Those options aren't there anymore. I credit everything I know musically to what I learned in elementary and high

Thompson tells the Reader

FRIDAY • FEBRUARY 14 LION CUT

THE DABBERS

**PENIS HICKEY** 

SUNDAY • FEBRUARY 16 ROOTS FACTORY 4 YEAR ANNIVERSARY -

LAS CAFETERAS

**CHICANO BATMAN** 

VIENTE CALLEJERO

**CUMBIA MACHIN** 

MONDAY • FEBRUARY 17

**BRODY DALLE** 

that he has had to turn to the Marines four times to fill out his brass section. And it's worked out great.

"They are super dedicated musicians who have a great work ethic. When I discovered left the band when they left the Corps or got transferred.

Then there's the touring thing. Marines are not supposed to travel more than 300 miles from base without special permission. And gigs to

Shocks plays non-Rasta ska because "that's somebody's god."

these guys, it opened up a plethora of new horn players. Plus, it breathed new life into the band. We're all older, and these guys are a good ten years younger and bring a breath of fresh life."

But there are challenges. Two of his USMC bandmates Tijuana (ska is still much loved in TJ) are forbidden. Two years ago when cartel violence escalated, USMC brass forbade all trips to Mexico, since a Marine could be a prized capture-forransom target.

Sax player/vocalist Josh Baca has been in the Shocks since

2011. He left the Corps last July but has stayed in the band.

"We did, like, 300 gigs a year," says Baca who was raised in Carlsbad. He says he would play Sousa marches, big-band arrangements, and Dixieland tunes. "We'd play ceremonies, dinners, parades.... In a military band, you have a certain way of running things. When you're in a civilian band, none of those rules apply. It can get frustrating, but you just have to sit back and watch things. It can be so free form. It blew my mind... how could you operate that

Shocks of Mighty appears February 7 and 22 at Larry's Beach Club in Oceanside and February 14 at Til-Two in City Heights.

— Ken Leighton

Find Blurt online at SDReader.com/blurt

#### CONTRIBUTORS

Chad Deal, Dave Good, Dorian Hargrove, Mary Leary, Ken Leighton, Bart Mendoza, Jay Allen Sanford, David Stampone

THURSDAY • JANUARY 30
THE BURNING OF ROME THE LONG AND SHORT OF IT **MARSUPIALS** 

SATURDAY • FEBRUARY

**ASH • DEAF HAVANA** 

YUCK • GRMLNS TROPICAL POPSICLE

**MY BODY SINGS** ELECTRIC PLANE WITHOUT A PILOT

ST. CLOUD SLEEPERS WEDNESDAY • FEBRUARY 5 **LUCIUS • YOU WON'T** 

THURSDAY • FEBRUARY 6 **DELOREAN** 

**UNTIL THE RIBBON BREAKS** 

FRIDAY • FEBRUARY 7

**A MINOR FOREST ROB CROW'S GLOOMY PLACE** LESSER

COCKTAILS • LIVE MUSIC • 21 w/ID 2501 KETTNER BLVD. • 232-4355

SATURDAY • FEBRUARY 8 RECORD RELEASE PARTY -

**SCHITZOPHONICS NEIGHBORS TO** THE NORTH AMERIKAN BEAR **GLOOMSDAY** 

TUESDAY • FEBRUARY 11 **CHAPPO** ROYAL TEETH BLONDFIRE

WEDNESDAY • FEBRUARY 12 SECRET CHIEFS 3

THURSDAY • FEBRUARY 13

**KID CONGO AND** THE PINK MONKEY BIRDS THE LOONS THE KABBS

Charge by phone:

888-512-7469

TUESDAY • FEBRUARY 18 **PUBLIC SERVICE BROADCASTING** 

WEDNESDAY • FEBRUARY 19 **YUNA** 

THURSDAY • FEBRUARY 20 **GRIFFIN HOUSE** 

FRIDAY • FEBRUARY 21

**ANE BRUN** SATURDAY • FEBRUARY 22

**CIBO MATTO** 

thecasbah.com

Live at the Kraken! Blues · Dance Rock 'n' Roll

The bar with a definite beach atmosphere

6 TVs · 2 Satellites Pinball Games
Pool Tables • ATM



BC's BBQ: Sat. & Sun. Noon 'til Midnight

Thursday, January 30

**RED WHITE & BLUE** 

Friday, January 31

ROCKGARDEN

Saturday, February 1

THE FARMERS

Sundays NO COVER

THE **BROKERS** 



San Diego Reader January 30, 2014

casbahtickets.com



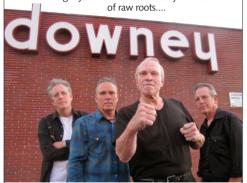
Real Friendly. Real Close!





Thursday •

Punch-drunk poet Phil Alvin brings his barroomrocking Blasters to Soda Bar Thursday night. Alvin and his younger brother Dave gave L.A. a taste of American Music in the early '80s, a record that pricked ears for its punk'd spit and grit on "pre-war" blues and country roots music. When Downey Dave left the group to pursue a career as leader of Guilty Men, Phil took the time to earn a PhD in math and artificial intelligence. So, yeah, his re-formed Blasters are wicked smaht. Check the proof in the puddin' of 2012's Fun on Saturday Night, a traditional blues-rock triumph nodding to cats such as Creedence and Cash, with a dash of that Alvin-branded mariachibilly. With like-minded locals **Nena Anderson & the Mules** and **Rip** Carson opening the show, you're sure to sweat and get your recommended daily allowance



THE BLASTERS AT SODA BAR

Best of the rest: from L.A., "Balkan prog" six-piece Atomic Ape swings into Til-Two with their brandspanking new deal, Swarm, under their big hairy arms. They have a bouzoukist and a flugelhornist Our own sonic experimentalists Innerds and Trash Axis open the show...rust-belt punk quartet the Menzingers will play the Ché Café behind their critical hit On the Impossible Past. That throwback set garnered an A-rated 93 from the very mathematical metacritic and was named record of the year by the experts at absolutepunk.net and punknews.org. Now on the back of Epitaph, the Menzingers' stock is on the rise. Off with Their Heads, Broadway Calls, and Days of Light
Gravity up first...Nashville-via-Brooklyn indie-pop five-piece Wild Cub plays from their debut Youth across campus at the Loft...while up at Belly Up, the Dave Good Of Noted **Wood Brothers** (as in Medeski, Martin &...) take the Solana Beach stage in support of their trilling Americana set The Muse.

Sooo, y'know by now that **Rocket** from the Crypt, closing out the monthlong run of 25-year anniversary shows at the Casbah, sold that sucker out in about a minute. No ticket? No problem, Til-Two's got you covered, as Mighty Manfred of the Woggles brings his band the **Magnificent** to the City Heights hot spot Friday night.

These seven Hollywood rock-scene vets specialize in "skull-slamming rhythm and blues with a show so savage it's been banned in 13 states." And with our own psychedelic rock-rollers Loons opening the show and DJ **Tony** the Tyger spinning 'round sets, go get

your retro jones



sated.... Brooklyn bassist/drummer/singer/strummer Frankie Rose (Dum Dum Girls, Vivian Girls) is at the Soda Bar behind her third solo set (and first for Fat Possum), Herein Wild, by all accounts a misfit sequel to her stellar Interstellar — Ms. Rose has left the garage. Dream Boys, Soft Lions, and DJ Mario Orduno round it out.... Need a little more roll in your soul, skate-punk god squad MxPx plays the Irenic with old-school Chicagoans Allister and **Kris Roe** of the Ataris.... Black Hippy Herbert Anthony Stevens IV, better known as **Ab-Soul**, plays Porter's Pub on the heels of his first Grammy nomination (Album of the Year for his part in Macklemore's The Heist).... And out at the casinos there's a buncha good bets for the classic-rock radio set, as Blue Öyster Cult hits Sycuan, Foreigner's at Harrah's, and Wilson Phillips plays Pala



Woodsist label wunderkind Kevin Morby of indie hits Woods and the Babies plays Soda Bar behind his solo debut Harlem River, a folk-inflected letter to New York City as he closes out that chapter of his life for the

sunny climes of L.A. Lend an ear to album opener "Miles, Miles, Miles," and then go welcome Mr.
Morby to Southern California, because with English folk-pop chanteuse Cate Le Bon headlining the show and our own globby fuzz-rock goodness Octa#Grape filling the bill, these'd be the sets to see Saturday night.... Else: Operation: Mindblow's

the Ken Club with similarsounding Stellar Corpses, Blackjackits, and Zombie Barbie from Athens GA psychedelic-country sextet **Futurebirds** land at the Griffin behind their first Fat Possum set, Baba Yaga.

Recommended for fans of the Drive-By Truckers brand. right 'round the bend, 0skate-

5th annual Winter's Womb psych-

rock show at Til-Two features

SanFran band Glitter Wizard,

'70s-style jam band **Astra**, and Joy

off-shoot Artifact...horror-punk

'Zonies **Calabrese** visit

punk perennials Guttermouth ioin San Antone's mojado

Piñata Protest as well as our own O'side Sound System and them drunken punkin' idiots D.P.I. for a mosh-filled bill at Brick by Brick...and Irish alt-rock act Ash drifts into Casbah with a 20-year cache of gold and platinum platters, including their first proper, the heavy Star Wars-referencing 1977, and one of the 1001 Albums You Must Hear Before You Die. I heard it. Guess I'm good to go.



It's Super Bowl Sunday, dontchaknow. For you humans not into it, here are a few "fit-in" talking points: "I hope the Broncos win. That means the Chargers were knocked out by the Super Bowl

champs...and that Peyton Manning, what a comeback! I guess 37 is the new 27. Or, if you like Seattle. 'Those Seahawks have really cool uniforms. Did you know their quarterback, Russell Wilson, went to the same college as our own Philip Rivers? Yupper, North Carolina State — the Wolfpack." And then howl

JAPANTHER AT SODA BAR

like a wolf. A singer named Bruno Mars is doing the half-time show. I have absolutely no idea who that is. But I'm in good company because neither does Peyton Manning.... If you're still up to go out beerbloated with nacho gas after that, I'd recommend

Jananther at Soda Bar. The Brooklyn noise-rock duo is out to tout its latest, Eat Like Lisa Act Like Bart...or '80s/'90s indie-rock rehashers Yuck at Casbah. Their lead singer quit, which is okay, according to guitarist Max Bloom who took over vocal duties. Bloom says, "Danny was good, but he was no Bruno Mars. But then, who is?" I don't know.

Monday

Coupla notable shows Monday night, as Soda Bar sets up Hounds Below, that's Jason Stollsteimer's (Von Bondies) new musical group. They're raucous but catchy, like our own **Grizzly Business** and **Hocus** who open the show...and the Soda's also hosting a show up at Ché Café with the popularpop-punk-but-horrible-band-naming Into It. Over It. and the World Is a Beautiful Place and I'm Not Afraid to Die.

Tuesday

San Diego-via-Kailua-Kona, Hawaii rasta-rockers **Pepper** check into Belly Up for two nights. The Warped Touring trio is getting some grief for their latest s/t "sell-out" set. I really wouldn't know anything about it, but it seems they have some saleable "pop songs" on the record. Folks who review records in that particular genre apparently don't approve of that.... Seventeen-member (17!) chamber-rock collective **Mother Falcon** kicks off a month of Tuesdays at Soda Bar behind their new t'do, You Knew. On their Bookface page (on which they have 10,736 "likes" as of this typing), next to "Genre" they put, "Asking us will result in awkward



and uncomfortable squirming." This week, our own sepia-toned folkies **Midnight Pine** open the show.

## Wednesday -

I'm waaaay over on word count this week, so if you could do the legwork on the following humpnight highlights, please and thank you: Nformals, Lower 48 (Portland), and Tan Sister Radio share an indie-rock bill in Bankers Hill at Tin Can Ale House...English indie-folkies **Peggy Sue** play Soda Bar with Mariner's Children (a solo show?)... and twee-pop five-piece **Lucius** is at Casbah with Wildewoman and a band called You Won't. You're right.

— Barnaby Monk

Find Club Crawler online at SDReader.com/club-crawler



3615 EL CAJON BLVD. 92104\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*



# T'S ALL ABOUT YOUR CHOICE

You have the freedom to shop where you want for your living room furniture but do you really have a GHOIGE?

BIG BOX stores offer a selection of items that they purchase in truckload and boatload quantities. They fill up
their warehouses. In reality, they narrow down your choices, by providing THEIR SELECTION to select from.



















from \$497





CUSTOM SECTIONALS

CUSTOM BED FRAMES

from \$797 from \$497





American Made Top Quality Furniture
Approximately 10 Days For Production



WE SELL MORE CUSTOM SOFAS, SECTIONALS, AND BED FRAMES THAN ANYONE IN SAN DIEGO COUNTY!





619-275-4300 MetroDecorOnline.com Clearance Center Store 619-275-4330



1164 Morena Blvd. • San Diego

Main Showroom Store 619-275-4300



1210 W. Morena Blvd., Ste. B • San Diego

San Diego Reader January 30, 2014

## **Devil may care**

"I was pretty much the buddy that would come over and banter all night long."

MUSIC

hile the rest of the country braces for the next ice age, San Diegans take lackadaisical bike rides to neighborhood brew pubs to catch a buzz with a few friends

under the burning winter sun.

Our perpetual oblivion to the darker forces of nature no doubt informs

San Diego's obsession with devilmay-care stoner garage rock, and it is here that Buddy Banter is fitting nicely into their fold.

Their first LP, *Paradise Thrillz*, dropped last October, proving a strong follow-up to their more lo-fi punk-

and-blues-inspired 2012 EP, Bummer Summer.

But, where many musicians find the apathetic fuzz refrains of SoCal garage to be an end in and of themselves, Buddy Banter takes the sound as a stepping stone into a number of different ponds. Opening anthem, "High with Me," for example, could be a B-side from a Weezer that you actually believe smokes weed. The album continues with a handful of blasé punk and surf tunes before arriving at the swirling synths of "I Miss You" and the stuttering samples of closing track, "Dreams."

Started as a solo project of drummer/vocalist Steven Perez Oira (My American Heart), the trio now includes guitarist Dylan O'Bosky and bassist Kevin Glenn (Pilots).

CHAD DEAL: PARADISE THRILLZ COV-ERS EVERYTHING FROM NERDY GARAGE POP TO DREAMY/GAZE-Y TO A GLITCHY ELECTRONIC TRACK. DO YOU GO INTO

> SONGWRITING AND RE-CORDING WITH A SOUND OR GENRE IN MIND?

Steven Oira: I don't usually go into

songwriting with a certain sound or genre in mind. It never was my intention to sound a certain way. The last thing I wanted was to be pigeon-holed into a certain genre or sound.

## CD: WHAT IS YOUR TYPICAL SONGWRIT-ING PROCESS?

SO: It always starts off with me sitting either in my bedroom or [guitarist] Dylan's backyard with an acoustic guitar. Then I usually meditate or self-medicate and reflect on what has happened to me and my friends recently or previously. Melodies usually stumble into my head as I doodle on the guitar and the ones that mean something to me usually stay in my mind. I never write anything down and I don't usually finish a piece until I get into a studio. Everything I usually "write" is just an idea waiting to be given life.



Buddy Banter's genesis, as the name suggests, was a couple of buddies on a couch drinking beer and talking songwriting.

## CD: YOU ARE THE ONLY MUSICIAN ON THE RECORDING OF PARADISE THRILLZ?

SO: Yes. Tommy Garcia [Mrs. Magician, Drug Wars] helped with tones and engineering the project in his studio, Thrill Me. He also played a little guitar solo on an unreleased track from the record. Oh, and "Dreams" was recorded with Clint Delgado [My American Heart]. We worked on that song together, taking sampled tracks of Alicia Keys and chopping it all up into an original composition.

### CD: WHAT ARE SOME OF THE THEMES YOU EXPLORE LYRICALLY?

SO: I don't really think about themes when I write; I just try to be as honest as I can be, lyrically.

## CD: IS BUDDY BANTER BEST EXPERIENCED LIVE OR ON RECORD?

SO: Personally, I enjoy playing live. But it can be different for everyone. I've been told that *Paradise Thrillz* is great driving music — ha-ha. It's really up to you as a person. We are totally different as a live band compared to the recording. There is a lot more anguish and energy, which feels good for me to release.

#### CD: ANY STORY BEHIND THE NAME?

SO: A couple of years ago I started Buddy Banter

as a solo project. I would go over to Dylan's house and show him my songs and we would talk shit and drink beer with each other and the whole shoebox collective group would be entertained. I was playing a guitar for a punk/hardcore band at the time called New From the Front. I was pretty much the buddy that would come over and banter all night long.

### CD: TELL ME ABOUT JUST SOUTH OF

SO: There's not much to say. One of my best friends is a filmmaker. He made this rad short film that is coming out shortly and he chose our song ["High with Me"] to be a part of the film. His name is Michael Arter, and we share our art and ideas with each other. He lives in Ohio.

## CD: ANYTHING THAT HASN'T BEEN COVERED HERE?

SO: Buddy Banter is hoping to do a West Coast tour next year, record a full-length album, and, with the help of Michael Arter, make some new music videos. We are poor but we love what we do, and we will keep on doing it until we die. A word to the people: it doesn't matter if you're the best or the worst. Just as long as you love doing what you do, that's all that matters. Start a band.

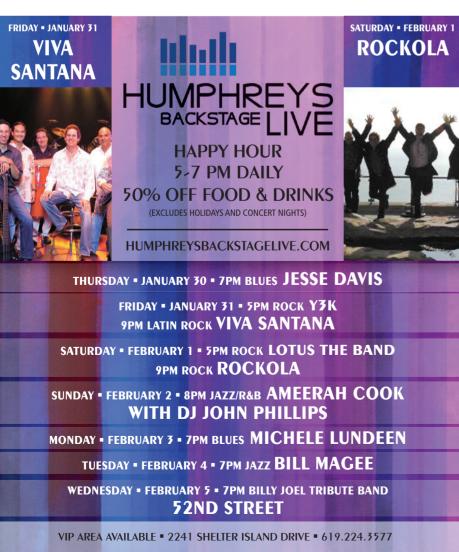




#### BRICK = BRICK Saturday, February 22 DIO DISCIPLES RAMMOTH • ALCHEMY THE NITE CRAWLERS Friday, March 21 MADMAN • IRON MAYHEM • YYZED Thursday, January 30 Saturday, February 1 GUTTERMOUTH • PIÑATA PROTEST OCEANSIDE SOUND SYSTEM • D.P.I. Saturday, March 22 LONGFELLOW SILENT AUCTION Saturday, March 1 RUGBY RUCK N ROLL Saturday, February 8 MY ELYSIAN • MAD TRAFFIC Friday, March 28 **NUKEM VATTICA · SINFLOOD · CIRCLE 7** Friday, March 7 **TONY MACALPINE** Friday, February 14 MICHAEL SCHENKER (Featuring Doogle White GUNDRIVER • SEVENTRAIN BACK2BLACK Saturday, March 29 CHEAPEST TRICK OPEN ARMS U2 EXPERIENCE Saturday, March 8 THE UNTOUCHABLES Saturday, February 1 Friday, March 14 ZEPPARELLA • SOL SACRIFICE Thursday, April 24 VIGILANT (Featuring Nili Brosh ) "Mike Peters presen THE ALARM Thursday, March 20 **MIKE TRAMP** (White Lion) TAZ TAYLOR (Cd Release Party) BLACK SABBITCH

4/25 Demonized 4/28 Loudness 6/28 Hell on Heels
5/25 Angelic Upstarts • Peter & The Test Tube Babies • Anti-Pasti • The Generators • Evacuate
BRICKBYBRICK.COM FOR TICKETS • 619-275-LIVE
21 & UP • 1130 BUENOS AVE (OFF MORENA BLVD) 92110







SAN DIEGO'S #1 LIVE CONCERT VENUE



FRIDAY | FEBRUARY 7 | BLUES TICKETS GOING FAST! GET YOURS NOW!

DAYTONA & THE BLUESIDE ROCKERS STEVEN YBARRA



THURSDAY | FEBRUARY 6 | METAL

MOONSPELL LEAVES' EYES . ATROCITY



SATURDAY | FEBRUARY 15 | ROCK





SUNDAY | FEBRUARY 16 | ROCK/FLAMENCO

OTTMAR LIEBERT AND LUNA NEGRA



FRIDAY | FEBRUARY 21 | SWING

**BIG BAD VOODOO DADDY** 



FRIDAY | FEBRUARY 28 | ROCK

KING'S X

RDG (INSTRUMENTAL ROCK) BLITZ BROTHERS JUDGE JACKSON



SATURDAY | MARCH 1 | ROCK SUNNY LEDFURD

NEW SHOW!



SATURDAY | MARCH 8 | BLUES & JAZZ SMOKIN' JOE KUBEK
FEATURING BNOIS KING



SATURDAY | MARCH 15 | METAL METAL CHURCH
THEOSIS • THE GRIND • NO NAME GANG



SATURDAY | MARCH 22 | COMEDY

**BOBBY COLLINS** 

THURSDAY | APRIL 3 | ROCK



JOHNNY WINTER



FRIDAY | APRIL 4 | BLUES

JOE LOUIS WALKER



SATURDAY | APRIL 5 | ROCK

STU HAMM (FORMER BASSIST WITH JOE SATRIANI AND STEVE VAI)

RDG (INSTRUMENTAL ROCK)

FRI | APRIL 11: **KEIKO MATSUI** 

FRI | APRIL 18: **KATAKLYSM • ABORTED** JIMMY THACKERY

FRI | APRIL 25: SAT | JULY 26:

**PAT TRAVERS** 



NEW SHOW!

PURCHASE TICKETS ONLINE AT RAMONAMAINSTAGE.COM RENT RAMONA MAINSTAGE FOR YOUR PRIVATE EVENT!
CONNECT WITH US FOR BEHIND THE CURTAIN INFO!

626 MAIN STREET | RAMONA 760-789-7008 | FREE PARKING | ALL AGES

You can submit a listing, download mp3s, watch videos, subscribe to event alerts, get directions, and find more information about these shows online at SDReader.com/music. Blue headlines indicate sponsored

#### THIS WEEK'S **SHOWS**

#### 710 Beach Club:

Thursday, 8:30pm —The Clamiammers. Friday, 7:30pm —St. Cloud Sleepers, Mad Z & the Bones. Tuesday, 9pm —710 Bass Club: Underground EDM. Wednesday, 9pm —Open Mic Open Jam.

#### 98 Bottles:

Saturday, 8pm —Robert Dove: Wayne Shorter tribute. \$10-\$13.

#### Alchemy:

Tuesday, 8pm —Songwriter Showcase with Astra Kelly.

#### Amaya:

Friday, 7pm —Lance Dieckmann Blues Band.

#### **American Legion Post 310:**

Sunday, 4pm -Lenny "Fuzzy" Rankins. \$5.

#### ArtLab:

Friday, 7pm —Tribal Baroque. Wednesday, 8pm —Robin Henkel Band with Whitney Shay.

#### **Balboa Theatre:**

Friday, 8pm —Patti LuPone. \$27-\$87.

#### **Bar Dynamite:**

Thursday, 9pm —Iron Mike's Revival. Friday, 9pm —24K Gold. Saturday, 9pm —Bar Dynamite Saturdays. Sunday, 8pm —Sweet Cheeks.

Monday, 8:30pm — Margarita Monday with Boogie Buba. Tuesday, 9pm —Boom Bap.

#### Bar Pink:

Thursday, 8pm —Little Dove. Friday, 9pm —Legacy Pack album release. Free.

#### Belly Up:

Thursday, 8:30pm —The Wood Brothers. Friday, 8pm —DJ Z-Trip. Saturday, 8pm —Los Lobos. Tuesday, Wednesday, 8pm -Pepper.

#### Casbah:

Thursday, 8pm —Burning of Rome, Long & Short of It. Friday, 8:30pm —Rocket from the Crypt, the Styletones. Saturday, 8:30pm —ASH and Deaf Havana. \$15. Sunday, 8pm —Yuck. Monday, 7:30pm —Switchfoot. Tuesday, 8pm -My Body Sings Electric. Wednesday, 9pm -Lucius and You Won't

#### Che Cafe:

Thursday, 8pm —The Menzingers, Off With Their Heads, \$15. Friday, 7pm —Ice Hockey, Left Astray, Doofy Schmoofs. Monday, 9pm —Into It Over It.

Friday, 4pm —2014 Chinese New Year Red Ball Free



BY DAVE GOOD

#### Instead of trying to box the Wood Brothers into a style corner by examining

the trace elements of jazz, blues, and rock in their music, can we just agree to call them clever? Good. But even then, the word "clever" doesn't begin to describe it. Consider the jazzy chord extensions and the artsy upright bass lines during the set-up of the Wood Brothers' cover of Gregg Allman's "Midnight Rider." With a tender but complex build like that, a listener may wonder where the music's going to go next. The answer comes in Oliver Wood's singing. His lead vocal is taken straight out of the heart of soul, and the backwoods harmony that his brother Chris puts on top of it seals the deal.

One can find the roots of their previous musical lives in each song (Oliver played with Tinsley Ellis; Chris put the Wood in Medeski Martin & Wood), but the overriding feel is of porch music. Aside from the regional patois and the distinct harmonies, there's also a sense of oneupmanship in that genre, the prize of recognition going to the writer who can best grind an old axe with new wit. This is a skill not lost on the brothers. "Keeps a letter in

the pocket of his coat," Oliver sings about an old bluesman's source of pain, "but he never breaks the seal."

The Wood brothers grew up in Colorado. After 15 years apart (they now tour with drummer Jano Rix), the trio makes sounds that sometimes favor their musical heroes. You can almost hear Jimmy Reed's washboard guitar coming out of Oliver Wood's archtop. And some of their studio mixes sound close to the manner of music that the Band was making



during their final years. The Americana stripe runs deep in Oliver, but as a fan of the abstract iazz of MMW, who knew Chris had it in him?

Amy Helm and the Handsome Strangers

THE WOOD BROTHERS: Belly Up, Thursday, January 30, 7 p.m. 858-481-8140. \$19 in advance/\$21 at the door

Find more Of Note columns online at SDReader.com/note

#### **Dirk's Niteclub:**

Friday, Saturday, 8:30pm — Serious Guise. Free.

#### Dizzv's:

Thursday, 8pm —Doug Robinson, Moore Sprague & Magnusson. \$20. Friday, 8pm — Tokeli & Friends. \$10-\$15. Saturday, 7:30pm —The North.

#### **Epicentre:**

Friday, 6pm —Firestarter, Old Again, Scarlett Avenue. \$10-\$12. Saturday, 8pm —A Truth Betrayed, Through the Silence.

#### Gallagher's Pub & Grill:

Thursday, 8pm —7 Seal Dub. Friday, 8pm —Heavy Guilt and

#### House of Blues:

Thursday, 8pm —Mayer Hawthorne. \$20-\$38. Friday, 7pm —Parkway Dr., Upon a Burning Body, Betrayal. Wednesday, 8pm — Chippendales. \$35-\$162.

#### **Humphreys Backstage Music** Club:

Thursday, 7pm —Jesse Davis. Free. Friday, 9pm —Viva Santana. Saturday, 7pm —Rockola. \$12. Sunday, 8pm — Ameerah Cook. Monday, 7pm —Michelle Lundeen. Tuesday, 7pm — The Bill Magee

Blues Band. Free.

Wednesday, 7pm —52nd Street.

#### **Kensington Club:**

Saturday, 8pm — Calabrese, Stellar Corpses, Blackjackits. \$8-\$10.

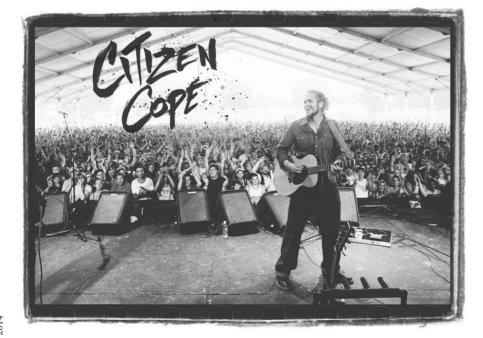
#### Kona Kai Resort & Marina:

Friday, 7pm —Patti Zlaket. Free.

#### Lestat's Coffee House:

Thursday, 7:30pm — Dusty Brough and Rebecca Kleinmann. Friday, 8pm —Brenda Xu.

AN INTIMATE SOLO/ACOUSTIC PEFORMANCE



### SATURDAY FEBRUARY BALBOA THEATRE





2



NANCY★WILLI WILIAMS★ALIKA★OUINTO



FOR PRESALES AND SPECIAL OFFERS FOLLOW US ON TWITTER @HOBSANDIEGO OR BECOME A FAN AT FACEBOOK.COM/HOBSANDIEGO All dates, acts and ticket prices subject to change without prior notice. Subject to applicable service charges ERDSSRORDS RESTAURANT NOW OPEN DAILY @ 4PM! SPE CITI COLON ticketmaster







Rose Royce March 8

February 28



#### PALACASINO.COM

For tickets visit the Pala Casino Box Office, call 1-877-WIN-PALA (1-877-946-7252) or go to StarTickets.com to buy them online. To charge by phone call 1-800-585-3737.

From Orange County and Los Angeles County: Take I-5 South to Hwy 76, go east 23 miles
From San Diego County and Riverside County: Take I-15 to Hwy 76, go east 5 miles

Visit us on facebook, and Coffee

#### Soda Bar:

Thursday, 8pm —The Blasters. Friday, 8pm —Frankie Rose. Saturday, 8pm —Cate Le Bon and Kevin Morby. Sunday, 9pm — Japanther, Cheap Time, Creative Adult. Monday, 8:30pm —The Hounds Below and Hocus. Tuesday, 8:30pm — Mother Falcon. Wednesday, 8:30pm — Peggy Sue and Mandolin Orange.

#### Sycuan Casino:

Friday, 8pm —Blue Oyster Cult. Sunday, 8pm —Ricky Skaggs.

#### Til-Two:

Thursday, 8pm — Atomic Ape, Innerds, TrashAxis. Friday, 8:30pm —The Loons and the Magnificent. Saturday, 8:30pm —Operation: Mindblow winter psych show.

Thursday, 8pm —Creature & the Woods, \$5. Friday, 8pm —Grant Langston, Action Andy & Hi-tones. \$5. Monday, 8pm —Tin Can Country Club. Tuesday, 9pm —Elle Belle. \$5.

#### **Tower Bar:**

Friday, 8pm —Sunday Times, Flaggs, Sailing Stones.

#### Turquoise Café-Bar Europa: Thursday, 4pm — Talia. Singer/

songwriter Talia will perform with indie music guest stars. Thursday, 7pm — Zinchiladas Acoustic Quartet of Son Pa Ti. Friday, 5pm — Tomcat Courtney. Down-home blues. Friday, 9pm — Afro Jazziacs. Latin & Afro Cuban Jazz Trio with Louie Valenzuela. Saturday, 4pm — Zak Lipton Trio. Traditional jazz on the

## **Bancroft** 9143 Campo Rd. Spring Valley

Wed 1/29 Sabertooth Snatch **Killer Party** 

Thu 1/30 **Angel F\*ck** The Undesirables

Fri 1/31 It's Casual **Hot Nerds** 

Sat 2/1 No Name Gang, Haster, F\*cklordz, **G.O.D., Potty Mouth** 

fb.com/bancroft.bar insta/thebancroftbar ancroftbar@gmail.com

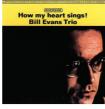
## RYONF'S A CRI

#### **How My Heart** Sings Bill Evans

By Andrew Hamlin

The bassist Scott LaFaro, whom Evans lost to a car crash prior to recording this, was staking out striking counterpoint on his instrument, so anything without him was likely to seem a letdown. Evans still had drummer Paul Motian and himself, though (two of the most remarkable players jazz has ever welcomed), so anything, even without LaFaro, was worth hearing. How My Heart

mellower Moon Beams. confounds on the surface and forces the listener beneath it. Leventually learned to appreciate, if not exactly love, LaFaro's replacement Chuck Israels, who isn't miked well at all Hungry for the meat in the and whose ruminations.



short but logical variations on the melody, require headphones. Evans acknowledges famous head melodies (i.e., "Summertime") but with dropped licks, changes suggested with just two pushes on the keys. He's hungry for the meat in the sandwich.

Three tunes here, including the title track and two takes of Evans's own "34 Skidoo," alternate between 3/4 and 4/4 time, but in the nicest possible way — it's hard to tell. Motian makes up his own rhythmic language and speaks it in brushes, over any possible meter. The trio waves to Dave Brubeck with Bru's "In Your Own Sweet Way," but unlike that pianist, they weren't interested in showing the seams between meter changes. They wanted swing, on their own sweet terms, their own language. They got fluent.

## Music Reviews from Our Readers

#### "The Last Time" for Exile on Kettner?

By Mark Carpowich

At first glance, the three-page set list that Mario Escovedo and friends followed during their annual "Exile on Kettner" show looked like little more than an intimidating list of randomly assorted Rolling Stones songs. But there was a method to their madness: Escovedo told the packed house at the Casbah that some of the songs - including back-toback performances of "The Last Time" and "It's All Over Now" were chosen as part

of a theme for the evening.

That theme, of course, was the teased notion that this Christmas Eve tradition will not return



Exile always a highlight on the Casbah's annual calendar

next December. If true, it would be a shame, as it has always proven to be a highlight on the Casbah's annual calendar.

The 2013 Escovedo, still every bit as vital and committed as the mid-'90s man, played nearly three hours of Stones classics with a rotating cast of supporting musicians and guest singers. Whether trading verses on "Beast of Burden" with Sara Petite or handing the mic off to a crowd-surfing Steve Poltz during "Wild Horses," Escovedo made sure that, for the 20th straight year, fans at the Casbah continued to get what they want.

Concert: Exile on Kettner Date: December 24, 2013

Venue: Casbah Seats: stage front

Up to \$100 for your concert review, \$25 for your CD review. Submit at SDReader.com/critic

Patio.

Saturday, 6:30pm — Tomcat Courtney. Down-home blues. Saturday, 9pm — Tony LaVoz & Cold Duck Trio. R&B, jazz, and

Sings, recorded at

the same time as the

Latin music. Sunday, 4pm — Sounds Like Four. Sounds Like Four is a refreshing end to the week. Monday, 4pm — David Hermsen Guitar Duo. David Hermsen will perform as part of a guitar duo with vocals. Monday, 7pm — Brazil Jam with Stefanie Schmitz Tuesday, 4pm — Stefanie Schmitz & Friends, Brazilian, jazz, and world music. Tuesday, 7pm — Grupo Globo.

Eduardo. Latin guitar and vocals. **Valley View Casino Center:** Friday, 7:30pm —George Strait and Miranda Lambert.

Wednesday, 4pm — Kevin and

Jazz and world music.

#### **CLASSICAL MUSIC**

Franz Schubert Birthday Celebration Like his countryman and predecessor Mozart, Schubert was a superb violinist and pianist, and his chamber compositions for the two instruments reflect his consummate understanding and mastery of their expressive and technical possibilities. Far cry. His works for violin and piano (as in the case of Mozart) span the full range of his brief, yet prolific lifetime, from the youthful and charming early sonatas to the brilliant, complex, and highly virtuoso "Rondo" and "Fantasy" of his last years. Friday, January 31, 7:30pm; \$30-\$35. Athenaeum Music and Arts Library, 1008 Wall Street.

#### **UPCOMING SHOWS**

98 Bottles: 2400 Kettner Bl., Little Italy, 619-255-7885. February 6 —Brain Tweet. February 7 —The Innovators of Motown & Beyond.

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

February 6 — Marc Broussard. February 7 — Morgan Heritage. February 8 —Pat Benatar & Neil The Casbah: 2501 Kettner Bl., Little Italy, 619-232-4355. February 6 — Delorean. February 7 —Rob Crow's Gloomy Pl., Minor Forest. February 8 —Vinyl Junkies Record Swap Meet. February 8 — Schitzophonics,

Che Cafe: 9500 Gilman Dr., UCSD, 858-534-2311. February 6 —Miss Massive Snowflake, Rainstick Cowbell,

Neighbors to the North.

Dizzy's: 4275 Mission Bay Drive (in the showroom at San Diego Jet Ski Rentals), Pacific Beach, 858-270-7467

February 6 —Los Hermanos Arango. February 7 — Fishtank Ensemble. February 8 — Charles McPherson

**Epicentre:** 8450 Mira Mesa Bl., Mira Mesa, 858-271-4000. February 7 —Inthebackground, Ocean Hands, Porch Lights. February 8 —Short Stories, Growing Up Stupid, Occupancy

Golden Acorn Casino: 1800 Golden Acorn Way, Campo, 866-794-6244. February 8 —Brown Sugar Band

Dance Party

Harrah's Rincon: 777 Harrah's Rincon Way, Valley Center, 760-751-3100. February 16 — Gary Valenciano.

House of Blues: 1055 Fifth Ave., Downtown San Diego, 619-299-2583. February 7 — Ramon Ayala. February 8 - Northlane.

**Humphreys Backstage Music** Club: 2241 Shelter Island Dr., Shelter Island, 619-224-3577. February 6 - Clay Colton Band February 7 — Detroit Underground. February 8 —Wildside.

The Irenic: 3090 Polk Ave., North Park, 619-624-9335. February 8 — Oneohtrix Point Never.

The Kava Lounge: 2812 Kettner Bl., Little Italy, 619-543-

February 6 —Liquid Geometry. February 7 — S.H.A.F.T. February 8 — Dragon Lounge.

The Loft: 9500 Gilman Dr., UCSD, 858-534-8497. February 7 — Joshua White: Codes. February 8 — The Pack A.D.

The Merrow: 1271 University Ave., Hillcrest, 619-299-7372. February 13 — Gayle Skidmore and Dig the Kid.

Porter's Pub at UCSD: 9500 Gilman Dr., UCSD, 858-587-

February 22 — Huey Mack. Riviera Supper Club &

Turquoise Room: 7777 University Ave., La Mesa, 619 713-6777 February 7 — Mudgrass. February 8 —Sleepwalkers.

Soda Bar: 3615 El Cajon Bl., City Heights, 619-255-7224. February 7 — Sarah Lee Guthrie and Johnny Irion. February 11 - Mother Falcon.

Soma: 3350 Sports Arena Bl., Midway District, 619-226-7662. February 7 — Toasters, 2 Tone Lizard Kings, OSS. February 8 -Killing t/ Messenger, Outlands, 100 Caliber.

**Sycuan Casino:** 5469 Casino Way, El Cajon, 619-445-6002. February 14 —Lonestar. February 16 -Clint Black. February 21 — Air Supply.

March 1 — Gary Mullen & the Works (Queen tribute). March 6 — Johnny Gill.

Til-Two: 4746 El Cajon Bl., City Heights, 619-516-4746. February 15 — Haunted Garage, Sunnyside, Maxies.

The Tin Can: 1863 Fifth Ave., Bankers Hill, 619-955-8525. February 6 — Daniel Kirkpatrick & the Bayonets. February 10 —Tin Can Country Club.

Tower 13: 2633 S. Coast Hwy. 101, Cardiff-by-the-Sea, 760-635-1200. February 6 — Cold Duck Muzik. February 9 —Ben Powell.

The Turquoise Cafe-Bar Europa: 873 Turquoise St., Pacific Beach, 858-488-4200. February 8 — Zak Lipton Trio. February 8 — Tomcat Courtney. February 9 — Sounds Like Four.

Valley View Casino Center: 3500 Sports Arena Bl., Midway District, 619-224-4171. February 7 — The Fresh Beat

February 15 —Imagine Dragons, the Naked & Famous.

**WorldBeat Cultural Center:** 2100 Park Bl., Balboa Park, 619-

February 8 — Noche Cubana. February 22 — Ugandan Orphans Choir.



**BKGP** 

**Rail Them to Death Four Tracks** 

619-469-BEER



San Diego Reader January 30, 2014

# SAN DIEGO COMEDY FEST

WEDNESDAY | 1/29
COMEDY CONTEST SHOWCASE #1 6PM | \$15 IMPROV VS STAND-UP 8PM | \$20 SAN DIEGO SHOWCASE #1 10pm | \$15



THURSDAY | 1/30
COMEDY CONTEST SHOWCASE #2 6PM | \$15 DONNELL RAWLINGS 8PM | \$20 SAN DIEGO SHOWCASE #2 10PM | \$15



FRIDAY | 1/31
COMEDY CONTEST SHOWCASE #3 6PM | \$15 THEO VON 8PM | \$20 COMEDY CONTEST SHOWCASE #4 10pm | \$15



SATURDAY | 2/1
TV CLEAN COMEDY 2:30pm | \$15 GENERAL SHOWCASE 5PM | \$15 COMEDY CONTEST FINALS 7PM | \$20 JEN KOBER 9PM | \$20

For tickets and complete weekend line-up: 858-492-9000 • sandiegocomedyfest.com Day Passes and All-Access available



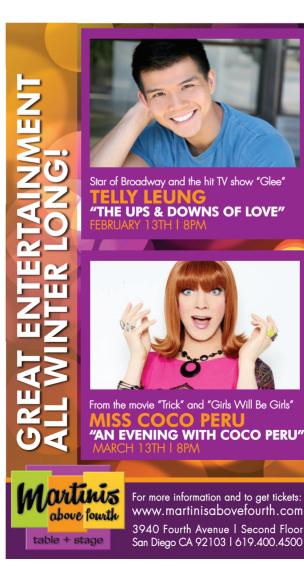
50% off tickets

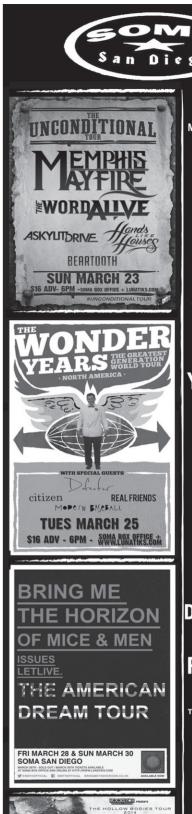
with Promo code: READER or mention "Reader ad" by phone















YOUNG THE **GIANT** 

FRI FEB 14

THE GRID SLUGFEST • 2B CHRISTOPH • DISARRAY CIRCA • JINZO • WADE

FRI FEB 21

**CARNIFEX** BETRAYING THE MARTYRS
I DECLARE WAR
HERE COMES THE KRAKEN
ASSASSINS
IMPALE THY NEIGHBOR

MON FEB 24

CASBAH PRESENTS

DOM KENNEDY

TUE FEB 25

LIVE NATION PRESENT PENTATONIX

SAT MARCH 1

**G-EAZY** 

MON MARCH 3

**CHILDISH** 

GAMBINO THURS MARCH 6

WE BUTTER BREAD WITH BUTTER

SAT MARCH 8

**AER** 

SAT MARCH 15

WILLIAM BECKETT • SET IT OFF



TERROR • HUNDREDTH **COUNTERPARTS • EXPIRE** 

# HAPPY HOUR

You can submit a listing or find more information about these establishments online at SDReader.com/drinks

#### **ALLIED GARDENS**

**San Diego Brewing Company:** *Monday-Friday*, 4-6pm: \$3 select house & domestic beers, house wine, well drinks. 1/2-off appetizers.

#### ALPINE

**Donato's Italian Restaurant:** *Monday-Friday*, 4-7pm: \$3 glass Bud Light, \$6 pitcher; \$3.50 house wine.

#### **BALBOA PARK**

The Prado Restaurant: Tuesday-Thursday, 4-6pm, 8-10pm: \$4.50 wells, wine, draft ale, margaritas, selected appetizers. Friday-Saturday, 4-6pm, 8-11pm: \$4.50 wells, wine, draft ale, margaritas, selected appetizers.

#### BANKERS HILL

Wet Stone Wine Bar and Cafe:

Tuesday-Saturday, 5-7pm: \$5 glass of wine or sangria, \$20 carafe of sangria. \$20 select bottles of wine. \$6 salads and starters. Sunday, 5pm-close: \$5 glass of wine or sangria, \$20 carafe of sangria. \$20 select bottles of wine. \$6 salads and starters.

#### **BAY PARK**

**Tio Leo's:** *Monday-Friday*, 3-7pm: \$3 domestic & Mexican pints; \$4 house margaritas, wells; \$5 street tacos, TJ hot dogs, carne asada fries, buffalo chicken tacos & more

#### BONITA

**Casa Bella:** *Monday-Wednesday.* 4-10pm: Half-off bottles of wine with purchase of two entrées.

#### CARDIFF-BY-THE-SEA



# BEER NEWS BY BRANDON HERNÁNDEZ

# Second life for La Jolla brewpub

It's too early to tell if it's a phoenix, but something has risen from the ashes of the defunct La Jolla Brew House. Namely, La Jolla Brewing Company (7536 Fay Avenue, La Jolla). The space is the same, but the name, concept, and brewing equipment are all new.

Also new in the brewery is the guy manning the mash tun, Brett Stampf. A brewing veteran of nearly two decades, with experience gained at reputable operations including Stone Brewing Co., Dogfish Head Craft Brewed Ales, and Green Flash Brewing Company, Stampf has yet to release

his house beers to the public. Right now, the business is in its soft-open phase with plans for a grand opening on January 30. For now, he and his colleagues are working to accomplish their goal of showcasing local brewing companies' wares via its two dozen taps.

Once available, La Jolla Brewing Company's core quintet of beers will include a nitrogendriven golden ale, American pale ale, dry-hopped brown ale, dry stout, and India pale ale. A trio of rotating seasonal beers will also be brewed. Down the road, Stampf hopes to brew an imperial stout, black IPA, a yet-to-be-determined Belgian style, and possibly even lagers. Initially, those beers will be available exclusively at the brewpub, but as the business grows, the owners hope to grow the brand beyond their four walls.

#### Another venue, another crazy moniker for Modern Times

Does the name "North Park Flavordome" sound good to you? Probably not without a little context. But when one considers it follows in the footsteps of the "Lomaland Fermentorium," that crazy moniker makes a little more sense. Both of the aforementioned facilities belong to **Modern Times Beer** (3725 Greenwood Street, Point

Loma), which opened midway through 2013 and recently announced plans to open a tasting room at the work-in-progress North Parker building



Modern Times will open its "North Park Flavordome" tasting room in the yet-to-be-opened North Parker building at 30th and Upas.

at Upas and 30th Street. No brewing apparatus will be installed; this will simply be a way for the company to expose drinkers to its wares further inland from its Point Loma base of operations.

Coming in at 1624 square feet, it will feature a pair of glass walls giving way to a view of 30th Street. Sixteen taps will exclusively dispense Modern Times' beers and, should visitors choose to consume them outside, there will be a pair of al fresco seating areas where they may do so.

Adding to the initial appeal of the tasting room are the businesses with which it will cooccupy the North Parker — the second coming of Little Italy's Underbelly and third iteration of Golden Hill's Influx Cafe, as well as Mexican spot La Perla.

But Modern Times isn't blazing any trails with this one: theirs will be the second brewery-free satellite tasting room brought to North Park from a San Diego County brewing company. **Belching Beaver Brewery** opened such a space last spring, and reports

it is doing well. So, it would stand to reason, especially with high quality next-door neighbors, that Modern Times will likewise do well with this model

For more breaking craft beer news, follow San Diego Beer News on Twitter (@SDBeerNews) or keep up on Facebook.

**Beach House:** *Daily*, 4-7pm: \$2.95 draft/domestic beer, \$3.45 wells, \$3.95 bloody mary & house wine, \$4.95 well martini, \$5.95 cosmopolitan, mojito, margarita, bloody mai tai.

#### CARLSBAD

**The Alley:** Daily, 11am-7pm: \$2.75 wells, domestics.

On the Tracks Brewery and Tasting Room: *Thursday*, 5-7pm: Ladies, \$3 pints.

#### CARMEL MOUNTAIN

**Conway's Irish Pub:** *Daily*, 10am-8pm: \$2.75 domestic drafts and bottles; \$2.75 and \$3.75 wells.

**Oggi's Pizza & Brewing Co.:** *Monday-Friday*, 3-7pm: \$1 off house pints & wells. Appetizer specials.

#### CARMEL VALLEY

**Tio Leo's:** *Monday-Friday*, 3-7pm: \$3 domestic & Mexican pints; \$4 house margaritas, wells; \$5 street tacos, TJ hot dogs, carne asada fries, buffalo chicken tacos & more.

#### CHULA VISTA

**Achiote Restaurant:** *Monday-Friday*, 4-7pm: \$1 beer, \$3.99 margaritas.

Los Arcos: Monday-Friday, Mon-Spin City Lounge: Monday-Thursday, Sunday, 7-10pm: \$2 wells, \$3 margaritas.

#### **CITY HEIGHTS**

**The Hideout:** *Monday-Saturday*, 5-8pm: \$1 off pints. *Sunday*, All night: \$3 drafts.

Nate's Garden Grill: Tuesday-Friday, 4-6pm; \$1 off all beer & wine.

**Til-Two:** *Daily*, 4-7pm: \$3 wells and imported drafts.

**The Tower Bar:** *Monday-Friday*, 4-7pm: \$3 wells and import drafts.

#### CLAIREMONT

**Blarney Stone Pub:** *Monday-Friday*, 4-7pm: \$.50 off all drinks.

Fat Tony's Pizza: Monday-Thursday, 4-8pm: \$2 glass/\$8 pitcher of beer. \$5 cheese pizza, cheese calzone, wings, salad.

### COLLEGE AREA

Bridges Bar & Grill: Monday-Saturday, Open-7pm: \$3 Bud Light, domestic pints, well cocktails, house wines; \$4 craft pints, import pints; \$5 premium craft pints; \$2 off specialty cocktails. Sunday, Open-close: \$3 Bud Light, domestic pints, well cocktails, house wines; \$4 craft pints, import pints; \$5 premium craft pints; \$2 off specialty cocktails.

#### CORONADO

**Brigantine:** *Monday-Friday, Sunday,* 3-6pm: \$4 Brig brew, Dos Equis. \$4.75 margarita, \$5.50 chardonnay, \$6 merlots, \$1 off featured wine. Discounted tacos, shrimp, oysters.

**Coronado Firehouse:** *Monday-Friday*, 11:30am-6pm: \$1 off drafts, \$3 wells, \$4 house wines. 3-6pm: 1/2-off all appetizers.

**Yummy Sushi:** *Monday-Friday*, 4-6pm: 40% off all food(dine-in only, excludes sashimi).

#### **DEL MAR**

**Bully's Del Mar:** *Monday-Tuesday, Sunday,* 3-7pm: Great prices on appe-

tizers, beer wine and cocktails. 10pm-close: Extended happy hour. \$3 prime rib taco. Bar and patio only. *Wednesday-Thursday*, 3-7pm: Great prices on appetizers, beer wine and cocktails. 10pm-close: Extended happy hour. Bar and patio only. *Friday-Saturday*, 3-7pm: Great prices on appetizers, beer wine and cocktails. Bar and patio only.

**Zel's Del Mar:** *Daily*, 4-6:30pm: \$1 off all drafts, \$2 off premium drinks, \$2 off all wines by the glass, \$4 wells. \$5 ceviche, \$8 ahi poke, crispy mahi tacos.

#### DOWNTOWN SAN DIEGO

**Anthony's Fish Grotto:** *Monday-Friday*, 3:30-6:30pm: \$3 draft, Anthony's white wine; \$4 wells, \$5 calls. \$2.75 fish tacos, \$3 lettuce wraps, \$4.50 tostado.

**Dobson's:** *Monday-Friday*, 4-7pm: \$3 drafts, \$4 margaritas, \$5 well drinks and house wine.

**Downtown Johnny Brown's:** *Monday-Friday*, 3-6pm: \$1 off wine; 40% off bar menu.

**Magnolia Tap & Kitchen:** *Daily*, 3-7pm: \$4 Local Drafts, \$4 Wells, \$6 Wine + Specialty Cocktails.

**Paco's Way at La Gran Tapa:** *Daily*, 4-7pm: \$3 craft beers, \$4 cask wines & sangrias. \$3 & \$4 tapas, free tapitas at the bar.

Patricks Gaslamp Pub: Monday-Friday, 10am-8pm; 11pm-close: \$3.25 domestic drafts, \$2.75 domestic bottles, \$3.50 well drinks. Saturday-Sunday, 10am-8pm: \$3.25 domestic drafts, \$2.75 domestic bottles, \$3.50 well drinks.

**Sevilla:** *Daily*, Open-7pm: \$4 well drinks, domestic and draft beer, house red and white wine. Tapas, flatbread and platter specials.

**The Shout House:** Tuesday, 7pm-close: \$3 Karl Strauss bottle, \$5 Smirnoff drinks, \$3 fish tacos. No cover. Wednesday, 7pm-close: \$3 domestic bottled beer, \$3 fish tacos. No cover. Thursday, 7pm-close: \$3 Miller Lite draft, \$5 Red Bull bomb shot, \$12 Miller High Life bucket. No cover with college ID or current military ID. Friday, 5-7pm: 1/2-off all Appetizers, 1/2-off all Drinks. Saturday, 6pm-close: \$15 Hurricanes/\$12 refills, \$8 big-ass beer/\$6 refills. Sunday, 7pm-close: \$3 Bud drafts, \$3 shot special, \$4 wells. \$1 off appetizers(except fries).

**The Stage Rock Bar & Grill:** *Daily*, 5-8pm: 1/2-off all wells, beer, wine.

**Time Out Sports Tavern:** *Monday-Friday*, 3-7pm: Discounted Appetizers, \$3 Domestic Beer, \$4.50 Craft Beer, \$4 Wells, \$3.50 House Wine, \$2 Jello Shots. *Saturday-Sunday*, 3-7pm: Discounted Appetizers, \$3 Domestic Beer, \$4.50 Craft Beer, \$4 Wells, \$3.50 House Wine, \$2 Jello Shots. 8:30-10:30pm: \$3.50 House Wine, \$4 Wells, \$5 Shots, \$8 Jumbo Pretzel + Beer, \$3 Carne Asada Tacos (w/ \$10 purchase).

#### EAST VILLAGE

Basic Urban Kitchen and Bar: Monday-Friday, 4-7pm: (Except during Padres games or special events) Drink specials. Signature pizza

**Monkey Paw:** *Daily*, 5-8pm: \$1 off local draughts and drinks.

**Toast Enoteca & Cucina:** *Monday-Friday*, 3-6pm: \$3 draft beers; \$5 wines by the glass; half-price antipasti. *Sunday*, All day: \$3 draft beers; \$5 wines by the glass; half-price antipasti.

#### EASTLAKE

Chili's: Monday-Thursday, Sunday, 3pm-close: \$1 off drafts, discounted margaritas. Discounted nachos, fried cheese. Friday, 3-7pm: \$1 off drafts, discounted margaritas. Discounted nachos, fried cheese.

#### **EL CAJON**

Main Tap Tavern: *Tuesday*, 3-6pm: Taco Tuesday, \$2.50 Fish Tacos. *Wednesday*, 3-6pm: Sliding scale casks; \$3 at 3pm, \$4 at 4pm, etc... *Friday*, 3-6pm: \$4 shots all day.

#### **ENCINITAS**

**3rd Corner Wine Shop & Bistro:** *Monday*, 3-6pm: \$5 house wine, \$6 wine flight, \$1 off all draft beers, \$6 beer flight, \$4 sangria, \$7 moscow mule, \$6 mandarin cosmo, \$6 blueberry lemondrop, no corkage on select bottles, food specials. *Tuesday-Saturday*, 3-6pm, 11pm-close: \$5 house wine, \$6 wine flight, \$1 off all draft beers, \$6 beer flight, \$4 sangria, \$7 moscow mule, \$6 mandarin cosmo, \$6 blueberry lemondrop, no corkage on select bottles, food specials.



WEDNESDAY FEB 5TH DOORS OPEN AT 9PM

# COYOTE UGING CRANDOPENING

**WEDNESDAY FEB 5TH \* DOORS OPEN AT 9PM** 

GREAT FOOD★ PIZZA★ ENTERTAINMENT ★ 820 5TH AVE★ SAN DIEGO★ GASLAMP QUARTER

# COYOTE UGLY SALOON

COYOTEUGLYSALOON.COM ★ FACEBOOK.COM/COYOTEUGLYSANDIEGO

Bullnen Pub & Grill: Monday Friday, 2-7pm, 10pm-2am: \$1 off draft beer, \$3 off pitcher, \$2 off wine.

Solace & the Moonlight Lounge: Monday-Friday, 3-6pm: \$1.50 oysters, drink specials on beer, wine & cocktails, discounted

Union Kitchen & Tap: Monday, 3pm-close: \$2 off craft cocktails: \$4/\$5 drafts, \$6 select wine glasses, \$2 off craft cocktails. \$9 slider trio. Tuesday-Friday, 3-6pm: \$2 off craft cocktails; \$4/\$5 drafts, \$6 select wine glasses, \$2 off craft cocktails \$9 slider trio

#### ESCONDIDO

Escondido Sports Pub: Daily, 6am-8pm: \$2.50 domestic bottles drafts, wells; \$3 well pints; \$4.50 tall domestic drafts.

#### FALLBROOK

Aqua Terra: Monday-Tuesday, 4-6pm: happy hour specials. Wednesday-Sunday, 4-6pm: happy hour specials; sushi happy hour: 1/2 off select

#### GOLDEN HILL

Turf Supper Club: Friday-Sunday, noon-4pm: \$1 off beer/wine/spirits. \$5 burger, chicken sandwich, hot links

#### GRANTVILLE

Tio Leo's: Monday-Friday, 3-7pm: \$3 domestic & Mexican pints; \$4 house margaritas, wells; \$5 street tacos, TJ hot dogs, carne asada fries, buffalo chicken tacos & more.

#### HARBOR ISLAND

The Boathouse: Daily, 2:30-5pm: \$1.99 margaritas, \$3 Cuervo margaritas and Karl Strauss, \$4 mojitos



**Happy Hour** \$1 off Heineken M-F 4pm-8pm

\$1 off Drafts & Calls 1/30 - Little Dove

1/31 - The Legacy Pack

2/1 - The Husky Boy **All-Stars** 

> 2/3 - Monday **Night Mass**

2/4 - Tiki Tuesday feat. **Adrian Demain's Exotica-Tronica** 

> 2/5 - DJ Grand **Masta Rats**

www.barpink.com

and sangria. \$6 ceviche, fish tacos; \$5 nachos, spicy wings, shrimp cocktail, chicken strips/fries; \$4 jalapeño

C-Level: Monday-Friday, 3:30-5:30pm: \$4 brews, \$5 specialty drinks, \$5 appetizers.

#### HILLCREST

Martinis Above Fourth: Monday-Thursday, 4-6pm. Everything discounted! \$6 Svedka Martinis, \$2 off any food/drink item \$10 or less \$3 off any food/drink item over \$10.

The Merrow: Monday-Friday. 5-8pm: \$3 wells, \$1 off drafts, \$5 craft beer flights.

The Snooty Asian: Tuesday-Sunday, 5-7pm: \$2 off wells, drafts, shot specials and appetizers.

Wine Steals: Tuesday-Friday, 4-7pm: \$5 for any cask wine, \$4 draft beers. \$2 off all 30 wines by the glass. Discounted food items. Saturday-Sunday, 11am-4pm: \$5 mimosa pints.

#### IMPERIAL BEACH

The Salty Frog: Daily, 4-8pm: \$3.50 wells, imported bottles.

Brody's Burgers & Beer: Monday-Friday, Monday-Friday, 3-6pm, \$2 off drafts, \$1 off potato sides.

Elbow Room: Monday-Friday, 3pm-7pm: \$1-off all drinks, drafts, bottles, Chico's Fish Taco \$1.75, Garlic Cheese Bread \$1.95, Loaded Tater Tots \$4.95, Jalapeno Poppers \$4.95, TJ Street Taco Pork \$1.50, Mac & Cheese \$4.95, Elbowroom Kettle Chips \$2.95, Sweet & Spicy Meatballs \$4,95, Onion Rings \$4.95, Nachos \$4.95, Potato Skins \$4.95, Cheeseburger & Fries \$4.95. Saturday, 10am-6pm: Well Drinks \$2.50, Any Draft Beer \$2.50, Happy Hour menu, Sunday, 9am-6pm: Well Drinks \$2.50, Any Draft Beer \$2.50, Happy Hour menu.

Proud Mary's Southern Bar & Grill at the Ramada: Daily, 4pm to 7pm- \$3 draft pint, \$4.25 premium well. \$3.00 Famous Bourbon Slushies Happy Hour specials all for \$5.00 each: Chicken & Waffles, Frito Pie, Shakin Bacon Tater Tots, Jambalaya & Red Beans, Spicy Shrimp, Proud Mary's Southern, Mac & Cheese, Chicken a Fried Asparagus, Fried Pickles, Shrimp & Crab Bon-Bons, Fried Pickles, &



# Set 'Em Up, Joe! BY JOSEPH O'BRIEN



PESCATELLO The Commons Bar 901 4th Ave., San Diego 619-696-8888 thecommonssd.com

he owner of The Commons Bar, Jake Pescatello, does more than deliver the rent and sign the paychecks of his employees. Starting in his father's modest East Coast restaurant empire as a dishwasher and busboy, he's always had a hand in what he calls "selling fun" in the hospitality business.

That salesmanship includes coming up with cocktails that he considers, in one of his preferred words,

In a good way, of course.

Take for example the creation he calls the Skinny Scorpion - riffing on the "Skinny Margarita" craze. Pescatello says he developed the drink with one eye cocked toward synergizing his cocktail and food menu and the other fixed on keeping the drink's promise as one of the bar's featured "Uncommon Cocktails."

"We saw that there was a demand in San Diego for something like the Skinny Scorpion," he says, explaining its genesis in terms of demographics and market trends.

But that's Pescatello speaking through his business owner hat - which he readily doffs and, trading it for a mixologist's, that's when he really gets down to business, describing the heart of his creation - the Espolon Blanco distilled in the Jalisco highlands.

"You're going to get all the typical notes associated with blanco tequila," he says, "but because of the high altitude of where it's made it's got a much smoother finish than most people are used to."

Waxing eloquent on the profile and nuances of his Skinny Scorpion, Pescatello says, the tequila works as a bright line between the cocktail's disarming first impression and the sudden strike of its spicy tail.

"What's going to hit the palate first is the sweetness of the lime juice and agave nectar," he says, "and then you're going to get the bright smoothness of the tequila and then a little bit of bite at the end with the fresh jalapeno. That's how it tastes. Sweet, bright and bite."

#### THE COMMONS BAR'S SKINNY SCORPION



In a cocktail shaker muddle-

- 1 oz. agave
- nectar • 1/4 oz. freshly squeezed Lime Juice
- 3 slices fresh jalapenos
- 5 fresh cilantro

Add ice to the shaker and pour

• 1.5 oz. Espolon Blanco Tequila

Shake vigorously, pour into a low ball with ice and top with a splash of soda water. Garnish with jalapeno wheel, lime slice and cilantro flower, and brace for the whiplash.

- Joseph O'Brien

Tajima Sushi & Japanese Tapas: Monday-Thursday, 5:30-7pm: \$1 hot sake & edamame, \$2 agedashi tofu, sunomono salad, \$3 karaage, \$5 happy hour roll.

#### KENSINGTON

Clem's Tap House: Monday-Friday, 4-6pm: \$2 off all beer and wine flights.

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

#### LA JOLLA

Beaumont's: Daily, 3-6:30pm: \$5 micro-craft drafts, \$3 Pacifico, \$5 mules, mojitos, margaritas; \$3 off specialty cocktails, \$5 house wine, \$4 wells. Food specials.

Eddie V's: Daily, 4-7pm: All libations \$2 off.

Edo Sushi: Monday-Friday, all day: Buy one sake, get one half off. 3-6:30pm: 25% off select nigiri and

Iberico Spanish Bistro: Daily, 3-6pm: \$4 draft beers, glasses of sangria, all tapas.

Su Casa: Monday-Friday, 5-7pm: \$3.25 mug or Bud Lite draft, \$3.50 house wine glass, \$4.50 margarita, single well drinks. 1/2-off select

Sushi on the Rock: Daily, 4-6:30pm: \$2 hot sake, beer(Coors Light, Dos Equis); \$3 cold nigori sake; \$4 Soju spritz; \$5 house wine. \$1.75 vegetarian roll, \$2.75 spicy tuna roll, \$3 katsu chicken slider/fries, \$4 potstickers, vakitori, wings

#### LA MESA

Mr. G's Tavern: Monday-Friday. Noon-7pm; \$3.50 wells; \$3.25 domestic pints; \$4.25 premium pints.

#### LINDA VISTA

Bull's Smokin' BBQ: Daily, 2-6pm: \$3 pints; \$9 Bud & Coors Light pitchers; \$2.50 bottled beer, \$2 PBR, \$12 select pitchers. \$2 pulled pork or beef brisket sliders, \$4.95 1/2-sandwich & side, \$3.95 pulled pork fries.

#### LITTLE ITALY

98 Bottles: Tuesday-Saturday, 5-7pm: \$5 off all bottles of wine, \$4 selected craft drafts, \$4 house wine by the glass, \$1 off wine and sake by the glass. \$1 off flatbreads and rice bowls.

Puerto la Boca: Monday-Saturday, 4:30-7:30pm: \$3 house wine, \$3.50 drafts, wells, \$6 house martini. 30% off appetizers, Sunday, All Day: \$3 house wine, \$3.50 drafts, wells, \$6 house martini. 30% off appetizers.

#### MIDWAY DISTRICT

Wine Steals: Tuesday-Friday, 4-7pm: \$5 for any cask wine, \$4 draft beers. \$2 off all 30 wines by the glass. Discounted food items. Saturday-Sunday, 11am-4pm: \$5 mimosa pints.

Callahan's Pub & Brewery: Monday-Friday, 4-7pm: \$3 select house beer, select domestic drafts, well drinks, house wine, \$1 off appetizers.

#### MIRAMAR

Brewski's Bar: Monday, 4-10pm: Buy One Get One 1/2 Off Drinks Tuesday, 4-10pm: \$1 Tacos, \$4 Corona & Dos XX, \$5 Patron Shots Wednesday, 4-10pm: \$4 Vodka Rockstars Thursday, 4-10pm: \$4 Jack & Coke Friday, 4-10pm: \$4 Fireball Saturday, 4-10pm: \$4 Jager Bombs Sunday, 4-10pm: \$1 Off All Beers Draft, Bottles & Tall Cans Starts at 10am During Football Season

The Filling Station: Monday, 11:30am-7pm: \$4 margaritas, \$4 Mexican beers. *Tuesday*, 11:30am-7pm: \$3 kamikazes, \$3 domestic drafts. Wednesday, 11:30am-7pm: \$5 stilletos, \$4 pink lemon drops, \$3 cosmos. Thursday, 11:30am-7pm: \$2.75 wells, domestic beers. Friday, 11:30am-7pm: \$4 bartender shots. Saturday, 11:30am-7pm: \$4 white Russians. Sunday, 11:30am-7pm: \$3 bloody marys.

#### **MISSION BEACH**

Barefoot Bar and Grill: Monday-Thursday, 3-6pm: \$5 cocktails and \$4 beers on tap for SD locals only. All draft beers are San Diego and California craft brews

Guava Beach Bar & Grill: Monday, Wednesday-Friday, 2pm-7pm: \$2domestic drafts, \$3 wells, \$4 premium/ craft drafts. Tuesday, 2pm-7pm: \$2 domestic drafts, \$3 wells, \$4 premium/ craft drafts. 6-10pm: Toss it Tuesday coin toss for 25¢ drinks. Sunday, open-7pm: Avodkalypse Sundays; \$4 build your own bloody marys, 50¢ off all

#### **MISSION HILLS**

**Lucha Libre Gourmet Taco Shop:** Monday-Thursday, 2:30-5pm: \$2.50 for Tecate & koozie.

Starlite: Monday-Saturday, 5-7pm: \$4 drafts, wells, \$1 off other drinks. Snack specials.

#### MISSION VALLEY

Dave & Buster's: Monday-Thursday, 4:30-7pm, 10pm-close: 1/2 price cocktails, beer specials, 1/2 off selected appetizers. Friday, 4:30-7pm: 1/2 price cocktails, beer specials, 1/2 off selected appetizers. Sunday, 10pm-close: 1/2

price cocktails, beer specials, 1/2 off selected appetizers.

#### NATIONAL CITY

Pier 32 Waterfront Grill: Friday, 3pm-sunset: \$2 domestic beer, \$3 import and local beer, \$5 house wine, mimosas, bloody marys.

#### NESTOR

Baja Oyster Bar: Monday-Thursday, All day: \$.99 fish tacos. 3-6pm: Two-for-one domestic bottle, discounted special roll.

#### NORMAL HEIGHTS

Heights Tavern: Monday-Friday, 4-7pm: \$4 well cocktail, select wines, select drafts. 5 appetizers for \$5 each, rotating daily.

Rosie O'Grady's: Daily, 4-7pm: \$2.50 wells, domestic beers. \$3.50

#### NORTH PARK

Bar Pink: Monday-Friday, 4-8pm: \$1 off drafts and calls. \$1 off Heineken.

El Comal: Monday-Friday, 3-7pm \$3 beer, \$4 wells. Two-for-one mixed

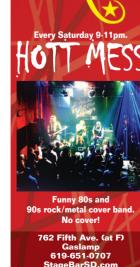
Crazee Burger: Monday-Thursday. Sunday, 3-6pm: \$2.99 drafts, \$3.99 all wine by the glass. Discount on select Munchies. Friday-Saturday, 3-6pm, 9-11pm: \$2.99 drafts, \$3.99 all wine by the glass. Discount on select Munchies.

Cricket's Pub and Grill: Monday-Friday, 8am-2pm: \$2 domestic pint, \$6 domestic pitcher. 4-6pm: \$2.50 domestic pints, \$.50 off domestic bottles, wells, pints.

Imig's Kitchen and Bar: Monday-Tuesday, Thursday, Saturday-Sunday, 4:30-6:30pm: \$2 off wine, \$4 beers. \$4 well cocktails. Wednesday, 4:30-6:30pm: \$2 off wine, \$4 beers, \$4 well cocktails. 1/2-price wine bottles. Friday, All Night: \$2 off wine, \$4 beers, \$4 well cocktails

Lips Restaurant: Sunday, all night: Industry Night, \$3.50 wells, \$5.50 calls. 25% off entrées & appetizers. Must show employee ID or pay stub.

Sabuku Sushi: Daily, 4-6pm; \$5 Shiso Crazee, \$5 Buku Bites, \$5 Buku Nachos, \$7 Twice Baked Mussels, \$8 Seared Ahi Tacos, \$5 Large 20+oz





Asahi or Sapporo, \$5 Rock Sake's, \$7 All cocktails & wines (by the glass).

#### OCEAN BEACH

Mother's Saloon: Monday-Friday, 3-7pm: \$1 off craft drafts, \$2 domestic drafts, \$2.75 well drinks. 1/2-off appetizers. Sunday, 4-8pm(during live music): \$1 chicken tenders, \$2 pork sliders, \$5 tater tots.

**Ocean Beach Kabob:** *Daily*, 2pm-6pm. 50% off all beers. \$2 Dos Equis all day!

#### **OCEANSIDE**

**Tremont Street Bar & Grill:** *Monday-Friday*, 4-5pm: 1/2 price well drinks, beers, wine, and appetizers. \$1 tacos & cheesy garlic bread.

#### OLD TOWN

Old Town Mexican Café: Monday, Wednesday-Friday, 3-7pm, 10pm-close: 1/2-off well drinks & selected appetizers. Tuesday, 3-7pm, 10pm-close: 1/2-off well drinks & selected appetizers. Taco Tuesday all day!

**Sushi Tadokoro:** *Daily*, 5-6:30pm: half-off all draft beers(Sapporo, Kirin, Asahi); 1/2-off hot sake. \$2 edamame, \$3 gyoza.

#### PACIFIC BEACH

**Sinbad Café**: *Daily*, 11am-8pm: \$1.50 domestic drafts, \$2.50 craft drafts, \$4.50 appetizers, \$12 hookahs/\$10 hookah refills.

**Tony Roma's:** *Monday*, 4-6pm: \$3 Bud Light & Shock Top pints, \$4 premium draft beer pints, \$3 well drinks & well wines, \$3 house margaritas & Long Island ice teas. 1/2-off all appetizers. (happy hour at bar only) *Tuesday-Friday*, 3-7pm: \$3 Bud Light & Shock Top pints, \$4 premium draft beer pints, \$3 well drinks & well wines,

\$3 house margaritas & Long Island ice teas. 1/2-off all appetizers. (happy hour at bar only) *Saturday-Sunday*, 1-4pm:
\$3 Bud Light & Shock Top pints, \$4 premium draft beer pints, \$3 well drinks & well wines, \$3 house margaritas & Long Island ice teas. 1/2-off all appetizers. (happy hour at bar only)

The Turquoise Café-Bar Europa: Daily, 4-7pm & after 10pm: \$3 artisan draft beers, \$4 wines & sangria. \$3 & \$4 tapas.

#### POINT LOMA

**Humphreys Backstage Music Club:** *Daily*, 5-7pm: 1/2-off select drinks & menu items (excludes holiday/concert nights).

**Solare Ristorante Lounge:** *Tuesday-Saturday*, 3-6:30pm: \$5 tapas, \$3 beer, \$5 select wine, \$6 select cocktails and wells. (bar & side lounge only) *Sunday*, 4:30-7pm: \$5 tapas, \$3 beer, \$5 select wine, \$6 select cocktails and wells. (bar & side lounge only)

#### **POWAY**

Phileas Fogg's Bar & Restaurant: *Monday-Friday*, 4-7pm: \$1 off beers on tap, \$1 off appetizers.

#### RAMONA

**Boll Weevil Restaurant:** *Monday-Friday*, 3-5pm: \$2 off all pitchers.

#### RANCHO BERNARDO

**Capri Blu:** *Daily*, 3-7pm: 1/2-price drafts, wells, discounted bar-menu food.

#### SAN MARCOS

Back Alley Grill: Tuesday, All Day: \$1 Taco Tuesday. Wednesday, All Day: 50¢ Wings Wednesday. Thursday, All Day: \$1 off pitchers Thirsty Thursday.

#### SCRIPPS RANCH

**La Bastide:** *Monday-Friday*, 4-6pm: \$6 drink specials, \$7 appetizer specials.

#### SHELTER ISLAND

**Humphreys Backstage Music Club:** *Daily*, 5-7pm: 1/2-off select drinks & menu items (excludes holiday/concert nights).

#### **SOLANA BEACH**

**The Saddle Bar:** *Monday-Friday*, 3-7pm: \$1 off drinks and drafts.

#### **SORRENTO VALLEY**

Karl Strauss Brewing Company: Monday-Thursday, 3-6pm: \$4 pints, flights, house wine, and well drinks. \$5 wings, hummus, calamari, chili lime sweet potato fries and spinach dip.

#### SOUTH PARK

**Hamilton's Tavern:** *Daily*, 5-8pm: \$1 off local drafts.

#### UCSD

**Porter's Pub at UCSD:** Daily, 11am-7pm \$3 Menu; 4pm-7pm \$1 off all beer

#### **UNIVERSITY CITY**

**Apollonia Greek Bistro:** *Daily*, 3:30-6:30pm: \$2.50 bottled beers, \$3.50 wine by the glass, \$3.50 Ouzo Aperitif.

#### UNIVERSITY HEIGHTS

**Small Bar:** *Daily*, 5-8pm: \$1 off local draughts and drinks.

#### VISTA

Vista Entertainment Center:

Monday-Wednesday, Friday, 11am-6pm: \$2 pints, house shots; \$2.50 domestic bottles; \$3.50 wells; \$9 pitchers. Thursday, 11am-6pm, 9pm-close: \$2 pints, house shots; \$2.50 domestic bottles; \$3.50 wells; \$9 pitchers.









(760) 637-2450

davinascabogrill.com

# **THEATER LISTINGS**

Theater listings and commentary are by Jeff Smith. Information is accurate according to material given us, but it is always wise to phone the theater for any last-minute changes and to inquire about ticket availability. Many theaters offer discounts to students, senior citizens, and the military. Ask at the box office.

#### The 39 Steps

Due to popular demand, Lamb's Players Theatre has moved its production to the Horton Grand. In the classic Hitchcock movie, Richard Hannay's caught in a web of international intrigue and becomes wanted on three continents. In Patrick Barlow's parody, Hannay goes through a warped looking glass and enters the Actor's Nightmare: He has a clue about a vital secret but narry a clue what to do next. The Lamb's Players show, brisk and beautifully timed, is goofy fun. David S. Humphrey, Kelsey Venter, Jesse Abeel, and Robert Smyth sprint through blink-of-aneye scenes and costume changes. Some of the funniest parts come when a bit doesn't work, by design. These supposed mishaps skewer the campy stuff the way the script skewers the movie. They also underline the dexterity of the cast and Deborah Gilmour-Smyth's spot-on direction. Worth a try.

HORTON GRAND THEATRE, 444 FOURTH AVE., DOWNTOWN SAN DIEGO, 619234-9583. 7:30PM THURSDAYS, 8PM FRIDAYS & SATURDAYS, 2PM SUNDAYS, THROUGH FEBRUARY 23.

#### Boio's Place

Written & directed by Jennie Hamilton to commemorate Black History Month.

COMMUNITY ACTORS THEATRE, 2957 54TH ST., OAK PARK. 619-264-3391. 7PM THURSDAY, 8PM FRIDAY & SATUR-DAY, 3PM SUNDAY.

#### **Anything Goes**

The great Cole Porter musical's been called fluff and silly, but it's about escape, from restrictions and the manic woes of the Depression. And when you sail on the S.S. American with Reno Sweeney, Moonface Martin, and Billy Crocker, the score will abolish woes as long as the ship's afloat, and maybe even longer. The Welk Resort production, ably directed and choreographed by Ray Limon, is a slow starter. But once Natalie Lucci (Reno), Shaun Leslie Sands (Moonface), and Joshua Carr (Billy) sing "Friendship," they take charge and the ship sails smoothly after that. In particular, Lucci's renditions of "I Get a Kick Out of You" and "Blow, Gabriel, Blow" are quite good. And the big production number, "Anything Goes," with 26 tap shoes clacking away, is worth the price of admission. Worth a try. WELK RESORT THEATRE, 8860 LAWRENCE WELK DR., ESCONDIDO. 888-802-7469. 1PM & 8PM THURSDAYS, 8PM SATURDAYS, 1PM SUNDAYS & WEDNESDAYS, THROUGH MARCH 23.

#### Bethanv

The Old Globe Theatre presents Laura Marks's drama about a single mother who, during the height of the foreclosure crisis, loses more than her house. Gaye Taylor Upchurch directs.
OLD GLOBE THEATRE, 1363 OLD GLOBE WAY, BALBOA PARK. 619-234-5623.
8PM THURSDAYS & FRIDAYS, 2PM & 8PM SATURDAYS, 2PM & 7PM SUNDAYS, 7PM TUESDAYS & WEDNESDAYS, THROUGH FEBRUARY 23.

#### Bug

Peter's convinced a "matriarchal aphid" is spawning a world-wide infestation from Agnes's motel room in Oklahoma. He says he was part of a four-year, government experiment at Area 51 and had bug egg-sacks injected under his skin. Is he insane? Or has he put all the pieces together and discovered, as William S. Burroughs said, "paranoid means having all the facts." Ion Theatre's production of the Tracy Letts's thriller has some uneven acting but offers two raw performances (literally, since they play several scenes naked) by Steve Froehlich, as the incrementally manic Peter, and Hannah Logan, as Agnes, for whom Peter is myriad steps up from her husband, Jerry, who just got out of prison and is headed her way. Worth a trv.

ION THEATRÉ, 3704 SIXTH AVE., HILLCREST. 619-600-5020. 8PM THURSDAYS & FRIDAYS, 4PM & 8PM SATURDAYS, THROUGH FEBRUARY 8. 619-299-2583 RPM WFDNESDAY

# The Complete Works of William Shakespeare (Abridged)

Trinity Theatre reprises its popular production of the sprint — by Adam Long, Daniel Singer, and Jess Winfield — through the Bard's opus. Terri Bratcher directs.

OCEAN BEACH PLAYHOUSE, 4944



PowPAC stages the farcical Don't Dress for Dinner through February 16.

NEWPORT AVE., OCEAN BEACH. 619-222-0836. 7PM FRIDAY, 2PM & 7PM SATURDAY

## Crumbs from the Table of Jov

Moxie Theatre presents Lynne Nottage's the story of Ernestine Crump. The young African American's life is upended when her communist aunt moves in preaching feminism and her father comes home with a new white wife. Delicia Turner Sonnenberg directs.

MOXIE THEATRE, 6663 EL CAJON BL., SUITE N, ROLANDO. 858-598-7620. 8PM THURSDAYS, FRIDAYS, & SATURDAYS, 2PM SUNDAYS, THROUGH MARCH 2.

#### **Don't Dress for Dinner**

PowPAC stages Marc Camoletti's farce about Bernard's rendezvous with his mistress that goes woefully astray when his alibi shows up that day. Sherrie Colbourn directs. POWPAC, 13250 POWAY RD., POWAY. 858-679-8085. 8PM FRIDAYS & SAT-URDAYS, 2PM SUNDAYS, THROUGH FEBRUARY 16.

#### Fiddler on the Roof

Lamb's Players is reprising one of the best shows they've ever done. Ever! Robert Smyth and Deborah Gilmour Smyth have co-directed this feast for the eyes and ears, including non-traditional elements (Mike Buckley's set could be a painting by Marc Chagall; the back-up band plays klezmer instruments, and the fiddler's live: Ernest Saucedo weaves through the story and enchants throughout). Sam Zeller heads a strong cast as Tevye, an impish Job who watches his family, and his world (a Jewish shtetl on the cusp of change), collapse around him. From individual voices to choral effects, the production's a treat. And when the script calls for an over-the-roof image, as in Tevye's dream, the show delivers.

LYCEUM THEATRE, 79 HORTON PLAZA, DOWNTOWN SAN DIEGO. 619-544-1000. 7:30PM THURSDAYS, 8PM FRIDAYS, 2PM & 8PM SATURDAYS, 2PM SUN-DAYS. THROUGH FEBRUARY 2.

#### The Fox on the Fairway

OnStage Productions presents Ken (*Lend Me a Tenor*) Ludwig's farce about the annual competition between rival country clubs and the "dastardly tricks" up Dickie Bell's sleeve to win the trophy. Bob Christiansen directs.

ONSTAGE PLAYHOUSE, 291 THIRD AVE., CHULA VISTA. 619-422-7787. 8PM THURSDAYS, FRIDAYS, & SATURDAYS, 2PM SUNDAYS, THROUGH FEBRUARY

#### **Five Course Love**

Scripps Ranch Theatre continues its 35th season with the chamber musical, by Greg Coffin, that's a "sample platter of styles" presented in a "date-night" format of five short plays. Joey Landwehr directs. SCRIPPS RANCH THEATRE, 9783 AVENUE OF NATIONS, SCRIPPS RANCH. 858-578-7728. 8PM FRIDAYS. & SATURDAYS. 2PM SUNDAYS. THROUGH

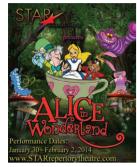


#### **SCHOOL PLAYS**

# ACTING AND MUSICAL THEATER SHOWCASE

JAN. 30 2:30PM, JAN. 31 7PM SCHOOL OF CREATIVE AND PERFORMING ARTS

#### **ALICE IN WONDERLAND**



JAN. 30 & JAN. 31 7PM; FEB. 1 & 2 2PM & 7PM MAXINE THEATER

#### **ANNIE**

FEB. 14 & 15 7PM, FEB. 16 2PM, FEB. 21 & 22 7PM, FEB. 22 & 23 2PM GREENFIELD MIDDLE SCHOOL

#### CABARET NIGHT

FEB. 22 6:30PM SAN DIEGUITO ACADEMY CLAYTON E. LIGGETT THEATER

#### **CAUGHT IN THE ACT**

FEB. 6, 7, 8 7PM WESTVIEW HIGH SCHOOL

# THE COMPLETE WORKS OF SHAKESPEARE

JAN. 31 7PM; FEB. 1 7PM, FEB. 2 2PM, FEB. 7 & 8 7PM CORONADO HIGH SCHOOL

#### **GUYS AND DOLLS**

MAR. 27, 28, 29 RANCHO BERNARDO HIGH SCHOOL

#### **HOT MIKADO**

FEB. 20 2:30PM, FEB. 21 7PM, FEB. 22 2PM & 7PM, FEB. 27 2:30PM, FEB. 28 7PM; MAR. 1 2PM & 7PM, MAR. 6 2:30PM, MAR. 7 7PM, MAR. 8 2PM & 7PM SCHOOL OF CREATIVE AND PERFORMING ARTS

#### LITTLE WOMEN

FEB. 7, 8, 13, 14, 15 7PM POWAY HIGH SCHOOL

#### **MACBETH**

FEB. 6, 7, 8, 13, 14 7PM BISHOP'S SCHOOL

#### **ROMEO AND JULIET**



JAN. 30 & 31 7PM; FEB. 1 2PM & 7PM, FEB. 2 2PM
LA COSTA CANYON HIGH SCHOOL

## SENIOR DANCE PRODUCTION

MAR. 20, 21, 22 7PM MOXIE THEATRE

#### STEEL MAGNOLIAS

MAR. 6, 7, 8 7PM SAN DIEGUITO ACADEMY CLAYTON E. LIGGETT THEATER

To list a school play, go to sdreader.com/events/submit and select School Plays as the category.

FEBRUARY 23.

#### The Glass Menagerie

Plain View Theatre Company presents a Palomar Theatre Ensemble production of Tennessee Williams's classic memory play. Jared Spears directs.

HOWARD BRUBECK THEATRE AT PALOMAR COLLEGE, 1140 W. MISSION RD., PALOMAR COLLEGE. 760-744-1150. 8PM FRIDAY & SATURDAY, 2PM SUNDAY.

#### Life Is Just a Bowl of Cherries Mojalet Dance Collective Presents

"Life Is Just a Bowl of Cherries," choreographed by Patricia Sandback. This is a fun show that touches on fascination with soap operas. There is drama, humor, and even some commercial breaks.

BERNARDO WINERY, 13330 PASEO DEL VERANO NORTE, RANCHO BERNARDO.

858-487-1866. 4PM & 7PM SATURDAY, 2PM & 5PM SUNDAY.

#### Macbeth

Intrepid Shakespeare Company presents Shakespeare's "Scottish tragedy" about brutal ambitions and enigmatic prophecies. Christy Yael-Cox directs.

SAN DIEGUITO ACADEMY CLAYTON E. LIGGETT THEATER, 800 SANTA FE DR., ENCINITAS. 760-752-1121. 2PM SUN-DAYS, 7PM SUNDAYS, 7:30PM WEDNES-DAYS, THROUGH FEBRUARY 16.

#### Maple and Vine

Cygnet Theatre presents the South-

ern California premiere of Jordan Harrison's comedy about a couple "who have become allergic to their 21st-century lives and move into a closed community of 1950s reenactors" and forsake all modern conveniences. Igor Goldin directs. CYGNET THEATRE, 4040 TWIGGS ST., OLD TOWN. 619-337-1525. 7:30PM THURSDAYS, 8PM FRIDAYS, 3PM & 8PM SATURDAYS, 2PM SUNDAYS, 7:30PM WEDNESDAYS, THROUGH FEBRUARY 16.

#### Nunsense

Moonlight Stage Productions opens its winter season with the "habit-forming musical comedy" about the five remaining Sisters of Hoboken who must stage a variety show to bury the other 45, who died of food poisoning. Carlos Mendoza directs and choreographs.

AVO PLAYHOUSE, 303 MAIN ST., VISTA. 760-724-2110. 7:30PM THURSDAYS & FRIDAYS, 2PM & 7:30PM SATURDAYS, 2PM SUNDAYS, THROUGH FEBRUARY 9.

# Ring of Fire: The Music of Johnny Cash

The Laguna Playhouse presents a tribute of over 30 songs by the legendary "Man in Black," including "I've Been Everywhere," "I Walk the Line," and the title song. Steve Steiner directs.

LAGUNA PLAYHOUSE, 606 LAGUNA
CANYON RD., LAGUNA BEACH 7:30PM
THURSDAYS & FRIDAYS, 2PM
SATURDAYS & SUNDAYS, THROUGH
FERRIJARY 2

#### **AUDITIONS**

## A Funny Thing Happened on the Way to the Forum

WELK RESORT THEATRE

8860 Lawrence Welk Dr., Escondido

Ages 18 to 65. No weekday matinees for this production. Fridays through Sundays only. Runs March 28 through April 20. Directed and choreographed by Ray Limon; musical direction by Matthew Naegeli.

Auditions: FEB. 2 10AM & 6PM, FEB. 3 7PM



#### Into the Heights

SAVILLE THEATRE AT SAN DIEGO CITY COLLEGE 14th and C St., City College

Bring a song and your best moves. Seeking Latin/hip-hop—a community of actors/singers/dancers. You do not need to be a student to audition, but you will must enroll in classes if you are cast. Free parking in faculty/staff lot 8. Director: June Richards, *jurichar@sdcd.edu*.

Auditions: FEB. 8 NOON

#### **Faded Glory**

NORTH COAST REPERTORY THEATRE
987-D Lomas Santa Fe Dr., Solana Beach
Seeking AEA and local non-equity submissions. Email
headshot and resume to casting@northcoastrep.org.
Deadline: Saturday, February 1, 5pm. Directed by Da-

vid Ellenstein. First rehearsal: April 29. Tech weekend: May 24 and 25. Previews: May 28 to 30. Runs May 31 to June 22, possible extension June 25 to 29. Auditions: FFB. 23. 24

#### The Jungle Book

THEATRE ARTS SCHOOL OF SAN DIEGO 2650 Truxton Rd., Suite 203, Liberty Station Kipling's beloved Indian tale, adapted and directed by TAS+SD founder Courtney Corey, with many roles for both boys and girls. All cast members will have an opportunity to create, explore, and shine on stage. Ages 6 to 18. Rehearsals begin March 20 (Thursdays and Sundays only). Performances June 5 to 7 at The White Box Theatre at NTC.
Auditions: FEB. 2 9AM. FEB.3 4:30PM

#### San Diego Follies

CHRISTIAN COMMUNITY THEATER 1545 Pioneer Way, El Cajon

Christian Community Theater's seventh-annual San Diego Follies Goes Hollywood, a musical/dance review of Hollywood blockbusters. Features seniors ages 55+ performing dance numbers, solos, duets, instrumentals, and comedy routines. Friday, February 7, 6:30pm to 8:30pm: Vocalists, solos, and groups. Saturday, February 8, 10am to 11am: Dance, kick-line, and showgirls. 11am to 1pm: Specialty acts, solos, and ensembles. Auditions limited to one minute. Bring a CD or sheet music. Must be 55 or older. To make audition appointment call box office: 619-588-0206. Auditions: FEB. 7 6:30PM, FEB. 8 10AM

#### The Wiz

VISIONARY PERFORMANCE SPACE 7202 El Cajon Bl., North Park

Age range for principals and chorus members: 8 to 18. Munchkins: 4 to 8. Callbacks: February 8 at 2pm. Performance dates: April 2014. For Dorothy, you must

sing "I Wish I Was Home" or "Home." All others, a twominute song from any musical — bring your backing track on CD or iPod. Please dress in clothing that you can move and dance in. Auditions: FEB. 8 9AM



#### **Legally Blonde**

CORONADO HIGH SCHOOL

650 D Ave Coronado

A ditzy and naive sorority girl uses her beauty and brains at Harvard Law School. Auditions for the Spring musical. Meet in the music studio. Performances April 25, 26, 27, May 2, 3

Auditions: FEB. 3 2:30PM

# Writer's Block: A Festival of One-Act Plays

RANCHO BERNARDO HIGH SCHOOL 13010 Paseo Lucido, Rancho Bernardo Performances May 15 and 16. Auditions: APR. 2

To add your audition to our listings, go to sdreader.com/events/submit and select Auditions as the category.

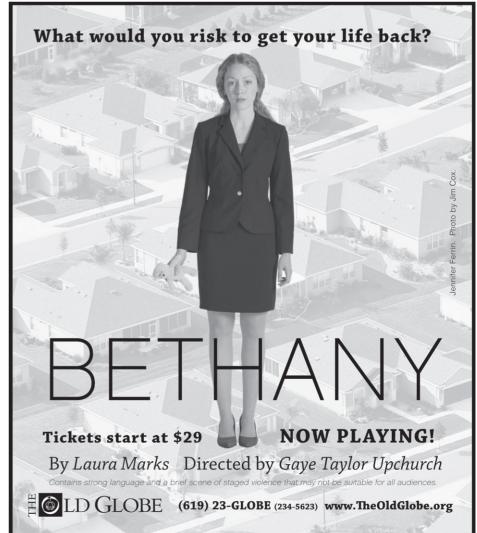
#### Theophilus North

As part of its New Works Reading Series, the North Coast Repertory Theatre presents Matthew Burnett's stage adaptation of Thornton Wilder's novel about 30-year-old-Theophilus stranded in posh Newport, Rhode Island. Kathy Brombacker directs. Admission is free. NORTH COAST REPERTORY THEATRE, 987-D LOMAS SANTA FE DR., SOLANA BEACH. 858-481-1055. 7:30PM MONDAY.

# Who Am I This Time (& Other Conundrums of Love)

The North Coast Rep's offering an always entertaining, if undemanding, evening of theater. Aaron Posner adapted three of Kurt Vonnegut's stories for the stage. Remarkably upbeat, they detail love's varieties, enacted in a small community theater in a small Connecticut town in 1962. Directed by Andrew Barnicle, many of the cast play multiple (often opposite) roles, as when Jason Maddy and Christina Flynn are faded wallflowers, by day, and bang the house down Stanley and Stella in Streetcar by night. Cynthia Marty's a modest housewife and the ever-trusting Blanche Du Bois. Tom Newton's an engaging, Our Town-like narrator. The design work serves the show well, especially Marty Burnett's set, at once spare and functional and teasingly abstract, much like Vonnegut's prose. Worth a try.

NORTH COAST REPERTORY THEATRE, 987-D LOMAS SANTA FE DR., SOLANA BEACH. 858-481-1055. 8PM THURS-DAYS & FRIDAYS, 2PM & 8PM SATUR-DAYS, 2PM & 7PM SUNDAYS, THROUGH FEBRUARY 2.



San Diego Reader January 30, 2014

# Little ones

MOVIES

nother Oscar season, another opportunity to wonder aloud why it is that, in this age of supposedly dwindling attention spans, there has not been an explosion of interest in the short-film form. Tired of formulaic features that have to hit their five-act beats or ride their dramatic arcs or cover their four quadrants or whatever it is they're doing besides

showing and telling a good story? Then why not head over to the Ken this weekend

to sample the more varied fare on display in this year's Oscar-nominated short films?

There probably isn't much point in trying to pick a winner from among the animated offerings, since I haven't had a chance to see *Get a Horse*, Disney's nod to its storied past. (Hey, Mickey!) The Academy may have ignored *Saving Mr. Banks*, but that concerned Disney the man. What Disney made? That's the sacred mouse. And besides, 2013's Pixar short (*The Blue Umbrella*) was almost as dull and derivative as 2013's Pixar movie (*Mon-*

sters University). What's the Academy gonna do, experiment?

So, surveying the films for which it will have been an honor just to be nominated...

Mr. Hublot wordlessly tells the story of a man, nearly-but-maybe-not-quite-as-mechanical as the steampunk world he inhabits, who allows the incessant, whimpering yaps

of a stray (mechanical) pup to overcome his obsessive devotion to neatness and control.

(Stray? Doesn't this world's robot Bob Barker remind folks to remove the lug nuts on their pets in order to prevent such unwanted contraptions?) The many locks on even the door that leads to his balcony tell you right up front about Hublot's attitude toward the chaotic world at large. Speaking of large, the grateful and entirely sweet-natured beastie grows apace, which is enough to make you wonder why they bothered to render the world as mechanical in the first place, since machines don't usually grow when you feed, er, fuel them. Oh, that's right: for the payoff at



Get a Horse: Look back in wonder — and also dismay.

the end, a bit of Holy God did the just misdirection that doesn't quite pay off, given how much it costs. The whole thing is rendered in hypersharp CGI, which makes it the visual opposite of...

*Feral*, the (similarly wordless) story of a wild boy's adventures in civilization. Everything here is handmade (or

at least looks like it), and the forms are full of shadow and suggestion — a minimum of detail to make room for a maximum of mood. A child's scrawlings on playground cement provide some of the only color, and it's for the best: any more would only distract from the flow and shift of the

images. The story is rough in several senses: violence of various kinds abounds (wolves devouring their prey, schoolkids mocking an outcast, etc.), and it seems in no hurry to explain itself or lead the viewer to any particular vision. Not everything has to have a point, though, especially when it's this





# ENTER TO WIN TICKETS TO AN ADVANCE SCREENING OF

# THE MONUMENTS MEN

# TO ENTER, VISIT **SDREADER.COM** AND CLICK **"CONTESTS"**

DEADLINE TO ENTER IS FRIDAY, JANUARY 31ST AT 1:00PM.

This film has been rated PG-13 by the MPAA for the following reasons: SOME IMAGES OF WAR VIOLENCE AND HISTORICAL SMOKING.

\*No purchase necessary. Void where prohibited or restricted by law. Passes will be awarded at random from all eligible entries on or about January 31st.

Screening will be held on February 5th at a San Diego area theater. Employees of The Reader, Columbia Pictures and their immediate families are not eligible. Please refer to screening pass for further restrictions.

# **IN THEATERS FEBRUARY 7**

www.monumentsmenmovie.com

brief and evocative — which makes it the affective opposite of...

Room on the Broom, a children's book about flight that is weighted down by its source material. This is one that should have been wordless. I can imagine a child enjoying the book, but no kid needs to hear insipid rhymes telling him (at roughly onequarter speed) what he's already seeing enacted onscreen. It's even worse when it tells him what he is clearly not seeing (a bird's "ear-splitting shriek" is actually a mild caw, etc.). The story, which concerns a witch who accidentally wakes a hungry dragon, is not nearly as interesting as it might sound. Instead, it goes hard to repeated scenarios, enacted with all deliberation and without nearly enough charm to make this feel like anything but a slog. Perhaps the fact that it debuted as a TV special explains the runtime-onthe-rack feeling, which makes it the structural opposite of...

Possessions, my favorite among the animated also-rans. Sure, its mix of 2-D and 3-D is showy and weirdly unintegrated in places (the hero's feet never quite seem to touch the ground as he walks through the woods). But it's also gorgeous, and even the lack of integration feels like a theatrical element, a limitation of the form that gets played for effect. The story verges on folkloric: a fix-it man takes refuge in an abandoned shed during a storm; once inside, he has a series of encounters with the ensouled(!) artifacts inside. Each is more alarming than the last, but our buff handyman is unfazed, and even eager for the experience. And - blessed relief - despite the technical bravado, no single effect or scene gets dragged out past the boring point. Showy without showing off, neither pointless nor pointed — a solid short.

The live-action slate features a trio of heartrending horrors: It Wasn't Me (child soldiers in Africa), Helium (terminally ill child), and Just Before Losing Everything (wife beating). The last takes the most artful approach, focusing on the mundane complications involved in pulling out of a bad situation before it gets any worse and without interference from the man who shares your life. The kids have to be taken out of school, the boss has to be informed...oh, and it'd be nice to have a place to land and a little money to get by. So many details; the important thing is not to panic which is easier said than done. Lea Drucker is excellent as the wife who finds herself relying on her coworkers at the department store to save her from destruction. The look and feel of the film are completely grounded and natural, which makes it the tonal

opposite of...

Helium, the story of a hospital orderly who learns that a dying boy fears heaven will be boring. So he sets out to craft a heaven more to the boy's liking, one full of airships, floating houses, and the kind of air that makes a sick boy well enough to play soccer. Eventually, the sadness of his endeavor threatens to overwhelm him. "I'm telling him lies," he laments to a sympathetic nurse. "No," she replies, "You're giving him hope." So he presses on toward the end, which, when it comes, is either bold or outrageous, or maybe both. Kindness is the main thing here, which makes it the thematic opposite of...

It Wasn't Me, a grueling, openeyed look at brutality. A husbandand-wife team of Spanish doctors get apprehended by a local militia and accused of "stealing" the general's army of child soldiers. What follows is harrowing and awful and over-the-top, it's unblinking camera providing only the occasional cut to the present day for respite. In that present, one of the formerly gun-toting children is telling his story to a group of students. It's what the film has to offer by way of hope: the story can be told. Maybe then it will gain meaning. That's the only thing separating it from the bleak worldview behind...

The Voorman Problem, which plays like more of an unusually goodlooking and star-powered sketch than a short film. Martin Freeman — aka Bilbo Baggins, aka John Watson on the BBC's Sherlock — plays a head doctor called in to examine the psyche of a prisoner (a superior Tom Hollander) who has convinced his fellows (and himself, apparently) that he is a god. Though the film is adapted from a section of David Mitchell's novel number9dream, it might just as well have been an angry comedian's riff on the creationist notion that God created the fossil record just to mess with us about the real age of Earth. Director Mark Gill wisely chooses to end things before they spin out of control, and his chosen method is blackly comic and not a little nasty. Between the tragic force of the first three and the star wattage on display here, it's hard to believe that anyone noticed...

Do I Have to Take Care of Everything?, a sweet and gentle take on familial chaos. As in every sitcom (and, admittedly, much of real life), Mom is called upon to do the heavy lifting when it comes to getting somewhere in something approaching good order and on time. But if Mom is herself a bit scattered — well then, there's nothing for it but to keep smiling and take the will for the deed. The main thing

is love, anyway. I'll probably end up rooting for this one just because it's such an underdog.

— Matthew Lickona

## MOVIE LISTINGS

All reviews are by Scott Marks, Matthew Lickona, and Duncan Shepherd.
Priorities are indicated by one to five stars and antipathies by the black spot.
Unrated movies are for now unreviewed.
Thousands of past reviews are available online at SDReader.com/movies.

12 Years a Slave — Hollywood continues to pay reparations for Gone With the Wind with this elegiac adaptation of Solomon Northrup's autobiographical saga of a free black man forced into bondage for a dozen years. They might just as well have named it The Passion of the Slave. Chiwetel Ejiofor suffers well under the immutable tongue and whip lashings of Paul Giamatti, Paul Dano, and Michael Fassbender, all playing scenery consuming variations on animalistic crackers we've come to despise in much better surroundings. (Say what you will, your money would be better spent renting Mandingo and Beloved.) In its own saintly manner, it's as exploitative as anything critics accused Django Unchained of being, minus Tarantino's eye for idiosyncrasy and sense of humor. After correctly likening the film's torture porn quotient to that of a Saw sequel, a colleague asked, "Who would want to see this movie?" Answer: Every voting member of the Academy. Steve McQueen (Shame) directed. 2013. — S.M. ★ (IN WIDE RELEASE — SEE SHOWTIMES)

**All Is Lost** — Viewers of a certain age may remember Robert Redford as one of the great handsome men of cinema. The sun-kissed skin, the wind-tousled hair. the little-boy smile that let you know he couldn't lose. Like the title says, all is lost. Disaster rouses an solo vachtsman from comfortable sleep: a drifting shipping container has punched a hole in his boat. Skillful efforts at repair and recovery eventually give way to a grueling struggle to simply survive. The sun blisters, the wind ravages, the face twists and sags. The metaphor - we're all on a journey, people — is kept mostly in the background, but the lack of dialogue and singular focus make it impossible to miss. (Just about the only time writer-director J.C. Chandor takes the camera off Redford is to give us gradually deepening shots from below the life raft: first minnows, then a school of fish, then predators, and finally, sharks.) 2013. - M.L. ★★★ (ARCLIGHT LA JOLLA)

American Hustle — A heaping helping of period pleasure from director David O. Russell. Irving Rosenfeld (a gutty Christian Bale, resplendent in combover and ascot) is a '70s Jay Gatsby without the class anxiety, a man comfortable with the notion that everybody is, like him, working the con — getting along by lying about themselves (and often, to themselves). And of course, he's got a Daisy Buchanan in Sydney Prosser (Amy Adams, acting her heart out), his partner in love and hustling. But even a happy Gatsby may run afoul of a bully afflicted with overweening ambition and delusions of superiority — in this case, Bradley Cooper's FBI agent, who ropes the pair into helping him go after bigger game. And then there's the Other Woman (Jennifer Lawrence), the sexy blonde who's only half as dumb as she looks.

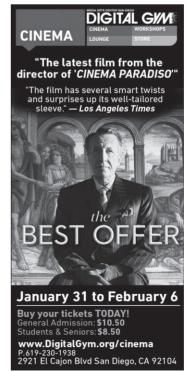
There's a suitably twisty plot, but the point here is the people. It's a bit overlong and overmuch, but it's still a helluva party. 2013. — M.L. \*\*\* (IN WIDE RELEASE — SEE SHOWTIMES)

Anchorman 2: The Legend Continues — Having romped around the harmlessly inane world of local television news in the original, well-coiffed anchorman Ron Burgundy & Co. (Will Ferrell, Steve Carell, David Koechner, and Paul Rudd) enter a world that is much more serious and in much more need of lampooning: the nightmare of infotainment, pandering, and propaganda that is cable television news. It's the sort of embiggening that a sequel demands, but the film isn't much interested in the challenge. (If anything, it makes fun of the challenge: Carell's weatherman, once merely simple, goes full nutjob in this one.) This isn't satire, or even spoof — it's farce. If you expect more than that, fart noise. The great majority of the proceedings are devoted to Ron's ridiculous personal life, '80s callbacks, and an endless barrage of gags. It's very likely that you'll laugh at some of them. Possibly in spite of yourself. With Christina Applegate. 2013. — M.L. ★ (IN WIDE RELEASE —

**At Middleton** — More like *At Middlington*, amirite, fellas? Stolid dramedy that plays like a Boomer fantasy of what Gen-Xers must be feeling now that their kids are heading off to college. Vera Farmiga, never less than fascinating, is in full wacky Diane Keaton mode as a free-spirit mom with a type A (and capital B) daughter. Andy Garcia plays a cardiac surgeon named Hartwell — and

SEE SHOWTIMES)





no, making a note of it in your thudding script does not make it okay - as if he's under sedation. His son isn't sure what he wants from life, but he knows he wants to work at the college radio station under the tutelage of the world's worst Wolfman lack impersonator. Because the kids today? They love radio. Our middle-aged mom and dad clash at first, but you know what they say about opposites: they often decide to ditch their kids on a college tour and spend the day stealing bikes, climbing bell towers, crashing drama classes, and otherwise participating in an old person's fantasy of collegiate freedom. The campus, however, is really, really pretty. 2014. - M.L. ● (READING GASLAMP)

August: Osage County — This year's entry in the dysfunctional family holiday sweepstakes is a heaping plate of fried green magnolias. The Weston clan and company gather in Tulsa to mourn the suicide of the family patriarch and wind up wishing that their beastly, cancer-riddled mother (Meryl Streep) could trade places with him. John Wells who scored big with his debut feature, The Company Men, does little besides can the setbound collection of dinner table tour-de-screamfests that make up Tracy Letts's 2008 Pulitzer Prize-winning play. Piper Laurie would have been a better casting choice than Streep, who, for the first time in her



FRIDAY, JANUARY 31<sup>ST</sup>

LA JOLLA SAN DIEGO
AMC La Jolla 12 Landmark's Hillcrest Cinemas (619) 298-2904

# Calendar MOVIES

otherwise spot-free career, acts as both willing assistant and active ingredient in the ghastliness. There's enough leftover cud from her tempestuous scenery chewing to feed the cast. If this is what passes for Award-winning, state-of-theart thee-a-tuh, thank God for the movies! With Julia Roberts, Ewan McGregor, and Chris Cooper, the latter manage ing to emerge with his dignity intact. 2013. — S.M. ● (IN WIDE RELEASE — SEE SHOWTIMES)

Captain Phillips — If you can get past the bombastic score and the wavering, seasick camera and what is perhaps the hackiest, laziest opening-scene conversation of the year, you might find something remarkable in Captain Phillips: a quietly scathing critique of American exceptionalism, wrapped in a story of American survival. Captain Richard Phillips (beloved everyman Tom Hanks), whose cargo ship is boarded by Somali pirates bent on obtaining a ransom, is the victim throughout. But consider those bad guys. One of them winds up with broken glass in his foot because (a) the crew proves resourceful in their efforts to slow him down and (b) he has no shoes. Eventually, the lovely long shots of massive Navy gunships trailing behind a tiny lifeboat that is trying to reach the shore start to sink in. On the one hand, we're fighting to preserve civilization and the rule of law. On the other, they're fighting for survival, 2013. — M.L. \*\* (ARCLIGHT LA IOLLA: READING CARMEL MOUNTAIN; READING TOWN SOUARE)

Caught in the Web (Sou Suo) - As bold departures go — this is the director Chen Kaige's second non-period picture in over two decades - it's an exhilarating experience to behold; there's not an off-balance 'Scope frame or mistimed cut in this rapid fire, multi-character drama. On the bus ride home following a routine checkup that brought to light a terminal illness, a young Chinese secretary (Yuanyan Gao) refuses to vacate her seat for a senior, thus becoming the subject of a cell phone video and its accompanying viral notoriety. Kaige (Farewell My Concubine), a master of austerity, not hilarity, can't give his film the edgy oomph needed to transform it into the balls-out satire it so rightly deserves to be. (The biggest comedic roadblock is the director's decision to keep his protagonist's prognosis a secret from the other characters.) After 30 minutes he stops trying, as social barbs are gradually replaced by more familiar themes of romantic longing. — S.M. ★★★ (LANDMARK HILLCREST)

Dallas Buyers Club — Matthew McConaughey plays a bag-of-bones, good ol' boy piece of sex-addled trailer trash who has the misfortune to bang the wrong (female) intravenous drug-user (HIV+) in the wrong way (sans condom) in the wrong place (darkest Texas) at the wrong time (the panicked, unmedicated '80s). Suddenly, he's cast out among those he hates, and overdosing on the only medicine out there (AZT), which nearly kills him. (The bastards at Big Pharma and the FDA, eager to cash in on the AIDS panic, are running human trials.) Eventually, he heads south of the border to visit a disgraced doctor who knows what's good for him. And what's good for Ron is good for his fellow sufferers, including Rayon, a junkie trans woman played with mesmerizing commitment by Jared Leto. So our hero starts peddling meds and making bank, and learns to love along the way. Naturally, the authorities object. With Jennifer Garner 2013. — M.L. ★ (IN WIDE RELEASE -SEE SHOWTIMES)

**Devil's Due** — Pregnancy can be hell hev-o! You know what would have made Rosemary's Baby so much more awesome? Found footage and more special effects. Yeah. (IN WIDE RELEASE — SEE

**Frozen** — Like the Broadway-bound Ice Capades holding its first out-of-town tryout that it's destined to become, Frozen is a glacially stiff, perpetually unamusing animated musical with a talk-singing score that will leave one pining for the lifeless soundtrack to The Princess and the Frog. Chris Buck (Tarzan) and Wreck-It Ralph co-author Jennifer Lee shared the directing duties. Come for the feature, leave after the five-star featurette. Lauren MacMullan's Get A Horse, the new vintage Mickey Mouse short that opens the show, is a whirlwind animated history lesson that pays loving tribute to everything from '20s "rubber hose" cartooning to contemporary 3D CGI. In six minutes, Ms. MacMullan, the first woman ever to direct a Disney picture, presents a virtuoso study in depth and motion: you'll want to duck from all the flying debris once the merry-go-round breaks down. It's easily the best short to come out of Burbank since Uncle Walt left us. 2013. — S.M. ● (IN WIDE RELEASE — SEE SHOWTIMES)

**Gimme Shelter** — Having recanted her polished Disney decency with two exercises in high-concept sleaze (Sucker Punch, Spring Breakers), Vanessa Hudgens goes for earnest drama (complete with frumpy-grungy appearance) as Apple, the abused daughter of a meth whore

(a frightening Rosario Dawson). In rapid succession. Apple escapes her home, meets her (rich, conventional) dad, escapes his home, winds up in the hospital, and lands at a shelter for young women in distress. Along the way, a kindly priest (James Earl Jones!) tries to help her find some measure of earthly peace, but of course, she has to fight to get it. The poster lets us know that director Ron Krauss has an inspiring true story on his hands, and while does his best to smear it with the requisite grime and grit, the film, like Hudgens, brings more earnest than drama to the proceedings. Still, there are some good moments along the way, particularly among the shelter's residents. With Brendan Fraser. 2013. — M.L. ★ (IN WIDE RELEASE -SEE SHOWTIMES)

Girl, Boy, Bakla, Tomboy — ViceGanda plays quads — a straight boy, a straight girl, a gay boy, and a gay girl who get separated at birth: the straights with the rich dad, the gays with the poor mom. Eventually, they find each other at the mall. Hijinx ensue. (DIGIPLEX MISSION MARKETPLACE: DIGIPLEX TEMECULA TOWER CINEMAS: REGAL HORTON PLAZA)

Gloria — Bizarre fantasy about a middleaged woman (in glasses, no less) who finds herself in a romantic entanglement with a married man. And instead of horror, they classify it as comedy. Them foreign films sure are mysterious. Review forthcoming! (LANDMARK HILLCREST)

**Gravity** — An illustrated existential crisis. Or, a survival story in which nearly every exterior event carries interior significance. Either way, it's gripping. The story is simple: an astronaut (a smooth-faced Sandra Bullock), cut loose

from her spiritual moorings by a freak accident, is cut loose from her physical moorings by another freak accident. Now, just a hair's breadth from the cold embrace of the Big Nothing, she must struggle to find her way back to life Also. earth. Director Alfonso Cuaron isn't shy about deploying Christian tropes — her journey back to life begins only after fellow astronaut George Clooney lays down his life for her and tells her how to be saved — to the point where it's fair to ask whether they're tropes at all. The camera does an enormous amount of the work here - now watching Bullock as she spins helplessly through space, now holding steady on her while the universe turns with her at its center, now slipping inside her helmet to watch the whirling maelstrom from her untethered point of view. 2013. — M.L. ★★★ (READING CARMEL MOUNTAIN)

Her — Spike Jonze (Where the Wild Things Are) continues his intrepid exploration of your inner man-child, this time with a barely futuristic story about Theodore, a lonely guy (played by an opaque but vulnerable Joaquin Phoenix) who falls in love with his smart new operating system. "If you love your tech so much, why don't you marry it?" is no longer a (bad) joke, especially when your tech has the voice of Scarlett Johansson, Surprise, surprise, it turns out that matter matters in a relationship, and not just because it gives a guy a place to input his dongle. As usual, the sci-fi fireworks are there to illuminate the shadowy landscape of present-day humanity: the alienation in the midst of connectivity, the uncertainty about what qualifies as being In Real Life, and oh yes, the little-boy self-absorption that makes dealing with other people so very hard. With Amy Adams. 2013. ★★★ (IN WIDE RELEASE — SEE SHOWTIMES)

# **MOVIE SHOWTIMES**

Bargain showtimes are in parentheses.

#### **CENTRAL**

#### **CLAIREMONT**

**Reading Town Square** 

4665 Clairemont Drive (800-326-3264 #2722) 12 Years a Slave (R) Fri-Sun 7:35, 10:35; American Hustle (R) Fri-Sun (10:25, 1:15) 4:20, 7:10, 10:05; August: Osage County (R) Fri-Sun (11:15, 2:05) 5:05, 7:50, 10:40; Frozen (PG) Fri-Sun (11:55, 2:30) 5:00; Frozen Sing Along (PG) Fri-Sun (10:45, 1:50); Her (R) Fri-Sun (11:05) 4:30, 7:15, 10:10: L. Frankenstein (PG-13) Fri-Sun (1:00, 3:30); I, Frankenstein 3D (PG-13) Fri-Sun (10:30) 5:45, 8:00, 10:20; Jack Ryan: Shadow Recruit (PG-13) Fri-Sun (11:30. 2:00) 4:45, 7:20, 9:45; Labor Day (PG-13) Fri-Sun (11:10, 1:30) 4:25, 7:00, 9:35; Lone Survivor (R) Fri-Sun (11:00, 1:45) 4:35, 7:30 10:25; Nebraska (R) Fri-Sun (11:20, 2:10) 4:40, 7:25, 10:00; Philomena (PG-13) Fri-Sun (1:05, 3:20) 5:30, 7:45, 9:55; Ride Along (PG-13) Fri-Sun (10:35, 12:55, 3:15) 5:35, 7:55, 10:15; That Awkward Moment (R) Fri-Sun (10:50, 1:10, 3:25) 5:40, 8:10, 10:30; The **Nut Job** (PG) Fri-Sun (10:40, 12:45, 2:50) 4:55, 7:05, 9:30: The Wolf of Wall Street (R) Fri-Sun (10:55, 2:40) 6:20, 9:50

#### **CORONADO**

Vintage Village Theater 820 Orange Avenue (619-437-6161) Call theater for program information.

#### DOWNTOWN

**Reading Gaslamp** 

701 Fifth Avenue (800-326-3264 #2709) 701 Fifth Avenue (800-320-3204 #2,05) American Hustle (R) Fri (10:45, 1:45) 4:45, 7:45, 10:45 Sat (10:45, 1:45) 4:45, 7:45, 10:00

10:45 Sun (10:45, 1:45) 4:45, 5:30, 7:45, 8:30; At Middleton (R) Fri-Sun (12:00, 2:20) 4:40, 7:15, 9:35; August: Osage County (R) Fri-Sun (10:55, 1:50) 4:30, 7:10, 9:50; Dallas Buyers Club (R) Sat 9:25p.m. Sun 5:10, 7:50, 10:30; **Her** (R) Fri (1:00) 4:35, 7:35, 10:15 Sat-Sun (11:00, 1:40) 4:35, 7:35, 10:15; Inside Llewyn Davis (R) Sat 9:40p.m. Sun 5:00, 7:30, 10:00; Labor Day (PG-13) Fri-Sat (10:40, 11:40, 1:05, 2:05, 3:30) 4:30, 5:55, 7:00, 8:20, 9:30, 10:50 Sun (10:40, 11:40, 1:05, 2:05, 3:30) 4:30, 5:55, 7:00, 8:20, 9:30; Lone Survivor (R) Fri (11:20, 2:00) 4:40, 7:20, 9:55 Sat (11:20, 2:00) 4:40, 7:20, 9:00, 9:55 Sun (11:20, 2:00) 4:40, 7:20, 8:25, 9:55; Saving **Mr. Banks** (PG-13) Sat 9:50p.m. Sun 4:55, 7:55, 10:30; That Awkward Moment (R) Fri-Sun (11:00, 12:20, 1:15, 2:35, 3:30) 4:50 5:45, 7:05, 8:00, 9:20, 10:15; **The Wolf of** 

Regal Horton Plaza

Horton Plaza (619-444-FILM) Call theater for program information

9:45 Sun (10:50, 2:25) 4:15, 6:05, 9:45

Wall Street (R) Fri-Sat (10:50, 2:25) 6:05

#### KENSINGTON

Landmark Ken

4061 Adams Avenue (619-283-3227) Oscar Nominated Short Films 2014: Animated (NR) Fri - Sun: (2:15), 7:15, Mon - Thu: 7:15: Oscar Nominated Short Films 2014: Live Action (NR) Fri - Thu: (4:40), 9:30, Discount Shows at Landmark's Ken Cinema Indicated in Brackets "( )"

#### **LA JOLLA**

**AMC La Jolla** 

8657 Villa La Jolla Drive (888-262-4386) American Hustle (R) Fri-Sat 11:15, 1:50, 2:35, 5:10, 6:00, 8:30, 9:20, 10:00 Fri-Sun 12:40, 4:00, 7:20 Sun 11:15, 1:50, 2:35, 5:10,  $6:00,\,8:30,\,9:20;$  Grudge Match (PG-13)Fri-Sun 1:45p.m.; **I, Frankenstein** (PG-13) Fri-Sat 10:15, 3:10, 5:40, 8:15, 10:45 Sun 10:15,

3:10, 5:40, 8:15, 10:30: L. Frankenstein 3D (PG-13) Fri-Sun 12:40p.m.; Lone Survivor (R) Fri-Sun 10:15, 12:05, 1:15, 3:05, 4:15, 6:10, 7:15, 9:10, 10:15; **Paranormal Activity:** The Marked Ones (R) Fri-Sat 7: Fri-Sat 10:35p.m. Sun 7:30, 10:00; **Philomena** (PG-13) Fri-Sun 11:20, 1:55, 4:30, 7:10, 9:45; Ride Along (PG-13) Fri-Sat 10:45, 12:00, 2:40, 4:20, 7:00, 8:00, 9:40, 10:40 Sun 10:45, 12:00, 2:40, 4:20, 7:00, 8:00, 9:40; **The** Nut Job (PG) Fri-Sun 10:20, 11:10, 1:35, 4:05 6:30, 9:00; Thor: The Dark World (PG-13)Fri-Sun 11:00, 4:25

Landmark La Jolla Village

8879 Villa La Jolla Drive (858-453-7622) The Invisible Woman (R) Fri: (1:50), 4:30, 7:10, 9:35, Sat & Sun; (11:20), 1:50, 4:30, 7:10, 9:35, Mon - Thu: (1:50), (4:30), 7:10, 9:35; **The** Great Beauty (La Grande Bellezza) (NR) Golden Globe Winner, Academy Award<sup>e</sup> Nominee, Fri: (2:00), 5:00, 8:00, Sat & Sun: (11:00), 2:00, 5:00, 8:00, Mon - Thu: (2:00), (5:00), 8:00; August: Osage County (R) Academy Award® Nominee, Fri: (1:40), 4.20, 7.00, 9.30, Sat & Sun. (11.10), 1.40, 4.20, 7:00, 9:30, Mon - Wed: (1:40), (4:20), 7:00 9:30, Thu: (1:40), (4:20), 9:30; The Wolf Of Wall Street (R) Academy Award® Nominee Fri - Sun: (1:00), 4:40, 8:20, Mon - Thu: (1:00), (4:40), 8:20; The Monuments Men (PG-13) Thu: 7:00, Discount Shows at Landmark's La Jolla Cinemas Indicated in Brackets "( )"

#### **MISSION VALLEY**

**AMC Fashion Valley** 

7037 Friars Road (888-262-4386) American Hustle (R) Fri-Sat 10:00, 1:20, 4:35, 8:00, 10:45 Sun 10:00, 1:20, 4:35, 8:00, 10:30; Anchorman 2: The Legend Continues (PG-13) Fri-Sat 10:55, 1:50, 4:50, 7:50, 10:50 Sun 10:55, 1:50, 4:50, 7:50, 10:45; August: Osage County (R) Fri-Sun 10:05, 1:05, 4:10, 7:20; Frozen (PG) Fri-Sat 10:30, 12:15, 1:15, 3:10, 4:05, 7:10, 9:55 Sun 10:30 12:15, 1:15, 3:10, 4:05, 6:50; Gimme Shelter

(PG) Fri-Sun 11:30, 2:15, 5:00, 7:45, 10:40: Groundhog Day (PG) Sun 2:00p.m.; Her (R) Fri-Sun 10:10, 1:00, 4:00, 7:25, 10:35; **I, Frankenstein** (PG-13) Fri-Sun 11:10, 4:25, 9:45; I, Frankenstein 3D (PG-13) Fri-Sun 1:40, 7:15; **Jack Ryan: Shadow Recruit** (PG-13) Fri-Sun 10:25, 1:10, 4:30, 7:40, 10:25; Jai Ho (Not Rated) Fri-Sat 11:45, 3:15, 6:45, 10:05 Sun 10:45, 6:45, 10:05; **Labor Day** (PG-13) Fri-Sun 10:45, 1:30, 4:15, 7:00, 9:40; Lone Survivor (R) Fri-Sun 10:40, 1:55, 4:55, 7:55, 10:45; **Ride Along** (PG-13) Fri-Sat 11:00, 1:35, 4:20, 7:05, 10:00, 11:00 Sun 11:00, 1:35, 4:20, 7:05, 10:00; Saving Mr. Banks (PG-13) Fri-Sun 10:50, 1:45, 4:40, 7:35, 10:30: That Awkward Moment (R) Fri-Sat 11:15, 2:00, 4:45, 7:30, 10:15, 11:15 Sun 11:15, 2:00, 4:45, 7:30, 10:15; **The Hobbit: The** Desolation of Smaug (PG-13) Fri-Sun 6:00, 9:50; The Hunger Games: Catching Fire (PG-13) Fri-Sun 11:20, 2:40, 6:10, 9:30; The Nut Job (PG) Fri-Sun 11:05, 1:25, 3:40, 6:00, 8:20: The Wolf of Wall Street (R) Fri-Sat 10:35, 2:30, 6:20, 10:10 Sun 10:35, 2:30,

**AMC Mission Valley** 1640 Camino Del Rio North (888-262-4386)

Call theater for program information.

#### **SAN DIEGO**

ArcLight La Jolla

4425 La Jolla Village Drive Suite H60 (858-768-7770) Call theater for program information.

**Digiplex Mission Valley** 7510 Hazard Center Dr #100 (619-685-2841) Barbie: The Pearl Princess (G) Sat-Sun (11:00a.m.); A Miracle in Spanish Harlem (PG) Fri-Sun 4:30p.m.

**Digital Gym Cinema** 2921 El Cajon Boulevard ((619) 230-1938) Is the Man Who Is Tall Happy?: An Animated Conversation with Noam Chomsky (Not Rated) Sat 2:45p m : The Best Offer (La migliore offerta) (R) Fri 2:00, 4:30, 7:00, 9:30 Sat 12:15, 4:30, 7:00, 9:30 Sun 12:15, 4:30, 7:00

Landmark Hillcrest

3965 Fifth Avenue (619-298-2904) Gloria (R) Fri: (2:05), 4:45, 7:25, 9:55, Sat & Sun: (11:20), 2:05, 4:45, 7:25, 9:55, Mon - Thu: (2:05), (4:45), 7:25, 9:55; **Dallas Buyers** Club (R) Golden Globe Winner, Academy Award® Nominee, Fri: (1:30), 4:20, 7:05, 9:45, Sat & Sun: (10:50), 1:30, 4:20, 7:05, 9:45, Mon - Thu: (1:30), (4:20), 7:05, 9:45; **Nebraska** (R) Academy Award® Nominee, Fri: (1:55). 4:35, 7:15, 9:50, Sat & Sun: (11:00), 1:55, 4:35, 7:15, 9:50, Mon - Thu: (1:55), (4:35). 7:15, 9:50; Philomena (PG-13) Academy Award® Nominee, Fri: (1:45), 4:10, 6:40, 9:15, Sat & Sun: (11:10), 1:45, 4:10, 6:40, 9:15 Mon - Thu: (1:45), (4:10), 6:40, 9:15; **The** Past (PG-13) Fri: (1:20), 4:00, 6:50, 9:35, Sat & Sun: (10:40), 1:20, 4:00, 6:50, 9:35, Mon - Thu: (1:20), (4:00), 6:50, 9:35, Discount Shows at Landmark's Hillcrest Cinemas Indicated in Brackets "( )'

Reuben H. Fleet Science Center 1875 El Prado, Balboa Park (619-238-1233) Adventures in Wild California IMAX (Not Rated) Fri 2:00, 4:00; Coral Reef Adventure (Not Rated) Fri 12:00p.m. Sat-Sun 11:00, 1:00, 3:00; Cosmic Collisions (Not Rated) Fri-Sun 5:00p.m.; **Hubble** (G) Sat 2:00p.m. Sun 2:00, 6:00; **Mysteries of the** Unseen World (Not Rated) Fri 1:00, 3:00 Sat-Sun 12:00, 4:00; Rolling Stones at the Max (Not Rated) Fri 6:00p.m. Sat 6:00p.m.

#### **EAST COUNTY**

**EL CAJON** 

Regal Parkway Plaza

30,

#### The Hobbit: The Desolation of

Smaug — Peter Jackson continues his mad quest to transform a ripping children's book into an all-encompassing epic. The result is a road movie with entirely too much baggage, a slog through the mires of exposition and special effects. With all the dwarves, wizards, hobbits, orcs, wargs, elves, spiders, dragons, man-bears, enchanted forests, magic keyholes, prophecies, rings, arrows, gems, political themes, love stories, comic relief, fight scenes, and general spectacle Jackson has managed to cram in, he can hardly be blamed if there's not much room for character or felt life. Getting all the pieces in place, that's the main thing; motive and personality can be adjusted as the occasion warrants, and acting is often optional. But if you look closely, you might notice Martin Freeman doing his best with the titular role. And even if you close your eyes, you won't be able to help noticing Benedict Cumberbatch's boom ing, growling, rasping take on the dragon Smaug. 2013. — M.L. ● (IN WIDE RELEASE — SEE SHOWTIMES)

#### **The Hunger Games: Catching**

Fire — Katniss Everdeen won her murder tournament in The Hunger Games. Now she has to deal with the aftermath. Once again, the best reason for seeing a Hunger Games movie is star Jennifer Lawrence, whose protean, Old Hollywood visage brings to mind the line about how They Had Faces Then. And once again, the second best reason is the just-committed-enough supporting cast: Stanley Tucci as the game show host from hell, Elizabeth Banks as Lawrence's style-is-life handler, Donald Sutherland as the quietly wicked President Snow, and now, Philip Seymour Hoffman as the strategy-happy head gamemaker. (Woody Harrelson is fun to watch, but not nearly dissipated enough as the alcohol-soaked mentor.) The worst reasons? The soggy romantic entanglements, followed closely by the CGI-ridden Games themselves. Director Francis Lawrence (Water for Elephants) brings a steadier hand to the proceedings than his predecessor, and there's some fun political playmaking, but the series still stumbles over its brutal, bloody centerpiece. 2013. — M.L. ★★ (IN WIDE RELEASE — SEE SHOWTIMES)

I, Frankenstein — From the producers of Underworld and one of the scripters responsible for Pirates of the Caribbean comes...frankly, if that ignominious ancestry doesn't scare you off, nothing will. After centuries spent battling anonymous creatures. Frank, Ir. finds himself in the middle of a confrontation between the gargoyles and the demons. More comic-book hanky-panky aimed at undemanding gamers who don't like it when storytelling gets in the way of their visual effects. The gargovles are bivouacked on the far, far outskirts of London in the candlelit Notre Dame Cathedral. (More than 200 fighting amongst themselves leaves little time for these critters to discover the miracle of electricity.) Fanboy sweetheart Aaron "Two-face" Eckhart is called upon to don another grisly guise, minus the green veneer and matching collar bolts, and roughhouse in the company of gargoyles. The actor makes no attempt to sound or act like a 200-year old melange of spare body parts found lying around the lab. Wait for iPhone. 2014. — S.M. ● (IN WIDE RELEASE — SEE SHOWTIMES)

Inside Llewyn Davis — The Coen brothers, as successful a pair as any in show business today, consider the fate of a '60s folk duo after one of them jumps off a bridge. (This being the Coen brothers, it is of course the wrong bridge: the George Washington instead of the Brooklyn). Surprise, surprise: the surviving half doesn't regenerate into a stunning solo

success. Instead, it - or rather he, the titular Llewyn (a long-suffering Oscar Isaac) — limps along, leaving some artistic integrity here, some biological material there, some hopes and dreams in the other place. Not everybody gets to be Dylan. Not everybody even gets paid. New York City looks grayly fantastic, and the '60s folk music scene is well and truly (and thoroughly) evoked. But if you're looking for your vicarious suffering to have meaning — well, maybe listen to some folk songs. With Carey Mulligan, F. Murray Abraham, and a scene-munching John Goodman. 2013. — M.L. ★★ (IN WIDE RELEASE — SEE SHOWTIMES)

The Invisible Woman — A showcase from director-star Ralph Fiennes, he of the fierce visage and pleading eyes. First, it is a visual marvel — the framing is now theatrical, now unobtrusive, but always masterful and appropriate. Second, it is a triumph of characterization. Nobody makes speeches; nobody has to. Fiennes plays Charles Dickens, the James Franco of his time - writer, director, actor, thinker, celebrity, activist, you name it. The sort who could pull in a crowd just to hear him read from his own work. But despite the opinion of this story's Mrs. Dickens, he was not

simply a maker of entertainments: there was blood on the page and passion in his loins. Which brings us to The Invisible Woman's tertiary virtue: the story of how a Great Man wooed a young mistress against the backdrop of Victorian mores and his own family. Felicity Iones ably portrays the mistress through both the seduction and the haunted aftermath. 2014. — M.L. ★★ (LANDMARK LA JOLLA VILLAGE)

#### Jack Ryan: Shadow Recruit —

Disappointing, but only because it manages to raise hopes in the first place. Journeyman director Kenneth Branagh (Henry V, Thor) does his level best to give us a small-scale story with large-scale consequences — you know, characters we care about, a situation of some importance, and a few gadgets and gunfights along the way — and almost manages it. Analyst Jack Ryan (Chris Pine, in over his head), a wounded war hero turned CIA moneywatcher, notices some funky Russian accounts and heads to Moscow to investigate. His fiancée (Keira Knightley, looking uncomfortable throughout) follows him, to see what all the sneaking's about. The central setpiece involves the bad guy (Branagh, liplessly grimacing) taking Ryan and his girlfriend out to

# **MOVIE SHOWTIMES**

405 Parkway Plaza (619-401-3456) Call theater for program information.

#### **LA MESA**

#### **Reading Grossmont**

5500 Grossmont Center Drive (800-326-3264

**American Hustle** (R) Fri-Sun (10:40, 1:35) 4:35, 7:30, 10:25; August: Osage County (R) Fri-Sun (11:05, 1:45) 4:20, 7:00, 9:40; **Frozen** (PG) Fri-Sun (10:30, 12:55) 5:45, 8:10; Frozen Sing Along (PG) Fri-Sun (3:20p.m.); **Gimme Shelter** (PG) Fri-Sun (10:35) 10:40; **I, Frankenstein** (PG-13) Fri-Sun (12:50, 3:00) 5:10, 7:20, 9:30; Jack Ryan: Shadow Recruit (PG-13) Fri-Sun (10:50, 1:15, 3:35) 5:55, 8:20, 10:45; Labor Day (PG-13) Fri-Sun (11:55, 2:30) 5:05, 7:40, 10:10; **Lone Survivor** (R) Fri-Sun (11:10, 1:50) 4:30, 7:10, 9:55; Ride Along (PG-13) Fri-Sun (11:00, 1:25, 3:50) 6:10, 8:30, 10:50; That Awkward Moment (R) Fri-Sun (10:55, 1:10, 3:25) 5:40, 8:00, 10:20; **The Nut Job** (PG) Fri-Sun (11:35, 1:40, 3:45) 5:50, 7:50, 9:50

#### **RANCHO SAN DIEGO**

#### Regal Rancho San Diego

2951 Jamacha Road (800-326-3264) Call theater for program information.

#### **SANTEE**

#### Santee Drive In

10990 Woodside Avenue (619-448-7447) Call theater for program information.

## **SOUTH BAY**

#### **CHULA VISTA**

#### **AMC Palm Promenade**

770 Dennery Road (888-262-4386) Call theater for program information.

#### Regal Rancho Del Rey

1025 Tierra del Rey (off East H Street) (619-216-4707) Call theater for program information.

#### UltraStar Chula Vista

Broadway (between H and I) (619-338-4214) Call theater for program information.

#### **EASTLAKE**

#### **AMC Otay Ranch**

Eastlake Parkway (at Olympic) (888-262-4386) Call theater for program information.

#### **IMPERIAL BEACH**

#### South Bay Drive In

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

#### **NATIONAL CITY**

#### **AMC Plaza Bonita**

3030 Plaza Bonita Road (888-262-4386) Call theater for program information.

#### **NORTH INLAND**

#### **BONSALL**

#### **Digiplex River Village**

River Village Shopping Center - 5256 Mission Road (760-945-8784)

12 Years a Slave (R) Fri-Sat (2:00) 7:30. 10:30 Sun (2:00) 7:30; Barbie: The Pearl Princess (G) Sat-Sun (11:00a.m.); Frozen (PG) Fri-Sun (11:15) 5:00; Jack Rvan: Shadow Recruit (PG-13) Fri-Sat (11:15) 2:00, 5:00, 8:00, 11:00 Sun (11:15) 2:00, 5:00, 8:00: **Labor Day** (PG-13) Fri-Sat (11:30) 2:15, 5:15, 7:45, 10:30 Sun (11:30) 2:15, 5:15, 7:45; Lone Survivor (R) Fri-Sat (11:00) 1:45, 4:45, 7:30, 10:45 Sun (11:00) 1:45, 4:45, 7:30; A Miracle in Spanish Harlem (PG) Fri-Sun 4:30p.m.; That Awkward Moment (R) Fri-Sat (11:45) 2:15, 4:45, 7:15, 10:00 Sun (11:45) 2:15, 4:45, 7:15; **The Nut Job** (PG) Fri (11:00) 1:15, 7:00, 9:30 Sat (1:15) 7:00, 9:30 Sun (1:15) 7:00

#### **CARMEL MOUNTAIN**

#### **Reading Carmel Mountain**

11620 Carmel Mountain Road (800-326-3264 #2704)

12 Years a Slave (R) Fri-Sat (10:40, 1:25) 4:10, 7:00, 9:50 Sun (10:40, 1:25) 4:10, 7:00; American Hustle (R) Fri-Sat (10:30, 1:35) 4:25, 7:20, 10:10 Sun (10:30, 1:35) 4:25, 7:20; August: Osage County (R) Fri-Sat (10:50, 1.20) 4.00, 7.10, 9.40 Sun (10.50, 1.20) 4.00. 7:10; **Captain Phillips** (PG-13) Fri-Sun (12:50) 7:05; **Frozen** (PG) Fri-Sat (11:10, 1:50) 4:25, 7:15, 9:45 Sun (11:10, 1:50) 4:25, 7:15; Gravity (PG-13) Fri-Sat (10:45, 1:00, 3:30) 5:40, 8:00, 10:05 Sun (10:45, 1:00, 3:30) 5:40, 8:00; Her (R) Fri-Sat (11:05, 1:45) 4:50, 7:40, 10:20 Sun (11:05, 1:45) 4:50, 7:40; **Inside Llewyn Davis** (R) Fri-Sat (10:35, 3:50) 10:00 Sun (10:35, 3:50); **Lone Survivor** (R) Fri-Sat (11:30, 2:15) 5:00, 7:45, 10:30 Sun (11:30, 2:15) 5:00, 7:45: Nebraska (R) Fri-Sat (11:20, 1:55) 4:40, 7:30, 10:15 Sun (11:20, 1:55) 4:40, 7:30; Philomena (PG-13) Fri-Sat (10:55, 1:05, 3:10) 5:20, 7:35, 9:55 Sun (10:55, 1:05, 3:10) 5:20, 7:35; Saving Mr. Banks (PG-13) FriSat (11:35, 2:30) 5:05, 7:50, 10:25 Sun (11:35, 2:30) 5:05, 7:50; The Nut Job (PG) Fri-Sat (11:00, 1:15, 3:20) 5:25, 7:25, 9:30 Sun (11:00, 1:15, 3:20) 5:25, 7:25

#### **ESCONDIDO**

#### Regal Escondido

350 West Valley Parkway (760-291-0119) Call theater for program information.

#### **MIRA MESA**

#### Regal Mira Mesa

33 Westview Parkway (800-326-3264) Call theater for program information.

#### **POWAY**

**Digiplex Poway** 13475 Poway Rd ((858) 679-3887) American Hustle (R) Fri-Sun (11:00, 2:00) 5:15, 8:15; Barbie: The Pearl Princess (G) Sat-Sun (11:00a.m.): Frozen (PG) Fri-Sat (11:15) 6:45, 9:15 Sun (11:15) 6:45; Frozen 3D (PG) Fri-Sun (1:45p.m.); Heart Attack (Telugu) (Not Rated) Fri 10:00p.m. Sat 6:30p.m. Sun (2:30p.m.); I, Frankenstein (PG-13) Fri-Sat (1:00, 3:15) 5:30, 7:45, 10:30 Sun (1:00, 3:15) 5:30, 7:45; Jack Ryan: Shadow Recruit (PG-13) Fri-Sat (11:30, 2:15) 4:45, 7:15, 10:00 Sun (11:30, 2:15) 4:45, 7:15; Jai Ho (Not Rated) Fri-Sat (11:30, 2:30) Sun (11:30) 8:30; **Labor Day** (PG-13) Fri-Sat (11:00, 1:30, 4:00) 7:00, 9:45 Sun (11:00, 1:30, 4:00) 7:00; Lone Survivor (R) Fri-Sat (11:45, 2:30) 5:15, 8:00, 10:45 Sun (11:45, 2:30) 5:15, 8:00; A Miracle in Spanish Harlem (PG) Fri-Sun 4:30p.m.; Pandavulu Pandavulu Thummeda (Not Rated) Fri 7:00p.m. Sat 9:30p.m. Sun 5:30p.m.; **Ride Along** (PG-13) Fri-Sat (11:15, 1:45) 4:15, 7:00, 9:30 Sun (11:15 1:45) 4:15, 7:00: That Awkward Moment (R) Fri-Sat (12:00, 2:30) 5:00, 7:30, 10:15 Sun (12:00, 2:30) 5:00, 7:30; The Wolf of Wall Street (R) Fri-Sun (12:30) 4:15, 8:00

#### **SAN MARCOS**

#### Regal San Marcos

1180 W. San Marcos Boulevard (at Old California Walk) (800-326-3264) Call theater for program information.

#### **TEMECULA**

**Digiplex Temecula Tower Cinemas** 27531 Ynez Rd

**Barbie: The Pearl Princess** (G) Sat-Sun (11:00a.m.); A Miracle in Spanish Harlem (PG) Fri-Sun 4:30, 7:00

#### Krikorian Vista Village

Highway 78 at Vista Village Drive (760-945-7469)

**12 Years a Slave** (R) Fri-Sun (10:40, 4:30) 10:15; American Hustle (R) Fri-Sun (10:30, 1:30, 4:30) 7:30, 10:30; August: Osage County (R) Fri-Sun (10:35, 1:25, 4:20) 7:10, 9:55; Dallas Buyers Club (R) Fri-Sun (11:05, 1:50, 4:35) 7:20, 10:00: Frozen (PG) Fri-Sun (11:00, 1:40, 4:20) 7:05; **Her** (R) Fri-Sun (1:35) 7:25; I, Frankenstein (PG-13) Fri-Sun (10:45, 1:00, 3:15, 5:40) 8:00; I, Frankenstein 3D (PG-13) Fri-Sun 10:20p.m.; **Jack Ryan: Shadow Recruit** (PG-13) Fri-Sun (11:45, 2:20, 5:00) 7:35, 10:10; **Labor Day** (PG-13) Fri-Sun (11:20, 12:25, 2:05, 3:05, 4:45) 7:25, 8:05, 10:10; **Lone Survivor** (R) Fri-Sun (11:15, 2:05, 4:55) 7:45, 10:30; **Nebraska** (R) Fri-Sun (11:10, 1:55, 4:35) 7:10, 9:55; Ride Along (PG-13) Fri-Sun (12:10, 2:40, 5:10) 7:40, 9:50, 10:25; Saving Mr. Banks (PG-13) Fri-Sun (1:20) 7:00: That Awkward Moment (R) Fri-Sat (10:25, 12:40, 2:55, 5:10, 5:45) 7:35, 10:05, 10:50 Sun (10:25, 12:40, 2:55, 5:10, 5:45) 7:35. 10:05; **The Legend of Hercules** (PG-13) Fri-Sun 9:45p.m.; The Nut Job (PG) Fri-Sun (10:35, 12:45, 2:55, 5:05) 7:15, 9:30

# NORTH COASTAL

### CARLSBAD

#### Cinépolis La Costa

6941 El Camino Real (760-603-8638) Call theater for program information

Moviemax Plaza Camino Real 2385 Marron Road (760-729-7469) Call theater for program information.

#### **DEL MAR**

#### Cinépolis Del Mar

12905 El Camino Real (858-794-4045) **American Hustle** (R) Fri 4:45, 8:15, 11:15 Fri 12:15, 3:30 Sat-Sun 12:45, 3:45, 5:45 Sat 8:15, 11:15 Sun 8:15p.m.; August: Osage County (R) Fri 2:15, 4:30, 7:30 Fri-Sun 12:00p.m. Sat-Sun 2:15, 4:45, 7:30; Dallas Buyers Club (R) Fri-Sat 2:00, 8:00, 10:45 Sun 2:00, 8:00; Her (R) Fri 11:15, 10:30 Sat 11:15, 4:30, 10:30 Sun 11:15, 4:30; Jack Ryan: Shadow Recruit (PG-13) Fri-Sat 3:00, 6:45, 9:15, 11:45 Fri-Sun 11:30a.m. Sun 3:00, 6:45, 9:15; Labor Day (PG-13) Fri-Sat 12:30, 3:15, 5:00, 7:45, 10:30 Sun 12:30, 3:15, 5:00, 7:45; Lone Survivor (R) Fri 9:00, 11:45 Fri-Sun 11:00, 1:45, 5:15 Sat 8:45, 11:30 Sun 8:45p.m. That Awkward Moment (R) Fri-Sat 12:15. 2:30, 6:00, 8:30, 11:00 Sun 12:15, 2:30, 6:00, 8:30; The Wolf of Wall Street (R) Fri-Sat 11:00, 2:45, 6:30, 10:15 Sun 11:00, 2:45, 6:30

#### **FNCINITAS**

471 South Coast Highway 101 (760-436-7469) **Anchorman 2: The Legend Continues** (PG-13) Fri-Sun 8:40p.m.; The Rocky Horror Picture Show (R) Fri 12:00a.m.: The Secret Life of Walter Mitty (PG) Fri 6:10p.m. Sat-Sun (3:40) 6:10

#### OCEANSIDE

**Digiplex Mission Marketplace** 431 College Boulevard ((760) 806-1790) 12 Years a Slave (R) Fri-Sat (11:00) 6:50, 9:50 Sun (11:00) 6:50; **American Hustle** (R) Fri-Sat (12:15, 3:45) 7:15, 10:20 Sun (12:15, 3:45) 7:15; **August: Osage County** (R) Fri-Sat (11:00, 1:50) 4:50, 7:25, 10:25 Sun (11:00, 1:50) 4:50, 7:25; Barbie: The Pearl Princess (G) Sat-Sun (11:00a.m.); Bride For Rent (Not Rated) Fri-Sat (11:15, 1:45) 4:30 7:00, 9:30 Sun (11:15, 1:45) 4:30, 7:00; **Devil's** Due (R) Fri-Sat (1:35, 3:50) 8:40, 10:55 Sun (1:35, 3:50) 8:40; Frozen (PG) Fri (11:00, 2:00) 6:05 Sat-Sun (2:00) 6:05; L. Franken**stein** (PG-13) Fri-Sat (11:40, 2:15) 5:00, 7:20, 9:45 Sun (11:40, 2:15) 5:00, 7:20; **Jack Ryan:** Shadow Recruit (PG-13) Fri-Sat (11:10. 1:55) 4:35, 7:10, 10:05 Sun (11:10, 1:55) 4:35, 7:10; **Labor Day** (PG-13) Fri-Sat (11:15, 2:00) 4:45, 7:30, 10:15 Sun (11:15, 2:00) 4:45, 7:30; Lone Survivor (R) Fri-Sat (11:20, 2:05) 4.50 7.40 10.30 Sup (11.20 2.05) 4.50 7.40. A Miracle in Spanish Harlem (PG) Fri-Sun 4:30p.m.; **Ride Along** (PG-13) Fri-Sat (11:45, 2:20) 4:55, 7:35, 10:00 Sun (11:45, 2:20) 4:55, 7:35; That Awkward Moment (R) Fri-Sat (12:00, 3:00) 5:20, 7:45, 10:40 Sun (12:00, 3:00) 5:20, 7:45; The Nut Job (PG) Fri-Sat (11:25, 4:00) 8:30, 10:45 Sun (11:25, 4:00) 8:30; **The** 

#### **Regal Oceanside**

401 Mission Avenue (760-439-1733) Call theater for program information.

**Nut Job in 3D** (PG) Fri-Sun (1:45) 6:15;

(11:05, 3:00) 6:30, 10:00 Sun (11:05, 3:00) 6:30

The Wolf of Wall Street (R) Fri-Sat

# Calendar

dinner, of all things. It's a fantastic setup, but here as elsewhere, the execution is too broad, the tension is mishandled, and the action borders on the incoherent. Still, there are throwback pleasures to be had in the garish colors, ominously accented pronouncements, and moral certainties. Russians just make great bad guys. Kevin Costner luxuriates in the role of Ryan's fatherly handler. 2014. — M.L. ★ (IN WIDE RELEASE — SEE SHOWTIMES)

**Labor Day** — Josh Brolin shows great care and sensitivity in taking Kate Winslet and her son hostage in their own home. Can love be far behind? Review most definitely forthcoming. (IN WIDE RELEASE — SEE SHOWTIMES)

The Legend of Hercules — Renny Harlin (remember The Long Kiss Goodnight?) spills his director's paintbox all over a perfectly serviceable B movie, leaving almost no scene unstained. Wash it out, saturate it, amp it up, slow it down, and above all, have something drifting through the air — ashes, rose petals, dandelion seeds, whatever. Just make it drift, so that the rubes have something to gawk at in the 3D version. The gimmickry is both ludicrous and ugly. It's a shame, really; Harlin still knows his way around a fight scene, and the story is a spot-on riff on a certain brand of muscular Christianity — a blending of Samson and Jesus, a son of god who just needs to grow up and acknowledge his father in order to unlock his limitless potential. Star Kellan Lutz is suitably hunky and heartthrobby, the acting is suitably overbaked, and the script is suitably hokey. But, oh, that slo-mo. 2014. — M.L. ● (IN WIDE RELEASE — SEE SHOWTIMES)

**Lone Survivor** — The Passion of the SEAL. Peter Berg, having humiliated the American military by involving it in the ludicrous nonsense of *Battleship*, attempts

to make up for it by telling the (based-ona-true) story of a four-man mission gone very bad in Afghanistan. The desired response to the action onscreen seems to be awe rather than gratitude — from the outset, it's made clear that these men are a breed apart, warriors by nature. They suffer and fight because they want to suffer and fight, not because of cause or country. And when the bad guys start to close in. it's not the soldiers' sacrifice that plays as heroic, it's their endurance in the face of horrific injuries and insane odds. Berg's hand is sure and careful; he handles the operation's buildup and detail with lowkey aplomb, and makes the case for war as hell, an inhuman darkness that serves to highlight brief flashes of humanity. With Mark Wahlberg. 2013. — M.L. ★ (IN WIDE RELEASE — SEE SHOWTIMES)

A Miracle in Spanish Harlem — A Latino widower with two little girls is the center of "a film about love, faith, and redemption." Sample dialogue from the trailer: "Your problem is, you ain't got no faith. It can move mountains, *papi*." "Yeah, but I don't need to move no mountains! I need to pay the rent!" (IN WIDE RELEASE — SEE SHOWTIMES)

Nebraska — Will Forte plays along with his demented dad Bruce Dern's false notion that Dern has won first prize in the Publisher's Clearinghouse sweepstakes and joins the old man on a road trip from Montana to Nebraska to claim the million dollars. The subject matter should appeal to the On Golden Pond crowd; meanwhile, director Alexander Payne banks on outmoded black-and-white cinematography to reel in the hipsters. Payne is not a skilled enough filmmaker to manage the neat trick of simultaneously embracing and ridiculing his depthless midwesterners, and much of the film is colored by condescension. Worth seeing, if only as a reminder of both Dern's ability to command a character and, more importantly, his long absence from feature parts, an absence we can probably blame on Hollywood ageism. Awards voters had best pencil in June Squibb, whose hammy

one-note performance as Dern's fusspot spouse is bound to be to their liking. With Bob Odenkirk and Stacey Keach. 2013. — S.M. ★★ (IN WIDE RELEASE — SEE SHOWTIMES)

**The Nut Job** — A battle over a nut cart finds a fiercely independent, self-serving squirrel named Surly exiled from his local park. With rat-de-camp Buddy at his side, Surly is forced to venture out into the big city to gather that summer's provisions. We are mercifully spared a spate of easy testicular double-entendres, but in their place stand some of the laziest, most unimaginative fart jokes on record. I'm all for realism, but a squirrel cracking a rat during his morning stretch ain't exactly clever. That said, the breezy narrative, pliable character design and movement, fast-paced avalanche of gags, palatable color palette, and naturalistic use of 3D more than compensate for the film's one major downfall, namely: it's not funny. Laugh quotient notwithstanding, I took more delight in watching this than anything Dreamworks or Sony Animation has dropped. Peter Lepeniotis directed. Featuring the voices of Will Arnett, Katherine Heigl, Brendan Fraser, and Jeff Dunham as a mole who does a knockout impersonation of Mike Tyson. 2014. — S.M. ★★★ (IN WIDE RELEASE — SEE SHOWTIMES)

Oscar Nominated Short Films:
Animation — Reviewed this issue. 2014.
— M.L. ★★ (LANDMARK KEN)

Oscar Nominated Short Films: Live Action — Reviewed this issue. 2014. — M.L. ★★★ (LANDMARK KEN)

Paranormal Activity: The Marked Ones — The found-footage franchise heads for the barrio to investigate the world of curanderas, Catholic trinkets, mal de ojo (evil eye) and brujeria hexes. 2014. (IN WIDE RELEASE — SEE

**Philomena** — A snooty journalist (Steve Coogan), remiss when it comes

SHOWTIMES)

to covering human interest stories, rides shotgun on a road trip with a bemused mother (Judi Dench) in search of the son who, decades earlier, was taken from her and sold for adoption by corrupt Irish Catholic nuns Coogan tries his hand at serious drama for the first time here, and the enormously talented writer-comedian — unable to put aside the mugging and under-his-breath one-liners — frequently steers this fact-based, remorse-ladenenough-as-it-is jaunt in the direction of another gooey Guilt Trip. Director Stephen Frears signed it, but this picture is clearly a case of actress as auteur. Dench's illocutionary skill constitutes a classic exemplar of an actress grounding her character in the context of real-life human existence. The woman is incapable of delivering one false gesture. Spoiler alert: the seemingly adventitious autographed 8x10 of Jane Russell nailed to the Sister's wall will find its explanation in reel five. 2013. — S.M. ★★ (IN WIDE RELEASE — SEE SHOWTIMES)

Ride Along — The appeal of Ice Cube (Trespass, Three Kings) as an action star began to thaw somewhere around the time of Torque and the two Are We Disinterested Yet? kidpics. Drive Along is enough to put the freeze on any man's career, preferably that belonging to Mr. Cube's co-star, chatterbox Kevin Hart. To prove himself worthy of marrying Detective Cube's sister, an excitable high school security guard/avid gamer (Hart) spends a day in the passenger seat of his future-brother-in-law's cop car fielding every dirty call on the docket. Hard-totake Hart gets off one audience busting line; the rest of his improv-babble is ferociously unfunny. Comatose Cube's phonetic dialog transcription could land him a role in an upcoming David Mamet production. Even once storied director Tim Story (Barbershop) can't whip anything fresh into this beat up buddy picture. Wait for television. 2014. — S.M. ● (IN WIDE RELEASE — SEE SHOWTIMES)

**Saving Mr. Banks** — Walt Disney spent over 20 years of his life struggling

to bring author P. L. Travers's Mary Poppins to the screen As if the story behind the making of Uncle Walt's greatest commercial success didn't provide enough fodder to craft a compelling narrative, screenwriters Kelly Marcel and Sue Smith squander half of director John Lee Hancock's film in dreary flashback, serving up a beanpole backstory concerning Travers's alcoholic father who died of consumption. Live-action Disney by any other name. Emma Thompson's cartoonish take on the fussy Ms. Travers proves one must be Cruella to be kind, and Tom Hanks is probably the only actor in America the studio would trust in the role of venerated showman. Worth it for production designer Michael Corenblith's spot-on recreation of the Disney empire in the early '60s and B. I. Novak and Iason Schwartzman's whimsical performances as the "Poppins" pair of songwriting siblings, Richard and Robert Sherman. 2013. — S.M. ★★ (IN WIDE RELEASE SEE SHOWTIMES)

James Thurber's nigh-unto-perfect short story about a little man with big daydreams gets the therapy-culture treatment from director and star Ben Stiller. No more flights of magnificent fancy as a means of coping with mundanity. No, now it's time to break the shackles and make all your dreams come true. Daydreaming has gone from the panacea to the problem — the thing that keeps us from Really Living. Stiller plays the negative asset manager (admittedly, a hilariou job title) at Life magazine as it prepares

The Secret Life of Walter Mitty -

from Really Living. Stiller plays the negative asset manager (admittedly, a hilarious job title) at *Life* magazine as it prepares for its final print edition. (In a high point, Stuart Dryburgh's cinematography makes *Life*'s offices look like the greatest place you'll never work. Everything else looks pretty good, too.) When the negative for the cover photo turns up missing, it's up to Stiller to spring into action, transforming from schlub to stud in the process. How happy do you like your endings? With Kristen Wiig, Sean Penn. 2013. — M.L. ★ (IN WIDE RELEASE —

That Awkward Moment — ...when you realize that this film won't screen in time for the print edition. Review forthcoming! 2014. (IN WIDE RELEASE — SEE SHOWTIMES)

SEE SHOWTIMES)

The Wolf of Wall Street — Martin Scorsese's latest, most outrageous essay on common denominators living the life of upscale, drug-enhanced, and power-infested businessmen to the manner born. Set to the tune of the Master's metronome camera moves, protagonist and unrepentant jerk Jordan Belfort's (Leonardo DiCaprio) first day on the job in a strip-mall penny-stock shithole finds him delivering a master class on how to "sell garbage to garbage men." The energy level in this scene and in Belfort's hilarious third-act, time-released Ouaalude crawl suggests the work of a director in his early 30s, not that of a man who just turned 71. Belfort is Scorsese's ultimate surrogate auteur, an evangelical trafficker in power, preaching moxie to his ductile minions. But film remains a collaborative medium, and it would have been nice if screenwriter Terrence Winter hadn't written any scenes whose only purpose was to suck up to the director. Actorwise, it's Leo's show, and the script calls for the actor to dominate every scene, leaving the supporting cast little to do but bounce off him. It's the weakest entry in Scorsese's cocaine trilogy — which began with Goodfellas and Casino - but running third in that company is no mean feat. 2013. — S.M.  $\star\star\star\star$  (IN WIDE RELEASE — SEE SHOWTIMES)

## **FILM FESTIVALS**

#### CENTRAL LIBRARY



Film Forum: The Attack Taut, politically charged drama features Ali Suliman as a renowned Israeli Palestinian surgeon who is thrown into existential turmoil when he learns of his wife's secret life as a terrorist in the West Bank underworld. (2012) 102 minutes (R) (In Hebrew and Arabic with English subtitles.) Monday, February 3, 6:30pm

Film Forum: Magic Magic Michael Cera takes a dark turn in Sebastian Silva's psychological thrill ride. Cera plays the aggressive Brink who helps amp up the sexual tension in a Chilean countryside vacation trip that turns sour. Brink's peculiar manner and carnal advances blur the line between perception and paranoia. Co-stars Juno Temple. (2013) 97 minutes (R) (in English and Spanish.) Monday, February 10, 6:30pm

#### **CINEMA UNDER THE STARS**

**Dallas Buyers Club** Matthew McConaughey rages in this defiant and rowdy recounting of the strange life of Ron Woodroof, a rodeo redneck who becomes an unlikely angel in the AIDS struggle. Jared Leto is his transsexual accomplice. Six Oscar nominations.

Friday, February 7, 8:00pm, Saturday, February 8, 8:00pm

About Time Love at first sight needs a second chance. Richard Curtis's time-traveling bit of magical realism stars Domnhall Gleeson as Tim, a geeky, lawyer-in-training, clumsy in matters of the heart, who inherited a genetic quirk for time travel. Rachel McAdams, a dizzy American expat, becomes the object of Tim's romantic attentions. Friday, February 14, 8:00pm, Saturday, February 15, 8:00pm

#### LA JOLLA LIBRARY

A Short Stay In Switzerland BBC docudrama about a British physician who develops a fatal, progressive neurological disorder and goes to the Dignitas Clinic in Switzerland for aid in dying. Film is 90 minutes, followed by discussion (may be at Sammy's down the street) led by Faye Girsh, president, Hemlock Society of San Diego. Info: 619-233-4418. Sunday, February 16, 1:30pm

#### MUSEUM OF PHOTOGRAPHIC ARTS

Rising From Ashes Award-winning feature-length documentary about the development of a national cycling team in Rwanda, a country still affected deeply by the genocide that tore the East African nation apart in 1994. Two worlds collide when cycling legend Jacques "Jock" Boyer moves to Rwanda in 2006 to help a group of struggling survivors of the genocide to pursue their dream of creating a national cycling team. Presented by the San Diego County Bicycle Coalition. Info: gharrington3165@hotmail. com or 603-209-5010. Thursday, February 6, 7:00pm

#### **PEARL**

Dive-In Theatre A weekly "cinema social"

combining eclectic film choices, along with food and drink. Steeped in mid-century design, the Dive-In takes place at the poolside lounge and outdoor theater. Films are projected onto a 10' x 13' foot projection screen with full sound, overlooking the hotel's vintage, oyster-shaped swimming pool. Wednesday, February 5, 8:00pm, Wednesday, February 12, 8:00pm, Wednesday, February 19, 8:00pm

#### SCRIPPS MIRAMAR RANCH LIBRARY

Film Forum: The Attack A renowned Israeli Palestinian surgeon (Ali Suliman) is thrown into existential turmoil when he learns of his wife's secret life as a terrorist in the West Bank underworld. In Arabic and Hebrew with English subtitles. 2012. 102 minutes. Rated R. Wednesday, February 19, 7:00pm

#### STONE BREWING LIBERTY STATION

An Evening with Frida and Friends See The Complete Frida Kahlo exhibition, watch the film Frida, and savor a Stone Brewing beer. Receive a voucher to view exhibition at your convenience. The film, Frida, staring Salma Hayek, starts at 7:30pm. Outdoor theater — dress warmly. Thursday, January 30, 7:00pm

## UNIVERSITY OF CALIFORNIA SAN DIEGO

#### Greg Sestero (The Disaster Artist)

Greg Sestero, author of *The Disaster Artist: My Life Inside The Room, the Greatest Bad Movie Ever Made,* will be discussing and signing his book at Perks Café in the UC-San Diego Bookstore. Sestero will also be screening his new behind-the-scenes documentary on the making of Tommy Wiseau's infamous cult film, *The Room* and hosting an interactive audience reading of the film's script. About the book: The



story of how a mysterious misfit got past every roadblock in the Hollywood system to achieve success on his own terms: a \$6 million cinematic catastrophe called *The Room. The Disaster Artist* is Greg Sestero's laugh-out-loud account of how Tommy Wiseau defied every law of artistry, business, and friendship to make "the Citizen Kane of bad movies" (*Entertainment Weekly*), which is now an international phenomenon, with Wiseau himself beloved as an oddball celebrity. For more information, please contact Seth Marko, UCSD Bookstore: 858-534-5778. Friday, January 31, 5:00pm

## VARIOUS THEATERS THROUGHOUT SAN DIEGO

24th Annual San Diego Jewish Film Festival The 24th annual San Diego Jewish Film Festival displays the diversity of filmmakers from around the world and consequently reflects Jewish life and identity from multiple perspectives. Films in the program illustrate both past and present Jewish experiences from serious as well as comedic points of view. Through February 16. Info: 858-362-1348. Thursday, February 6, 10:30am

# **CLASSIFIED ADS**

# Check out ads at SDReader.com Each print ad comes with an online ad.

**TO PLACE AN AD:** Call 619-235-8200 8:30am to 5pm Monday through Friday.

WALK-IN: 2323 Broadway, San Diego, CA 92102

**DEADLINES:** 3pm Monday for ads in Help Wanted, Career Training, Employment Services, Employment Agencies, and Business Opportunities. 4pm Tuesday for all other ads.

#### **HELP WANTED**

# ACCOUNTING / FINANCE

BUDGET ANALYST. Analyze & prepare project cost estimates. Generate budgets for projects, make recommendations for cost efficiency and prepare reports. SAN DIEGO-CA. Mail Resume ,Åi Atlas Mechanical, Inc. 8260 Camino Santa Fe, Ste B, San Diego, CA 92121.

# DOMESTIC SERVICE

#### **House Cleaners**

\$10 per hour. Requirements: English speaking, bilingual a plus. Must have own vehicle and valid CA Drivers License, current auto registration and insurance. Dedicated, reliable and honest employees needed. Fill out applications Monday, Ai Friday, 10:00am to 5:00 pm at 317 Quintard Street, Chula Vista, CA 91911.

# DRIVERS / DELIVERY

**DRIVERS/COURIERS.** Drivers with Cargo Vans needed. Full- and Part-Time shifts. \$16-\$18 per hour which includes mileage pay. Call 858-444-2350.

#### **EDUCATION**

PRESCHOOL TEACHER. Fully qualified 12 ECE core units full-time position and Teacher's Aid, part-time position available. Pacific Beach area. If interested, please phone 858-270-5995.

#### **HEALTH CARE**

CAREGIVERS WANTED. Full-time PM Caregiver shifts available. CNA preferred. Must enjoy working with the elderly. Benefits available. Will train. Also seeking Medication Care Managers, Cook, and Bus Driver with Class B license. Apply online at www. sunriseseniorliving.com or in person at Sunrise Senior Living At La Costa (license #374601134), 7020 Manzanita Street, Carlsbad, CA 92011. 760-930-0060.

CAREGIVERS. Needed from all areas. 1 year experience. Hourly and live in. Assertive Care at Home Inc., 3774 Grove Street, #L-1, Lemon Grove. 619-466-6890.



CAREGIVERS/ COMPANIONS. Home care agency has immediate openings for compassionate and experienced Caregivers in East County and South Bay areas to include Chula Vista, Pine Valley, Campo, Descanso, Alpine and Julian. Must have 2+ years healthcare experience, valid CA driver's license and reliable transportation. TB test and background check required. Visiting Angels, 619-987-4910.

CAREGIVERS/CNAS. Hourly and live-in. Immediate openings. Flexible schedules. Assist seniors with light to moderate care. All areas. Cheerful personalities. Dependable Caregivers, 619-421-1022.

#### **Caregivers Needed**

Great weekly pay, flexible hours. Live-in and hourly caregivers needed for high- profile clients throughout San Diego County. We speak Tagalog! Home Care Assistance T321 Fay Avenue, La Jolla, CA 92037. Call for interview times: 760-635-3758

#### **MISCELLANEOUS**

ACTIVIST JOBS: Stop the War on Women! Work with Grassroots Campaigns on behalf of the ACLU. \$375-\$575/week. FT/PT Positions Available Immediately. Call John: 619-523-0412.

# Circulate All Petitions.

Collect petition signatures- no experience necessary. Paid 3 times week. Earn \$8-\$20+ per hourl Full-and part- time schedules available. 619-905-9672.



# Pedicab Drivers Wanted!

Have Fun and Make Money. Work your own hours. Top Drivers make \$3,000 a month! Part or Full time available. www.VIPpedicab.com. 619-228-3632.

PT JOB Real PT business from home. Start up \$5k. Minimal computer skills. Minimum contracted pay \$26k+ per year for 30 minutes a day. Additional contracts available if needed. 760-689-8111.

#### RESEARCH STUDIES

#### P.T.S.D. Study

The VA San Diego Healthcare System, UC San Diego, and Maharishi University of Management Research Institute are conducting a new study testing meditation and cognitive behavioral treatments for PTSD. We are looking for: Veterans (men & woman), age 18 & older with a Diagnosis of PTSD. For more information, please call 877-286-9426 x5979.

TYPE II DIABETES, Poor control on oral medication? Don't want insulin? Call MCCR for a diabetes Trial at 619-521-2841.

#### RESTAURANT / HOTEL / CLUB

LINE COOKS Needed for fast growing, gourmet food-truck catering. Special events and parties throughout San Diego County. FT7 PT flexible hours. \$10' hour to start + TIPSI Advancement opportunities! Free meals. One-year experience preferred. Must have Handler's Card or be willing to get one. Must be comfortable and capable of driving our trucks. Resumes: TheInsliderSD@gmail.com.

#### SALES / MARKETING

**ADVERTISING SPECIALTIES** We train aggressive well-spoken individuals to close from day one. Convenient location near trolley. Sales experience preferred. 619-220-7050.

CALL ENTER REPS: Start immediately, hiring outbound sales representatives. Full-time, long-term opportunity. Hourly base plus commission and bonus. Full benefits available. Paid training. Phone Ware, Inc., Celebrating 40 Years in Business. 858-964-3080 x1156.

#### Fundraising, Telemarketing

for national charities and the Democratic Party. Over 20 years in business. \$10/hour to start +Paid training, +Performance bonuses, +Medical, Dental and 401(k). Convenient Kearny Mesa location. Call to schedule an interview, between 11am-5pm daily. 858-496-2100.

SALES: Big Game Promotions is now hiring for full-time inside sales. No experience required. Fun working environment. Base + high commissions + daily spiffs! Paid training. Medical Benefits. Must be coachable and motivated. Opportunity for fast advancement. E-mail resume to jobs@ biggamepromotions.com or call 619-618-2002 to schedule interview.

#### Entry Level & Experienced Sales!

Starting \$10/ hour plus 10-20% commission! Plus daily cash bonuses! We also provide medical/dental benefits. Poseidon Media Group 1155 Sport Fisher Drive Suite 280, Oceanside. 800-630-4213.

TELEMARKET AD SPECS. Need quick cash? If you have sold Ad Specs before. We will pay you today for sales that you get today! High commissions, instant pay no charge backs. 866-260-PENS (7367).

TELEMARKET FRONTERS Part-time, 20 hours. Seeking energetic phone sellers. Kearny Mesa. \$8-\$50/hour + commission. Daily cash bonuses. Tuesday-Thursday 7am-12:30pm. Flexible hours. Email resume; jobmissionvalley@hotmail.com. Richy, 858-224-9981.

TELEPHONE SALES: Based on the numerous new healthcare billing reforms, National Provider Compliance Corporation is expanding our customer base and seeking Telephone Sales Representatives (business to business exclusively). Telephone sales experience required. Monday-Friday 7am-3pm. Unlimited commission/bonus potential with a guaranteed hourly rate. Paid training. Healthcare benefits. For consideration, email your resume to employment@providercompliance.com. For more information. call 800-669-3328.

#### Sales Pros 25-30% Commission

We are assembling a small, elite sales team of motivated professionals to market natural health supplements. Knowledge of HGH and other natural supplements helpful but will train qualified applicants. Only 5 positions available! *Triton Health Innovations* 800-599-1494.

#### **SALONS**

HAIRSTYLISTS WANTED! Join our team. Seeking enthusiastic professionals! Great continuing education. Well established popular San Diego salons located in both Hillcrest & La Jolla. 619-296-8021.

#### **SECURITY**

**BOUNCERS.** Part-time opportunities. Guard Card and minimum 6 months experience required. \$10 to start. Medical and dental benefits available.

East-Tech Private Security. E-mail resume to easttech2171@aol.com or call Oceanside: 760-433-9477, San Diego: 619-282-1933.

Diego: 619-282-1933.

SECURITY GUARDS. Full-time and part-time opportunities at construction sites, hotels, etc. Mostly evening shifts between 6pm and 5am. Guard Card and minimum 6 months experience required. 9-50 to start. Medical and dental benefits available. East-Tech Private Security. E-mail resume to easttech2171@aol.com or call Oceanside: 760-433-9477, San Diego: 619-282-1933.

#### TRADES / LABOR

#### **Painters**

\$18-\$25/ hour. Requirements: English speaking, bilingual a plus. Must have own equipment and vehicle. Must have valid CA Drivers License, current auto registration and insurance. 2+ years experience required. Fill out applications Monday -Friday, 10:00am to 5:00 pm at 317 Quintard Street, Chula Vista. CA 91911.

HELP WANTED



Earn a competitive stipend caring for an adult with a developmental disability in your home.

Minimum requirements: Spare bedroom, proficiency in English, driver's license and high school diploma/GED.

619-293-0214 • www.MentorsWanted.com



# **Activist Jobs**

Stop the War on Women!
Work with Grassroots Campaigns
on behalf of the ACLU.

\$375-\$575/week

FT/PT Positions Available Immediately

Call John: 619-523-0412



# Viejas Casino & Resort is proud to announce that we are San Diego's newest Four Diamond property!

We are seeking positive and energetic people to join our Hotel Housekeeping team as Guest Room Attendants. We are offering part-time and full-time positions that will help us deliver Four Diamond service to every single guest.

We pay Guest Room Attendants per room. The more rooms you can clean, the more money you will make! Hotel room cleaning experience is a must.

We offer great perks including rewards and incentives for top-notch performance career advancement

incentives for top-notch performance, career advancement, group insurance benefits, competitive salary, paid time off, holiday pay and a 401k plan!

Consider joining us by applying at: www.viejas.com



# NEIGHBORHOOD

Continued from page 42

Photos show the pistol sticking out of the backpack, sitting in the front seat. It was implied that's where the officer found the gun. If that's true, Berrey points out, that means Torres left Boulaalam alone in the car after the initial three-minute contact, with a loaded handgun on the seat next to him.

The local DA bought the officers' side

of the story but reduced the charge to a misdemeanor.

KEN HARRISON

LA MESA

#### Pizza place delivers hookahs **American Lung Association not happy**

A pizza restaurant in La Mesa is hoping to make more dough by offering hookahs for delivery along with the pizza, sandwiches, and spaghetti on their menu.

GiGi Pizza, formerly Palermo Pizza,

started renting out hookahs a few weeks ago for \$14.99 for a 24-hour period.

"It's actually from the time you rent to the end of the next day," GiGi Pizza manager San Agrawi clarified. "We charge \$20 on the credit card and bring the hookah, along with charcoal, two heads [the ceramic piece that holds the smoking material], and two types of tobacco."

GiGi Pizza's five-mile delivery radius covers La Mesa, Lemon Grove, parts of El Cajon, and Spring Valley, and just touches the SDSU area.

As might be expected, GiGi Pizza's decision to deliver hookahs with pizzas doesn't make the American Lung Association happy.

Debra Kelley, the regional director of programs and advocacy for the American Lung Association in California, was shocked when she heard about GiGi Pizza's hookahdelivery service.

"This is great," she said sarcastically. "You can order pizza with a side order of lung cancer."

PATRICK HENDERSON

#### **COMPUTER/ TECHNICAL**

ENGINEER. Manufacturing Equipment Engineer (Req# IIC1047). Provide maintenance, troubleshooting & process support to a high volume Molecular Biology laboratory. Must be willing to work Saturdays. Minimum travel (10%) may be req. Masters +2 yrs rltd exp or Bachelor's followed by 5 yrs prog rltd exp. Mail resumes to Alice DeGroff, Illumina, Inc, 5200 Illumina Way, San Diego, CA 92122. Must ref title & reg#

#### **JOBS WANTED**

NOTICE TO READERS: This category is

JOB WANTED AS CAREGIVER.

companion, appointment drives, independent, certified, live- in, days/ weekends excellent references light cleaning, cooking. Check/cash okay. 619-646-9291.

#### **CAREER TRAINING**



Healthcare, business, technology and graphic arts.

California College San Diego

Call 888-887-1740



#### 22 DAYS CERTIFIED NURSE ASSISTANT PROGRAM. Lowest tuition

ASSISTANT PROGRAM. Lowest turtion in San Diego. Includes: Live Scan, Physical/TB, Supplies, State Exam, and CPR. 90% Passing Rate Average!. Call International Health Group today! 888-354-1507. For more info www. internationalhealthgroup.net.



A BETTER YEAR STARTS HERE! Train in Healthcare, Business & more. Call UEI College Today! 877-206-1915. For more info. on our graduation rates, median student debts, etc., please visit www.enjoyUEICollege.com



BILLING AND CODING: Fast and affordable. Start a new career in 4 months. Job placement assistance, financing, free books and supplies. Small class sizes, free tutoring. National Certification. Best value guaranteed. Call 888-291-9562. 7851 Mission Center Court Ste. 326, San Diego. www.CMCSandiego.com..



# **CERTIFIED NURSING ASSISTANT -**

Home Health Aide Training Program. 8-week program. Small class size.

Quality, experienced nursing Quality, experienced nursing instructors. Free textbooks, uniforms, medical kit, pre-certification review, State Certification Exam and Resume Building Workshop. Financing available
Call 888-291-9562. 7851 Mission
Center Court Ste. 326, San Diego.
www.CMCSandiego.com.

center Court set. 326, 3an Diego.
www.CMCSandiego.com.

CNA & HHA TRAINING. Certified
Nursing Assistant and Home Health
Aide Classes. Approved by California
Dept. of Public Health (L&C, ATCS).
Next CNA Monday-Friday schedule:
January 6-February 6; February
3-March 6; March 3-April 3. Next CNA
Friday, Saturday and Sunday schedule:
January 4-March 8; February 15-March
26; March 22-May 25. We also offer DS
training to RNs and LVNs for 2 class
days, 12 hours/day. HHA schedule:
January 25, 26, 31 and February 1 and
2, 2014. Pacific Health Educational
Center, 10225 Barnes Canyon Road,
Suite A-208, San Diego, CA 92121.
888-248-1279 or 888-256-3969. www.
pacifichealthedu.info.

COOKING SCHOOL: Culinary, Baking, Advanced Pastry programs. See what makes National Schools the best culinary and baking school in San Diego: Small classes with private hands-on instruction from the best teachers in the industry—all ACF certified! Convenient La Mesa location with plenty of parking. Job placement



CRIMINAL JUSTICE. You could work in Public or Private Security, Courtroom Administration, Court System Personnel or Community Corrections. Train in the

exciting Criminal Justice program at Kaplan College, and you could get your degree in less time than you think. Kaplan College offers hands-on training. You could even train with our Firearms Simulator. Career placement assistance; and financial aid is available for those who qualify. Kaplan College San Diego, Vista and Chula Vista campuses, 800-761-7504. Information about programs at www.go.kaplansandiego.com. Additional my training may be required for law



enforcement positions.

DENTAL ASSISTANT training in as few as 9 months! Now enrolling, call today! Concorde Career College, 4393 Imperial Avenue, Suite 100, San Diego 92113. 888-254-6904. www.Concorde4me.com. For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.concorde.edu/disclosures.



**DENTAL ASSISTANT.** Train to become a Dental Assistant in less time than you think. Call Kaplan College today to find out more. Kaplan College offers hands-on training, career placement assistance; and VA benefits and financial aid are available for those who qualify. Kaplan College San Diego and Vista campuses. 800-761-7504. Information about programs at www. go.kaplansandiego.

#### **Master of Arts In Marriage & Family Therapy**

Earn your MFT in San Diego! The program offers: alignment with current California licensure requirements, professionally active faculty who teach from personal experience, a curriculu that integrates spirituality and values,

a blend of theoretical and practical elements of psychology. Application elements of psychology. Application deadline: March 1. Contact Amber Hanna, program representative, for more information, 626-815-2173. ahanna@apu.edu. www.apu.edu/mft. San Diego Regional Center, 5353 Mission Center Road, Suite 300, San Diego, CA 92108



EKG TECHNICIAN: Get your EKG
Certification—only 64 hours (8 weeks).
Earn multiple National Certificates.
Taught by doctors. Course includes
classes and practical hands-on clinical
training. Small class sizes, free tutoring,
books, and materials. National EKG
Technician Certification. Financing
available. Call 888-291-9562 to enroll.
7851 Mission Center Court Ste. 326,
San Diego. www.CMCsandiego.com.

CAREER TRAINING

# **InsideSales**

HELP WANTED

Based on the numerous new healthcare billing reforms. National Provider Compliance Corporation is expanding our customer base.

As a result, we are currently seeking telephone sales representatives (business to business exclusively). Telephone sales experience required.

• Paid training • Healthcare benefits • Mon-Fri 7am-3pm Unlimited commission/bonus potential with a guaranteed hourly rate



For consideration, email your resume to: employment@providercompliance.com For more information, call: (800) 669-3328

# **Accounting careers begin here!**

www.TheAccountingAcademy.com

Learn all the skills you need for mulitiple office jobs at every type of business

- Small class sizes & half day sessions
- Real world, heavy hands-on learning
- Tuition financing available
- Graduate job-ready in just 7-months



# COUNTING ACADEMY SAN DIEGO TRAINING CENTERS

KEARNY MESA 7370 Opportunity Rd., Ste. G. San Diego, CA 92111 • 888-678-9416 CARLSBAD 2231 Faraday Ave., #100, Carlsbad, CA 92008 • 888-465-6119



We want you for immediate **SALES** openings in the **Sports Fundraising Industry!** Positive, energetic phone personalities needed!

• Fun + Energetic Team/Environment

• 30% of Closers Earning 100K+

• 401(K), Medical+Dental • Daily Cash Contest

• Dedicated Training Program

If you're disciplined, coachable, and determined then you're the All-Star we're looking for!

#### CALL US TODAY!

858-300-9600 - Ask for Fatima 8525 Gibbs Dr. Suite 206, San Diego, 92123 mediaallstars.com

ff facebook.com/mediaallstars









# **Earn Your MFT in San Diego!**

#### The program offers:

- Alignment with current California licensure requirements.
- Professionally active faculty who teach from personal experience.
- A curriculum that integrates spirituality and values.
- A blend of the theoretical and practical elements of psychology.

# Contact Amber Hanna, program representative, for more information:

CALL // (626) 815-2173

CLICK // apu.edu/mft

EMAIL // ahanna@apu.edu

## **Apply Today!**

Application deadline:

March 1



God First Since 1899

San Diego Regional Center • 5353 Mission Center Rd., Ste. 300 • San Diego, CA 92108



• VA Loan Approved • Nutrition & Herbology Courses

"Flexible Part or Full Time Class Schedules!"



in San Diego Since 1993."

6353 El Camino Real, Suite B Carlsbad, CA. 92009

888-638-5512



HEALTH INFO TECHNOLOGY. You could train for your career in Health Information Technology in just a few months. Don't wait! Call today to jumpstart your career in healthcare! Kaplan College offers hands-on training, career placement assistance; and VA benefits and financial aid are available for those who qualify. Kaplan College, San Diego campus 800-761-7504. Information about programs at www.oo.kosandiego.com. www.go.kcsandiego.com



**HEALTHCARE CAREERS.** You could train to become a Medical Assistant, Nursing Assistant, Dental Assistant, X-Ray Technician/Back Office Medical X-Ray Technician/Back Office Medical Assistant, Pharmacy Technician, Vocational Nurse and more. Kaplan College offers hands-on training, career placement assistance; and financial aid is available for those who qualify. Kaplan College San Diego, Vista and Chula Vista campuses. Call today! 800-761-7504. Information about programs at www.go.kaplansandiego.com. Not all programs offered at all locations.



MASSAGE THERAPY. Train for your career in Massage Therapy in less time than you think! You could work at a spa, in a hotel resort or even on a cruise ship. Find out more about this exciting career today. Career placement assistance; and VA benefits and financial aid are available for those who qualify. Kaplan College, Vista campus. 800-761-7504. Information about programs at www.go.kaplanvista.com. Additional licensing or certification may be required in some states. Kaplan College does not guarantee that lege does not guarantee that duates will be able to take or pass ensing or certification examinations



MEDICAL ASSISTANT training in as few as 8 months! Now enrolling, call today! Concorde Career College, 4393 Imperial Avenue, Suite 100, San Diego 92113. 888-254-6904. www. Concorde4me.com. For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.concorde.edu/disclosures.



**MEDICAL ASSISTING.** Fast and affordable. Only 6 months to a new career. Job placement assistance, financing, free books and medical kit.

Train with San Diego's best doctors. Small class size, free tutoring, hands-on classroom and clinical training. Earn National Certification. Best value guaranteed. Call 888-291-9562. 7851 Mission Center Court Ste. 326, San Diego, www.CMCSandiego.com.



MEDICAL BILLING & CODING. Medical Billing and Coding Specialist Program offered for Medical Administrative careers at Kaplan College. Kaplan College offer hands-on training, career placement assistance; and financial aid is available for those who qualify. Chula Vista, San Diego and Vista campuses. Call today and train in less time than you think! 800-761-7504. Information about programs at www.go. kaplansandiego.com

## Become a **MEDICAL ASSISTANT**

career-focused training. Enrolling now.

California College San Diego

888-887-1740



PHARMACY TECHNICIAN: Fast PHARMACY TECHNICIAN: Fast, affordable, best value. Start a new career in only 12 weeks. Job placement assistance, financing, free books, small class size, free tutoring, certification preparation. PTCB and NCCT National Certification Eligibility. Best value guaranteed. Call 888-291-9562. 7851 Mission Center Court Ste. 326, San Diego. www.CMCSandiego.com.



PHARMACY TECHNICIAN. A successful career that could be perfect for you. Get the hands-on training you need and the secure future you deserve as a Pharmacy Technician. Learn how to work with patients and doctors as an integral part of a patient's care. Kaplan College offers career placement assistance; and VA benefits and financial aid are also available for those who qualify. Don't wait! Call today! Kaplan College, Vista campus 800-761-7504. Information about programs at www.go.kaplanvista.com.

CAREER TRAINING

Career Education

# TRAIN TO BECOME A VOCATIONAL NURSE

**UEI COLLEGE IN CHULA VISTA IS NOW OFFERING** A DIPLOMA PROGRAM IN VOCATIONAL NURSING.

## **WORK IN:**

Hospitals

Doctors' offices

Skilled Nursing Facilities

Clinics

WWW.UEI-INFO.COM



CHULA VISTA, CA

CALL TODAY! 877.749.6433



PROFESSIONAL MEDICAL TECH: Fast and affordable. Earn 4 certifications after only 6 months. Job placement assistance, financing, free books and medical kit. Train with San Diego's best doctors. Small class size, free tutoring, more certifications in less time. Medical Assisting, EKG Tech, Medical Office Assistant, Patient Care Technician. Best value guaranteed. Call 888-291-9562. 7851 Mission Center Court Ste. 326, San Diego, www.CMC/Sandiego.com San Diego. www.CMCSandiego.com



RESPIRATORY THERAPY. Concorde RESPIRATORY THERAPY. Concorde offers training in: A.S. in Respiratory Therapy, A.S. in Physical Therapist Assistant, Surgical Technology, Medical Assistant, Dental Assistant, Vocational Nursing, Medical Office Administration and A.S. in Dental Hygiene, Now enrolling, call today! Concorde Career College, 4993 Imperial Avenue, Suite 100, San Diego 92113. 888-254-6904; www.Concorde-dme.com. For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.concorde.edu/disclosures.

**SCHOLARSHIPS** for adults (you). Not based on high school grades. 877-412-5382 **California College** San Diego Scholarshipshc.com

**SCHOOL OF NURSING.** Earn your RN to BSN at Azusa Pacific University. to BSN at Azusa Pacific University. Take the next step in your career and help meet the growing needs of today's heatthcare industry. Azusa Pacific's accelerated Registered Nurse to Bachelor of Science in Nursing (RN to BSN) program helps working to the packet of the packet registered nurses develop the skills and knowledge to care more thoroughly and knowledge to care more thoroughly for patients and become a leader in the field. Accredited by CCNA and WASC. Cohorts are forming now in San Diego. Apply today! Call: 877-210-8839. Click: www.apu.edu/sandiego. E-mail: sandiego@apu.edu. San Diego Regional Center, 5353 Mission Center Road, Suite 300, San Diego, CA 92108.



SURGICAL TECHNOLOGY. Start an exciting new career. We also offer courses in A.S. in Physical Therapist Assistant, Medical Assistant, A.S. in Respiratory Therapy, Medical Office Administration, A.S. in Dental Hygiene Dental Assistant and Vocational Nursing. Call today for more information! Concorde Career College, 4393 Imperial Avenue, Suite 100, San Diego. 888-254-6904; www. Concorde4me.com. For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.concorde.edu/

disclosures.

TEACHER EDUCATION. Earn your degree from a university known for excellence in education. Azusa Pacific University has a reputation for consistently producing innovative and comprehensively prepared educators. Our graduates serve as teachers, counselors, coaches and administrators throughout Southern California, and are known in their schools and districts as leaders in their field. Choose from 60 credential and degree options at APU's San Diego and Murrieta regional centers, including a bachhelor's degree program in Liberal Studies, and join a 113-year legacy of excellence in education. Spring classes start February 3. Contact us today! 619-718-9655 or 951-304-3400. www.apu.edu/explore/education.

#### Flight Attendant **Training Program**

The Nation's leading Flight Attendar training and job placement program The Airline Academy's short term rine Arillie Academy s short term program has been an industry leadt for 30-years and boasts an 86% Airline Job Placement success rate for it's graduates. Travel the world and make a competitive salary in this outstanding industry. Salary In this outstanding industry.

Career-minded individuals strongly
encouraged to enroll! Call today and
begin training for your future career
tomorrow! www.TheAirlineAcademy.
com. For more information, call 888362-1821.

#### **Recording Arts & Digital Film School**

Train for an exciting and lucrative career in Film and/ or Audio Engineering at the industry- leading MediaTech Institute. Hands-on courses at our state-of-the-art facility prepare students to become top- notch recording engineers or filmmakers. 302 Oceanside Boulevard, Oceanside, California 92054. Visit: MediaTech.edu or call: 888-226-0153.

#### Accounting **Academy**

Academy

Train for lucrative job opportunities in bookkeeping, accounts receivable, payables, and payroll— or start your own bookkeeping business! Jobs in Accounting/ Bookkeeping are vital to small, medium and large businesses alike. Careers in Accounting and Bookkeeping are recession proof and allow you to work in ANY industry— everyone needs accountants and bookkeepers. Take your classes at either our San Diego or Carlsbad locations. We can even help you secure tuition financing. New classes beginning every other month— call now! www. TheAccountingAcademy.com. Call: 888-678-9416.



Healthcare, business, information technology, graphic arts.

> California College San Diego

Call 888-887-1740

## Study at Home and Graduate with Your HIGH SCHOOL DIPLOMA in just 8-12 weeks!

- No classes to attend
- Free tutoringFully accredited
- Online studies now also available - you can enroll online and finish quicker than ever before!

ALSO AVAILABLE IN SPANISH

Call for a free brochure: (877) 926 - 6699



Visit us at nationwideacademyhigh.com



8 MONTHS' IS ALL IT TAKES!

# MEDICAL OFFICE **ADMINISTRATION**

LIFE'S GOOD!

## 100% healthcare education for employment!

- Medical Assistant
- Medical Office Administration
- Dental Assistant
- Vocational Nursing
- Surgical Technology
- Dental Hygiene (AS)
- Respiratory Therapy (AS)
- Physical Therapist Assistant (AS)

**FREE BROCHURE CALL TODAY!** 

888.744.1355

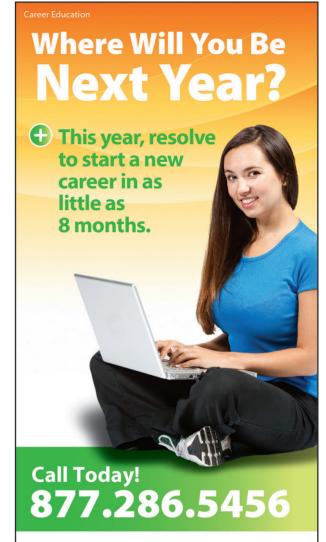
WWW.CONCORDE4ME.COM



**ACCREDITED MEMBER, ACCSC.** FINANCIAL AID AVAILABLE TO THOSE WHO QUALIFY. VA APPROVED FOR ELIGIBLE VETERANS. **TUITION ASSISTANCE FOR MILITARY AND FAMILY.** 

4393 Imperial Ave., Suite 100 | San Diego, CA 92113

agram lengths vary. For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.concorde.edu/disclosures.



## Train in:

- Vocational Nursing+
- Dental Assistant
- Business Office Administration
- Computer Systems Technician
- Criminal Security Administration+
- Criminal Justice+



**CHULA VISTA • SAN MARCOS** 

#### → WWW.VISITUEITODAY.COM

+Program Lengths Vary • Not all programs available in all campuses Financial Aid available for those who qualify • Job Placement Assistance For more information on our graduation rates, median student debts, etc., please visit www.visitueitoday.com

# **California Medical College**

San Diego's Best Value Healthcare Training Programs

Classes Taught by Experienced Doctors, Nurses & Industry Experts

# **2014 Tuition Scholarships** Up to \$2,000 Available\*

\*For Qualified Applicants. Call for Details.



- Certified Nurse Assistant/Home Health Aide
- EKG Technician
- Insurance and Coding Specialist
- Pharmacy Technician
- · Medical Assistant, Medical Office Assistant & Patient Care Technician
- Interest Free Financing
- · Affordable Payment Plans
- · Frequent Program Start Dates
- Job Placement Assistance
- · Easy Admissions Process
- · Small Class Sizes · Free Tutoring
- Free Certification Preparation
- Text Books & Supplies Included

#### **Weekday, Weekend & Evening Classes**

**MyCAA Benefits and WIA Approved** 

**Seats Limited - Call Immediately** 

1-888-291-9562

www.CMCsandiego.com

7851 Mission Center Court, Ste. 326 • San Diego, CA 92108

#### **Massage Training**, **Vitality College**

Train to meet the new California state licensing requirements. New fast- track program! State and nationally certified school. Easy interest-free financing available for our students. Classes starting now! Vitality College of Healing Arts, 6353 El Camino Real, Suite B, Carlsbad 92009. www.VitalityCollege.com. 888-638-5512.



#### UPGRADE FROM A JOB TO A CAREER

In as little as 8 months! Train in: Business Office Administration & more! Call UEI College Today! 888-720-7201. For more info. on our graduation rates, median student debts, etc., please visit www.UEICollegeSucceed.com



## VOCATIONAL NURSING CAREERS. You could work with doctors. Vocational Nursing and Medical Career Training offered at Kaplan College. Kaplan College offers hands-on training, care

College offers hands-on training, career placement assistance; and VA benefits and financial aid are available for those who qualify. San Diego and Vista campuses. Call Kaplan College today! 800-761-7504. Information about programs at www.go.kaplansandiego.



VOCATIONAL NURSING. Concorde also offers training in: A.S. in Respiratory Therapy, A.S. in Physical Therapist Assistant, Surgical Technology, Medical Assistant, Dental Assistant, Medical

Office Administration and A.S. in Dental Hygiene. Now enrolling, call today! Concorde Career College, 4393 Imperial Avenue, Suite 100, San Diego 92113. 888-254-6904; www.Concorde4me.com. For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.concorde.edu/disclosures.

#### **REAL ESTATE**

#### **East County**

SPRING VALLEY \$1100. 2BD+2BA. SPRING VALLEY \$1100. 2BD+2BA, Gated Community. New paint and hardwood flooring. Nice backyard, laundry and pool onsite. Assigned parking. No pets, available now. Victor 619-962-8000

#### Miscellaneous

HOTEL OWNER WILL BUY property anywhere. Small houses, big houses, condos, apartments, commercial, vacant land and notes. Call 619-204-

## **ROOMMATES MISCELLANEOUS**

#### ALL AREAS. ROOMMATES.COM.

Browse hundreds of online listings with photos and maps. Find your roommate with a click of the mouse! Visit: www. Roommates.com. (AAN CAN)

#### **Downtown**

#### DOWNTOWN, \$525.

DOWNTOWN, \$525. Unfurnished bedroom in newer home. One person only. Share kitchen. Includes utilities, Internet, cable, HDTV and laundry. \$300 deposit. No drugs/ alcohol/ pets. South San Diego near freeways/ Downtown. 619-887-2365.

#### **Central San Diego**

#### BAY PARK, \$555.

BAT PARK, \$555.
Mission Bay Park near Clairemont Dr. \$495 deposit, share utilities. Safe off-street (RV/boat) parking. Laundry. No smoking, drinking, drugs. Male only. 619-417-2409.

CLAIREMONT \$600 \$300 deposit. Furnished room, utilities, internet, cable and laundry included. 2 blocks west of town square. Female only, no smoking, drugs or pets. 858-273-0765.

#### CLAIREMONT. \$595.

Clairemont, 3595.
Clairemont family. Beautifully remodeled. Utilities included: cable/ internet, washer/dryer. Peaceful female, student okay. No drugs/overnight guest. Clean, quiet, private parking, security lights. 858-500-6138.

CLAIREMONT, \$700.

Large room in 4000 sq. ft home. Inc. washer/dryer, cable, internet, kitchen privileges. Back door parking. Near frielegys. 8500 deposit. Male. No pets. 858-270-4243.

#### UTC. \$710.

UTC, \$710.
University City South: Quiet, downstairs room, private bath/entrance/parking; cable/utilities/supplies included; nonsmoking female to join same, retired scientist; no pets. 858-546-8214.

#### **East County**

#### LA MESA, \$525.

LA MESA, \$525.

Downtown SD-15 minutes. Plus utilities.
\$600 Deposit. Share house. Large
room. Hardwood floors, skylights, piano.
Private entrance. Remodeled bath/
kitchen. Laundry. Cable/Internet. Big
yard. Nice area. 619-466-7500.

#### **North County** Coastal

#### CLAIREMONT \$570

4BD House to share in North Clairemont. Shared bathroom. Looking for someone who pays rent on time and is considerate of others. No smoking or pets. Close to bus lines and shopping. 858-270-5695.

CAREER TRAINING

# **Recording Arts & Digital Film Careers Begin Here!**

From the technical and creative know-how to hands-on training by industry professionals, our renowned multi-studio RECORDING ARTS and DIGITAL FILM programs teach you all the skills you need to succeed in the **Entertainment Industry.** 





- Financial Aid available to those who auglify Approved for Veterans Training through the state of California
- Comprehensive 1-Year Programs
- Job Placement Assistance After Graduation Accredited School, ACCSC

Call for a tour of our studios at Mediatech Institute!

302 Oceanside Blvd. • Oceanside, CA 92054 matthew@mediatech.edu

www.mediatech.edu

# Now enrolling Bartending Students Only \$119 for 2 week course!



We are the newest, cleanest, and most professional bartending school in San Diego county. If you are serious about joining the hospitality industry. we hope you will consider sitting in on one of our classes and decide for yourself.

> 1311 5th Ave., San Diego (619) 940-6636 www.sosbartendina.com

Sign up online and use the Promo code: READER

## ccelerated NURSE ASSISTANT Training

**CDPH Approved CNA & HHA Programs** 



#### **Next CNA**

#### **Monday to Friday Schedules**

January 6 to February 6 February 3 to March 6

**Next CNA Saturday-Sunday Class** January 4 to March 8

February 15 to March 26

Next HHA Class (5 days) will start from

January 25, 26, 31 and February 1 & 2

We also offer DSD training for 2 days, 12 hrs/day

#### **Pacific Health Educational Center**

10225 Barnes Canyon Rd., Suite A-208, San Diego, CA 92121

Tel: (888) 248-1279 or (888) 256-3969 • www.pacifichealthedu.info

# Pursuing a Career in Massage Therapy? Put your hands in ours!

Pacific College of Oriental Medicine is one of the nation's leading institutions offering specialized training in massage therapy.

- · Full/Part-Time/Weekend Classes
- Certificate & Degree Programs
- · Acupuncture Program also available

# Don't delay! **Register now!**

Call Now: 1.888.660.2434



www.pacificcollege.edu/newstudent

Pacific College of Oriental Medicine's MSTOM and DAOM programs are accredited by ACAOM. The college and all its programs in San Diego are approved by BPPE All programs, with the exception of the DAOM, are accredited by ACCSC. For important information on program costs, completion and placement rates median debt incurred, etc., please visit www.pacificcollege.edu/programinformation and click on the program of your interest.



AIRLINE ACADEMY

Now you could train to become a

# Nurse!

Call now to find out how you could train in

# **Vocational Nursing!**

Call 800.984.3658

www.kaplan college.com



9055 Balboa Ave., San Diego, CA 92123 2022 University Dr., Vista, CA 92083

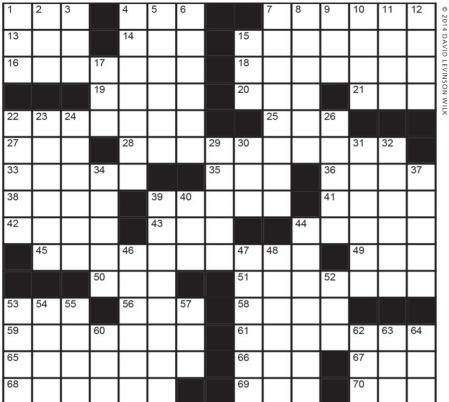


info@TheAirlineAcademy.com

www.TheAirlineAcademy.com



# Win a Reader hat or t-shirt



#### 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 when you successfully complete the counted when you successfully successful to the counted when you successful the counted when you successful to the counted when you successful to the counted when you successful the counted when you was a successful the counted when you was a successful to the counted when you was a successful the counted when you was a successful t cessfully complete a puzzle AND get it to us by 7:00 a.m. Monday

cessfully complete a puzzle ANLJ get it to us by 7:00 a.m. Monday.

2) Submit the correct answers to the puzzle along with your name.

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 mailed to Reader Puzzle, P.O. Box 85803, San Diego, CA 92186-5803; or delivered to our new location, 2323 Broadway in Golden Hill; or scanned and e-mailed to puzzles@sdreader.com. Submissions by e-mail must be attached in JPG format, 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:

- And now for the really small print:

  1) All answers must be legible and entered in the spaces provided.

  2) Late entries will not be considered.

  3) We will draw 10 names from weekly puzzle winners; no clever words or limericks required.

  4) One entry per person per week or you will be disqualified.

  5) Employees of the *Reader* and their immediate families are not eligible.
- **58.** Fargo's home: Abbr.

#### Across

- 1. Good name for an investment advisor?
- 4. Flavor-enhancing additive
- 7. Kind of priest
- 13. Snoopy, to Charlie
- 14. Capt's guess 15. Capital of Sicily
- **16.** One of the Titans
- **18.** Deceiving
- 19. Creations in Word, for short 20. Pained cries
- 21. Seemingly forever
- 22. One way for people to be out 25. Yellowfin tuna, on menus
- 27. Napoleonic law
- 28. Shakespeare character played by Ralph Fiennes in a 2011 film
- **33.** Wife of Augustus
- 35. Sitcom planet **36.** Paisley or Pitt
- **38.** Midmonth date
- 39. God for whom a month is named
- **41.** Rain gutter site 42. Radio host Boortz
- 43. Ocean State sch.
- \_ Edibles (food shop on "The 44.
- Facts of Life") **45.** Ursus \_\_\_\_ (black bear)
- **49.** Sturm \_\_\_\_ Drang
- **50.** Jiffy
- **51.** With class
- 53. Zookeeper's main squeeze?
- **56.** Two-time loser to DDF

## SOLUTION TO LAST WEEK'S PUZZLE

| Р | G | Α |   | S | W | 1 | S | Н |   | 0 | Н | W | 0 | W |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | U | R |   | Т | Е | Ν | Α | М |   | С | 0 | 1 | Ν | Α |
| Р | 1 | Е | W | R | Е | С | K | S |   | Т | U | Ν | Е | D |
| L | Α | N | Α |   | Κ | Α | 1 |   | М | Α | D | D | 1 | Е |
| Α | Ν | 0 | L | D |   |   | С | Α | R | Ν | 1 | Е |   |   |
| R | Α | W | D | Α | Т | Α |   | S | Т | Е | Ν | С | 1 | L |
|   |   |   | 0 | D | Е | S | S | Α |   |   | 1 | K | 1 | D |
| 1 | Α | М |   | Е | Х | L | Α | С | K | S |   | S | 1 | S |
| С | Р | Α | S |   |   | 0 | С | Α | S | Е | K |   |   |   |
| Κ | Ε | Υ | Е | D | U | Р |   | Т | U | Ν | Α | S | U | В |
|   |   | L | Α | U | D | Е | R |   |   | S | Т | 1 | Ν | Е |
| В | L | 0 | Т | Т | 0 |   | Н | U | В |   | 1 | Т | S | Α |
| L | Α | С | Т | 1 |   | G | 0 | R | Е | Т | Ε | С | Н | S |
| Α | Ν | K | L | Ε |   | 1 | Ν | Α | Ν | Е |   | 0 | U | Т |
| М | Ε | S | Ε | S |   | F | Ε | L | Т | S |   | М | Т | S |

- **37.** Since: Sp.
- **65.** Country singer Blake
- **67.** Carpenter \_
- 68. Get the better of
- **69.** Radical org. of the '60s
- **70.** "Holy cow!

#### Down

- 1. 2012 Facebook event in brief
- 2. DVR button 3. Took off the table?
- 4. One of the Islas Baleares
- 5. Plaster finish
- 6. Knee-slapper
- 7. Crosses dangerously
- 8. "24" actress Cuthbert
- 9. Pres. Obama, once
- **10.** Prod
- **11.** "If \_\_\_\_\_ believe ..."
- 12. Bugs, e.g.
- 15. West Bank grp. 17. Hubbub
- **22.** Run-D.M.C.'s "You Be \_\_\_\_
- 23. "Haven't a clue"
- 24. Early morning hr. **26.** Not up
- **29.** Ancient land SE of Lesbos
- **30.** Sch. named for an evangelist
- 31. Giggle-producing celestial name ... even though it ends just as many other words do, including 16-, 28-, 39-, 45- and 61-Across

|     | 0 | , , |   | 0 | • • |   | _ |   |   | 0 |   | • • | 0 | Ŀ. |
|-----|---|-----|---|---|-----|---|---|---|---|---|---|-----|---|----|
| 0   | U | R   |   | Т | Е   | N | Α | М |   | С | 0 | 1   | Ν | 1  |
| Р   | Τ | Е   | W | R | Е   | С | Κ | S |   | Т | U | Ν   | Е | Ī  |
| L   | Α | Ν   | Α |   | Κ   | Α | 1 |   | М | Α | D | D   | 1 | Ī  |
| Α   | Ν | 0   | L | D |     |   | С | Α | R | Ν | 1 | Е   |   |    |
| R   | Α | W   | D | Α | Т   | Α |   | S | Т | Е | Ν | С   | 1 |    |
|     |   |     | 0 | D | Е   | S | S | Α |   |   | 1 | K   | 1 | Ī  |
| 1   | Α | М   |   | Е | Χ   | L | Α | С | K | S |   | S   | 1 | ;  |
| С   | Р | Α   | S |   |     | 0 | С | Α | S | Е | K |     |   |    |
| Κ   | Е | Υ   | Е | D | U   | Р |   | Т | U | Ν | Α | S   | U | ı  |
|     |   | L   | Α | U | D   | Е | R |   |   | S | Т | 1   | Ν | ı  |
| В   | L | 0   | Т | Т | 0   |   | Н | U | В |   | 1 | Т   | S | ,  |
| L   | Α | С   | Т | 1 |     | G | 0 | R | Е | Т | Ε | С   | Н |    |
| Α   | Ν | K   | L | Ε |     | 1 | Ν | Α | Ν | Е |   | 0   | U | ŀ  |
| 8.4 | _ | 0   | _ | 0 |     | _ | _ |   | т | 0 |   |     | - | П  |

- 32. Idiot
- **59.** Passed effortlessly 34. Key chain?
- **61.** What some vaccinations prevent **39.** Part of a kid's lunch from home
- 66. Own. to Burns
  - 40. Path of a pop-up **44.** Ritzy residences
    - **46.** Lecture, in a way
      - 47. Last innings
      - 48. Like Dracula
      - **52.** Rap sheet abbr.
      - **53.** Don Juan's kiss

      - **54.** Obama's birthplace
      - 55. "I'd hate to break up \_

      - 57. Roget entry: Abbr.
      - 60. Dobby, e.g., in the Harry Potter books
      - 62. Catch 63. Colorful card game

      - 64. Hog's home

#### SEE YOUR RANKING ONLINE!

Now you can go online to check your ranking and communicate with each other! Simply visit: www.SDReader.com/puzzle. The new ranking is posted each Wednesday. To use the "comments" feature, you must be a registered site member. site member.

#### **THIS WEEK'S WINNERS:**

Prizes will be available for pickup at the Reader offices front desk from the Thursday your name appears in print to the following Thursday at

- Elaine Marume, Oceanside, 4.
- Thomas McVeagh, Lakeside, 4.
- Arie Passchier, Orange, 4. K.J. Rayner, San Diego, 3.
- Paula Tschauner, Chula Vista, 3.

#### We cannot accept your entry without the following: Name: Address: State: City: 7in Code:

#### South Bay

#### CHULA VISTA, \$450.

Room for rent. Close to the bus stop. \$200 deposit. Share utilities. Nonsmoking. Women preferred. 619-829-1504.

R29-1504.

CHULA VISTA, \$495
Furnished, beautiful bedroom with own bathroom. Internet/cable access. Swimming pool available. Nice, safe neighborhood. Near shopping, restaurants, freeway. No drugs or overnight guests. \$350 security deposit, shared utilites. Call Louisa, 619-942-3425.

#### CHULA VISTA, \$500.

Eastlake. 4BD+4BA townhome. Bedroom/ bath. Washer/ dryer. Utilities included. No pets/ drugs. \$500. \$400 deposit. 760-554-0971.

ueposit. /bu-bb4-09/1.

CHULA VISTA, \$625.
\$150 off 1st months rent. Eastlake.

Spacious room in 3 bedroom townhouse, close to freeways, utilities included. No drugs. \$450 deposit. Call 619-817-5576.

#### IMPERIAL BEACH, \$525.

IMPENIAL BEACH, \$525. Utilities included. Share furnished, 2BD+1BA house. Nonsmoking. No drugs. References. Must be employed. \$200 deposit. Leave message, 619-600-2055.

PARADISE HILLS, \$500.

1BD large furnished, private entry, includes utilities. Laundry, cable, TV, fridge, microwave. Close to freeways. Female preferred. 619-434-4508.

## **RENTALS**

CLAIREMONT, \$150-250.
Corages for rent. Small \$150, Large Garages for rent. Small \$150, La \$250. Dry storage only, no elect 619-276-6745

## **Commercial Rentals**

DOWNTOWN, \$150-650.
Gaslamp creative space! 100-600 sqft.
Artists, painters, sculptors, writers,
photographers, fiber, design, etc. High
ceilings, tall windows. Gallery venue for
shows. Uniquely affordable. 402 Market
Street. 619-471-7054 call or text - by
appointment only.

# THE PERSON NAMED IN

Artist work spaces: Office or work spaces and retail available. 636 C Street, 92101. Inquire inside (C Street Inn front desk) or call 619-234-4165 or 619-269-9076. www. jspropertymanagement.com

#### **MISCELLANEOUS**

POINT LOMA, \$200. 1-car garage available. Use for storage or car. No chemicals or liquids. Between 4825-4839 Orchard Ave. 619-222-6020.

RV SPACES FOR RENT. East County. Rent \$450-550/ month. 50- amp service. High-speed Internet. 619-443-0262.

#### **Beaches**

MISSION BEACH, \$1895. 2BD+1BA, apartment with balcony view of ocean. All appliances. Parking. Laundry on site. Just steps to the beach, restaurants, shopping and nightlife. 712 Santa Rita Place #B. 858-272-9547.

MISSION BEACH. \$250 & up motel weekly rates. Full kitchens, cable TV, furnished. Santa Clara Motel, 839 Santa Clara Place, San Diego, 92109. 858-488-1193.

San Diego, 92109. 858-488-1193.

OCEAN BEACH, \$1010.

1BD+1BA apartment. \$700 deposit
OAC. \$25 application fee. Blocks to
the beach! Clean. Parking. Laundry.
No pets. Water and trash included.
Seacoast Apartments, 5030 Lotus. Call
Doris, 619-204-1651, 619-224-0759.

#### DOWNTOWN, \$250-495.

#### pier. Easy freeway access, 5053 Lotus, 858-292-6046. OCEAN BEACH, \$1495.

OCEAN BEACH, \$1495.
2BD+2BA large apartment. Walk to beach! Small, quiet, gated complex.
Parking, laundry. No pets. 4955
Saratoga Avenue #1. Agent, 619-232-

OCEAN BEACH, \$1175.

1BD-1BA large downstairs unit with stove, refrigerator. Parking. Coin laundry. Close to cliffs. Cat OK with extra deposit. Available 1/15/14. 4853 Orchard Avenue. Del Sol Property Management, broker. www.delsolpm.com. 858-270-2071.

OCEAN BEACH, \$1220. 1BD+1BA Large apartment with patio and garage. Close to beach and Robb Field. Walk to Newport Business/OB

#### OCEAN REACH \$1495

OCEAN REACH \$1220

2BD+1BA large apartment, Sunset Cliffs. One block to beach! Stove. refrigerator, dishwasher, parking, laundry. Small, quiet, gated complex. No pets. 4736 Point Loma Avenue #9. Agent 619-232-6811

OCEAN BEACH, \$2000.

2BD+1BA, upstairs back unit with panoramic ocean views from interior. Large private deck with fire pit. Wood floors. Stove, refrigerator, dishwasher, microwave. Beautifully remodeled! Coin laundry. Storage. Ask about pet. Available 2/1/14, 4652 Narragansett. Del Sol Property Management, broker. www.delsolpm.com. 858-270-2071.

PACIFIC BEACH, \$1100. 1BD+1BA. North PB. Newly remodeled, well maintained unit. Quiet. Ceiling fans, microwave, dishwasher, laundry, reserved parking. No pets. Available now. 619-279-0031.

#### PACIFIC BEACH, \$1200.

1BD, upstairs large West facing unit with private balcony in North Pacific with private pactory in North Pacific Beach. Stove, refrigerator. Coin laundry. Parking. 2-1/2 blocks to ocean. Cat OK with extra deposit. Available 2/13/14. 945 Chalcedony Street. Del Sol Property Management, broker. www. delsolpm.com. 858-270-2071.

PACIFIC BEACH, \$1225. PACIFIC BEACH, \$1225.

1BD, large top (third) floor West facing remodeled unit. Stove, refrigerator, dishwasher, microwave. Sparkling pool. Coin laundry. Elevator. Close to bay. Available 1/15/14. 1433 Oliver Avenue. Del Sol Property Management, broker. www.delsolpm.com. 858-270-2071.

## RENTALS

# **RENTALS REGION MAP**

**BEACHES** La Jolla • Mission Beach • Ocean Beach

## Pacific Reach • Point Loma

**DOWNTOWN** Balboa Park • Banker's Hill • Downtown East Village • Golden Hill • Little Italy Logan Heights • Sherman Heights

## South Park • Stockton

Rancho San Diego • Santee

Spring Valley • Warner Springs

**EAST COUNTY** Alpine • Borrego Springs • Boulevard Campo • El Cajon • Imperial Valley • Jamul Julian • La Mesa • Lakeside • Lemon Grove Mount Laguna • Potrero • Ramona

**CENTRAL SAN DIEGO** Allied Gardens • Bay Park • Clairemont College Area • Del Cerro • Grantville Kearny Mesa • Linda Vista • Mira Mesa Miramar • Mission Valley • San Carlos Serra Mesa • Sorrento Valley • Tierrasanta • UTC

#### **NC COASTAL**

Cardiff • Carlsbad • Carmel Valley • Del Mar Encinitas • Leucadia • Oceanside • Solana Beach

#### **OLD TOWN & UPTOWN**

City Heights • Hillcrest • Kensington-Talmadge Mission Hills • Normal Heights • North Park Old Town • University Heights **NC INLAND** 

Fallbrook • Poway • Rancho Bernardo Rancho Peñasquitos • Rancho Santa Fe San Marcos • Scripps Ranch • Temecula Valley Center • Vista

Bonsall • Carmel Mountain • Escondido



Bonita • Chula Vista • Coronado Imperial Beach • National City • Otay Mesa Paradise Hills • San Ysidro

#### **SOUTHEAST SD**

Alta Vista • Bay Terraces • Chollas View • Encanto Emerald Hills • Jamacha-Lomita • Lincoln Park • Mount Hope Mountain View • Shelltown • Southcrest • Valencia Park

# Need an apartment short term? As low as \$300\* / week plus tax



\$300\*/week + tax- 1 queen bed \$350\*/week + tax- 2 Double beds



Month to Month lease starting at \$1.050\* 3 month leases starting at \$950\*



## California Suites Hotel

Apartment prices with hotel perks www.californiasuiteshotel.com Sorry we do not accept pets.

Monthly rental maximum 2 people including children
\*Some hotel amenities included.
Please call for details.

#### Free Continental Breakfast

- Free maid & linen service Free utilities Heated pool & spa • Laundry facilities
- Free parking Microwave Refrigerator
- · Easy freeway access · Centrally located
- High speed internet services

5415 Clairemont Mesa Blvd. (just west of the 805) San Diego, CA 92117 888-264-4729



# Pay by the Week or Month... **Downtown Furnished Studios!** From only \$150/week or \$560/month!

ONSITE

Front desk Laundry **Garden Patios** Housekeeping **Garage Parking** 

INCLUDED **ALL Utilites HBO** or Showtime **Lobby Wifi Incoming Phone Calls Lobby Computer** 

**YOUR STUDIO Bed & linens** Fridge/Micro TV/Cable **Built ins/Chair Key Card Access** 



901 F Street • 888-506-9052



**Trolley Court** 940 Park Blvd. • 888-506-9053



# **BAY VIEWS!**

1 Bedroom Apartments Starting at \$1440

Enjoy the convenience of city living and the incredible location of Point Loma, only minutes from the Beach, Downtown, Old Town and the San Diego Airport.

• Bamboo flooring • Heated, resort-style pool • Oversized hot tub • Firepit, lounge and BBQ area • Fitness center • Custom game room • Stainless steel appliances · Covered parking available · Pet friendly



3801 Marquette Place San Diego, 92106 877-794-4982 www.gables.com

Management reserves the right to change special at any time.



#### PACIFIC BEACH, \$1225

PACIFIC BEACH, \$1225.
IBD, extra large upstairs unit in
Crown Point area. Stove, refrigerator,
dishwasher, microwave. Coin laundry.
Garage space. No pets. Available
2/21/14. 3711 Ingraham Street. Del Sol
Property Management, broker. www.
delsolpm.com. 858-270-2071.

#### PACIFIC BEACH, \$1250.

2BD+1BA. Quiet, gated entrance. Ceiling fans, laundry, off-street parking, pool. Building well maintained. No pets. Available now. 619-279-0031, akarnazes@vahoo.co

#### PACIFIC BEACH, \$1295.

PACIFIC BEACH, \$1295. 1BD+1BA. Garage, appliances. Steps to shopping, beach and night life. 726 Emerald Street. Call, 858-272-9547.

PACIFIC BEACH, \$1295.

1BD in quiet triplex. Stove, refrigerator. Coin laundry. Garage with opener. Shared lawn area. Cat OK with extra deposit. Available 3/1/14. 1360 Reed Avenue. Del Sol Property Manageme broker. www.delsolpm.com. 858-270-

PACIFIC BEACH, \$1395.
2BD+1BA upstairs unit in East Pacific
Beach; stove, refrigerator; garage; Easy
freeway access. Cat OK with extra
deposit. Available 2/3/14. 4554 Bond
Street. Del Sol Property Management,
broker. www.delsolpm.com. 858-2702071.

2071.

PACIFIC BEACH, \$2045.

2BD+1BA, plus family room in quiet residential neighborhood in North Pacific Beach. Fully remodeled kitchen with new stove, refrigerator, dishwasher and cabinetry. New carpet. Patio. Driveway parking. Nice front lawn with water and gardener paid. Coin laundry. No pets. Close to Kate Sessions school and park. Available now. 1859 Chalcedony Street. Del Sol Property Management, broker. www.delsolpm com. 858-270-2071.

#### PACIFIC BEACH, \$2300.

PACIFIC BEACH, \$2300.

3BD+2BA upstairs apartment. Off-street parking. Laundry on site. No pets. Available February! 4451 Haines Street. Chris, 858-270-4492 x203 or CDunphyPacwest@san.rr.com.

PACIFIC BEACH, \$250.
3BD+3BA townhouse with 3- car garage. Fireplace, washer/ dryer, patio, deck. Clean, fresh paint. No pets. 1853 Grand Avenue. CDunphyPacwest@sanr.com or 858-270-4492 x203.

Pr.Com or 858-270-4492 x203.

PACIFIC BEACH, \$950.

Studio. 3 blocks to beach. Assigned off-street parking. On-site laundry. No pets. 1050 Hornblend. Available February. 858-270-4492 x203.

#### POINT LOMA, \$1440

POINT LOMA, \$1440.

Beautiful renovated 1-bedroom
apartments situated on a bluff rising
over Mission Bay and Sea World!

Ocean/bay views, stainless steel
appliances, chocolate brown cabinetry,
bamboo laminate floors. Barbecue, fire
pit/ lounge, resort-style pool, oversized
hot tub, fitness center. Pet friendly with
restrictions. Gables Point Loma, 3801 Marguette Place #2N. 877-794-4982

POINT LOMA, \$1550. 2BD+1.5BA Sunny Townhouse. New carpeting, appliances, fixtures, 12" ceramic tile. Walk-in. Private Patio. Pool, Fitness, Rec-Room, Saunas. No petsl Non-smoking unit. 619-226-8158.

#### **Downtown**

BANKERS HILL, \$1475. 2BD+2BA, 875 sqft apartment with newer hard flooring. Air conditioning/ central heat. Secure garage parking. On- site laundry. Pet OK! Call Greg, 619-239-7313.

#### BANKERS HILL, \$1950.

2BD+1BA. Appliances, hardwood floors, laundry hookups, covered patio and fenced back yard. View of the Bay! close to Downtown and Little Italy. 2355 Curlew Street. 858-272-9614

#### DOWNTOWN, \$486-625.

DOWNTOWN, \$486-625.
Clean rooms, very comfortable, convenient location. Historic building near C Street Trolley. Choice of common or private bathrooms. Utilities included. Free cable TV, on-site laundry, vending machines, modern elevator. Southern Hotel, 1159 6th Avenue at B. 619-239-3808.

#### DOWNTOWN, \$795.

Studio. Upstairs, kitchenette, all utilities included! Laundry, street parking.
No pets. Near Balboa Park. 1758 6th Avenue. Available now! Agent, 619-298-7724

DOWNTOWN, \$810.
Cortez Hill Studio. Limited access building, charming, quiet, residential neighborhood. Utilities paid, on-site laundry. No pets. 619-299-8746.

DOWNTOWN.
From \$125 weekly. Las Flores Hotel.
Small, quiet. Four- week minimum.
Color TV with basic cable. Refrigerator
in most rooms. Secure. 619-235-6820.

#### DOWNTOWN.

DOWNTOWN.
Studio. Fully furnished studios with utilities included. Rates start at \$165/week. Free wireless Internet and exercise room. Baltic Inn: 521 6th Avenue. 619-237-0687. www. offordshlopusinged com. affordablehousingsd.com

# HUGHES MANAGEMENT

## DOWNTOWN, \$400 & UP

Rooms \$400/ up. Clean and quiet. Includes utilities and free cable. on-site laundry, elevator, Excellent location, convenient to all. No pets. Centre City Manor, 1450 4th Avenue & Beech Street. 619-255-5631

www.HughesManagement.net

# DOWNTOWN, \$450-595

Attractive rooms in Victorian- style building. Utilities included. Some parking available. Common kitchen, bathrooms, laundry. Near City College grocery stores and more. Villa Victoria. 719 14th Street. 619-239-1639 x2

www.HughesManagement.net



Best deal in town, period.

55+ quality senior living. Beautiful furnished rooms with private bathrooms. Includes utilities, cable TV, maid service. On-site laundry and storage. Edge of Bankers Hill at 1814 Fifth Avenue, New Palace Hotel. 619-235-2323

www.HughesManagement.net



### **DOWNTOWN**, \$475-550

Affordable rooms near Petco Park. Utilities included. Common kitchen, bathrooms, laundry, vending machines. Star Hotel, 522 7th Avenue & Island. 619-235-6068

www.HughesManagement.net



Studio+1BA. Rooms \$500/ up. Studios

\$650/ up. Clean and quiet. Includes utilities and free cable, onsite laundry, elevator. Excellent location, convenient to all. No pets. Arlington Apartments, 701 7th Ave. and G St. 619-231-2385.

www.HughesManagement.net

# HUGHES MANAGEMENT

## DOWNTOWN, \$500-600

Large, furnished rooms with high ceilings, tall windows. Includes utilities and cable. On-site laundry and kitchen. No pets. **Excellent location across** from Horton Plaza Windsor Hotel. 843 4th Avenue. 619-231-2385.

www.HughesMangement.net



#### **DOWNTOWN. \$550-800**

Price meets function. Unfurnished studios with private bathrooms. Utilities included, on-site laundry. Near City College and trolley. Mitchell Apts., 901 10th Avenue at E Street. 619-239-1639 x2

www.HughesManagement.net



UP. Best deal in East Village! Spacious units in small complex with gated courtyard. Utilities included. No lease. No pets.

Tenth Avenue Apts. 743 10th Avenue. 619-239-1639 x2

www.HughesManagement.net



## DOWNTOWN, \$700-900.

The best of Downtown at your doorstep! Updated studios and one bedrooms by Petco Park, Gaslamp and Horton Plaza. Air conditioned units include utilities and free cable. On-site laundry. Arthur Hotel at 728 Market Street. 619-239-1639 x2 www.HughesManagement.net



# Win a Reader hat or t-shirt

#### 10 winners a week!

#### THE READER SUDOKU PUZZLES:

#### **RULES OF THE GAME**

 Submit 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 a.m. Monday.

2) Submit the correct answers to the puzzle along with your name. 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

 We will draw 10 names from weekly puzzle winners; no clever words or limericks required.

> 7 3

8 2 9

2

8

6

3

5

9

4

5

8

4) The puzzle-contest ranking, shown online and in the paper will begin anew every three months. Complete the journey four

5) Entries must be faxed to **619-231-0489**; or mailed to Reader Puzzle, P.O. Box 85803, San Diego, CA 92186-5803; or delivered to our **new** location, 2323 Broadway in Golden Hill; or scanned and e-mailed to Sudoku@sdreader.com. Submissions by e-mail must be attached in JPG format, maximum file size of 1MB. Submissions that don't fit the format will not be counted or viewed.

- 6) All answers must be leaible and entered in the spaces provided
- 7) Late entries will not be considered.
- One entry per person per week or you will be disqualified.
- 9) Employees of the *Reader* and their immediate families are not eligible.

1

2

6

9

4

8

7

4 6

7

5 9

3

5

2

1

5

8

3

| MEDIUM: |  |   |   |   |   |  |  |  |  |  |
|---------|--|---|---|---|---|--|--|--|--|--|
| 4<br>9  |  |   | 2 | 9 |   |  |  |  |  |  |
| 9       |  |   | 6 |   | 4 |  |  |  |  |  |
|         |  | 3 |   |   |   |  |  |  |  |  |
|         |  |   |   |   | 3 |  |  |  |  |  |
|         |  | 1 | 7 |   |   |  |  |  |  |  |
| 5       |  |   |   | 2 |   |  |  |  |  |  |
|         |  | 4 |   |   | 9 |  |  |  |  |  |
| 1       |  |   | 8 |   | 2 |  |  |  |  |  |
|         |  |   |   |   |   |  |  |  |  |  |

8

#### HARD:

2 4

3 6

EASY: 8

6 5

8

9

2

1 9

4

| 1 | 8 | 7 | 5 |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 2 | 6 | 4 | 8 |   |   |   |
| 9 |   |   |   |   |   |   |   |   |
|   | 1 |   |   | 7 |   | 4 |   |   |
|   | 4 | 8 |   |   |   | 6 | 2 |   |
|   |   | 6 |   | 5 |   |   | 7 |   |
|   |   |   |   |   |   |   |   | 6 |
|   |   |   | 9 | 6 | 3 | 8 |   |   |
|   |   |   |   |   | 5 | 9 | 4 | 3 |

8 6

7 3

1

#### **EVIL:** 3 7 3 8 9 2 4 6 9 2 1 7 4 5 4

#### **SOLUTION TO LAST WEEK'S SUDOKU PUZZLES:**

#### **EASY:**

| 7 | 5 | 1 | 9 | 3 | 4 | 2 | 6 | 8 |
|---|---|---|---|---|---|---|---|---|
| 4 | 6 | 3 | 2 | 8 | 7 | 5 | 1 | 9 |
| 8 | 9 | 2 | 5 | 1 | 6 | 7 | 3 | 4 |
| 1 | 4 | 5 | 6 | 9 | 3 | 8 | 2 | 7 |
| 2 | 8 | 6 | 7 | 4 | 1 | 3 | 9 | 5 |
| 3 | 7 | 9 | 8 | 2 | 5 | 1 | 4 | 6 |
| 9 | 1 | 4 | 3 | 7 | 8 | 6 | 5 | 2 |
| 6 | 2 | 8 | 1 | 5 | 9 | 4 | 7 | 3 |
| 5 | 3 | 7 | 4 | 6 | 2 | 9 | 8 | 1 |

# HARD:

2014

Reader January 30,

Diego

San

| 3 | 1 | 4 | 9 | 7 | 5 | 6 | 8 | 2 |
|---|---|---|---|---|---|---|---|---|
| 8 | 9 | 5 | 2 | 1 | 6 | 4 | 3 | 7 |
| 6 | 2 | 7 | 8 | 4 | 3 | 5 | 1 | 9 |
| 1 | 5 | 8 | 7 | 3 | 2 | 9 | 4 | 6 |
| 2 | 6 | 3 | 4 | 8 | 9 | 7 | 5 | 1 |
| 7 | 4 | 9 | 6 | 5 | 1 | 3 | 2 | 8 |
| 4 | 8 | 2 | 5 | 9 | 7 | 1 | 6 | 3 |
| 5 | 7 | 1 | 3 | 6 | 8 | 2 | 9 | 4 |
| 9 | 3 | 6 | 1 | 2 | 4 | 8 | 7 | 5 |

#### MEDIUM:

| 7 | 6 | 2 | 1 | 4 | 5 | 3 | 9 | 8 |
|---|---|---|---|---|---|---|---|---|
| 1 | 9 | 5 | 3 | 7 | 8 | 2 | 6 | 4 |
| 3 | 4 | 8 | 9 | 6 | 2 | 5 | 7 | 1 |
| 9 | 2 | 7 | 4 | 3 | 1 | 6 | 8 | 5 |
| 5 | 8 | 1 | 2 | 9 | 6 | 4 | 3 | 7 |
| 6 | 3 | 4 | 8 | 5 | 7 | 9 | 1 | 2 |
| 8 | 1 | 3 | 6 | 2 | 4 | 7 | 5 | 9 |
| 4 | 7 | 6 | 5 | 1 | 9 | 8 | 2 | 3 |
|   |   |   |   |   |   |   |   |   |

# 2 5 9 7 8 3 1 4 6

| 7 | 4 | 2 | 3 | 1 | 8 | 6 | 9 | 5 |
|---|---|---|---|---|---|---|---|---|
| 6 | 5 | 8 | 4 | 2 | 9 | 3 | 7 | 1 |
| 3 | 1 | 9 | 7 | 6 | 5 | 8 | 2 | 4 |
| 4 | 7 | 5 | 1 | 8 | 3 | 9 | 6 | 2 |
| 8 | 2 | 1 | 5 | 9 | 6 | 7 | 4 | 3 |
| 9 | 3 | 6 | 2 | 4 | 7 | 1 | 5 | 8 |
| 1 | 6 | 3 | 9 | 5 | 2 | 4 | 8 | 7 |
| 5 | 8 | 4 | 6 | 7 | 1 | 2 | 3 | 9 |
| 2 | 9 | 7 | 8 | 3 | 4 | 5 | 1 | 6 |

#### **SEE YOUR RANKING**

2

## **ONLINE!**

7 1

2 6

> 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

#### THIS WEEK'S WINNERS:

Prizes will be available for pickup at the Reader offices front desk from the Thursday your name appears in print to the following Thursday at 5 p.m.

- Thomas LaFleur, San Diego, 3.
- Jeff Loeb, San Diego, 3.
- Hiroshi Miyazaki, Normal Heights, 4.
- Jim Piburn, Point Loma, 4.
- Jim Upshaw, Clairemont, 4.

| We cannot accept your entry without the | he following: |          |  |
|---|---------------|----------|--|
| Name:                                   |               |          |  |
| Address:                                |               |          |  |
| City:                                   | State:        | 7in Code |  |

DOWNTOWN.
From \$199 weekly. Studio. Premier location. Furnished, full baths. Awardwinning buildings. 24- hour staff, gyms, laundry rooms, sundecks. Free wireless Internet. Island Inn: 202 Island Avenue (Second/ Island), 619-232-4138. J Street Inn: 222 J Street, 619-696-6922. www.affordablehousingsd.com.

#### DOWNTOWN.

Starting at \$175 weekly. Furnished rooms. Beautiful building, new.
Refrigerator, microwave, TV, cable. 920
Beech Street. Call 619-234-1952.

#### Downtown, \$560+. **Furnished Studios!**

Studio+1BA, clean and furnished with Free Utilities! Pay\* by the week or month (from \$150/\$560 at Trolley or from \$175/\$660 Peachtree). Phone, micro/ fridge, TV/cable, housekeeping, parking laundry, patio, WiFi, gated entry. \*on approved credit/minimum 1-month. CALL for move in specials! Trolley at 940 Park: 888-506-9053. Peachtree at 901 F Street: 888-506-9052.

#### **East County**

EL CAJON, \$1000.

2BD+1BA apartments, 1 and 2 stories.

Amenities. Pool, park- like grounds
with lots of open space, laundry on
premises, parking. Near town, shops,
bus. 743 South Magnolia Avenue. 619579-0174 or 619-464-1818.

EL CAJON, \$520-850.

Trailers. Gated community park. Each unit has a little yard. Conveniently located, close to trolley, bus, shopping. No pets. 619-933-5189.

#### EL CAJON. \$900.

2BD+1BA with small backvard. New Carpet, new paint, washer/dryer hookups. Available now! 625 Lemon Ave. www.stevenleeproperties.com, (619)295-5525.

(619)295-5525.

LA MESA, \$1499.

3BD+2BA and 2BD+1BA (\$1299)
apartments. Bienvenido a la privada
Mt. Helixi Espaciosos. Cocina nueva.
Electrodomesticos de acero inoxidable,
Casa club. WiFi. Aire acondicionado.
Lavanderia. Garage. Balcones. Picina.
Mascotas OK. Espanol. 619-646-8670.

Mascotas On. Espanol. 619-646-667( LA MESA, \$1499. 3BD+2BA and 2BD+1BA (\$1299) apartments. Welcome to Mt. Helix Gated Community! New kitchen. Stainless steel appliances. Spacious. Clubhouse. WiFi. Air conditioning. Laundry. Garages. Balconies. Pool. Hablo Espanol. 619-646-8670.

LA MESA, \$2500
3BD+2BA House! Trash, Sewer, and Landscaping included. 2 car garage. Washer/Dryer. Great location! Will not last. 6120 Veemac. Call Rachael at 619-804-1044 or Jeff 619-713-1044. LA MESA. \$750

LA MEDA, 5/50 Studio. New carpet and paint. On site laundry. Great location. If you can find one better...rent it! 7908 La Mesa Blvd. Call Rachael at 619-804-1044. LA MESA.

LA MESA.

2B0-2BA. Very spacious 1 and 2 bedroom apartments. Central heating/ air, park-like setting, pool, views. Near 94, 125, 8 Freeways. Pets welcome. 619-204-0610. palmspringapartments.

**HOSPITAL** 

**BEDS** 

**FOR SALE** 

Used, Re-conditioned

fully electric

**Hill Rom hospital** 

beds for sale, over bed

SBD-12BA 2-story house on cul-de-sac Large bedrooms (upstairs), fireplace. Backyard, gardener included, 2-car garage, washer/dryer included, near freeway. Beautiful inside and out. Pets OK. 11786 Monte View Court. 619-298-7724.

RNAHCO SAN DIEGO, \$2350.

#### SPRING VALLEY \$1250

SPRING VALLEY, \$1250.

2BD+2BA, spacious duplex with fenced yard and workshop. Large country kitchen. Laundry hookups. Fireplace. No pets. References, good credit required. 619-585-7325.

#### **Central San Diego**

#### CLAIREMONT \$1400.

2BD+1BA. Cozy duplex. Stove, refrigerator, w/d hookups. Private fenced yard, minimal care, with covered patio and garage. 619-276-6745.

CLAIREMONT, \$190.

3BD+2BA. \$500 deposit. Pet OK.
Gardener, fenced yard. Recently renovated. No smoking, air conditioning, 2- car garage. 858-278-2774.

CLAIREMONT, \$950. Studio+1BA. 1- year/ 6- month lease. Basic rates: \$950\*/ month for queen bed, \$1050\* for 2 double beds. Expanded rates: \$1195\*/ month for queen bed or \$1295\* for 2 double eds that also includes: weekly cleaning service, daily continenta cleaning service, daily continental breakfast, all utilities, cable (HBO), heated pool/ spa, on-site laundry. High-speed Internet available for additional charge. ("Rates subject to change/ tax.) California Suites Hotel, 5415 Clairemont Mesa Boulevard. 1-888-264-4729. www. californiasuiteshotel.com.

COLLEGE AREA, \$850-950.

1BD+1BA \$850 and 2BD+1BA \$950.

Near bus, shops, SDSU. Laundry room.

No pets. \$150 security deposit. 6769

El Cajon Boulevard. Apartments in rear courtyard. 619-464-0901.

COULTER AREA, \$950 & UP.

1 BD+1BA and 2BD+1BA apartments.

Fireplace. Central heat/ air. Microwav dishwasher. Balcony. Gated. On-site laundry. No pets. 4828 Art Street. Agent: 619-298-7724.

#### COLLEGE AREA. \$975.

COLLEGE AREA, \$975.
2BD+1BA. Great location. Close to all.
Clean, quiet, secure. On-site laundry.
Large, open floor plan. Ready now. If
you can find one better... RENT IT! 7240
El Cajon Boulevard. Call Lynette, 619602-0959, or Rachael, 619-804-1044.

COLLEGE AREA, \$995. 2BD+1BA apartment. Stove, refrigerator, laundry room. No pets. 5275 Monroe Avenue #31. Agent, 619-232-6811.

#### **FASHION VALLEY, \$1850**

FASHION VALLEY, \$1850 2BD+2BA condo. Gated parking, washer/dryer in unit. New paint and carpet. If you can find one better...rent it! 5765 Friars Rd. Call Rachael at 619-804-1044 or Jeff at 619-713-1044.

SERVICES

FASHION VALLEY, \$1995 2BD+2BA condo. Onsite pool, washer/ dryer, in unit tandum 2 car garage. If you can find one better...rent it! 7087 Camino Degrazia. Call Rachael at 619-804-1044 or Jeff at 619-713-1044.

LINDA VISTA, \$1245. 2BD+1BA, \$1245 + utilities. Charming bungalows and townhomes with private yard. Assigned parking, hardwood floors, central location. No pets please. Office at 7025 Eastman Street. 619-2/0-0585

LINDA VISTA, \$1450. 2BD-2BA, quiet, gated apartment near The University of San Diego and Fashion Valley shopping! Upstairs with a balcony. Fireplace. Dishwasher. Hardwood floors. Coin laundry. 5530 Riley Street #5. 858-514-8201.

#### MIRA MESA OPEN HOUSE

sturdays starting Jan 4 - Feb . 10101 Maya Linda Rd 92126. eat location. Come meet our staff m-5pm. 858-271-0191.

#### NORTH PARK \$1350

NUMBER 1350
2BD-1BA. Private rear house with fenced yard. New paint/carpet. Attached garage, washer/dryer, large kitchen with all appliances. No smoking or pets. 619-709-0328

#### **North County** Coastal

DEL MAR, \$1795-2795.

1BD+1BA \$1795-2795.

1BD+1BA \$1795-2BD+2BA \$1925\$2445 (some ocean views). 3BD+2BA
\$2795. Washer/dryer. Heated pool,
spa. Nonsmoking complex. 201 Fourth
Street. Los Arboles, 858-481-9585;
mikeatla@aol.com. www.summerpacific.

#### **North County Inland**

NORMAL HEIGHTS, \$1195. 1BD+1BA, Move in special! \$200 off first month's rent. Recently renovated. Centrally located. Assigned parking. Private patio. Security deposit \$1,195. No pets. 619-326-9721.

#### **Old Town & Uptown**

CITY HEIGHTS, \$725.
Furnished studio alcove apartment.
Complete living room, bedroom and
kitchen furniture. No SDG&E deposit
or hookup fee required. Near 52nd and
University, 5101 Towle Court. Close
to SDSU. Laundry room. Off- street
parking. Low deposit. Call 619-2819451.

#### CITY HEIGHTS, \$850-\$925.

CITY HEIGHTS, \$850-\$925.

1BD+1BA apartment, \$850. 2BD+1BA apartment, \$925. 55+ years of age senior community. Section 8 OK. Water/sewer/trash included, on-site laundry, assigned parking. 4218 47th Street #15 and #17. People Helping Others Property Management, 619-282-5400, info@peoplehelpingothers.com info@peoplehelpingothers.com.

HILLCREST, \$1250.

2BD+2BA extremely large apartment. Dishwasher, self- cleaning oven, courtyard, parking, laundry. Near all. 1037 Essex Street. No pets, no smoking. 619-692-0364.

#### HILLCREST, \$810 & UP.

Studio. Lovely garden courtyard with fountain. Walk to Uptown Village. Hardwood floors, blinds, on-site laundry. No pets. 619-299-8746

## KENSINGTON-TALMADGE, \$1150

DED+2BA large, remodeled apartment. Walk-in closet, huge bathroom, dishwasher, refrigerator, stove, shared patio, parking, on-site laundry. Near bus and shops. No pets. 4546 52nd Street. 619-287-1996.

#### KENSINGTON-TALMADGE, \$850.

IBD+1BA upstairs. Gated, onsite laundry, parking, patio, fireplace, new paint. No pets. 4416 47th St. Call agent, 619-298-7724.

619-298-7724. **KENSINGTON-TALMADGE, \$975.**2BD+1BA. Coin-op laundry. Availa
February 24th. 4586.5 N. 39th Stre
www.cethron.com, (619) 295-1100.



#### tables & medical equipment We Buy and Sell Medical 4901 Morena Blvd. # 506 San Diego CA. 92117 (858) 731-7278 www.1hospitalbeds.com



10433 Friars Rd. Suite #A San Diego, CA 92120

619 284-1266

# Tattoo You

Send us a photo of your tattoo and win \$25! Describe why you got the tat, what it means to you, plus where you got it, where you live, your age, and job. Visit sdreader.com/tattooyou for details.



universalsmartaleck: The tattoo on my left arm is a radical femnist symbol (the female sign integrated with a fist); representing how we all must get to the root (radical) of the problem in our society, which is a system of oppression put in place by power structures (of which one of those being capitalism)



ccote86: I believe the purpose of this tattoo is self-explanatory. Yes, It is located in my inner thigh area. I got it done at Allegory (3641 El Cajon Blvd) by Pete. I'm 27 y/o and an accounting auditor. On a side note. I got this before I met my husband and he hates it! He applied for me to be on tattoo nightmares to have a cover up done. They did call me back for the show, however I must come up with a funny story about how I got it. Not sure if I'm ready to part with this tattoo yet. I joked about getting this tattoo for over four years before getting it done about two years ago.



chargersteve: Champ at Guru in Pacific Beach banged out this bad boy! I got it cause it's HOT! and "NO" It's not anybody I know... I don't care whom you think it looks like! She's a ficticious character! Im 45 but she's barely 18! peace... Steve (Ramona)

#### MUSIC **MUSICIANS** AVAILABLE / **WANTED**

composer seeks, Poets, story tellers, film project. Seeking film maker with lots footage kid songs, musicians for project, strings. www.myspace. com/phyllispryor, www.myspace.com/phyllispryor, www.myspace.com/sitcharlesives, www.myspace.com/lsitcharlesives, www.myspace.com/mindcontrolemonkeys. 619-528-0907.

VOCALIST WANTED! Auditions now for very groovy jazz vocal ensemble. Must be able to sight-read. Bass and Tenor voices needed. Gig all year. 858-558-2139.

#### **MUSIC SERVICES**

RECORD AT HOBARTRAX.
Experienced, efficient Pro Tools engineer. Session musicians available for all styles. Creative, inspiring atmosphere. \$40/hr. www.hobartrax.com. (858)243-7728

RECORD AT KING'S RANSOM We RECORD AT KING'S RANSOM We have top vintage and contemporary analog gear. Check out our hard to beat rates at kingsransomstudio.com or call today at 619-278-8752. I care about your project as much as you do!

REHEARSAL STUDIO. Upscale facility, Kearny Mesa. All rooms have individual air conditioning, high ceilings and 24-hour access. Monthly rooms available. Adder Studios, 858-522-9505. www.

SWEETWATER REHEARSAL STUDIOS. SWEETWATER REHEARSAL STUDIOS. Large, small, short, or tall; \$300 starter, come have a ball; Test your amps on our thick wall; Cameras, sound proofing, we got it all; www. sweetwaterrehearsalstudios.com. 619-426-1605, 619-427-7541, 619-289-2749.

#### CLASSES / **LESSONS**

FREE MEDITATION! Weekly Introduction Tuesday night at 7pm. Led by Dharma Bum Jeff, at Buddha For You, 6145 El Cajon Blvd., 92115. 619-582-1100. www.buddha-for-you.com

#### \$39 for 60-min **Body Massage**

Karma Relaxation Spa has been consistently reviewed, the Best Massage Spa in Central San Diego! Mention the "Reader" for a \$39 60-minute massage. Or ask about the The President Package: a 2-hour indulgence that includes a 60-minute body massage and a 60-minute with the state of 60-minute foot massage, for only \$79. Hot towel service, showers, a dry sauna and our new steam room are also available! No expensive memberships or fee's, just great massages at great prices. Cash is required for these discounted prices See our complete ad on the Inside-Front-Cover of this week's "Reader", or call: 888-508-1470.

MASSAGE BY BODYBUILDER, for your health and pleasure. Consistently told, "The best massage I've ever had!" Friendly. Professional. IPSB graduate. gr8massagepro@aol.com or call Robert, 619-232-2142.

#### Allured by a Goddess...

A haute flourishing holistic eclectic buzz. Flower explosions infused with 100% exotic essential oils. Indulge 100% exotic essential oils. Indulge your senses in an exhilarating state of euphoria. Underground secret of the elite. Lucid dreams! Ephemeral passage! Mystic realms! 90 minutes 90 dollars. Outcalls! Hotel visits. (HHP-0075/CMT-4327). www. aphroditesmassage.com. 858-454-6664.

#### **HEALTH & FITNESS**

ELECTROLYSIS 1/2 OFF! 15 minutes free with 15 minutes paid, just \$20! Gift certificates available. Hana's Electrolysis and Skincare, 8915 Towne Center Drive, Suite 107, San Diego, CA 92122. 888-310-1549. www. HanasElectrolysisandSkincare.com.

**FACIALS: BUY 3 GET 1 FREE!** FACIALS: BUY 3 GET 1 FREET Gift certificates available. Hana's Electrolysis and Skincare, 8915 Towne Center Drive, Suite 107, San Diego, CA 92122, 888-310-1549. www. HanasElectrolysisandSkincare.com.

First class is free. Taoist Sanctuary, 4229 Park Boulevard, San Diego, 92103, 619-692-1155 or www. taoistsanctuary.org.

#### KENSINGTON-TALMADGE, UP TO

KENSINGTON-TABLE \$1000. 2BD+1BA or 1BD+1BA \$825. Coin-op laundry. Available now. 4541 Contour Blvd #5. www.cethron.com, (619)

#### MISSION HILLS, \$1675

2BD+2BA. Spacious. Top floor, security building, fireplace, balcony, skylights, washer/ dryer in unit, newer stainles appliances. 917 Torrance. 619-246-

MISSION HILLS, \$825 & UP.
Studio+1BA and kitchen. Low \$150
deposit. Fully furnished studios,
alcoves, in excellent hillside location.
Free basic cable. 1616 Guy Street. 619289-6242.

#### NORMAL HEIGHTS, \$1200.

2BD+1BA. Upper unit, coin-op laundry, single car garage. Available now. 4669 Cherokee Ave #G. www. stevenleeproperties.com, (619)295-

#### NORMAL HEIGHTS, \$685

Cozy studio near Adams Ave. Easy freeway access, 805 and 15. New carpet. No pets. Available now. 4673-1/2 Felton Street. Agent, 619-298-7724.

NORTH PARK, \$1100. 2BD+1BA in heart of North Park. All amenities, parking, laundry on site, controlled entry, A/C. Walk to all. No pets. 4557 Utah Street. Call 619-715-8243; if no answer try: 858-703-4932

NORTH PARK, \$1195-1695. Studio plus 1BD+1BA. Fully remodeled, hardwood floors, two tone cusod blinds, new light fixtures. Great location. Pets negotiable. 4051-4057 Park Blvd. 619-804-3325.

#### NORTH PARK. \$750

NORTH PARK, \$750 1BD+1BA. Secured building with elevator. Coin-Operated Laundry. Parking. Seniors 62yrs+. Sec 8 OK Sfmnet.fortunecity.com. 3835 Swift Avenue. Cethron.com, 619-295-1100.

Avenue. Cethron.com, 619-295-110

NORTH PARK, \$925-1250.

IBD+1BA & 2BD+2BA. Assigned parking. Laundry on-site. Gated building. Upper units. Available now. 3967 Illinois St #7 & #14. www stevenleeproperties.com. (619)295-5525

#### NOTRH PARK. \$1250.

2BD+1BA upstairs apartment by Morley Field. View. New paint/carpet. Small, quiet, gated complex. Bright end unit. Mirrored closet doors. Parking, laundry. Nonsmoking, no pets. 3811 Arnold. 619-252-1214.

#### South Bay

#### CHULA VISTA, \$1700.

CHULA VISTA, \$1700. 3BD+2.5BA townhouse with double/ two-car garage, balconies and storage New carpet. Laundry room in unit with

washer/dryer. Gated complex. No pets. Available 2/15! \$500 Move in Discount with 6-month leasel 582 Arizona Street. Section 8 accepted. Amalia, 619-370-8921; Norma, 619-425-6511.

#### CHULA VISTA, \$695.

1BD+1BA apartments. Deposit \$500. All utilities included. Pool, off-street parking, laundry facilities, gated community, park-like setting. Coming Soon Free WiFi. Call Park Regency Apartments, 619-422-0792.

CHULA VISTA, \$825.

18D+1BA fully furnished or unfurnished apartment. Low \$150 deposit. 2 blocks from Chula Vista Center and trolley. Off-street parking. Laundry room. 521 Park Way. Office open daily (near Fifth and G). Call 619-420-5084.

#### IMPERIAL BEACH, \$1400.

2BD+1BA house. Stove, refrigerator, washer/dryer hookups. Private yard, close to the bicycle path. Pets ok. 376 8th Street. Call for appointment 619-850-1953

NATIONAL CITY, \$1050.

2BD+1BA apartments. Water/ trash paid. Parking space. Close to freeway/ schools/ shopping. Quiet neighborhood. 116 Palm Ave. 619-474-4441.

#### Southeast San Diego

#### SOUTHCREST, \$1850

BD+3BA Condol Washer/Dryer hookup. Garage. Great location in Legacy Walki Will not last. 4300 Newton Ave #73. Call Rachael at 619-804-1044 or Jeff at 619-713-1044.

#### VALENCIA PARK. \$1510

VALENCIA PARK, \$1510 2BD+1.5BA. Large house, 1230sqft, near Paradise Valley Hospital, large yard, new carpet, paint, vinyl tile, possible 1 outside pet. Section 8. A&P Realty, 619-425-4555.

#### **Vacation Rentals**

#### **Vacation Rentals** Solana Beach, Carlshad

2BD+2BA furnished condo, The Villas, Solana Beach, \$1950. 2BD+2BA furnished condo, La Costa Alta, Carlsbad, \$1900. Leasing Unlimited, Lic#00976056, 760-436-7273.

## **MASSAGE**

SIMPLY IRRESISTIBLE! Sensational massagel Amazing rose petal soft hands, soothing voice, lulling you into hypnotic relaxation. In office/ hotel outcalls. Luxurious recuperation, 760-726-1100. 7 days. MT-658.

#### **World Class Massage!**

Personalized. Private. Sumptious. Serene coastal setting. Scented/ unscented oils. Shower. Hotel calls welcome! Seven days, 9am-midnig #BTC95001894. 858-259-6677.

### PAIN REDUCTION AND RECOVERY

from injury. Swedish, myofascial release, deep-tissue, reflexology, shiatsu, Thai, Iomi-Iomi massage. credit/debit accepted. Two locations in Hillcrest. In/out calls. MT#12116. Light Center Massage, 619-933-7477. frank@ frankarce.com



#### **Experience the Best!** Niagara Spa

1330 E. Valley Parkway #A Escondido

(760) 737-7080

SERVICES







## \$10 off 1 hr Massage

Saturday & Sunday Jacuzzi Shower Walk-ins Welcome

**Best Oriental Massage** In Town!!!

We invite you to experience one of the best massages by professional staff!!!

829 S. Escondido Blvd., Corner of 9th & Escondido 760-738-9553 Open 7 days • 9am - 9pm



January 30, 2014



# **Services Directory**





Get paid TOP DOLLAR for any car, truck. SUV or van --1990 & up!

888-474-2160 or text auto pics: 619-816-0007



NOTICE TO READERS: California law requires that anyone performing construc-tion work on jobs that total \$500 or more in labor and materials must be licensed by the Contractors State License Board.

**House Cleaning** 

\$299 Three Room CARPET

**Special** for 30 yds. carpet/pad Other Specials on Wood • Laminate Porcelain Tile • Vinyl Discounts fo Military, Senior and Rentals

**Bonita Discount Carpet** 619-395-7206

Ivan's Flooring

Hardwood floor sanding and refinishing. New installations and repairs. Residential and commercial. Custom floors. and commercial. Custom floors. Plank. Strip. Custom hardwood stairs. Sales. Concrete subfloor leveling and preparation. We can also fabricate hardwood flooring and moldings on almost any species. Lich#595954. 619-799-8339. ivansflooring.com.

#### **Glass and Mirror**

Shower doors. Mirror. Windows. Screens. Patio and Mirror doors. Dual pane and tempered glass. Glass railings. Installs/Repairs/ Sales. http://akaglassguy.com. Jeff. 858-576-4321.

#### **C.H. Construction Home Remodelers**

#### **United Flooring Co.**

Hardwood, carpet, resurfacing, vinyl, laminate, tile/ VCT. Save \$\$\$ today! Don't spend a fortune, call us first, then compare. We do it all at the best price in town. License #824009. 619-646-2474.



- Hardwood Floor Sanding & Refinishing
- New Installations & Repairs
- Residential & Commercial
- Custom Floors Plank Strip Custom Hardwood Stairs
   Sales
- Concrete subfloor leveling and preparation

We can also fabricate hardwood flooring & moldings on almost any species.

VISA TRANSPORT

(619) 799-8339 • ivansflooring.com

## UNITED FLOORING CO. 3 **★619.646.2474**★

- Hardwood
   Carpet
- Resurfacing Vinyl
- Laminate Tile/VCT

Don't spend a fortune. Call us first, then compare. We do it all for the best price in town.

> Save \$\$\$ today. Lic. #824009

#### **Always Electric**

Any electrical work needed. Residential or commercial. 38 years experience. Insured. 5-year warranty. \$45/hour or bid! We accept credit cards! Lic#944166. 619-546-2004.



#### \$19 Room Carpet Clean

\$40 Sofas. Includes all spotting and deodorizer. No hidden charges! 25 years' experience. 100% satisfaction guaranteed. Residential/Commercial. JPC Cleaning, 619-322-3673.

**House Cleaning** 

Yard

Send me a text picture for a FREE estimate!



NOTICE TO READERS: Companies moving household goods within California must be licensed by the California Public Utilities Commission and display their CAL-T permit number.

# Birditt Moving

Over 23 years experience. No job too big or too small. Serving all of Southern California. We offer free estimates, free California. We offer free estimates, free wardrobes. Low rates for moving, packing and unpacking. Loading and unloading services. Fully licensed and insured (Call-T 176377). Call 619-258-8155.



Fast Painting

by licensed painter Detailed, quality work by licensed paints with 20 years experience and excellent local references. Residential and commercial. Interior, exterior, trim work, crown molding, baseboard. Competitive pricing! Free estimates. License #909913

#### **C.H. Construction Home Remodelers**

Kitchens, Bathrooms, Tiles, Painting, Plumbing, Electrical, Additions, Rental Properties, Handyman services availat Licensed, insured #927876. www. cheaphandimen.com. 619-727-0414.



#### **Affordable Plumbing**

Guaranteed drain cleared or No Charge 45 minute service. BBB Member. Sewe repairs, water heater, leak detection. Lic# 696549. Senior/ Military discount. 619-231-6670.



#### Rob's Electrical **Services**

Residential/Commercial/Industrial. 20+ years experience, C10 Lic# 966537. Guaranteed to beat any quote! 20% OFF for new clients. Call for free estimate: 619-632-7770.



#### **C.H. Construction Home Remodelers**

Home remodeling, plumbing, electrical. Additions. Rental properties. Property flips. 7 days/ week, after hours. Licensed, insured. #927876. North County, 760-298-3850. San Diego, www.cheaphandimen.com. 619-727-0414.

#### PERMANENT MAKEUP 50% OFF

Eyeliner \$99 (reg. \$199). Eyebrows \$198 (reg. \$395). Lip Line \$149 (reg. \$295). Full Lips \$198 (reg. \$395). Gift certificates available. Hana's Electrolysis and Skincare, 8915 Towne Center Drive, Suite 107, San Diego, CA 92122. 888-310-1549. www. Hanas Electrolysis and Skincare.com

PFIZER VIAGRA 100MG Lowest Pricesl Lilly Cialis 20mg. FREE SAME-DAY local delivery. Sealed bottle of 30 for \$225. Ask about smaller amounts. Call or Text: 8583339555.

#### **TONE AND TIGHTEN YOUR BODY**

with a \$55 body wrap! Regularly \$70. 1st time clients only. Not water loss. FANIE Botanical Products. Watch the video on our website and check out our Yelp reviews! Karie Hayden & Associates. 975 Hornblend #D, Pacific Beach, 858-581-3321.

#### STAGE NOTES

workshop. Develop potential and confidence. Stop procrastinating, start acting! All ages. Free. Why wait? Act now! 619-569-4922.

#### **Ability Through Training**

Actors: A new class opening!
Focus on moment- to- moment reality training. Our classes unlock the actor's training. Our classes unlock the actor's ability to work spontaneously with the realism and intensity advocated by the industry's creative legends... Powerful audition secrets revealed through your on-camera work that's included in the regular class schedule... Join the studio where the working actors train. Beginners welcome. Thursday evening classes available. 6:30-10:30pm. New class opening Monday evening. For information, 619-542-1216. Robert Wald Actor's Studio. robertwaldactorsstudio.com

#### **COUNSELING & SUPPORT GROUPS**

NOTICE TO READERS: The advertisers in this section include licenset mental health providers, unlicense counselors, and support groups.

#### ADDICTED TO INTERNET pornography sex? Out of control? You are not alone Call Sex and Love Addicts Anonymous a 12- step fellowship. P.O. Box 3791, San Diego 92163 or 619-685-7211 or

CLINICAL HYPNOTHERAPY "What the mind can conceive, the body can achieve." All issues addressed. Free consultation. Patricia R. Parlin, Ed.D. CHT403-250. Call 619-442-3661 or 619-504-1935.

HEART SUPPORT GROUP San Diego North Coastal Women Heart Support Group welcomes women with interests and concerns about cardiac health to share information and sisterhood at our monthly meeting on Tuesday, February 4th, 2014 at 10:15 a.m. at Tri-City Wellness Center, 6250 El Camino Rd, Carlsbad, CA 92009 in the Executive Board Room. For more information, contact Marilyn Deak at 760-438-5890.

MARIJUANA ANONYMOUS. Do you want to stop using marijuana? M.A. is a 12-step program. For information about meetings visit us at: www. ma-sandiego.org. Call Susan: 619-321-7305. PREGNANT? THINKING OF

ADOPTION? Talk with caring agency specializing in matching Birthmothers with Families Nationwide. LIVING EXPENSES PAID. Call 24/7 Abby's One True Gift Adoptions. 866-413-6293 Void in Illinois/New Mexico/Indiana (AAN CAN)

#### **LEGAL SERVICES**

Have Traffic Tickets? Get your traffic ticket dismissed for only \$100! If we can't help, you pay nothing! Law Offices of R. Robert Punta, 619-795-3420. YourTrafficTicketDismissed.com.

IS THE IRS AFTER YOU? HELP IS AT WWW.MTAX.COM Call Curtis McAllaster, CPA, 619-523-309

DUI AND CRIMINAL DEFENSE

Affordable rates. Visa/MC, flexible payment plans.
Free consult. Attorney David Boertje,

BANKRUPTCY \$100 TO START Free

Paul Caprara, Esq. 888-619-2826 or

DROWNING IN DEBT? \$100 STARTS YOUR BANKRUPTCY Free consultation. North and Soutl County offices. Se habla espanol. \*Ch. 7. Restrictions

apply. Ramos Law Firm, 619-477-7600.

PERSONAL INJURY & ACCIDENT ATTORNEY 619-760-7900 Car Accidents,slip/trip/falls/dog bites.

#### BANKRUPTCY BANKRUPTCY BANKRUPTCY

Guaranteed Discharge! Over 5,000 Cases Resolved! We make it EASY. Only \$100 to Start. FREE Attorney Consultation. 888-219

AUTO ACCIDENT? INJURY? Call now for free advice! Millions recovered. No recovery, no fee. Call 24/7: 619-338-8230.

# BANKRUPTCY BANKRUPTCY BANKRUPTCY BANKRUPTCY Guaranteed Discharge! Over 5,000

Cases Resolved!
We make it EASY, Only \$100 to Start. FREE Attorney Consultation. 888-219-

DON'T LET IRS RUIN YOUR LIFE! Peace of mind is within your reach! Call 1-877-FIXABLE (24 hours) for

message and free report. Attorney Dave Greenberg, 858-292-0700, www.fixabletax.com.

WORK INJURY ATTORNEY Law Offices of Hollingsworth and Hollingsworth. No upfront costs. www.2Hlaw.com. 619-810-1427.

DUI & DMV? STAY HOME WE GO TO **COURT 4-U!** Former Federal Defender & Harvard DUI lawyers
Affordable Payment Plans and DUI's

Dismissed Call Dan Smith, Esq. 24hrs. (619)

### HAVE YOU BEEN INJURED? HAVE YOU BEEN SEXUALLY

HAVE YOU BEEN SEXUALLY HARASSED? We can help you! Free Consultation. No Recovery, No Fee. 1-888-250-7982. For Information, e-mail: morris@sandiegolegal.com. www.sandiegolegal.com.

DRUNK DRIVING ATTORNEY Felonies/ misdemeanors/DMV/drugs, 619-338-9500. J. D'Ambrosio. Free consult. Visa/MC/

BANKRUPTCY \$100 TO START Free attorney consult. Payment plans available. Paul Caprara, Esg. 888-619-2826 or

EXPUNGEMENT Misdemeanors \$500

Felonies \$600 Motion to reduce Felony to Misdemeanor \$700. Motion to terminate probation early \$700 Call the Expungement Center 888-210-0862.

SIMPLE DIVORCE \$199 Affordable rates, MC/Visa/Amex. Se habla espanol. www.JBCarnohan.com. Attorney, 760-

722-8200 DON'T FILE BANKRUPTCY! TEXT THE WORD "CREDIT" TO

26786 We Can Help You. www. AppleFinancialCare.net. \*Credit Repair, \*Income Tax Prep., \*Debt Settlement.

Debt Settlement. And More. 619-202-7506 or 888-



SERVICES

\$20 Off **One Hour** 760-796-4122

301 E. Washington Ave. Suite A (at Juniper) • Escondido Lic.#162518

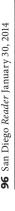












trial).
Affordable payments. Available 24/7.
Free initial
consultation. Superior Law Center, 888205-8961.

www.superiorlawcenter.com

SOCIAL SECURITY DISABILITY Free Advice from Experienced Attorney. Dan R. Cohen, 760-888-7338; 619-358-5443

Sandiegosocialsecuritylawyer.com AFFORDABLE FAMILY LAW Quality

attorney assistance with Divorce, Parentage and more. Let us walk you through it. 858-487-3279. www. FamilyLegalEase.com.

TRAFFIC TICKETS? Don't pay. Hire an attorney to fight for \$100.

No attorney fee if ticket not dismissed.
Contact Law Offices of Elizabeth

760-685-8242 or SanDiegoTrafficTickets.com.

STOP IRS IN 24 HOURS! Easy pay plan. Ex IRS officer. 30 years experience. 888-677-3729 or www

IRS PROBLEMS GOT YOU DOWN? 27

IRS PROBLEMS GOT YOU DOWN? 27 years' IRS experience. Income tax and collection problems. Audit and appeals representation. Tax return preparation. Current/unfiled

Free consultation. Reasonable rates.
BJ Tax Consulting, 858-530-1675.

AUTO ACCIDENT? INJURY?
AUTO ACCIDENT? INJURY? Call now

for free advice! Millions recovered. No recovery, no fee. Call 24/7: 619-338-8230.

ACCIDENT? INJURY? Get the compensation you deserve. Law Offices of Robert T. Pope, 619-233-3893.

BANKRUPTCY, \$100 TO START

Experienced, 25+ year Attorney! Free Consult!
Se Habla Espanol. Payment plans avail. 619-236-1136.

GOT WARRANTS? Quick Fixes to Your Criminal, DUI, DMV, & Warrants! Call Abby L. Ertz, Esq. 619-840-4566 www.ErtzLawGroup.com

DIVORCING Avoid high cost and fighting in court. Call to learn about advantages of Mediation. Free phone Consult. A Fair Way Mediation Center, 619-702-

STAR Certified

**Check Engine Light** 

Pull codes and provide a written description code and system. \$1 995 Diagnostic service Available

**Brake Service** 

\$20 off \$50 off

2 wheel 4 wheel

Free brake inspection with service see manager for details

Free retest when we do the repair.

12 K Nationwide

Warranty.

**Precision** 

Auto Care'

Tune 📆

www.afairway.com.

AUTO ACCIDENT? INJURY? AUTO ACCIDENT? INJURY? Call now for free advice! Millions recovered. No recovery, no fee. Call 24/7: 619-338-8230.

HYPNOSIS—ALL ISSUES! Smoking, weight, habits. Lori (CHT), 858-457-2100.

H.O.A. DISPUTES LAW OFFICE Home

Owner Association legal pro! Free Consultation! www.MGDLaw.com 888-286-3945.

**EX-IRS TAX ATTORNEY** Beat any price. Problems, returns, etc. 866-979-3159.

CAR REPO'D OR ABOUT TO BE? Call

BANKRUPTCY RELIEF Need a fresh start? We can help! Free consult with experienced attorney. Lowest cost guaranteed! Atty. Evelyn Johnson, 619-299-5988.

CH 7 & 13 BANKRUPTCY EAST COUNTY Local Atty 619-

GOT WARRANTS? Quick Fixes to Your

Criminal, DUI, DMV, & Warrants! Call Abby L. Ertz, Esq. 619-840-4566

DIVORCE EASY \$79-UP Serving all San Diego County! Office or in-home appts. Pymt plans. Visa, M/C. 619-479-4527.

ad. \$25 each w/friend. San Diego, East & North County

AtcTraffic.org. 888-291-6594 or 619-

STAR Certified

Expires 2/14/14

Mon - Fri 9 - 5 **5at 8 - 4** 

**ADAMS IMPORT** 

(619) 282-5555

3166 Adams Ave. 92116

The BEST Warranty! 24

2 years! or 24,000 miles! WARRANTY

TRAFFIC SCHOOL Day/Evening. \$30 w/

www.ErtzLawGroup.com

now to save it! 619-544-0669

Oil Change

Most vehicles.
Canister Filters.
Synthetic Oil additional charge. \$19<sup>95</sup>

Alianment

Includes Toe Set
Camber, Caster Shims Extra. \$4995
Most Cars

**Sports Arena/Pt. Loma** 

get 1 FREE Mon-Fri 8am-6pm

**All Vehicles** 

Buy 3

**Smoq Check** 

We Test & Repair \$2195

SENSATRAC/REFLEX Shocks & Struts

Sat 8am-5pm Sun 9am-4pm For more specials visit: Precisiontune.com

3425 Midway Dr. (Behind Shell station) 1-888-281-5381

Coupons must be presented at time of service. Not valid with any other offer or discount or for prior service. All coupons expire 2/13/14

**30K,60K, 90K, Service** Smog Check

Tune-Up & Oil Change

**Engine** 

Oil Change +tax Most cars

Light Alignment

Check \$3495

Premium Free \$119
Brakes Inspection

619-237-1043

TECH-NET Professional

SIMPLE BANKRUPTCY \$699

Experienced, Understanding Attorney. Se habla Espanol. 760-722-8200. www.JBCarnohan.com

DUI & CRIMINAL DEFENSE Former DA now on your side! Free consult.
DefenseLawSD.com, Payment plans

CAN BANKRUPTCY HELP ME?
WIPE OUT DEBT, START FRESH! Free case evaluation. Flexible paymen

14 years' experience. Se Habla Espanol. Mission Valley/N County Offices. Call today, 619-517-4553

INJURED IN A CAR ACCIDENT?
WE WILL FIGHT FOR YOU! Free case evaluation. No Fees, unless we win!
14 years' experience. Se Habla Espanol. Mission Valley/N County Offices. Call today, 619-517-4553

DIVORCE—FAST—LOWEST COST Custody/Visitation/Support. Free Office Visit.

Legal Document Preparers... since 1976. Reg. #99 1976. Reg. #99. HOTLINE: 619-685-0020 or 619-454-

**DEBT RELIEF, 619-696-7444** Free consultation, Scott A. Fleming, Attorney. All Options. www.flemingdebtrelief.com.

DRIVING WOES? TICKET \$50
Misdemeanor DUI \$500—DMV Hearing \$50. Jon Osborn, Attorney, <u>6</u>19-467-0209.

PERSONAL INJURY ATTORNEY NO UPFRONT FEES Car accidents, slip/fall, etc. Free consultation. Scott Salmu, Esq., 619-232-4LAW

AGGRESSIVE FEMALE ATTORNEY Criminal/DVTRO. AttorneyLubin.co 619-232-2900

PERSONAL INJURY Car accidents, slip & fall, burns, dog bites. 30 yrs. exp. Law Office of Neal Gibbons, 619-850-6325.

CRIMINAL DEFENSE ATTORNEY DUI.

Free consult Scott Salmu Esq. 619-232-4LAW (4529)

#### **NOTICES**

\$1,000 WEEKLY Mailing Brochures From Home. Helping home workers since 2001. Genuine Opportunity. No Experience required. Start Immediately www.mailingmembers.com (AAN CAN)

AUTOMOTIVE



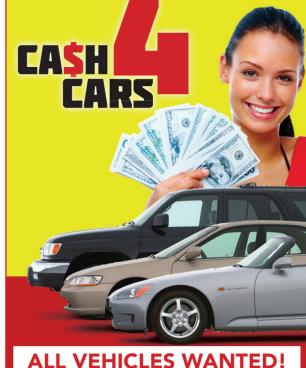
Lifetime Install • Any Color Back Window



\$<u>gg</u> 175/70/13"

4 New

Escondidoaudiosport.com • 714 E. Valley Parkway, 92025 1-888-684-2230



### ALL VEHICLES WANTED!

Get paid "TOP DOLLAR" on the spot for any car, truck, SUV or van - running or not! Any year, make or model 1990 & up.

> Didn't pass smog? OK! No title? OK! Call for a free quote.

> > 888-242-2337

or text photos for instant quote to: 619-816-0007

CarsIntoFastCash.com

Ve speak panese

90-Day **Financing** Available. **No Credit Check** Call for detail

We now Service ALL European Vehicles!



We honor most extended warranties.





mazpa<sup>°</sup>

S

Lexus TOYOTA

OIL CHANGE,

tire rotation & 60 pt. Vehicle Inspection

Hyundai Kia

Free brake inspection. Front or rear. Includes labor and Factory

Ceramic Pads. or drums.

Inspect calipers, hydraulics, seals, rotors or drums. Most cars and light trucks.

Check engine

computer scan expensive engine damage.

Timing Belt & Water Pump 60,000-mile replacement recommended.

Old, cracked belts can break due Starting at to age and mileage and cause § 259 Vehicles 1996 or newer only. Some cars and trucks extra.

19<sup>95</sup> +EPA

• Up to 5 qts oil • New oil filter Check charging system Labor only • Check and top off all fluids New Clutch \$299

Factory-Scheduled Services We use factory parts to improve your performance.

Per manufacturer's recommendation. Timing belt extra if required. 15K Service **30K Service 60K Service** 

Prices valid for most cars. Call for price on your model.

starting at 2995

Air Conditioning Service \$ Inspect system, check for leaks. plus freon





Please call for appointment

7645 Carroll Road (just off Miramar Rd., one block from Pyramid) www.JapaneseAutoPlus.com FREE TOWING (within 10 miles) with major repair (over \$300)

Hurry! Offers end soon. \*Most cars. Not valid with any other discounts.



Reader January 30, 2014

GENERAL AUTO REPAIR Free shuttle service

AIRLINE CAREERS Begin here! Get trained as FAA certified Aviation Technician. Housing and Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 877-492-3059 (AAN CAN)

ANXIETY, depression, panic, anger, mood disorders or obsessions? Our group will help. Daily meetings open to the public. For schedule: open to the public. For scnedule. ALSHSsandiego@gmail.com or 619-

BREAD & FOOD DISTRIBUTION. 30th/ Howard. Thursdays \$20 per food share. Call to order before Thursday from 9am-12:00pm. Sunday food share \$3, same location (enter off alley). Friday 33rd/ Meade 12:30-2:00pm. 619-283-

CANNABIS PATIENT ACT. (Association CANNABIS PATIENT ACT. (Associatio Cannabis Therapeutics). Nonprofit. Seeks caregiver/ patient interns with questions about cooperatives, clones medicine, growing limits, permits. Proposition 215. Meth kills. 619-528-

**DISCOVER HOW TO SOLVE Tormenting** problems, addiction, anxiety, stress, pain, chronic fear, relationship setbacks Impact your life with Spiritual Solutions. Call 858-272-3246.

Call 858-272-3246.

DIVORCE SUPPORT GROUP "Now I know I am not alone," our motto for the heart broken, suffering from divorce or separation. 9am every Sunday. DVD seminar, refreshments, fellowship. Presenting this week: Special DVD "Surviving the Holidays". 10690
Escobar Dr., San Diego, 92124. Villa Portofino Clubhouse. Contact Bruce: 619-461-4480, bruce@brucefarley.com, info@divorcecaresandiego.com www. info@divorcecaresandiego.com. www.

FREE PSYCHIC HEALING lecture Inc. Free readings for new visitors. Mondays, 7:30 PM, 12/2, 1/6/14, 2/3/14, 8/3/3/14 by Vessa's Clairvoyant Program students. 4455 Morena Boulevard, #108, 858-509-7582.

HELP WANTED! Make extra money in our free ever popular homemailer program, includes valuable guidebook! Start immediately! Genuinel 1-888-292-1120 www.easywork-fromhome.com (AAN CAN)

MOVIE BUFFS. Interested in watching movies and then discussing them afterwards (like book clubs)? Ages 25 to mature welcome. Please call 619-850-6075 or 858-231-0647. OVEREATERS ANONYMOUS. Is food a problem? Binge or purge? No dues or fees. Contact Overeaters Anonymous: 619-521-2538. www.OAsandiego.org.

PRAYER BASE SOLUTIONS Heals problems. Discover freedom, wellnes balance, peace. Impact your life, eliminate chronic disease, pain, fear, addiction, depression. Call 858-272wellness.

PRAYER CIRCLE Drumming and singing with the sacred pipe. All are welcome Call 619-766-3316.

PROBLEMS WITH DEBT OR MONEY?

Debtors anonymous is a 12-step program for people with problems with money and debt. Contact us at www.sandiegoda.org or www. debtorsanonymous.org.

SEX/RELATIONSHIP PROBLEMS? Out and Love Addicts Anonymous. 12- Step Fellowship. PO Box 3791, San Diego, 92163. 619-685-7211. www.slaa-san-

#### **SPORTS**

ADULT SOFTBALL REG. Spring Team Registration. Leagues start after March 1st. Now accepting new teams: Men/ Coed Slow-Pitch and Coed 3-Pitch programs. Questions: johng@softballsd com. www.softballsd.com.

GOIF WWW.Sorioalisd.com.
GOIF BALLS, like new. Titleist, ProV1, and 1X: \$20 dozen. Taylor made, Pente Callaway Hex Spixon Tour: \$15 dozen. Miscellaneous \$5 dozen. Call Kenny, 619-398-7017; 619-582-1408.

LITTLE LEAGUE BASEBALL COACH Players books (4). Coaching, Winning Baseball, Handbook for Coaches and Players, How to Hit, Bunt, Run Bases and Slide. \$8 each. 619-296-9415.

and Slide. \$8 each. 619-296-9415.

PAINTBALL Total Combat Paintball
strives to host sharp shooting clashes
that players of all ages can enjoy.
Located inside the Otay Ranch Town
Center Mall. 2015 Birch Road Chula
Vista, CA 91915. Thur-Fri 12-5pm, SatSun 9am-5pm. 619-320-6827.

#### **PHOTO**

**HOIST V4A** Personal weight training gym. 200lb, cable/pulley system, in like new condition. \$1,000 includes delivery setup. 858-212-6232

#### AUTOMOTIVE

### **NO APPOINTMENT NECESSARY!**

Oil Change

Most Cars Includes EPA Disposal Fee

**Check Engine** Light On? FREE DIAGNOSTIC

Reg. price \$34.99. Most cars.

Front Brakes \$55 Rear Brakes \$65

> Replacement of pads or shoes. Most cars.

Starter or **Alternator** 

Parts & Labor, Most Cars

**AAA Japanese Car Specialists** 

Suite D (1 block north of Miramar Rd.) 858-549-9020



We accept area competitor's coupons we certify all vehicles.

San Diego Smog Test Center Only

2912 Adams Avenue

619-516-3536 • www.sdsmog.com Monday - Friday 8 am - 7 pm • Saturday 8 am - 4 pm

Open Sundays 9 am - 3 pm

# -Three's a Charm -WIN \$100-

Find somewhere in our features (articles, listings, or classifieds) three instances of the same phrase.

A crossword-style clue to each week's phrase is located on page 1, the table of contents. In one instance the phrase will be in context; the two others will be out of context (they will seem

"monk's sauce" for squirting over

everything with wanton crooked

rulers abandon) and would be

better served being slurped up

with cold noodles than splashed

onto just-okav kimchi pancakes

Page 60

Contestants have from Wednesday until Sunday to log on to our contest page (SDREADER. com/charm) and punch in the three page numbers on which the phrase can be found. One winner per week. Contestants eligible to win once every four months. Any week there is no winner, the \$100 gets rolled over into a jackpot the following week.

**LAST WEEK'S WINNER** Christina Moore, \$100

**LAST WEEK'S CLUE** 

"bowed heads" (2 words)

LAST WEEK'S HIDDEN PHRASE

crooked rulers

a blink: L.A. folkies **Lonely Wild** will heir weekly run at Soda Bar Whisle and the Adams & Eves up first this astoff, Absent Mind, the Nieces, and nblackwell fill a fun punk bill out at and Tin Can Ale House stages a trio of os, with the Drabs, Crooked Rulers.

esponse, one of the marshals asked her she had been hiding in a closet with the gun when they entered. Crooked rulers. claimed to have been hiding out of fear aid she had no knowledge there was a

Page 88

Page 64

#### **COMPUTERS**

**COMPUTER** Desktop computer HP, complete system, 3GHz CoreDuo, Windows XP, DVD burner, 250GB harddrive, LCD monitor, keyboard, mouse. Clean, no viruses or problems. \$175. 619-630-8020.

HP PRINTER Deskjet 6500A wireless Color Printer Copier Scanner FAX, all in one, with ink, power supply and cables -\$60. 619-630-8020.

LAPTOPS Apple Powerbook G-4. IBM compatible with Windows, Office. Both: Wireless, play movies, burn CDs, work great. Hablo espa\_4-ol. \$135 each/offer/trade? 619-287-3430.

LCD MONITOR Flatscreen LCD monitor DELL Ultrasharp 17 inch \$50, excellent picture and colors, mint condition. All cables included. Photos available. 619-630-8020.

MONITOR Desktop computer DELL, complete system, 2.60GHz fast Intel CPU, Windows XP, LCD flatscreen monitor, keyboard, mouse. Clean, no viruses or problems. \$125. 619-630-8020.

#### **BICYCLES**

ALUMINUM ROAD BIKE 56 cm, Vitus Aluminum with proprietary 979 Dural Aluminum tubing. Shimano Dura-Ace

Pacific Beach 92109

STAR Certified

Smog Check \$3675

+\$8.25 Certificate of Compliance (most cars). Bring DMV Notice. Model years 1976 - 1995 \$10 extra

for Evap Test. RV's: call for details.

Oil Change Special \$1495

Most 4-cyl. cars. Includes new oil filter, EPA, up to 5 ats. oil. 6-cyl. & 8-cyl. extra, some oil filters extra.

A/C Service \$25

Includes performance test on compressor

components and recharge (freon EXTRA.)

Basic Tune-Up with oil change
4-cyl. \$45 6-cyl. \$9995 8-cyl. \$14955
Most cars. Includes new plugs and oil filter.
Inspect cap, rotor wire, air filter. Some
oil filters extra. Some cars labor extra.
Platinum plugs extra

Platinum plugs extra.

60K/90K/120K Services

4-cyl. from \$ 14995

groupset (wheels are Ultegra) with STI shift levers and quick release wheelset Kelvin 858-232-9271

**EXERCISE BIKE** Lifecycle Model LC 9500HR. Multi-programs 12 resistance levels gym quality, new battery. New \$1500 excellent condition sell: \$195 can deliver, 619-462-8131.

#### **WANTED / TRADE**

FISHING TACKLE; Fishing tackle, collector wants for his personal collection, wooden lures, reels, and Misc. tackle by Heddon, Pflueger, Creek Chub, South Bend, Shakespeare, to name a few. 619-972-3488.

STEREO GEAR/ LP RECORDS. Cash paid! Vintage/ newer. Old amps, tuners, speakers, turntables. McIntosh, JBL, Marantz, etc. Prerecorded reel tapes, jazz/ rock records. John, 619-889-5237.

WANTED Old Boombox with two tape decks for making recordings. 858-456-2264

**WANTED** Autographed Ralph Goforth, call Brother Allan 619-563-3997.

WANTED: Speakers, amps and other old stereo gear! The most cash paid always! Brands like JBL, Altec, McIntosh, Marantz and more! Call 619-295-5101; email JBL@cox.net

WANTED: Indian arrowheads/ artifacts wanted for my private collection. Must be authentic and legally collected. No interest in modern reproductions. Call Steve, 619-985-8562.

WANTED: ROCK & ROLL. I buy 1950s-1980s concert poster flyers, handbills, used/unused tickets, programs. Private party. Call 619-501-6210.

WANTED. Cash for Walt Disney autographs and animation art (original). Disney items, books, paper, Disneyland, all before 1960. No videos, records, prints. Also want Peanuts and Dr. Seuss art. 619-465-3090.

art. 619-465-3090.

WANTED/TRADE Clothes, DVDs, CDs, LPs, books, instruments, electronics. Buy- sell- trade. Thrift Trader. 3939 lowa St., North Park. 619-444-2274. 1416 Garnet Ave. 858-272-7283. 4879 Newport Ave. 619-222-5011. 30th @ El Cajon, 2947 El Cajon Blvd. 619-261-1744.

#### We Buy **Gift Cards!**

We also sell discounted gift cards to most major retailers! You can find our kiosks conveniently located at two North County Malls—get fast cash today. Westfield Plaza Camino Real Mall (760-688-2105): 2525 Hear Mail (760-588-2103): 2525 El Camino Real, Carlsbad 92008. Westfield North County Mall (760-746-1880): 272 East Via Rancho Parkway, Escondido 92025.

#### **ANTIQUES & COLLÈCTIBLES**

**1920'S HOOISAN** Oak with original hardware, two tin drawers, refinished \$295.00. 619-997-8913.

BEDROOM SET "Art Deco" 1930's-40's. Beautiful light wood with in laid wood designs. "Waterfall" features. Double bed, dresser, triple vanity (3 mirrors) and bench. \$500 619-224-4820.

CASH FOR COMICS Any kind, before 1965 (10 and 12 cent cover prices). 619-890-1390. FURNITURE 45" round table oak 100

years old, excellent condition \$75.00. 619-997-8913.

MISSION HILLS AUCTIONEERS, Inc. We buy estates, house fulls, slightly used furniture, antiques. Cash paid. Prompt service. Local buyers. Licensed/ bonded. Serving San Diego since 1971. 619-233-3148.

RAILROAD LANTERN "Dressel". Very rarel AT&SFRy stamped on metal and hood & embossed on red globe. Rare "flat metal braces" supporting bottom cage. Exceptional condition. \$330.00. 619-448-1434.

RAILROAD LANTERNS "Star", authentic, Z clear bulbs/selectable brightness, \$69.00 each. "Dietz", brass, car's interior. Both \$59.00. Authentic 4-8-4 headlight's glass lens/gasket, w/table. \$129.00. 619-448-1434

**UNIQUE DINETTE PEDESTAL** 45" round oak, 100 years old, \$79.00. 619-997-8913.





OUTHWEST

7360 Trade St. • San Diego 858-689-9975

Plus \$8.95 certificate 1995 & older, \$15 for evap test. Vans, trucks & European cars extra. Cash only.

Must present DMV renewal notice. \*All prices plus tax. With this ad. Exp. 3-3-14

OIL CHANGE \$2595\* Most cars. Includes up to 5 qts. and new filter. Cash only. **BASIC TUNE-UP** 

4-cyl. \$25/6-cyl. \$35/8-cyl. \$45\* Includes spark plugs. Additional parts extra. Most cars.

TIMING BELT SPECIAL \$95° Includes parts & labor. Most 4-cyl. cars. 1995 and older. Dual overhead cam extra.

BRAKES... \$10 OFF Front & rear. Turn rotors, drums, new pads, lining. Most cars, 4WD extra.

STEVE AUTO REPAIR

1370 Garnet Ave. • Pacific Beach (858) 274-1195

and 8-cyl. extra. Platinum plugs extra Call for details. Check Engine light and Smog Failure Diagnostics 60.00 (FREE if repairs are performed on site). Fuel Injection Service 3-Step - \$10995\*

Chris's Auto Smog & Repair Center 2920 Damon Ave. #C & D

(Rehind In-N-Out Burger) 858-270-1888 Expires 2/13/14

OIL CHANGE \$10 Shuttle with repair **USED ENGINES &** TRANSMISSION + Inhor Low Prices On Body & Frame Work, Paint, Mufflers & Cat SMOG CHECK \$1175 **TIRES ON SALE!** BRAKES from \$50 HEAD GASKET \$299 FREE CHECK ENGINE LITE
FREE A/C INSPECTION

'96 & up
Most cars COMPLETE From 4-cyl., most cars. \$499 PAINT JOB 4-cyr., most car. REPAINT BUMPER From \$150 OR FENDER each. Most ca 30K/60K/90K \$75 TIMING BELT AXLE SHAFT \$99each **Save Auto** 9280 Kearny Mesa Rd., SD 92126 (By I-15 off Miramar Rd. next to Holiday Inn) 858-586-6666

STAR Certified \$10 OFF SMOG TEST Valid on posted price. With this coupon. Offer ends soon!

Separate of air 3/25. 1619-70-3536.
GENERATOR, Onan 2-cyl electric. Start 5000 watts. 120 volts, real reliable workhorse 1800 RPM. Asking \$550. Good for home backup use, or? 858-278-1048.

MICROWAVE OVEN Litton-Aire Generation II, under-counter w/timer, stove vent fan & light, w/factory original mounting brackets/ fasteners, color brown, works fine, replaced with sale item on package deal, with manuals. \$75 Serra Mesa 619-445-1097.

STOVE/OVEN Electric Magic Chef 68HA-4TVN 30" self clean slide-in w/ drawer 4 solid ceramic elements digital thermostat/timer almond xclnt with manuals \$75. Serra Mesa, 619-445-1097.

#### **ELECTRONICS**

PANASONIC CAMCORDER Compact VHS, 14x zoom, batteries, charger, remote, \$60. SONY VCR with remote \$25, 619-630-8020

PIONEER PLASMA Flat screen 42 monitor, model #PDP-424MV Only \$175. Optional stand add \$20. Call Kevin 858-232-9271.

SINGLE CASSETTE TAPEDECK Pioneer, with cables \$25. Sony walkman cassette player / voice activated recorder \$25. 619-630-8020.

SPEAKERS, Stereo, turntables, Boston Acoustics, Polk audio, Sony, Bose, Kenwood. Pioneer Technics, and Sanyo. Take choice or combine. \$5-\$75. 619-670-8356.

#### **FURNITURE**

**BOOKCASES.** Oak, walnut, mahogany, cherry, or teak. Choice of 2x2, 2x6, 3x3, 3x4, 3x6, 4x6, 4x7. Remodeling office, \$25-\$150. 619-670-8356.

DAYBED, FUTON, Bunk bed, captain's bed, loft bed, diversified item, excellent condition. \$80. 619-670-8356. DAYBED, FUTON. Bunk bed, captain's bed, loft bed, diversified item, excellent condition. \$80. 619-670-8356.

DESK. Traditional Manor Oak roll-top desk, 55-1/2" wide x 29" deep x 30" high. With hutch. 3 drawers each side, 1 at sitting area. 2 pullout writing boards. Excellent condition. \$500 or nearest offer. 619-528-4594.

MISCELLANEOUS Computer desk \$20.00. Cricket cell phone \$15.00. Dell computer \$15.00. Bed \$100.00. Call Charles 619-866-2705.

MISCELLANEOUS FURNITURE FOR SALE Contemporary love seat, camel, excellent condition \$125. Coffee table and two end tables, very good condition \$125 each 619-203-9903.

MULTIPLE ITEMS Full size bed, dresser. night stand, bookcase, computer desk, couch and much more. Reasonable offers, 858-382-3370.

#### **GARAGE SALES**

THRIFT TRADER \*Everything \$1 Sale\* Clothes, Records, DVD's, CD's, and Books. 3939 lowa Street (In Parking Lot) Opens at 10am every Sat. & Sun.

#### **MISCELLANEOUS**

ARCADE VIDEO GAME collection. Ms Pacman, Arkandoid, Asteroids, Ninja Gaiden, Galaxian, Frogger, Hydra, Defender, Turkey Hunt, Road Blaster, Final Assault and Captain Commando. \$250, 619-670-8356

\$200. 619-670-8356.

BOOTS, Never worn. Wolverine, Mens
9.5D. Non-Steel Toes, Brown, Water/
Electric Proof, Removeable/replaceable
Dura-Shock insoles. In MFG's box. New
\$145, Sell \$64. 619-448-1434.

BOOTS, Never worn. Cabela's, Mens/ Womens 10D. Snake proof, knee high, lace-up/proper fit. Camo. Guaranteed protection! in MFG's box. New \$275, Sell \$119. 619-448-1434.

\$119. 619-448-1434.

BOOTS, Never worn. Justin, Mens/
Womens 9E. Beautiful dark blue, with elaborate silver decorative stitching. Midheight western heel. In MFG's box. New \$125, Sell \$55. 619-448-1434.

SONY

**CHINA,** Japanese set, large, beautiful 12-place settings, 7 pieces each setting, 10 serving pieces, silverose pattern loads of platinum trim. Must see! \$700. 619-224-4820.

FIREWOOD AND JEANS Firewood \$225.00/best. Blue jeans, men's, clean, faded and torn, good for sewing projects, \$8.00 each. Jamul. 619-669-5436.

MISCELLANEOUS FOR SALE Bed spread, hand crocheted, full size \$40. Brown leather ladies purse, new \$25. Steering wheel lock \$20. Electric extension cords, different sizes. 619-582-0096.

MOVING SALE Kitchen table 4 chairs, Bissell bagless vacuum, floor heater, TV stand, 19" TV & 48", doll house, 2 girls bikes 16 & 20". 619-583-0658.

RAILROAD BRAKEMAN'S LANTERNS Both authentic, from SD yards. Early "Adlake", rarer red glass lens. Electrified,

\$129. "Star" 2-clear bulbs/switch selectable brightness \$69. 619-448-1434.

RAILROAD SWITCH-STAND LAMPS
Steam era, SD Santa Fe Vards,
Electrified lenses, 2 red, 2 amber, rarer
day target signals/matching colored 10"
discs. Excellent condition \$390.00. 619448-1434

SEAT COVER. Waterproof, heavy material. Fits all bench/ bucket seats.
Seat belt slits. Protection: pets, groceries, plants, everything! Sealed box, \$54, Sell \$25. 619-448-1434.

TIE DOWN STRAP SET 4 total, 16ft long, 2 used once, 2 never used. Napa. Heavy duty 1500lbs, tensile strength, instructions \$29. Call 619-296-9415.

WORMS. Red worms, nature's fertilizer, 1 bucket \$40. Guaranteed 4000+ worms Call Lisa, 619-449-7875.

#### **MOTORCYCLES**

WANTED. Cash for good condition under 10K miles. Example: Suzuki: Katana 600 DR 350/400 Bandit 400/600 Yamaha: Radian FZ 600 FZR 600 RZ 350 RD 350/400 FZR 400 Seca, Scooters 250CC sidecars, Turbo charged, antiques, etc. Call 619-792-2270.

#### **AUTOMOTIVE CARS**



FORD EXPLORER SPORT SUV. 1999 Sport 2 doors, automatic, cold A/C, cruise control, all power, new tires, 132K miles. Very clean inside and out. \$2200/best. 619-507-2512. FOR SALE 2000 Chevy Cavalier. Needs work. \$500. Call after 7pm. 858-349-1258.

#### **AUTOMOTIVE** TRUCKS / VANS / **SUVS**

1998 DODGE RAM 1500. Small V8.

#### AUTOMOTIVE

**SMOG** CHECK

\$16<sup>95</sup> With coupon only, Plus \$8.25 for certificate. Retest free when repair done on site. VIP service, 2 machines. No appointment necessary. Most 4-cyl. cars only. cars extra. 1995 and

**ALIGNMENT** 

\$3995 Most 4-cyl.cars

European cars extra. 1995 and older \$10 extra st Free when repair done o FREE **Check Engine** 

STAR Certified

**\$24**95

**Light Diagnostic** Would repair on site.

**MAJOR SERVICE** 30K/60K/90K Most 4-cyl. cars.

Change engine oil and filter
 Inspect brakes

Clean & adjust rear brakes
 Check all belts
 Replace air filter
 Inspect

\$139<sup>95</sup>

drain and refill
Top off all fluids
direction
should be the service of the servic

OIL CHANGE \$1695

control, alarm system, new tires, 142K miles, very clean inside and out. \$2800/best. 619-507-2512.

With free brake and 32-point inspection. Most 4-cyl, cars. Plus \$2.50 disposal fee

**a** 

#### **CALIFORNIA MOTOR WORKS & TIRES** WELCOME ALL FLEET ACCOUNTS • AAA APPROVED

Se habla español

Foreign & Domestic • Full Maintenance & Repair Service We Do: Overhaul • Brakes • Carburetor • Electrical • Shocks • Struts • Tires • Alignment • Balance • Smog And More

8025 Clairemont Mesa Blvd., San Diego, CA 92111 • (858) 560-1245



SONY

CD Player w/AUX, Detachable Face Remote Control MP3/WMA add bluetooth for

Car Alarms

Security \$39

\$89

Viper/Audiovox

up to

40% off

Systems Systems

Pager Alarm

only \$59 more

CD/DVD 61" touchscreen, Built-In Bluetooth, Wireless

KENWOOD/SONY

\$39

audio streaming, Pandora control. Bluetooth

**Speakers** 

6 1/2 ..... **\$29** 

5 x 7 ..... **\$29** 

6 x 9



lensen in-dash navigation system with CD, DVD, USB, Bluetooth phone and 6.2" touchscreen display

VM9424

Infinity/ KENWOOD

**Bass Package** 

12" box 500 watt amp **\$99** 

12" Subwoofer

12" box

Navigation

8 \$399

Window

Tinting COMPUTER CUT

\$98

**HID Lights** \$49

Installation required
Additional parts & labor may be required. Carryout price slightly higher. Inventory limited, prices reflect cash discount, photos for illustration only.

**SMOG** 

**CHECK** 

Stereo Outlet 2707 Garnet Ave. • Pacific Beach • 888-497-5927

STAR Certified

+ \$8.25 cert. Most vehicles.

Must bring DMV renewal notice Limited time
\*All 1995 & older vehicles \$10 extra

TIMING BELT SPECIAL

550 off quoted price

Limited time offer.

Trucks, vans & European cars extra.

oring DMV renewal notice Limited time offer.

# **SMOG CHECK**

+ \$8.25 cert. Most vehicles. Trucks, vans & European cars extra. Limited time offer Must bring DMV renewal notice.

\*All 1995 & older vehicles \$10 extra

OIL CHANGE **& OIL FILTER** from

Up to 5 qts. oil. Most vehicles to **COOLING SYSTEM** SPECIAL from \$3995

Includes flush radiator and up to one gallon of coolant Special coolant extra. Most vehicles to 1995. With ad. 1995. Limited time offer. Limited time offe

**ENGINE CLEAN** \$**69**<sup>95</sup>

30,000-MILE **SERVICE SPECIAL** from **\$179**<sup>95</sup> 4-cyl. Most vehicles

TEST ONLY \$41<sup>75</sup>

Service includes: 

Maintenance tune-up Oil and filter change • Lube chassis
Radiator coolant change
Air filter replacement • Fuel injection cleaning
Check brakes, suspension

C.V. BOOT from \$3995

Includes: boot, parts, labor, grease. 1/2 price for the

2nd boot on same axle. Most vehicles, Limited time offer



Mon.-Fri. 8 am-5:30 pm, Sat. 8 am-3:30 pm

www.sdsmogandrepair.com





**AUTOMOTIVE** Serving San Diego Since 1947

4491 Park Blvd. (Park & Monroe) • 619-297-4204 Mon.-Sat. 8 am-5:30 pm, Sun. 9 am-2 pm www.cliffbrownautomotive.com

Coupons must be presented prior to service. Senior discounts available



Only at STATION

## Any shade up to rear 5 windows. Tint removal from \$29. COMPUTERCUT **Brake Special \$89** Starter or

Metallic...\$129

semi metallic pads.

Includes labor.

Alternator From

Most Cars Free Shocks

& Struts

Most Cars

Buy 2, get 2 Free Most Cars

CV Axle From \$39

Life time Warranty front or rear, most cars

**Qwik Auto Center** 888-238-3469

2707 Garnet Ave., Pacific Beach 92109 must present ad prior to purchase Installation required



spark plugs & labor. Catalytic







Porsche 50's - 60's, 356 Coupes, Roadsters, Speedsters 60's - 80's, 911, 912, All Models Including 70's - '89, 930 Turbos / Cabriolets Mercedes 40's - 70's, 190SL, 230SL,

250SL, 280SL, Early Cabriolets Jaguar 40's - 70's, XK, XKE Coupe Roadsters 50s & 60s VW Bugs & Buses, Austin Healeys, Vintage Motorcycles / Scooters

All interesting classics considered. Restored cars or projects needing repairs, body work, weathered... I will gladly accept cars in "As Is" condition.

Generous prices paid. 602-810-2179 , 858-454-0856

RKPCLASSICS.COM



San Diego Reader January 30, 2014

#### **PICTURES OF A TOWN**



**mcontos**: Life's all about the simple things (Sunset Cliffs)



**carlocorti**: This photo was take it at lovely Downtown San Diego #star of india



BlutoUSN: Sunrise in Coronado

Win \$25 for the best San Diego neighborhood photo of the week. Go to SDReader.com/pix for more information.

# AUTOMOTIVE CLASSIC / CUSTOM CARS

#### Classic Cars Wanted By Collector

British, German, American, Classic / Antique Cars. Porsche 1948-1973 356 As, Bs, Cs, Coupes / Roadsters, early 911 / 912 all models including Turbo. Austin Healey 1004, 1006, 3000s. Jaguars 40s-70s, XK, XKE, etc. Mercedes 1930 thru 70s, 300SL, 190Sl, 230SL, 280SL. 50s-60s American classics / VW buses. Vintage motorcycles and scooters. All interesting classics including projects / barn finds. 858-454-0856 or 602-810-2179. www.rkpclassics.com.

# AUTOMOTIVE **RVS**

**TOY HAULER** Enclosed trailer. Hi-lo design cranks up or down. Dual axle brakes. Stove, refrigerator, sink, heater 18' long. \$2550 or best offer. 858-279-6086.

#### ALTERNATIVE MEDICINE

# **SERVICES**

#### Ca\$h for Cars! Top Dollar Paid!

Any make, model or year! Not smogged? No problem. No title? No problem. Running or not! Cash on the spot. See our full color ad on the inside-front-cover of this week's Reader! Text pics of your vehicle for Instant Quote to: 619-816-0007. For questions call: 888-474-2160

CASH FOR CARS. Any car/ truck. Running or not! Top dollar paid. We come to you! Call for instant offer: 1-888-420-3808. www.cash4car.com. (AAN CAN)

#### **ANNOUNCEMENTS**

FREE JOB SEARCH WORKSHOP
"Mock Interviews Workshop". St.
Bartholomew's Episcopal Church,
Poway. Wed. Feb 5. Registration 6:30,
Orientation 7pm, Presentation 7:30pm
www.inlandnet.org

#### **OBITUARIES**

MERCEDES NEWTON Mercedes Newton, 61, formerly of San Jose California, passed away on February 3rd, 2013, in Palo Alto, CA. Mercedes (Cookie) was born on March 17, 1951 in New York, to Jose De Jesus and Josefa Robles. In her late teens, Mercedes struck out on her own and relocated to California. Mercedes married Ben Lucca and raised two daughters. Her second husband Jerry Newton, daughters Christina and Marcie and brothers Luis and Robert survive her. Her four grandchildren Nathan, Gabriel, Jayna, and Isabel dearly miss Mercedes. A Mass was held in her honor at St. Martins Church, attended by her family and friends. Mercedes was a special person who could play on the floor for hours with her granddaughters and their Barbies, play for hours with her grandsons with their dart guns, and still have enough fun in the tank to stay up and hang out with the adults until the early hours of the morning. She will be forever loved and missed.

#### **PETS**

#### **FREE PET ADS:**

Selling a pet for under \$200? Email your wording & photo to pets@SDReader.com.

ALL OTHER ADS: Call 619-235-8200.

DEADLINE: Monday 3pm.

BUY/SELL/TRADE reptiles, amphibians, turtles, tortoises, snakes, lizards. Largest reptile selection in Southern California. Voted #1 in San Diego. Pet Kingdom, 619-224-2841.



CATS Four Cats born Easter Sunday, Imperial Beach Area. For sale at ten dollars each but if you take more than one they are free. Have not been to the Vet. Call Steve at 619-423-7064. Leave a voice mail or email at winton\_s\_t@ hotmail.com.



CERTIFIED PET THERAPY DOGS

DOG "Harmon" (A1567708) is a 3 year old neutered male miniature pinscher / beagle blend who came in to the shelte as a lost dog. Harmon gets along well with other dogs, loves people, and enjoys an afternoon playing outdoors with his human, and is likely housebroken. Harmon is currently available for adoption at the County Animal Shelter in Bonita, his adoption fee is only \$69, and includes his neuter surgery, vaccinations and microchip. 619.767.2675. www.sddac.com.



**POG** Boxers 1 male, 2 female. Home raised, short tail, 1st shots, very cute, healthy and playful. \$180. 619-730-4970



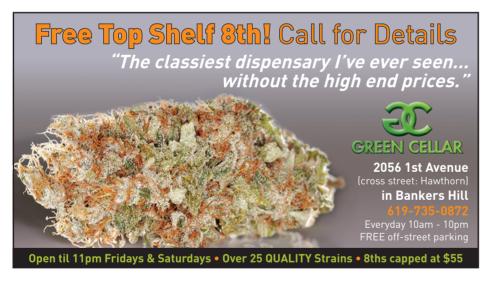
**LIVING ROOM LEOPARDS.** Is your house boring? Just put a Bengal in it! Please call me at 760-724-9316. Vista, North County.

PUPPY Chihuahua puppy toy male, short hair, light brown, shots current and de-wormed born Dec 3, home raised ready for loving home. Asking \$150. Call (619) 730- 4970. Please call before 12pm or evening time.

# PET SERVICES & SUPPLIES

DONATIONS NEEDED Helping Hands Animal Sanctuary Seeks Friskies Dry & Canned Cat Food. 13 & 45 Gallon Trash Bags, and Pedigree Dry & Canned Dog Food are also needed. Please No Calls After 8pm. 619-460-6679, La Mesa.

DONATIONS NEEDED! Helping Hands Animal Sanctuary Seeks: Friskies Dry and Canned Cat Food (Pate Kind), 13 & 45 Gallon Trash Bags Are Also Needed. 619-460-6679, La Mesa. Please No Calls After 8pm.











San Diego Reader January 30, 2014

101

#### **LEAD STORY**

- Is the signature smell of Texas A&M University more "Italian lemon, bergamot, and iced pineapple" (that open into "a body of vivid florals, raw nutmeg and cinnamon") or more "bat feces" and "chilifest stink"? The two commentaries were contrasted in a November Wall Street Journal report on the introduction of Masik Collegiate Fragrances' Texas A&M cologne (one of 17 Masik college clients) at around \$40 for a 1.7-ounce bottle. Louisiana State University's scent conjures up, insisted one grad, the campus's oak trees, but so far has pulled in only \$5500 for the school. (To a football rival of LSU, the school's classic smell is less oak tree than "corn dog.") The apparent gold standard of fan fragrance is New York Yankees cologne, which earned the team nearly \$10 million in 2012.

#### **Recurring Themes**

— Among America's most prolific "fathers" (in this case, perhaps better considered "egg-fertilizers") are Nathaniel Smith, age 39, who claimed on TV's *Divorce Court* in September that he is the father of 27, and the late Samuel Whitney, whose grown stepdaughter Lexie Woods learned that he claimed 54 before he died in July at age 87. Smith (known in Dayton, Ohio, as "Hustle Simmons") insisted that he is a fine father (doesn't smoke or

drink, keeps contact with most of the kids, has "only" 21 child-support orders out), and besides, he told WHIO-TV, "I know of people who have even more than me." (Among Whitney's belongings, said Woods, were a "pile" of birth certificates and a stash of maximum-strength Viagra. "He was a likable man, a ladies' man.")

#### **Collateral Damage**

- In October, a 28-year-old man, reeling from a domestic argument in Port Richey, Fla., put a gun to his head and, against his girlfriend's pleas, fired. As a neighbor across the street stood on her porch, the suicide bullet left the victim's head and made three wounds on the neighbor's leg, sending her to the hospital.
- About a week later, on the Norwegian island of Vesteroy, a moose hunter missed his target but hit an obscured cottage in the distance, wounding a man in his 70s as he answered nature's call. He was airlifted to Ullevaal University Hospital in Oslo.
- In November, barely two weeks after a small plane carrying ten skydivers left no survivors when it crashed on the way to an exhibition near Brussels, Belgium, nine skydivers were able to dive for safety when two planes headed for a tandem jump collided near Superior, Wis. News stories did not address how experienced skydivers

escaped one plane but not the other.

#### **Animal Sacrifice in America**

- In September, Orthodox Jewish communities once again staged traditional *kaparot*, in which chickens are killed in a prescribed way for the purpose of "transferring" a believer's latest sins over to the chicken (whose death banishes the sins). (In many such ceremonies, the chickens are donated for food, but protesters in Los Angeles criticized rogue practitioners who simply tossed carcasses in the trash.)
- In November, Miami-Dade County animal services found a severely injured chicken with a family's 4-by-6 photograph protruding from its chest, having been haphazardly "implanted," along with a note containing several hand-written names, apparently a casualty of local Santeria services.

#### Trade This!

— Some Americans still believe that stock market sales are typically made human-to-human, but the vast majority of buys and sells now are made automatically by computers, running pattern-detecting programs designed to execute millions of trades, in some cases, less than one second before rival computer programs attempt the same trades. In September, a Federal Reserve Board crisis in-

volved, at most, seven milliseconds' time. The Fed releases market-crucial news typically at exactly 2 p.m. Washington, D.C., time, tightly controlled, transmitted by designated news agents via fiber optic cable. On Sept. 18, somehow, traders in Chicago reportedly beat traders elsewhere to deal an estimated \$600 million worth of assets — when theoretically, access to the Fed's news should have been random. (In other words, the drive to shave milliseconds off the "speed of light" has become quite profitable.)

#### They Call It "Dope" for a Reason

— In November, Michael Brown, 19, became the most recent person with poor decision-making skills forced to report to a police station (this, in College Station, Texas) in the middle of the night to ask that officers please remove the handcuffs he had been playing around with. (Following the officers' mandatory records check, it was learned that Brown had an arrest warrant for criminal mischief, and, following a mandatory search, that he also had two ounces of marijuana in his pocket.)

Send your Weird News to Chuck Shepherd, San Diego *Reader,* P.O. Box 85803, San Diego, CA 92186 or to WeirdNewsTips@Yahoo.com













GREATER SAN DIEGO-EL CAJON-LA MESA-SPRING VALLEY-CHULA VISTA-OCEAN BEACH Pacific Beach-mission beach-la Jolla-Imperial Beach-san Ysioro-Escondido



New \$39

Renewals from any Doctor

Medical Physicians
Dr. Carolle Jean-Murat M.D. • Dr. Donald Clark M.D.
Dr. Gerald Spector M.D

619.222.3839 🗪 📨



4443 30th St., Suite 100 San Diego, CA 92116

Mon-Fri 11am-5pm Sat 11pm-4pm • Sun 1-4pm

(760) 571-7191

(855) 665-3825



ESCONDIDO: 135 W. MISSION AVE #204

SPRING VALLEY: 3911 CORDOBA AVE #F

102 San Diego Reader January 30, 2014



# PACIFIC BEACH

(858) 263-4156

4502 Cass St. #205 2nd Floor Pacific Beach, CA 92109

# LA MESA

(619) 741-8208

7140 University Ave, Ste B La Mesa, CA 91942

# **CARLSBAD**

(760) 730-9433

2525 South Vista Way Carlsbad, CA 92008

# **CHULA VISTA**

(619) 934-6497

212 Broadway #B Chula Vista, CA 91910





**≤** 5starmeds@gmail.com





Buy 1/8th Bogo get 10.5 grams (3/8ths) FTP

12 Grams ReUP

Any Shelf Quality Combined With FREE Shake!

Buy 1/8th Get 2/8ths FREE (3/8ths Total) FTP

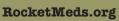
Refer A Friend Many FREEbies to choose from!

# FTP Reboost

Everyday FTP & Returning FTP Deals

10.5 Gram 8ths FTP

Buy 1/8th Bogo get 10.5grams (3/8ths) Buy 1/8th Bogo get 12 grams! 7 Grams



Deliver to Most of San Diego

12 Grams Return FTP

Flowers + 5 grams Free Shake!

Call 619-417-7869

# San Diego Evaluations



Phone verification 7 days a week

**NEW PATIENTS** 

RENEWALS

#### Walk In's Welcome!

MON - FRIDAY 11am - 7pm SATURDAY 11am - 5pm

SUNDAY11am - 3pm

Call us for

**ID Cards** 

Growers

License

Bring this ad!



Spring Valley: 1-855-665-3825

3911 N. Cordoba Ave #F Spring Valley

La Mesa: 1-800-779-1663

7400 El Cajon Blvd., #103, La Mesa

Hillcrest: 1-855-665-3825

4009 Park BLVD #20 San Diego

North Park: 1-858-200-5100

4379 30th Street #5 San Diego

Mission Valley: 1-858-215-0039

Escondido: 1-760-571-7191

135 W Mission Ave #204 Escondido

7801 Mission Center CT #105A San Diego







# "Absolutely the #1 Show in the World!"

— Kenn Wells, former lead dancer of the English National Ballet

"5,000 years of history in 2 hours of performance."

— THE WALL STREET JOURNAL

