

S A N D I E G O

VOL. 46 | NO. 12 | MARCH 25, 2021

Reader

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LETTERS

We welcome letters pertaining to the contents of the Reader. Submit them at sreader.com/letters or phone them in at 619-235-3000. Include your name and neighborhood. Letters may be edited for length and clarity.

Occurrence at MTRP

I enjoyed the well-written article about the tragic drowning death of Max Lenail at Mission Trails Regional Park about six weeks ago. I have crossed the river at that concrete-and-rock crossing dozens (if not hundreds) of times in the past 45 years. I will be 75 this year so now I usually only cross there when I'm wearing boots and carrying a hiking pole, and when the water's not too high.

I'm not yet convinced that we need a bridge there, but I am convinced that something needs to be done there. It can be a very dangerous situation at times and there should be signage that clearly warns people of the dangers. Maybe even some sturdy hand rails or cables? It would take years to get a bridge approved and built but some safety improvements could be done immediately.

Curtis Burdett
Allied Gardens

Renaming rights

We Sisters and Guards of the Order of Perpetual Indulgence are voracious consumers of the merest hint of media attention; in fact, our unholy habits thrive on it! So, we were overjoyed and most grateful to learn from little Wally Menck-y Pantsy-Poo that we must consider a name change ("San Diego renamed after Mayor in wake of Junipero Serra High renaming," SD on the QT: Almost Factual News, March 19). We endorse neither political leader, party, nor candidate, but if our Dear Leader Todiana Gloriana decrees it, we are duty-bound by queer antifa sex pacts to satisfy. We'll get that DBA application submitted

right away, Dear Leader! Considering how much baby Wally Menck-y McDiddle-dy-doo likes to punch down, it sure is nice to see him try and punch up for once. Keep 'em comin' cuz we've been there, done that, bought a t-shirt, hunny! As previously stated, we love to get off in the spotlight. Base Blessings!

The San Diego Sisters of Perpetual Indulgence
We are everywhere, dearie!

Sickly slick

Love your magazine. I have been a California reader for many years. But the "Gruesome Newsom" ad made me sick (SD on the QT, March 3). I read it a few times before I realized it was not a bad joke. Trashy ad with no balls.

CM Wallis
Carlsbad

Loved the Friendship

Times have changed about the Friendship Hotel. ("Nothing friendly about Hillcrest's Friendship Hotel," February 18)

True it was a nurse's dorm for the nearby Mercy Hospital, along with the Hillcrest Hotel across the street (8th Ave). I know - I rented a room (6/79 to 3/82) which was the "sun room" of all windows on the SE corner on the second floor - loved it! Rent was about \$70/month. Bath, community kitchen & dining room down the hall. Laundry was at the back with a small bar of grass & a clothesline, I'm still the only person who hangs my wash on a line.

Two of my co-workers also rented rooms, all of 2 blocks from the large AT&T building.

Lived here 2 1/2 years 'til I bought my house in University Heights for 70,500, a smart move as now would go for 500,000! That was in March 1982.

Anyway back to the Friendship - A lot of the quiet tenants were retired folks. Also down the street (University Ave.) is the old "operating room" for Mercy - on top, 3rd floor all windows for lighting (we're talking the 1920's). The build-

continued on page 4

San Diego Reader

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March 25, 2021



PHOTOGRAPH BY MATTHEW SUAREZ

Bike lane pain train explained • The Weber dynasty • Native craft beer

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Please sir, may I have another — page 28



Kids rule! — page 32

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NEIGHBORHOOD NEWS

By Reader stringers

BIRDLAND

Sick siskins

Finch feeders spread salmonella

"Since December, the California Department of Fish and Wildlife and wildlife rehabilitation centers have been inundated with calls from residents who are finding sick or dead finches at bird feeders," reported the wildlife agency last month. "[The department's] Wildlife Investigations Laboratory has evaluated birds from several locations and determined the cause of illness to be Salmonellosis, a disease caused by Salmonella bacteria." Fish and Wildlife added that the recent Salmonellosis outbreak predominantly originates from backyards and locales that have bird feeders and birdbaths. Now, as a result, San Diego



Backyard bacteria bath.

fewer numbers. "These birds are not very common in San Diego County," Benjamin Zlotnick said to me on March 14. "You might find a few in the mountains or North County." Zlotnick runs a business selling wild bird seed, feeders, and bird accessories from his Tiersanta home. For the last 50 or so years, he's

"Pine siskins are in San Diego County, but not very common in inner-city areas like Normal Heights"

County dwellers have started to hide their birdbaths and feeders from Salmonellosis-infected birds that might fly in from central and northern California. "I immediately took mine down last week after I found a dead finch near the feeder," posted a bird-lover from Valley Center on Facebook on March 13. "I love my birds and birdbaths," responded her neighbor. "We will take down our stuff for a bit."



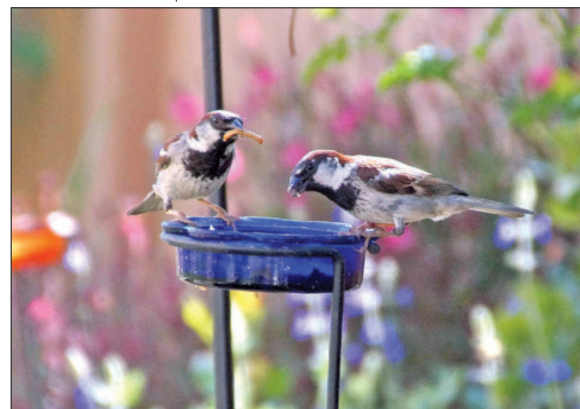
Benjamin Zlotnick- "I posted to my network that they take a ten percent bleach solution to clean."

According to the agency's report, Pine siskins, a finch species that spends its winters in California, are the primary species impacted by the outbreak. Lesser goldfinches and American goldfinches were affected in

been feeding wild birds that fly into his backyard to enjoy its two koi ponds and birdbaths. "I haven't had any bird deaths in my backyard recently. Two years ago, there was another problem with house finches infected by an eye disease which they were spreading all over the feeders," Zlotnick continued. "So I posted to my network that they take a ten percent bleach solution to clean [where the birds congregate] and to clean their birdbaths and not to let the feed get moldy. In my opinion, that's what's causing the problem this time around as well." (While the eye disease, avian conjunctivitis, blinds some birds in extreme cases, Salmonellosis brings a sometimes bleaker fate. "Birds become infected with Salmonella when they ingest food, water or come into contact with objects (e.g., bird feeders, perches, soil) contaminated with feces from an infected bird," explained the Fish and Wildlife report. "Sick birds often appear weak, have labored breathing, and may sit for prolonged periods with fluffed or ruffled feathers.")

Ramie Zomisky, a "backyard birder," suggested something that could increase sales

for local bird shops and worm farms; we Facebook messaged one another on March 15. "Pine siskins are in San Diego County, but not very common in inner-city areas like Normal Heights. What we have done for years is buy two of each feeder. That way, we can take one down and replace it with a clean one. Then the one we take down gets a good scrubbing, then sits in the sun, away from birds for a couple of days to dry completely. Then we switch the feeders again and re-start the process. Same with birdbaths. We have done this due to other diseases like 'Finch Eye Disease,' which are just as horrible as this Salmonella illness. This time of year, feeder rotation is important because of the weather - this rain and cold can cause molding issues." (The Fish & Wildlife website



Ramie Zomisky- "Our birds get a breakfast and dinner of live worms."

advises that San Dieags who can possibly get infected put on gloves when disposing of dead birds or handling and cleaning birdbaths and bird feeders.)

Bluebirds, blue jays, orioles, warblers, sparrows, finches, kingbirds, kinglets, phoebes, and towhees regularly visit Zomisky's mid-city backyard. "We have had California thrashers, grosbeaks, cowbirds, waxwings, and a couple of wild budgies. Of course, we get the Hummingbirds, hawks, and other

common non-songbirds. Another thing you might consider is to go more natural. Our birds get a breakfast and dinner of live mealworms. They thrive off the protein, and there is no feeder issue, as you would want to clean those bowls daily, and the birds rarely stick around long enough to go potty. They fly in, grab a worm, and get out of Dodge with their yummy treat. But remember that you would have to find a place out of the sun, or you'll scorch the worms if the birds are not fast enough. It can be expensive, but their breakfast and dinner times are one of my happiest times of the day, as I enjoy them being so happy."

And feeders or no feeders, it's unlikely that the birds will starve. "They're gonna eat their natural food first," Zlotnick said. "Wild birds don't get more than 20 percent of their

needs from feeders; they're still out there feeding on their natural habitat."

MIKE MADRIAGA

NATIONAL CITY

Pot stopped

Public snubbed; lounge lizards lament



SAN DIEGO UNION TRIBUNE

Commissioner Yamane needs more information before voting pro pot.

A year ago, as National City began drafting its first ordinance to allow commercial cannabis, the city council even voted to include consumption lounges. (Before then, the city had hardly been at the forefront of cannabis law, having banned adult-use dispensaries weeks before California voters passed Proposition 64.) But the proposal has now hit a pothole. On March 15, the National City Planning Commission voted to deny changes to the city code that would allow retail sales, distribution, cultivation, and manufacturing of medical marijuana. Staff recommended approval, but only commissioner Damian Roman supported the amendments. Commissioner Ditas Yamane cited a "lack of information," as the city council continues to hammer out the details of the zoning changes. Commissioner Yamane recommended denial "based on finding that the land use is not a

continued on page 6

Audit asks, “Old people: who cares?”

“And more importantly, what are we paying them?”

Should San Diegans who provide home care services to the elderly and others get at least the minimum wage? So posits an audit by California State Auditor Elaine Howle, which charges officials here with ignoring the law, resulting in a two-year underpayment of \$19 million. California’s taxpayer-supported In-Home Supportive Services program, administered by counties, “serves more than 591,000 recipients,” says state auditor Elaine M. Howle in a February 15 cover letter, “avoiding long-term care arrangements that would be much more costly to the State.” But auditors discovered that “more than 40,000 recipients on average did not receive in-home care each month, and that number is likely to grow,” as “the gap between the number of recipients and the number of caregivers is widening.”

Low pay is the primary culprit, per the findings. According to the new study, which included the counties of San Diego, Butte, Kern, and Stanislaus, “caregivers throughout the State receive pay that is at or near minimum wage, and caregivers earn significantly less than a living wage in each county. In fact, many caregivers who work full-time would qualify for public assistance. For example, in 2019, the living wage in Kern County was \$18.84 per hour, while a caregiver earned \$12 per hour, the state minimum wage. In San Diego County, the disparity was greater, with a living wage of \$24.62 compared to hourly caregiver wages of \$12.50.” Explains the report, “Living-wage calculations represent the wages necessary for a full-time worker to afford basic necessities without public assistance.”

Two years earlier, the San Diego home-care workers faced even tougher times. “Caregivers in the city of San Diego earned less than the local minimum wage for a part of 2016 and all of 2017,” per the study. “A City of San Diego ordinance set the minimum wage within the city at \$10.50 and \$11.50, respectively, in these years. However, after the city of San Diego established its local minimum wage, [California] Social Services offered guidance to San Diego’s public authority that the ordinance did not apply to [In-Home Supportive Services], although the guidance did not explain why. As a result, [In-Home Supportive Services] caregivers in the city of San Diego received wages

that were between 50 cents and \$1 per hour less than the pay of other minimum-wage workers in that city. Had this local minimum wage applied to IHSS workers, they would collectively have been paid about \$19 million more over the two-year period.”

San Diego was not alone, the document notes. “Between 2014 and 2019, localities in seven counties passed ordi-



Auditor Howle doesn’t think you should have to go on welfare to provide for the welfare of seniors.

nances that raised local minimum wages by varying amounts; however, these localities declined to grant the increase to local IHSS caregivers. Although this may be permissible, it creates a situation in which [In-Home Supportive Services] work is not as competitive with positions that pay the local minimum wage.” The chronic pay deficits have spawned a yawning service gap, says the audit. “Recruiting a sufficient number of caregivers will be difficult because the job pays minimum or near-minimum wage, below a living wage in even the State’s most affordable counties. The four counties we reviewed — Butte, Kern, San Diego, and Stanislaus — did not ensure that all recipients received services each month. In fact, the average number of recipients who did not receive monthly services in these four counties generally increased over our review period.” The end result: “A growing number of recipients — tens of thousands each month — do not receive the services for which they qualify because the State and counties alike have failed to complete mandatory annual planning activities intended to ensure care for all recipients.”

The audit holds out hope for San Diego, commending officials here for better planning than other California counties. “San Diego’s plan has objectives aimed at building better health in its elderly population and includes performance measures that are specific to the [In-Home Supportive Services] program,” the report says. “Such planning will be critical to ensure that all eligible recipients receive services each month.”

Matt Potter

UNDER THE RADAR

Keeping Weber Golden A lot of special interest money is quietly flowing to one candidate in the race to fill the state Assembly seat vacated by Shirley Weber, who was appointed California Secretary of State by fellow Democrat Gavin Newsom. At the top of the campaign cash heap is Weber’s daughter, Akilah Weber, an obstetrician-gynecologist and vice mayor of La Mesa. No fewer than four so-called independent committees have weighed into the fray on Weber’s behalf with a total of \$525,683 as of March 11, per campaign disclosure records with the California Secretary of State’s office. The biggest spender is an outfit calling itself Frontline Healthcare and Essential Workers Supporting Dr. Akilah Weber for Assembly 2021, with a total of \$454,366. Contributors



Akilah Weber, like her mom Shirley, is a fundraising juggernaut.

include the California Medical Association Independent Expenditures Committee (\$200,000, March 1), the California Dental Association Independent Expenditure PAC (\$100,000, February 26), the Pharmaceutical Research and Manufacturers of America IEC (\$100,000, February 24), controversial dialysis provider DaVita, Inc. (\$25,000, March 15), and the United Domestic Workers of America Action Fund (\$50,000, March 15). All that money has bought TV time, digital media, and polling. In addition, Jobs PAC, which calls itself a “bi-partisan association of California employers,” is spending heavily for text messaging, live calls, and research on Weber’s behalf. Its most recent contributor is SDG&E owner Sempra Energy, with \$25,000 on January 26.

Another corporate interest group, calling itself Keep California Golden, has weighed into the campaign, spending \$113,927 on Weber’s behalf for research, polling, phone banking, text blasts, and mailers. The group has funded itself with contributions from Driving California’s Economy Sponsored by California New Car Dealers Association (\$10,000, March 1), utility giant PG&E Corporation (\$50,000, October 27, 2020), and the Merced Police Officers Association PAC (\$4200, October 26, 2020), among a bevy of other corporations with business before the legislature.



Former SDDP officer Lori Luhnnow had a habit of abandoning her post during emergencies while chief of the Santa Barbara Police Department.

Many of the Akilah Weber donors, including DaVita, have been longtime funding stalwarts for Shirley Weber. Besides the independent expenditure groups backing her cause, Akilah Weber is hitting up contributors for two personally controlled committees, Weber for California Assembly 2021 (\$124,325) and Weber for California Assembly 2022 (\$91,715). Corporate donors to this year’s cause include the California Beer and Beverage Distributors Community Action Fund (\$1300, March 15), Dart Container (\$2500, March 11), the California Hospital Association PAC (\$1500, March 10), and Eli Lilly and Company Federal PAC (\$2000, March 3.) Sempra came up with \$4900 on March 1, and the California Apart-

ment Association PAC gave the same on February 16.

Weber’s putative 2022 reelection committee has already gotten \$4900 each from alcohol vendor Anheuser Busch, San Diego’s Anesthesia Service Medical Group Advocacy Fund, and the Shirley Weber Secretary of State 2022 election fund which itself took in \$8100 from Anheuser Busch.

Santa Barbara’s Coronado chief

Scandal has erupted in ritzy Santa Barbara over newly retired Chief of Police Lori Luhnnow, a 27-year veteran of the San Diego police department, and Anthony Wagner, an ex-aide to former San Diego city councilman Michael Zucchet. An exposé by *Los Angeles Magazine* tells the tale. “Luhnnow, who retired as Santa Barbara chief last month,

had begun receiving her pension from the City of San Diego when she took the [Santa Barbara] job. Yet according to her timecards, available through public information requests, Luhnnow took regular three-day weekends in her home in Coronado Island, including during the Thomas fire, the Montecito debris flow, and the Black Lives Matter protests.”

The story recounts how Luhnnow arranged to hire Wagner, also a San Diego native, as her “information and engagement manager.” Besides working for Zucchet, Wagner was named by fallen mayor Bob Filner, a fellow Democrat, to San Diego’s planning commission. Wagner is now on a leave of absence in the wake of the magazine’s coverage, including playing alleged hanky-panky with pot licenses. “On March 12, *Los Angeles Magazine* published an article

that raised a number of issues concerning an employee of the police department, Mr. Anthony Wagner. Most of these allegations have been previously investigated, either within the police department or by the city attorney’s office. In addition, the City prevailed in a federal lawsuit by one of the unsuccessful cannabis permit applicants, which was dismissed in December 2019,” says a statement by Santa Barbara interim police chief Bernard Melekian. “Nevertheless, the *Los Angeles Magazine* article makes new allegations concern-

ing the nature of Mr. Wagner’s role in the process of awarding cannabis licenses that support further investigation. To that end, the Department will be retaining an outside firm to conduct that investigation for the Police Department. I have placed Mr. Wagner on Administrative Leave pending the outcome of this inquiry. I should note that Mr. Wagner has been fully cooperative with this inquiry and welcomes the involvement of an outside reviewer.”

— Matt Potter (@sdmattpotter)

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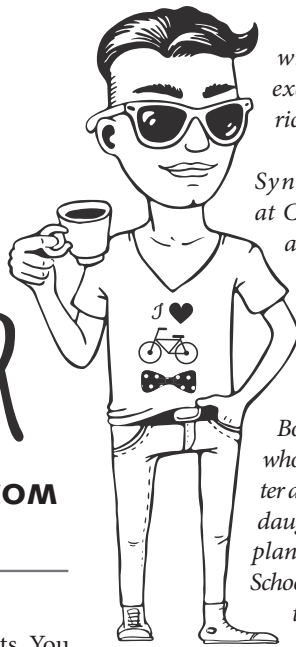
The world is full of accidental poets. You can find them anywhere if you look, and searching for accidental poetry is a time-honored hipster tradition. Accidental poetry stands in stark contrast to the rarified musings of poets laureate. An accidental poet may not mean to create true poetry, yet he or she reveals intrinsic truths where they are least expected. Consider the following chain of letters, reproduced verbatim but-for the addition of a “Dear Hipster” out of respect for the format, sent by an accidental poet over the course of the past six weeks:

Dear Hipster:

I went to Dartmouth and listened to records like the Grateful Dead “Europe ‘72”. The College taught me culture enrichment like the great Christmas Concert at the Hopkins Center Spaulding Auditorium. Mel Snyder taught Psychology 7 - “Helplessness” in which

a text can inform you that an experiment where rats are shocked with electricity quit and cannot do anything, and I suggested that Neil Young’s song “Helpless” be the theme song of the course. The professors of Dartmouth’s Psychology Department threatened me with hated evil guns and I screamed.

I joined the Tabard fraternity at Dartmouth and I did not like that members of the club threatened me with guns. The Tabard fraternity Brothers could not handle food and the beer on tap made me vomit. When it was required to sit with joiners of the Tabard at Ma Thayer Dartmouth dining then I refused many poison offers and the brothers I was interested in being with threatened me with guns and I screamed and I was charged by Dartmouth



with “trespassing.” That is exclusive privileged elitist rich education.

I prepare for 1972 Park Synagogue Bar Mitzvah at Cleveland Heights Ohio and I send invitations to appropriate familiar personalities including Dianne Feinstein (Di) and Barbara Streisand and Neil Diamond and Bob Dylan and Liza Minelli who is Judy Garland’s daughter and Danny Thomas whose daughter is Milo Thomas. I plan to go on from Hebrew School which is not state school to private Dartmouth College which is Ivy League selective high-class elitist

respected highly regarded prestigious preparation for privileged success and I join the Tabard fraternity.

Mentor Harbor Yachting Club of Greater Cleveland Christmas Party — Not quite the Myron “Mike” Baker Furniture Land of Ohio Christmas Party at The Theatrical Grill on Short Vincent in Cleveland, the elitist genteel borrowers socialize conjuring powers of fund-raising for security forces for screams of involuntary reactions commenting on hawkish extremist militarism, but anyways

I enjoyed shaking hands with television’s Mr. JING-A-LING at Tower City at Public Square which is The Square, at Halle’s 7th floor near the statue of Moses Cleaveland.

I bought Perry Como’s Christmas Album and Pat Boone’s Christmas Album. I bought Paul Anka’s Christmas Album. I bought Frank Sinatra’s Christmas Album. I

bought Elvis Presley’s Christmas Album. I bought Nat King Cole’s Christmas Album. I bought George Beverly Shea’s liked album. I bought The Oak Ridge Boys great album.

— SCOTT B.

Right on, my friend. If you had asked a question, I would have answered, but I’m glad you didn’t. I feel there is kind of truth here that one can never find in Plato, Proust, Picasso, or Pinksy. It may not be a greater truth, but it may be a deeper, simpler truth. We need accidental poetry because sometimes we can discern the current of the world running through the musings of a stranger.

—DJ Stevens

LETTERS

continued from page 1

ing was restored in recent years - still a furniture store & Kinkos, then there was a light fixture store in my time there, then a restaurant. Jack in the Box.

P.S. I never saw any fleas! Naida Hindert San Diego

Comments from SDReader.com — not edited for punctuation, spelling, or grammar.

“Will Max Lenail’s January drowning be enough to get the bridge built?”
Cover Stories
March 17

Back in 2010 my daughters and I hiked that in the winter. The water was high. Daughter wanted to cross, I said no way. Something as basic as a grab cable to hold on to would greatly improve the situation.

—Bob Twitchin

8 figures? give me a break, better uses for the money. how many days a year is it in flood stage?

—cvret

“As San Diego county dodged minimum wage, elderly suffered”
News Ticker
March 18

Once again the taxpayer is left holding the bag. First they have to support the bloated bureaucracy they must support the welfare that these workers qualify for.

—AlexClarke

While I’m not sure I buy into those hourly rates that are in that model, the cost of living isn’t low anywhere in the state now, except for a few rural backwater areas. The big cities are expensive, and SD is right up there. Housing is a major factor, but getting around with a car is costly (87 octane regular at \$4 a gallon) and medical care or a trip to the dentist can be shockingly high. So, this program isn’t really serving those who it is intended to help due to infrequent visits.

But if the hourly rates

were increased, there would be fewer dollars to spread around, and even fewer hours worked. Sort of a trap isn’t it, unless the counties add to the pot. This reminds me of substitute teacher pay some years back. It wasn’t something anyone could depend upon for any sort of living wage. Seasonal to the max, around 2000 most districts were paying about \$80 a day, and complaining that they couldn’t afford any more.

Ahh, but the districts were paying their superintendents \$200K up--most more than that--and the next layer down wasn’t hurting either. School principals were well into six figures. But were they all that smart and capable? Hah! Many of those administrators couldn’t have successfully run a hot dog stand. So, the folks in the trenches were on short rations while the clowns who ran the schools were sitting pretty as they went along, and could look forward to a luxurious retirement check. Let’s hear it for government bureaucracies.

—Visduh

“National City says no to marijuana”

Neighborhood News
March 16

What is it about those in appointed positions (and members of the public) thinking that their personal opinion — if not outright bias, as it seems in this case — take precedence over the will of voters? California legalized marijuana for medicinal use 1996 and for recreational use in 2016. Long past the time to replace these and other non-functionaries who refuse to do their job.

—Cassander

Just because California voters voted in favor of marijuana doesn’t mean a city has to give in to selling it or having lounges.. Marijuana is still illegal under federal law, and federal law supersedes state law. The US Constitution says federal law is “The law of the land.” I wouldn’t want that crap in my neighborhood.

—Socks3742

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desirable or necessary use.” The new regulations would allow up to six businesses, including lounges, in the industrial zones and in the tourist commercial areas west of Interstate 5, where adults could buy, smoke, eat or drink marijuana. According to staff reports, the tourist commercial zone currently allows for uses “consistent with consumption lounges and retail without having to make changes to the current zoning.”

In 2019, the city hired cannabis consultants HdL, who provided direction for the ordinance, community outreach, and a fiscal analysis of the revenue that could be generated through a Community Benefits Fee (a similar amount to a cannabis business tax) as part of the development agreement for each permitted cannabis business. Surveys conducted by HdL found that more than half of respondents strongly supported allowing cannabis businesses in National City (64.29 percent were National City residents). More than 60 percent said they strongly supported the use of medical marijuana. Even so, attorney Jennifer Gilman said National City’s ordinance will have to be brought into compliance with city and state regulations and again come before the planning commission. At that point, commissioners could choose one of three options on the city-initiated land use amendment: approve, deny or continue the item.

The city’s prohibition on cannabis businesses is not unusual. Other cities with bans include Coronado, Del Mar, El Cajon, Escondido, Poway, San Marcos, Santee, Solana Beach, and San Diego County. Those that allow medicinal-only cannabis businesses are Lemon Grove, Oceanside, and Vista. Cities that allow both medicinal and adult-use cannabis businesses include Chula Vista, Imperial Beach, La Mesa, San Diego, and Encinitas.

SHEILA PELL

THE RETAIL JUNGLE

Distribution solution

Ambrosia makes way for Amazon site

The San Diego County Board of Supervisors has postponed a vote that would approve building a warehouse distribution center at Gillespie Field — a center which Amazon is expected to lease — in order to review the environmental studies. But environmental advocates say the city of El Cajon has already relocated 23,000 federally endangered San Diego Ambrosia plants from the county-owned land. The Weld Boulevard Distribution Center is proposed on a 31.7 acre site in El Cajon at the northwest corner of Cuyamaca Street and Weld Boulevard, part of the Gillespie Field airport. While El

Cajon has land use authority, it doesn’t own the land. And the county hasn’t yet signed the lease.

“There’s a problem here that we need to get to the bottom of,” Frank Landis, Conservation Chair of the California Native Plant Society, told supervisors at the March 3rd meeting. “Going into a parcel you don’t own and digging up an entire population of an endangered plant is normally illegal and under county and California Fish and Wildlife jurisdiction.” Until last week, he says, the Weld site held the largest population of the endangered San Diego Ambrosia, a perennial herb in the sunflower family that was federally listed in 2002, and is native to the site. In January, El Cajon authorized the 23,000 plants to be removed, and on February 26, they were taken out and transplanted, he says. But where? All

tion of Ambrosia on the southeast corner. The impact on those plants, deemed significant, was mitigated by moving them off site for conservation. But there was no similar opinion about the plants on the Weld parcel. In August 2020, a biological survey was done by Harris and Associates

“San Diego ambrosia was previously translocated to the property and one stand is thriving in similar conditions as identified for the Weld Boulevard translocation”

that was clear was that they would be moved to land managed by the Endangered Habitat Conservancy.

El Cajon officials say they’ve done everything by the rules. “Neither the U.S. Fish and Wildlife Service nor the California Department of Fish & Wildlife have

for the developer, Chestnut Properties, and more ambrosia was found in the central and eastern portions of the site, right in the path of the sprawling warehouse. There would be no way to avoid the plants, not with a 142,756-square-foot distribution warehouse, parking, and product pick-up



John Martin and Mary Duffy tend to Ambrosia plants in a refuge area in Rancho San Diego.

jurisdiction of the Weld Blvd. ambrosia,” says Anthony Shute, El Cajon’s director of community development. He adds that the agencies were regularly consulted in the planning process. In 2009, when the city certified the environmental impact report for a different project within Gillespie Field, U.S. Fish & Wildlife issued a biological opinion on a smaller popula-

and drop-off areas taking up 27 acres of the project site.

An addendum was made to the environmental impact report. Again, mitigation meant moving plants out of harm’s way with a new translocation plan, before issuing a grading permit. The addendum stated that there is no federal action or federal jurisdiction on the project, meaning cer-

Ambrosia- victim of clear-cutting for Amazon?

tain provisions of the Endangered Species Act don’t apply - another point environmentalists dispute, given the plant’s listing status. Landis says he’s “very curious why the FAA and the [U.S. Fish & wildlife] were not involved, since the airport is under FAA jurisdiction and the federally endangered Ambrosia is under [U.S. Fish & wildlife] jurisdiction.” But it’s not just the plant’s endangered status that has Landis worried. “The native plant society is very concerned” because Ambrosia pumila “grows great on suitable sites, but dies out” if transplanted in the wrong soil. “We always advocate not moving this plant. If it must be moved, it is probably better to transplant it to an area that already hosts other *Ambrosia pumila*, rather than putting it on a site where it has no history of ever growing.”

Director Shute says that’s just what they did: the plants have been moved to the Hanson Pond Preserve, which is owned, conserved, and managed by the Endangered Habitat Conservancy. The receiver site was chosen for its topography, a flat plateau on a terrace above Hanson Pond, northwest of Highway 67 in Lakeside; its fine silty loams or clay soils that hold water; and suitable habitat conditions. “San Diego ambrosia was previously translocated to the property and one stand is thriving in similar conditions as identified for the Weld Boulevard translocation.” He adds that the project “is not subject to a Federal Action by the FAA because it is a non-aviation private land lease on county-owned property associated with Gillespie Field Airport.”

The county will revisit the item on March 17, after supervisors have taken a closer look at the environmental studies. Landis says he isn’t sure what happens if the approval is not granted. “In the normal course of things, if a mistake is made, such as project approval being rescinded, things have to be put back the way they were before the approval happened.”

SHEILA PELL

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Drinks All Around

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Many of us thought we would get around to learning drink recipes during quarantine but instead defaulted to another can of hard seltzer. Bartender Ben from The Nolen rooftop bar in downtown San Diego wants to keep craft cocktails in the game, so he and his team came up with a plan after an

abrupt notice to shut down in December.

“We wanted a way to keep The Nolen in people’s immediate experience during this period. For people who might have been here drinking, were we not shut down.” Talk of selling take-home kits quickly turned to bottling their signature cocktails. “I thought, if it’s a kit, then you’re dealing with things like citrus that have very, very short shelf lives. Or, you’re now having to go out and buy citrus — and are people actually going to buy a lemon and fresh squeeze it?”

Ben was concerned about variables that could compromise the integrity of the drink they had thoughtfully created. “I just don’t think that produces a win — for us, or for people drinking Nolen drinks at home. And it’s crucial that both parties win. They’re spending good money and they want something that’s awesome; we want to be producing experiences that are memorable, that people want to repeat or that people want to talk about.”

The Muse is now one of the inspirations in a line of The Nolen @ Home bottled cocktails. “It’s a take on a

cobbler-type dessert put into a short, sharp sour-style cocktail.” A combination of seasonal flavors balances lighter, brighter notes of pear liqueur with rich notes from angostura bitters and mulled Marsala syrup. “We take sweet Marsala wine, an Italian dessert wine, mull it with pumpkin spice and then sweeten it with brown sugar.”

Ben contends “Pumpkin spice is objectively delicious, but it’s gotten a bad wrap because of Starbucks. It’s a matter of how you’re applying it, what you’re doing with it.” Call it his bartender brand, “I love doing that kind of stuff! I’m really big on taking things people like to poo-poo and using them in awesome ways.”

One final component gave life to the drink. “I had originally planned to go with Cognac but I was a little concerned that it would make the drink too rich and deep. So from there, it was ‘how do I brighten the drink?’” Gin was the answer. “It’s got a little bit of its own spice and depth to it from the juniper. So that made it the natural go-to for me, and then it just worked. I tried and said ‘Oh, wow, that’s fantastic! Done!’”

THE NOLEN'S THE MUSE



- 2 dashes angostura bitters
- ¾ ounce lemon juice
- ½ ounce mulled marsala
- ¾ ounce pear liqueur
- 1 ½ ounce dry gin

Pour ingredients into cocktail shaker with ice, shake, and pour into glass and garnish with star anise

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UNREAL ESTATE

by Dave Rice

Regardless of whether you find the penchant of rich people for naming their homes to be eccentric or narcissistic, “Laguna y Mar” (lagoon and sea) probably won’t be making any top ten lists of things to call your house. It is, however, an apt description for the newly-constructed hilltop mansion at 2115 Balboa Avenue in north Del Mar, perched almost equidistant from San Dieguito Lagoon and the Pacific shoreline.

Listing materials



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retrieved from Zillow invite you to take a peek at “Del Mar’s newest, most exceptional one of a kind contemporary home.”

“Five years in the

making and recently completed with custom attention to the highest quality standards with no detail overlooked,” continues the listing, the

4256-square-foot residence offers “the ultimate statement of purity in design and sophistication.”

Laguna y Mar embraces many mod-

ern trends in ultra-high-end design. There are disappearing walls of glass that open the house to another 2700 square feet of outdoor living space including a covered balcony off the main bedroom, the east-facing pool deck, and an elevated entertainment space to the west with a gas firepit that’s accessed by crossing a bridge over the driveway. The “state of the art chef’s kitchen” is so sleek it’s hard to even identify any appliances save for the smooth surface cooktop built into “custom designed Leicht cabinetry” with “Snow White Polished Marble counters, Miele Combi Steam Oven and Miele convection oven and warming drawer, Subzero refrigerator” and dual dishwashers. The luxury Dornbracht

sink faucet alone can cost \$2500 or more.

Luxury appointments include Marazzi Italian porcelain tile, “select rift cut white oak floors,” a fireplace by Ortol, a “wine wall” with room to store and display hundreds of bottles, a home theater with Dolby sound system and 13.5-foot screen, and a private mirror-lined elevator. There’s also a glass-lined staircase with floating treads providing access between levels.

Out back, the pool, spa, and another fire pit overlook the lagoon to the east, contrasting with the ocean-view elevated patio in the front. The whole home is outfitted with a Lutron Home-works automated smart home system to control everything from lighting to window shades, powered

continued on page 40

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Important Facts About DOVATO

This is only a brief summary of important information about DOVATO and does not replace talking to your healthcare provider about your condition and treatment.

What is the most important information I should know about DOVATO?

If you have both human immunodeficiency virus-1 (HIV-1) and hepatitis B virus (HBV) infection, DOVATO can cause serious side effects, including:

- **Resistant HBV infection.** Your healthcare provider will test you for HBV infection before you start treatment with DOVATO. If you have HIV-1 and hepatitis B, the hepatitis B virus can change (mutate) during your treatment with DOVATO and become harder to treat (resistant). It is not known if DOVATO is safe and effective in people who have HIV-1 and HBV infection.
- **Worsening of HBV infection.** If you have HIV-1 and HBV infection, your HBV may get worse (flare-up) if you stop taking DOVATO. A “flare-up” is when your HBV infection suddenly returns in a worse way than before. Worsening liver disease can be serious and may lead to death.
 - Do not run out of DOVATO. Refill your prescription or talk to your healthcare provider before your DOVATO is all gone.
 - **Do not stop DOVATO without first talking to your healthcare provider.** If you stop taking DOVATO, your healthcare provider will need to check your health often and do blood tests regularly for several months to check your liver.

What is DOVATO?

DOVATO is a prescription medicine that is used without other HIV-1 medicines to treat human immunodeficiency virus-1 (HIV-1) infection in adults: who have not received HIV-1 medicines in the past, or to replace their current HIV-1 medicines when their healthcare provider determines that they meet certain requirements. HIV-1 is the virus that causes Acquired Immune Deficiency Syndrome (AIDS). It is not known if DOVATO is safe and effective in children.

Who should not take DOVATO?

Do not take DOVATO if you:

- have ever had an allergic reaction to a medicine that contains dolutegravir or lamivudine.
- take dofetilide.

What should I tell my healthcare provider before using DOVATO?

Tell your healthcare provider about all of your medical conditions, including if you:

- have or have had liver problems, including hepatitis B or C infection.
- have kidney problems.
- are pregnant or plan to become pregnant. One of the medicines in DOVATO (dolutegravir) may harm your unborn baby.
 - Your healthcare provider may prescribe a different medicine than DOVATO if you are planning to become pregnant or if pregnancy is confirmed during the first 12 weeks of pregnancy.
 - If you can become pregnant, your healthcare provider will perform a pregnancy test before you start treatment with DOVATO.
 - If you can become pregnant, you should consistently use effective birth control (contraception) during treatment with DOVATO.
 - Tell your healthcare provider right away if you are planning to become pregnant, you become pregnant, or think you may be pregnant during treatment with DOVATO.
- are breastfeeding or plan to breastfeed. **Do not breastfeed if you take DOVATO.**
 - You should not breastfeed if you have HIV-1 because of the risk of passing HIV-1 to your baby.
 - One of the medicines in DOVATO (lamivudine) passes into your breastmilk.
 - Talk with your healthcare provider about the best way to feed your baby.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Some medicines interact with DOVATO. Keep a list of your medicines and show it to your healthcare provider and pharmacist when you get a new medicine.

- You can ask your healthcare provider or pharmacist for a list of medicines that interact with DOVATO.
- **Do not start taking a new medicine without telling your healthcare provider.** Your healthcare provider can tell you if it is safe to take DOVATO with other medicines.

What are possible side effects of DOVATO?

DOVATO can cause serious side effects, including:

- **Those in the “What is the most important information I should know about DOVATO?” section.**
- **Allergic reactions. Call your healthcare provider right away if you develop a rash with DOVATO. Stop taking DOVATO and get medical help right away if you develop a rash with any of the following signs or symptoms:** fever; generally ill feeling; tiredness; muscle or joint aches; blisters or sores in mouth; blisters or peeling of the skin; redness or swelling of the eyes; swelling of the mouth, face, lips, or tongue; problems breathing.
- **Liver problems.** People with a history of hepatitis B or C virus may have an increased risk of developing new or worsening changes in certain liver tests during treatment with DOVATO. Liver problems, including liver failure, have also happened in people without a history of liver disease or other risk factors. Your healthcare provider may do blood tests to check your liver.

Tell your healthcare provider right away if you get any of the following signs or symptoms of liver problems: your skin or the white part of your eyes turns yellow (jaundice); dark or “tea-colored” urine; light-colored stools (bowel movements); nausea or vomiting; loss of appetite; and/or pain, aching, or tenderness on the right side of your stomach area.
- **Too much lactic acid in your blood (lactic acidosis).** Lactic acidosis is a serious medical emergency that can lead to death. **Tell your healthcare provider right away if you get any of the following symptoms that could be signs of lactic acidosis:** feel very weak or tired; unusual (not normal) muscle pain; trouble breathing; stomach pain with nausea and vomiting; feel cold, especially in your arms and legs; feel dizzy or lightheaded; and/or a fast or irregular heartbeat.
- **Lactic acidosis can also lead to severe liver problems,** which can lead to death. Your liver may become large (hepatomegaly) and you may develop fat in your liver (steatosis). **Tell your healthcare provider right away if you get any of the signs or symptoms of liver problems which are listed above under “Liver problems.” You may be more likely to get lactic acidosis or severe liver problems if you are female or very overweight (obese).**
- **Changes in your immune system (Immune Reconstitution Syndrome)** can happen when you start taking HIV-1 medicines. Your immune system may get stronger and begin to fight infections that have been hidden in your body for a long time. Tell your healthcare provider right away if you start having new symptoms after you start taking DOVATO.
- **The most common side effects of DOVATO include:** headache; nausea; diarrhea; trouble sleeping; tiredness; and anxiety.

These are not all the possible side effects of DOVATO. Call your doctor for medical advice about side effects.

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SO MUCH GOES INTO WHO I AM

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DOVATO is a complete prescription regimen to treat HIV-1 in adults who have not received HIV-1 medicines in the past or to replace their current HIV-1 medicines when their doctor determines they meet certain requirements.

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August 2020 DVT:4PIL

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Steffen and company collecting signatures for recall effort.

Something rotten at the Reader?

We get letters! A longtime *Reader* reader wrote in a couple weeks back to complain that “The *Reader* is now spinning Republican shit on your [our?] newly [duly?] elected governor Gavin Newsom... the man we the people elected.” The author ended by saying, “I personally feel my integrity and democracy attacked in reading your rotting paper.” The weird thing is, the letter referred to a gag bit that imagined former San Diego Mayor Kevin Faulconer’s opening salvo in his deadly serious bid for Newsom’s job. Faulconer is a Republican. Oughtn’t he to sound like one?

I thought about that letter when I spotted a “Recall Gavin Newsom” yard sign sharing territory with a sign urging me to Vote Libertarian. I thought about it again when I chuckled at the banner decorating The Waterfront’s outdoor dining area down on Kettner (“Get in here now before Gavin changes his mind!”) and when I paused before the recall podium outside Brothers Restaurant in Allied Gardens. “Save my business, recall Gavin Newsom,” the flyer read. “Please come in to sign.” And I thought about it yet again while listening to a talk by an attorney from the local firm that got the Supreme Court to overturn California’s ban on indoor worship on the grounds that it violated first-amendment rights.

Republican shit? I dunno. Sure, Republicans would love to see Newsom go, but what about the Libertarians, the bar and restaurant owners, the largely Latino congregation down at South Bay Pentecostal Church in Chula Vista that just wants to go to church on Sunday? Couldn’t support for the recall just be the cry of the little guy? Someone tired of waiting — for a vaccine, for reopening, for assistance — who feels like the man at the top isn’t getting the job done?

That’s what came through when I was talking to Jeannie Steffen as she collected signatures for Newsom’s recall in the parking lot outside Lowe’s in Santee. Steffen is definitely



Bumper sticker.

Republican. But when she talked about Newsom, she talked about small businesses shutting down and opening up and then shutting down again, about the damage done to kids by prolonged school closures. She talked about his rules-for-these-but-not-for-me attendance at that French Laundry dinner party when he was telling everyone else to stay home, about his wineries that stayed open while breweries were closed.

Yes, there’s plenty to argue with in all that. But perhaps also something to consider. And what she’s doing isn’t attacking democracy; it *is* democracy. The recall isn’t an insurrection. It’s a legal mechanism for political course correction. Steffen feels like her interests are being ignored and is pursuing legitimate means to get them addressed — like a citizen. As she put it, “I said to myself, ‘I am not going to just sit on the couch and do nothing, because if I do that, then I have failed.’”

A night out with a Day Off

Both sky and highway are washed in gold from the lowering sun as I sail along the 94 toward downtown, there to attend the Grand Re-opening of Rooftop Cinema at the Grand Hyatt. It’s a fine Thursday night; tomorrow; Hillcrest’s Landmark Theater will allow moviegoers inside to see new release dramas *The Father*, *Nomadland*, and *Minari*. But tonight is reserved for something altogether less weighty: *Ferris Bueller’s Day Off*. We’re going back to the movies! That yellow Ferrari parked on F Street isn’t a sign of gross consumerist status-chasing! Rather, like the

borrowed Ferrari in the film, it’s an affirmation of life! Which, as Bueller reminds the viewer early on, “moves pretty fast. If you don’t stop and look around once in a while, you could miss it.”

It’s almost enough to make me sympathize with the poor little rich kid, especially when

an exercise in nostalgia as this trip back to the ‘80s. *For some reason, people seem to have decided that restaurants are safe during a pandemic but movie theaters are not, despite evidence to the contrary. And once people get used to seeing big new releases at home... But I’m happy to ignore all that, sip on a drink*

“Man who is born of woman hath but a short time to live and is filled with misery.”

I hear Principal Rooney offer his consolation to Ferris’ girlfriend Sloane over her (not-really) dead grandmother. “Man who is born of a woman hath but a short time to live and is filled with misery. He cometh up, and is cut down like a flower. He fleeth as it were a shadow, and never continueth with one stay.” I heard those self-same words earlier today, at a real-life grandmother’s intern-

named after Clint Eastwood, and marvel at how much fun John Hughes must have had making this film. It comes through in the score, the way it borrows from horror, jazzy noir, even soulful drama. He’s goofing off, and daring you to resist joining in the fun. Ferris Bueller is an entitled, smug so-and-so, but his *joie de vivre* is the right kind of infectious. Especially now. ■



Back to the big screen!

ment at Holy Cross cemetery. That, and the reminder, made a touch less necessary by the past year, that “in life we are in the midst of death.” It makes evenings like this — watching the sky change from a rooftop four stories up, under the lights and over the city, in the company of other happy souls feeling Spring move in them like it moved in *Mole* at the start of *The Wind in the Willows* — feel downright precious.

“I got my hair crimped for this,” says attendee Jade Freedom in tacit agreement. She raided her girlfriend’s closet for her Early Madonna-themed outfit. Also, her girlfriend’s mother’s closet. “This is her mom’s dress. She actually wore it. It’s kind of hideous, right?” Kind of skimpy, too, given the descending chill of evening, but she’s got her leg warmers, jean jacket, and fingerless lace gloves to keep her warm.

So yes, it gets nippy once the sun goes down, and yes, the niggling voice warns me about moviegoing itself becoming as much



Jade Freedom in full ‘80s regalia.

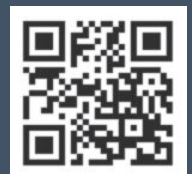


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MIRA MESA

No lead feet on Gold Coast Drive

The worst road in America's Finest City

Recently, city workers spray painted sharrows – telling motorists that cyclists have equal access rights — onto Gold Coast Drive, an east-west street about a quarter mile south of Mira Mesa Boulevard. The sharrows fall into deep crevasses and ruts along the Class III bikeway (as identified by Alta Planning+Design in 2002), and it seemed an odd improvement for a street where drivers have broken axles and moving cars have been tossed into parked cars. Now, after years of effort, Mira Mesa locals are finally looking forward to the complete reconstruction of Gold Coast Drive, a roadway so bad that those who live nearby – including City Councilman Chris Cate – have called it the worst in San Diego.

Drivers hate the conditions, which make it feel like you're driving over harsh speed



Potholes in paradise.

finally deteriorated so badly it can't be fixed. It has to be completely dug up and rebuilt. If they fill potholes, the repairs collapse as soon as there's any moisture." (Parkdale Lane, at the west end of Gold Coast, was built at the same time, and in the same rush.)

"It's badly built subsurface finally deteriorated so badly it can't be fixed. It has to be completely dug up and rebuilt."

bumps for most of the road's 2.2-mile length. "There are a bunch of deep potholes on Gold Coast Drive between Westonhill Drive and Thanksgiving Lane, and lots of drivers are swerving into oncoming traffic to avoid them," a driver noted in 2019. Driver Bari Vaz said the road was built incorrectly in 1969, during one of the city's housing shortages. The city's solution had been to steer developers to open land like Mira Mesa, and let them do whatever they found convenient. "The road's failure is not from normal wear and tear," said Vaz. "It's badly built subsurface

Mira Mesans have been campaigning for the redo for years, even as they suffered broken axles and struts and bicycling injuries. The street even became a talking point in Tommy Hough's campaign against Cate in 2018. The city's Get-It-Done app has more than 200 complaints about Gold Coast – and at least 165 of them are for the condition of the street. "Gold Coast drive is a nightmare with all the potholes! We have been asking for this road to be repaved for years!! If it isn't fixed soon I am going to start suing the City for my car repairs," one complainant



Gold Coast Drive. "The road's failure is not from normal wear and tear. Its badly built subsurface finally deteriorated so badly it can't be fixed."

wrote a year ago. (The city has been known to pay for damage to cars caused by the poor condition of streets, city spokesman Arian Collins said. But the Risk Management division either does not have or will not release a list of its most expensive bad roads, he said.)



Forcing a truck to cross and block a traffic lane as it makes a right turn seems...inadvisable.

The road will be demolished and rebuilt for about \$6 million — plus another \$5 million for the adjoining Parkdale Lane – from money raised by the sale of city bonds. As of this writing, the money remains allocated for the improvements, according to Cate's staff. Mira Mesa resident Jeffrey Stevens said it takes a long, committed effort to get such a repair done – even with the full support of their city council member. "I will celebrate when shovels are in the ground," he said. "I credit the folks who stayed with it and pushed this project for the past few years." The campaign to fix the road

began in 2010, he continued. "I wish the wheels of government turned faster. But because this is lease revenue bonds, it's harder to divert the money, and I think it really is going to happen."

But at least one area resident isn't thrilled by the news. "I think it's safer for my kids the way it is," says Sheila, whose grandkids live with her. "The cars have to drive slow – we don't need those 'slow down' signs you see in other parts of the city. Drivers hit one hard stretch and they pay attention."

MARTY GRAHAM

ON TWO WHEELS

The pain lane

Smart cyclists have no enthusiasm for curbs

City planners and some cycling advocates insist that protected bike lanes are the best and safest way to encourage many San Diegans to ditch their cars and join the cycling transportation revolution. Bordered by raised asphalt barriers and bright plastic pylons, these lanes create a sort of safety bubble that protects cyclists from vehicles moving alongside them in the same direction. In theory, cyclists of all ages and abilities are

able to enjoy the San Diego sunshine and scenery, while cars and trucks whizz by in the adjacent vehicle lane. And when motorists see that the fun-loving bikers are not slowed by traffic jams, they will join them in droves. Soon, we'll all be pedaling together in cycling bliss.

But that scenario seems less likely in light of the real dangers presented by protected bike lanes, and the emotional and economic cost of the accidents, injuries, and deaths that plague them. According to statistics gathered by North County cycling

continued on page 41



Cyclist killed in November on Leucadia Blvd. was Dr. Jennings Worley, a leading scientist in the fight to cure cystic fibrosis.

CREDIT: COAST DISPATCH

MEXICO CANCER TREATMENT CENTERS ARE THE ANSWER FOR PATIENTS LOOKING FOR ALTERNATIVE TREATMENTS

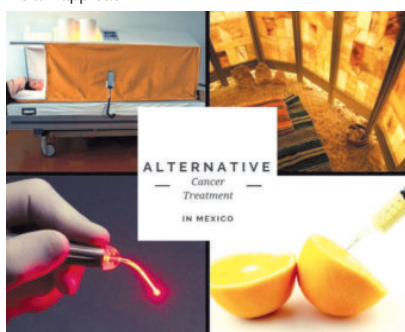
A cancer diagnosis is usually followed by the same process in traditional Western medicine: surgery, chemotherapy and radiation therapy. Depending on your situation, surgery may be a perfectly viable option that is likely to completely remove the cancer. However, maybe surgery isn't an option for one of many reasons. Perhaps you opt for surgery, **but not chemotherapy or radiation therapy. What are the alternatives to chemo and radiation?** Do alternative cancer treatments work? Where can you receive alternative treatments?



Why Mexico for Alternative Cancer Treatment?

Mexico cancer treatment centers focus on alternative and more holistic treatments that are unavailable in the United States and Canada. Holistic treatments and new medical breakthroughs are more freely used in Mexico. Additionally, doctors are less regulated as is alternative medicine. Some of the most successful alternative cancer treatments focus on the root issue, not just the cancer itself.

In addition to these are many, many more types of therapies. **When working with a clinic for cancer treatment in Tijuana Mexico**, a plan will be developed specifically for you. There is no "one size fits all" approach.



Cancer treatment centers in Mexico offer state-of-the-art facilities for those that wish to partake of alternative treatments. One of the main reasons that people travel across the border for medical care is cost. Mexico's labor cost is much lower as is their real estate costs, enabling facilities to charge much less for treatments. Additionally, doctors in Mexico are not pressured by the insurance companies to meet quotas for a certain number of patients per day so the doctors are able to spend much more time with their patients.

What are the Most Successful Alternative Cancer Treatments?

There are several different alternative cancer treatments, but some are considered to be more successful than others. The following are among the most successful:

NOTE: As for the current COVID 19 situation, Immunity Therapy Center is 100% open with full medical attention and has added hygiene and sanitation measures to ensure a safe and healthy environment.

Iscador --injections of mistletoe extract to kill cancer cells and stimulate the immune system.



Receive information about alternative cancer treatments in Mexico, personalized care immunotherapies, Call: (619) 439-1808



Hyperthermia --utilizes high heat to kill cancerous growth.



Get in contact with a specialist and learn about **Alternative Cancer Treatments in Tijuana.**

For an immediate consultation call: (619) 439-1808

Cancer Treatment Clinics in Mexico

There are many types of alternative cancer treatments that work available at Mexico cancer treatment centers. Some of the therapies include: laser cancer therapy, hyperthermia, sonodynamic therapy, enzymatic cancer therapy and many many more.

Immunotherapy --use of dendritic cells to stimulate the immune system.



There are always many things to consider when deciding on your health or a loved one's health. Quality of life when it comes to cancer therapies should always be a significant consideration. Take time to consider cancer treatment centers in Mexico.

Get in contact with a specialist and learn about **Alternative Cancer Treatments in Tijuana, Mexico.** To request more information on alternative cancer treatments in Mexico call (619) 439-1808



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Alyssa Brodsky learned how to “cook” compost for maximum agricultural effect in Madagascar when she was in the Peace Corps. “Where I grew up in Illinois, we always had a compost pile.”

Feed the Digester

It used to be the Titleist golf ball factory. Now, instead of churning out thousands of non-recyclable plastic golf balls every year, the Escondido site is home to a recycling solution: the first anaerobic digester in San Diego County. The new facility will convert food waste into burnable biogas, diverting thousands of tons of organic matter from the landfill to power EDCO disposal company’s fleet of trucks. Soon, many residential EDCO customers will be able to throw food scraps in the green bin along with yard waste. Meat, fish, bones, oils, and dairy — all a no-no for backyard composters — are included in the commingling. Soiled napkins,

paper towels, biodegradable paper, and coffee grounds (with filters) can go in, too.

“The bugs are in the tanks,” says EDCO General Manager Jim Ambroso in December. It takes a few months for the “bugs” — bacteria, actually — to create conditions ripe for adding rotting organic matter. And it’s those bugs, along with the absence of oxygen, which make it possible to break down stuff that would ruin an outdoor compost pile. Soon the massive turbines inside the subway-station-sized tanks will be slowly churning 92,000 tons (per year) of San Diego’s discarded organic matter while it ferments at 131 degrees. The

digestate, as the slurry is called, undergoes refinement on site to prepare for burning as biogas. Fertilizer is a byproduct. A \$3 million CalRecycle grant helped fund the new digester; Ambroso declined to reveal the cost of construction.

Ambroso is an affable yet no-nonsense guy. He dresses in slacks and polos and doesn't look like the typical "go team enviro" type. But he can rattle off statistics from memory and cite the multiple California laws that regulate solid waste. It's his bread and butter.

EDCO's digester is an integral part of the county's efforts to comply with Senate Bill 1383, which targets 50-percent organic waste reduction by 2020 and 75 percent by 2025. That means to divert (or eliminate)

332,000 of the 500,000 tons of food waste San Diegans send to landfills each year. Fifteen percent of San Diego's waste stream is food, and consumers create 43 percent of that, Ambroso says. "When I told my wife we would be separating food scraps at home, she was skeptical. She was worried about bugs and rodents in our kitchen. I explained to her that I couldn't go around asking customers to do it if I wasn't doing it in my own house."

Residential single-family EDCO customers will get a kitchen caddy sometime this year, along with education materials on food recycling. The Ambrosos tested theirs for several months in 2020.

"No ants, no roaches, no rodents," Ambroso



COURTESY OF EDCO

"The bugs are in the tanks," says EDCO General Manager Jim Ambroso in December. It takes a few months for the "bugs" — bacteria, actually — to create conditions ripe for adding rotting organic matter. And it's those bugs, along with the absence of oxygen, which make it possible to break down stuff that would ruin an outdoor compost pile. Soon the massive turbines inside the subway-station-sized tanks will be slowly churning 92,000 tons (per year) of San Diego's discarded organic matter while it ferments at 131 degrees.

told the Poway-based audience of a webinar. "The caddy is sealed. You can also put it in the fridge or freezer, or 'wrap the scrap'

in newspaper or other biodegradable paper, and put that in the freezer until trash day. Make a food waste burrito."

The new anaerobic digester is one of about 100 worldwide, including 20 here in California. Another is planned

for southern San Diego County, though an exact location hasn't been announced. "I can't say much more, but the permits are in place," says Ambroso.

When burned, biogas produced by anaerobic digestion emits less carbon than petroleum-based fuel and displaces more greenhouse gas emissions than it produces — "carbon-negative," Ambroso says. That makes the digester a much better option than allowing food to rot in the landfill and release methane into the atmosphere. However, "it's not an end-all," says Ambroso's colleague Bob Hill, a former Navy man whose voice is loud enough to hear over the sorting machinery at Escondido Disposal's recycling facility, next to the digester.

RESEARCH STUDIES

Introducing the ARGON-2 study for people living with NASH

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The ARGON-2 study is for people living with NASH. Clinical researchers are investigating the safety and effectiveness of an oral drug (EDP-305) for people with NASH with fibrosis.

Even if you have not yet been diagnosed with NASH, you might be eligible for participation if you are overweight, have type 2 diabetes, or have high blood pressure.

To pre-qualify for study participation, you must:

- ☑ Be 18 to 75 years of age
- ☑ Have a diagnosis of NASH on a prior liver biopsy or be at risk for NASH (e.g., high liver enzymes, diabetes, and/or obesity)
- ☑ Have a stable body weight for at least 3 months
- ☑ Have no history of liver cirrhosis or other chronic liver disease
- ☑ Have no history of, and not currently be, consuming excessive alcohol
- ☑ Have controlled diabetes (HbA1c <9.5%)

You will need to meet other important eligibility criteria to confirm participation in the ARGON-2 study. You may be reimbursed for expenses incurred as a result of your participation in the ARGON-2 study. This may include items such as travel, parking, and food.

For more information about the ARGON-2 study, please contact:

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“We need to have all different avenues for dealing with this stuff.”

As a greenhouse gas, methane is 84 times more potent than carbon dioxide, say scientists at Nasa Earth Observatory. Organic waste in landfills is a major producer of methane. Nationwide, the US Department of Agriculture estimates that about 30-40 percent of all food sold at the consumer level goes to waste: that adds up to 52.4 million tons. Furthermore, the FDA says that wasted food in the United States adds up to \$161 billion annually. In California, organics — food, biodegradable paper, and plant clippings — make up 34 percent of garbage in landfills, according to the California Department of Resources Recycling and Recovery. In 2025, the agency projects, that amount will reach 26



PHOTOGRAPH BY MATTHEW SUAREZ

Naomi Wentworth, an engineer by training, built an industrial-scale compost tumbler on a piece of Cal State San Marcos’s land. The steel drum turns gently and pumps air into the tank to produce “moist, fluffy, earthy-smelling” soil amendment that she applies to the university’s landscaping.

million tons per year. The goal of state laws is to cut it to 5.75 million tons.

“The amount of land

devoted to growing wasted food is equivalent to the state of Pennsylvania,” says Emily Nelson, education manager at I Love A Clean San Diego. The number one method for mitigating methane from food waste is source reduction. For consumers, that means buying less food, eating leftovers, and using up all that produce

you purchase when optimistically planning to eat more veggies. (Some sources claim a family four could save as much as \$1500 a year by eliminating food waste.)

But it’s more complicated for businesses. AB 1826 mandates commercial organic waste recycling for businesses that produce more than

two cubic yards of solid waste per week. They must separate food waste on site and pay for pickup, self-haul to a composter or recycler, or donate edible excess. The law requires Ambroso to offer customized collection solutions for businesses to help feed commercial food waste to his pet digester.

Composting is another avenue San Diego residents and businesses are taking to deal with food waste. The state allows residents to have a small compost pile at home. But inconsistent regulations and various waste hauling agreements throughout San Diego County complicate “what should be the simple act” of composting food scraps, says Naomi Wentworth of the Compost Group, a North County-based organization which “pick[s] up your food and paper waste and compost[s] it locally for you into a healthy soil.” Many cities in San Diego prohibit private composters from charging a fee for collection of food scraps even when the city’s contracted hauler does not offer compost service. Many cities also place restrictions on composting of food scraps not generated onsite. That list includes Carlsbad, Poway, Oceanside, San Marcos, Coronado, National City, La Mesa, Lemon Grove, Santee, El Cajon, and Solana Beach.

Del Mar is doing something different: championing the Compost Group to sub-contract with goliath Waste Management for a commercial pilot program. Businesses will pay Wentworth’s company \$13-\$19 to pick up food scraps in 32-gallon bins and haul them to her composting facility. She can process 1200 tons per year.

“It’s not costing Del Mar anything, it’s not costing Waste Management anything,” Wentworth says. “We’re basically begging cities to be allowed to collect their organic waste.” Wentworth, an engineer by training, built an industrial-scale compost tumbler on a piece of Cal

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RESEARCH STUDIES



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PHOTOGRAPH BY IRVIN GAVINDOR

Bob Hill at EDCO's materials recycling facility in Escondido: "We need to have all different avenues for dealing with this stuff."

seagulls, no rodents," Wentworth says affectionately of her composter, which cost \$250,000 to build. It also eats scraps from restaurants, as well as larger corporate campuses and hotels around North County. Las Olas in Cardiff contributed 5194 pounds of food in one month.

The City of San Diego does allow fee-based food scraps hauling by third-party contractors, along with small-scale, fee-based composting. Also, since the early 2000s, the City has operated large-scale composting at Miramar Greenery, next to the landfill, diverting 40,000 tons of residential and organic waste annually. In 2001, Marine Corps Recruit Depot became the first participant; Petco Park joined in 2005 and contributed 132 tons of food waste in one year. The

State San Marcos's land. The steel drum turns gently and pumps air into the tank to produce "moist, fluffy, earthy-smelling" soil amendment that she applies to the university's

landscaping. Since February 2020 she's been feeding it scraps from the campus dining halls.

"It's right next to the dorms. It's enclosed, so there's no odor, no

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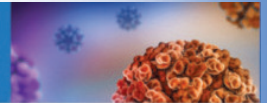
Healthy Volunteers Over The Age Of 18 Needed

Volunteers over the age of 18 are needed for a clinical research study of an investigational Chikungunya vaccine.

Chikungunya virus is spread by infected mosquitos. It can cause fever, headache, muscle pain, fatigue and joint pain. According to the Center for Disease Control, outbreaks have occurred in Africa, Asia, Europe, the Indian and Pacific Oceans and as of September 2020, there have been more than 3 million reported cases in the Americas.

Currently, there is no FDA-approved vaccine to prevent or medicine to treat chikungunya.

Chikungunya - VLA1553



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

- Are 18 years of age or older
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You may receive an authorized COVID-19 vaccine as long as it is given more than 14 days before or after study vaccine.

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- Lab tests
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- Investigational vaccines
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To learn more about this clinical research study or to see if you may qualify, please visit: patientservices@velocityclinical.com 619-704-2750

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commercial food waste recycling program picks up scraps from over 80 commercial entities including Blind Lady Alehouse, Snooze A.M. Eatery, Stone Brewery, Francis Parker School, Sharp Hospitals, SeaWorld, the Zoo, and the airport.

A third set of community composting and food scraps hauling regulations applies to unincorporated parts of the county. Fallbrook, Ramona, and Lakeside currently have contracts with EDCO (or sister company Escondido Disposal) to begin commingling residential food waste for the digester.

Confused by this labyrinth of local laws

and waste hauling agreements? That's where Food2Soil compost hub manager Alyssa Brodsky comes in. Founded in 2015 with ten buckets of food scraps from Ironside Fish & Oyster in Little Italy, composting collective Food2Soil now operates a network of dropoff sites around the county — from urban farms to back alleys — with over 500 residential customers. They also manage on-site composting for corporate cafeteria scraps at General Atomics, and for the dining halls at Mesa College. So far Food2Soil has diverted 318 tons of food waste from the landfill. "A drop in the bucket,"

Brodsky says.

Brodsky gets her hands dirty at Ocean View Growing Grounds in south San Diego. Residents pay \$5-15 to drop off a bucket of food scraps, and they can take home "all you can sift" finished compost in return. Businesses pay \$18 for weekly pick up of a 32-gallon cart. Food2Soil even offers a program for "soil farmers" to earn income by maintaining a neighborhood compost pile.

She learned how to "cook" compost for maximum agricultural effect in Madagascar when she was in the Peace Corps. "Where I grew up in Illinois, we always



PHOTOGRAPH BY MATTHEW SUAREZ

Residents pay \$5-15 to drop off a bucket of food scraps at Ocean View Growing Grounds in south San Diego. They can take home "all you can sift" finished compost in return.

had a compost pile." With bright blue eyes, strawberry blond hair, and freckles, she wields a pitchfork in a most wholesome way. Brodsky is currently working to expand community composting without violating

any local laws.

But hotels, hospitals, and big institutions — the county's "large generators," as Bob Hill called them — need more than scrap collection and composting to comply with SB 1383. They need re-

duction and diversion strategies, and they need Geertje Grootenhuis, food waste program director at San Diego Food System Alliance. Born in the Netherlands, Grootenhuis moved with her

continued on page 42

HEALTH AND BEAUTY



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Your Week

AND WELCOME TO IT



College of music, a winner at the world-class Montreux Jazz Festival by her early 20s, and an established touring and recording artist before she was 30. Following her number-one album in 2019, Logan will perform a virtual release party for her new album, *Standard*.

WHEN: Thursday, March 25, 6 pm
WHERE: aubreylogan.veeps.com

Saturday | 27

AMERICA'S SCHOONER CUP

The regatta, founded in 1987, is considered the premier gathering of schooners on the West Coast. The regatta is



open to schooners of all sizes and types and is divided into two or three classes. The coveted America's Schooner Cup is awarded to the first to finish on corrected times regardless of class. There are perpetual trophies for each class and a Bristol Boat Award.

Schooners from 30 feet to 90 feet are sailing this year. You may watch the race for free from Shelter Island, Point Loma, and North



SUNDAY, MARCH 28: BRANDI CARLILE LIVE FROM RYMAN AUDITORIUM

Island Coronado.

WHEN: Saturday, March 27, 11 am to 4 pm

WHERE: Embarcadero Marina Park North, 400 Kettner Boulevard, Downtown. americasschoonercup.com

Sunday | 28

BRANDI CARLILE LIVE FROM RYMAN AUDITORIUM

Brandi Carlile will per-

form a livestream concert from Nashville's historic Ryman Auditorium. The show, which is Carlile's first full-band performance since before the pandemic, will broadcast via Veeps.

WHEN: Sunday, March 28, 5 pm
WHERE: brandicarlile.veeps.com

Wednesday | 31

RETRO TAPESTRY WEAVING CLASS

Four weeks with instructor Lauren Becker Downey in which you learn to weave.

Practice plain weave, twills, tapestry, sumac, and fringe making. Weave traditionally and create four '60s- and '70s-inspired, textured and tactile samplers of fiber art. Using a frame loom, learn to warp the loom and explore basic weaving techniques. If you already know how to weave, tighten up your skills with more advanced work. The loom will be yours to keep. Masks and social distancing required.

WHEN: Wednesday, March 31, 10 am to 1 pm and Sundays through April 25.
WHERE: Bravo School of Art South Park, 2963 Beech Street, South Park. bravoschoolofart.squarespace.com



Thursday | 25

ABANDONED SAN DIEGO

The Water Conservation Garden hosts Jessica Johnson, a native San Diegan whose life mission has been to explore and describe overlooked wonders of the area. Her work reached fruition when she created *HiddenSanDiego.net* which has received millions of online visits, and has become a resource for explorers who want to reach beyond tourist traps. In this virtual meet the author and book talk, hear stories from Jessica's experience exploring and writing *Abandoned San Diego*.

WHEN: Thursday, March 25, 11 am to 12:30 pm

WHERE: thegarden.org

AUBREY LOGAN: THE STANDARD TOUR

Aubrey Logan was a prodigy on trombone and voice in her teens, a graduate of Berklee



HOW TO SEND US YOUR LISTING: Have an event? We want it! Festivals, lectures, sporting events (including surfing, kayaking, and sailing), Meetups, conventions, book signings, art gallery openings, conferences, dance performances, expos, poetry readings, classes & workshops — all are welcome. You can submit an event at sreader.com/events/submit.

ANIMAL FRIENDS

Spring Critter Camp Kids in San Diego can spend spring break with awesome animals at Critter Camp! Your child's appreciation for all animals will flourish as they interact with cute critters, create crafts, play games and more. Contact us at education@animalcenter.org or (858) 756-4117 x 318. Monday, March 29, 9am; Tuesday, March 30, 9am; Wednesday, March 31, 9am; \$65-\$85. Helen Woodward Animal Center, 6461 El Apajo Road. (RANCHO SANTA FE)

Virtual Fun Animal Friday: Bengal Cat Get ready to meet a pawisitively purrfect feline companion with Zovargo. Meet a Bengal Cat and learn all about these fierce pets. Friday, March 26, 10am; free. <https://bit.ly/3cQsCaA>. (ONLINE)

ART

Oceanside Museum of Art Exhibition Celebration Check out what's new at OMA for a virtual evening of celebration produced in partnership with Oceanside Community Television and explore fresh artwork recently installed at the museum. Thursday, March 25, 7pm; free. oma-online.org/events/virtual-exhibition-reception/. (ONLINE)

BOOK SIGNINGS

Warwick's Author Livestream: Bob Visotcky Warwick's will host Bob Visotcky as he discusses his book, *Now What?: Real World Advice for Graduates*, in conversation with Kevin Drolet. Wednesday,

March 31, 4pm; free. warwicks.com/event/Visotcky-2021. (ONLINE)

Warwick's presents Chelsea Clinton and Atia Abawi Join Chelsea Clinton and Atia Abawi for an inspiring conversation and Q&A! They will discuss SHE PERSISTED: SALLY RIDE, the third nonfiction book in the chapter book series inspired by Chelsea Clinton's She Persisted. Tuesday, March 30, 4pm; free. warwicks.com/event/clinton-and-abawi-2021. (ONLINE)

CLASSES & WORKSHOPS

Cooking with Chef Nikki: The Perfect Paella La Jolla Community Center: One of the most quintessential Spanish meals, Paella is a feast for your senses. Pair it with a delightful dessert and beverage, and you'll be well on your way to becoming a Spanish culinary connoisseur. Tuesday, March 30, 5pm; \$20-\$55. ljcommunitycenter.org/series. (ONLINE)

Mid-scale Composting with Windrows Join Solana Center for a 1-hour webinar demonstrating the management of a mid-scale windrow compost for farms and ranches with significant quantities of organic materials, including manure. This webinar is a 4-part composting series. Email kelsea@solanacenter.org. Wednesday, March 31, 3pm; free. solanacenter.org/. (ONLINE)

Retro Tapestry Weaving Class Practice plain weave, twills, tapestry, sumac, fringe making and more. Weave traditionally and create four 1960s and 70s inspired, richly textured and tactile samplers of fiber art. Please register in advance. \$156 Bravo member, \$180 non-member + \$29 Supplies fee Wednesday, March 31, 10am; \$185-\$209. Bravo School of Art South Park, 2963 Beech Street. bravoschoolofart.squarespace.com (SOUTH PARK)

Unstuff Your Life Introductory Session Get organized, lighten your load and stay organized with this intensive course that provides a simple yet effective system for staying organized and getting rid of your "stuff." Tuesday, March 30, 10am; free. ljcommunitycenter.org/. (ONLINE)

Rhyme & Verse

Two poems by Marina Tsvetaeva

For My Poems, Written So Early

For my poems, written so early
That I didn't even know I was a poet,
Hurled like drops from a fountain,
Like sparks from rockets,

That burst like tiny devils,
Into the sanctuary of sleep and incense,
For my poems about youth and death
— For my unread poems!

Scattered in dusty bookstores,
Where no one ever buys them!
For my poems, like precious wines,
A time will come.

Poem for Blok (1)

Your name is a — bird in my hand,
a piece of ice on my tongue.
The lips' quick opening.
Your name — five letters.
A ball caught in flight,
a silver bell in my mouth.
A stone thrown into a silent lake
is — the sound of your name.
The light click of hooves at night
— your name.

Your name at my temple
— shrill click of a cocked gun.
Your name — impossible —
kiss on my eyes,
the chill of closed eyelids.
Your name — a kiss of snow.
Blue gulp of icy spring water.
With your name — sleep deepens.



Marina Tsvetaeva (1892-1941) was a Russian poet considered to be one of the greatest of 20th-century Russian writers. A witness to the Russian Revolution and the oppression which resulted from the Soviet rise to power, Tsvetaeva saw firsthand the horrors of totalitarian rule. Five years after the Revolution, Tsvetaeva left Russia, living in Paris, Berlin and Prague under increasingly impoverished conditions. In 1939 she returned to Russia with her family, whereupon her husband and daughter were arrested by the state on specious charges of espionage, leading to her husband's execution. Three years later, Tsvetaeva took her own life. She has been recognized primarily as a lyric poet so that even in her narrative poems, the lyric element remains a constant. As fellow Russian poet Joseph Brodsky noted, her poetry bore witness to her times not in what she said but in how she embodied those times through her work: "Tsvetaeva is the unique case in which the paramount spiritual experience of an epoch...served not as the object of expression but as its means, by which it was transformed into the material of art."

Find more poetry online at SDReader.com/poetry

DISCUSSION GROUPS

Jessica Johnson: Abandoned San Diego The Water Conservation Garden hosts Jessica Johnson, native San Diegan whose life mission has been to explore and describe the unknown and overlooked wonders of the area. This virtual meet the author, and book talk will feature hidden stories from Jessica's experience exploring and writing *Abandoned San Diego*. Thursday, March 25, 11am; free. thegarden.org/. (ONLINE)

Nutrition is Rad: A Day of Healthy Habits There's nothing more rad than eating healthy. Celebrate a day of healthy habits by learning about all the ways to keep your little one's nutrition top of mind. Wednesday, March 31, 10am; free. facebook.com/sdcdm/live. (ONLINE)

EASTER

Kids Easter Party & Virtual Egg Hunt Children will lead party games, craft-making, music, story time, and more, all age-appropriate for children ages 3-10 years. All are invited to hear the story of the first Easter morning and celebrate the Good News. Saturday, March 27, 10am; free. <https://bit.ly/2OMF5Eg>. (ONLINE)

Springtime Egg Decorating Class You're invited to "paint" ceramic eggs at Teralta Art, a nonprofit art and pottery studio in City Heights. This a mostly private setting, as there is only one reservation per hour, for up to 7 persons (adults and children from the same household or pod). Each egg is \$10, and can be decorated with various glazes. They will be fired in a kiln, and ready to pick up in 1-2 weeks. Friday, March 26, 10am; Saturday, March 27, 10am; free-\$10. Teralta Art, 4105 El Cajon Blvd (CITY HEIGHTS)

LECTURES

Transforming Healthcare: Digital Health Technologies The US spends more on healthcare than any other nation. Digital technologies hold great promise to solve for unmet needs, eliminate inefficiencies, and personalize care. Join us for an in-depth discussion about healthcare transformation. Thursday, March 25, 4pm; free. womenbio.org/event/SoCal32521. (ONLINE)

OUTDOORS

Painted Lady Butterflies are on the wing across San Diego County this month on what appears to be a significant migration from the Anza-Borrego Desert and northern Baja California toward the coast. Two weeks ago a parade of thousands of darting painted ladies were observed at the foot of Palomar Mountain, and last week there were reports of swarms of painted ladies near San Diego County's coastline. Chances are you will see these pale orange and brown butterflies winging west or northwest, toward greener, more succulent vegetation and away from the drying desert flora. With continued rainfall, the current migration could continue through April.

The Annual Green-to-Golden Transition of San Diego's wild grasslands starts during late March or early April, depending on the amount of late-season rainfall. North-facing hillsides and canyon slopes retain the green color longer, as they are less exposed to drying sunshine. Locally, most of the wild grasses are naturalized (non-native) annuals, the seeds of which were introduced along with hay and other grains brought in by the Spaniards well over a century ago. Some of the mountain meadows have remnants of native grasses, which remain more or less green almost the year round. These rare native grasslands can be found in certain parts of Cuyamaca Rancho State Park and more widely distributed at the Santa Rosa Plateau Ecological Reserve in the Santa Ana Mountains west of Temecula.

The Sticky-Sweet Odor of citrus blossoms is wafting on the spring breezes this year, as it has in every year since the 1870s, when the county's first commercially planted orange and lemon groves began to produce fruit. From early plantings in areas like National City and Lemon Grove, citrus groves spread east and north as urbanization encroached. Today, a car or bicycle trip through Rancho Santa Fe, Pauma Valley, and the outskirts of Escondido, Vista, and Fallbrook induces a pleasant reminiscence of San Diego County's agricultural past.

Full Moon occurs on the evening of Saturday, March 27. Watch as the amber disk of the moon crawls above the east horizon about 25 minutes after the sun sets in the west. Twelve hours later, you can watch the moon sink into the Pacific Ocean while the sun is coming up on the other side of the sky. This out-of-phase, rise-set synchronicity is characteristic of every full moon. The 12-hour difference on this occasion is explained by the fact that both the sun and the moon will be near opposing equinoxes in the sky.

SPORTS & FITNESS

Sun Deck Sweat Sessions: Women Empowerment Celebrate Women's History Month with empowering female fitness instructors and local female founded brands at The Western Gaslamp Quarter's new Sun Deck. Saturday, March 27, 8:30am; \$27. Western Gaslamp Quarter, 910 Broadway Circle. (DOWNTOWN SAN DIEGO)

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Bluefooted boobies

“We have a special crowd. We’re not leaving them.”

It’s that super-chilly Monday last week. The sun has just set and temps have dropped with a clang. Knife-edge breeze. At the corner of Upas and 30th, I’m standing trying to decide where to chow down.

Hey! Bluefoot Bar & Lounge. Dive Bar. But, uh-oh: “We don’t do food,” the door guy says. “But you can bring stuff in. Well, outside. No dine-in.”

Oh man. “Any ideas?”

“There’s the taco place across 30th on Upas, ‘The Taco Stand.’

“Not tacos tonight,” I say.

He gets out his iPhone. “Lefty’s Pizza? One block up.”

“I’m pizza’d out.”

“Okay. Or, hey: The Friendly’s second place. Friendly Tavern. On University. Awesome burgers. Like, the simplest, old-fashioned burgers. Just a mile up the road, man.”

window, they’ve got the actual food list. Right at the top, “OG Dirty Flat Top.”

“OG?”

“Original Gangsta,” says this guy waiting for my order. Patrick. “Like, old school.” Oh yeah.

More people are turning up. Better get my kit together. The Flat Top costs \$6 and has “2 smashed patties,” American cheese, jalapeños, butter-braised onions, and garlic aioli.

The rest look like variations on the theme. The *Hamburguesa* adds jalapeños (\$6), the *Shitkicker* adds an onion ring, bacon and BBQ sauce. All that for a dollar more. The *Bacon Mushroom Swiss* (\$7) adds, well, bacon and shrooms. Or you could go simple with the \$6 *Meat Cheese bun*. Or cut the cheese and have the *Slim* (\$5). Fries are gonna be \$3 extra, onion rings, \$5. Extra sauces like BBQ, ranch, aioli are two for a dollar.

“We politely decline all modifications,” says a note at the bottom.

I get the *Shitkicker* — seems the best bang for the extra buck, what with bacon and onion ring and BBQ sauce, plus I get a box of fries.

Only problem: By the time I hump it down the hill to Bluefoot, the whole shootin’ box is as cold and stiff as a body on Rue Morgue.

But I don’t have time to get all sorry for myself. This is Monday. And guess what? Pub’s abuzz on the sidewalk. “What peace organization was created in 1919?” says the guy at a mike on a stool outside the open window counter. Turns out we’re in the middle of a quiz game. *Sunset Trivia*. “Oh man,” says this guy next to me. Mike. “I’d like to put eight points on this but...”

So happens I had to write a school essay about the League of Nations. Mike looks hard at me. “Sure?”

And yes! It was right. I get me a nice hazy IPA, which somehow seems to bring life back to the fries and flattened burger. And arguing about the next questions keeps the freezing wind at bay. “What is the oldest brewery in the US?” asks the quiz guy. “Easy,” says Mike. “It’s where I’m from. Yuengling and Son — you say

it ‘Yinling’ — since 1829, Pottsville, PA. Can still get their beers.”

He’s right. I get the next question, about the “land-locked South American country with the highest population.” “Bolivia,” I say. “Oh no. Probably Paraguay. Yeah, Paraguay.”

I should have stuck with Bolivia. Mike looks, well, disappointed. He’s just lost a prize. I’m feeling that chill wind biting my bones again.

Whatever, next day I’m on the #7, trundling up University towards 30th. Hmm, 4 pm. Sun’s



Casual vibe: Anyone can stick their decal on the windows



OG Dirty Flat Top burger, with fixins. Old-fashioned American cheese, cool again

Ulp. Mile? Feels like a country mile to me, but eventually I haul up 30th to University, and left down to Oregon. First thing I notice is a ghostly pig standing on the roof of a lil’ green stucco place. Below, a hand-written sign says “Cocktail Special, Friendly-Loko, w/vodka tequila, gin, rum, Chambord and lime, \$12.” Inside, a couple of guys are working the hot plate in a cramped space. Smells are starting to waft across my nostrils.

On the other side of the “Pick Up Here”



Famous pig sits on roof above The Friendly Tavern’s take-out counter

still bright. I jump off and come right back to The Friendly Tavern. Now, it being daytime, I see that they have a garden with its own bar and heaters and trees, the whole nine yards, but closed for covid. “We’re just waiting,” says the server, Kasey. “Saturdays and Sundays, we normally keep open crazy hours. It’s quite a scene.”

So note to self: come back when things are up to speed! Meanwhile, I grab an OG Dirty Flat Top this time. I couldn’t forget those two smashed patties, American cheese, jalapeños, butter-braised onions, and garlic aioli. Plus a hot dog special — think it’s \$5. Then I practically run the whole mile down to the Bluefoot Bar with the warm food to my chest. Now the pub’s Upas street side, scene of last night’s freeze, is the warmest spot. Sun’s shafting right onto the roadside patio. Rodney’s the barkeep. British. Helps make this a soccer fanatic’s holy grail. “We also have a whole other crowd come to play pool. We’re still only 50 cents a game, and free on Mondays, in normal times.”

I wolf down the dog, not bad, and the burger. You can see Old Gangstas getting sentimental about this blast from the past, but it really is squishy good, and full of flavor, melted American



Night cooks: Wil (left) and Patrick during a pause

cheese and all. Like someone said, “Beam me up an old-fashioned burger, Scottie, no frills.”

I like this place too. An actual dive bar in such a gentrified location. Rodney says they have developers making offers all the time. “Don’t do it,” I beg. “No worries,” he says. “We have a special crowd. We’re not leaving them.”

I have to ask why it’s called Bluefoot. This should be a quiz question. Answer? For sure, after the Bluefooted Booby, a bird in the Galapagos which really does have big blue feet. And probably endangered, same as Bigfoot and dive bars everywhere. ■

The Place: Bluefoot Bar & Lounge (drinks only), 3404 30th Street, 619-756-7891

Bus: 2

Nearest bus stop: 30th and Upas

The Place: The Friendly Tavern, 2632 University Avenue, 619-294-7675;

Hours: 11am-9pm, daily

Prices: OG Dirty Flat Top (“2 smashed patties,” American cheese, jalapeños, onions, garlic aioli), \$6; the *hamburguesa*, (with jalapeños), \$6; the *Shitkicker* (onion ring, bacon, BBQ sauce), \$7; *Bacon Mushroom Swiss*, \$7; *meat cheese bun*, \$6; the *Slim*, \$5; *fries*, \$3; *onion rings*, \$5; *extra sauces* (BBQ, ranch, aioli) two for \$1

Bus: 7

Nearest Bus Stops: University and Oregon (westbound); University and Pershing (Eastbound)

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Food with a view

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Ska Bar's success resides on an Astroturf rooftop

Ska Bar; 3250 Adams Ave, Normal Heights. I'd driven by Ska Bar a few times, and thought the Adams Avenue hangout looked like a decent enough place to drink. It's got tall ceilings, large windows, and a long bar backed by shelves loaded with bottles.

What I hadn't realized is there's an elevator in the back corner that takes you to a different level of Ska Bar: the rooftop lounge. I'm not sure how many stories the silent elevator passed on the way to R, but it turns out the building is tall enough to overlook everything for many blocks in any direction.

On a clear day, the result is a pretty fantastic view of the entire uptown area to the southwest, and of foothills and mountains to the north-east.

The sidewalk didn't seem that far below, but the air felt all the fresher for the wide open spaces spread out before me. Even the astroturf covering the rooftop came off more charming than cheesy.

Another aspect of Ska Bar I hadn't anticipated was the menu. Expecting a standard San Diego bar menu (mostly sliders, fish tacos, and wings), I was surprised to find Asian fusion bent. It included wings, of course, but also chicken lettuce wraps, crab Rangoon-style egg rolls, and Korean asada fries (see what they did there?).

Perhaps because I'd expected fish tacos, I first gravitated toward the tempura Mahi Mahi bao bun (\$10). Of course, sweet steamed buns are far different from corn tortillas, and mahi's not a fish that lends itself well to frying — I would have done better to order the tempura portobello or fried chicken bao.

I wouldn't dwell on it, though, because I had an order of Hoisin and sesame BBQ ribs (\$11) to tear into. They were well cooked for bar ribs, with admirable tenderness. But the sauce

was too sweet, I thought, to pair with beer, or many of the bar's fruity cocktails.

I would be more satisfied by a winning skirt steak

play on beef and broccoli. Also well cooked, the beef and broccolini (\$11) had some chili pepper heat, and garlic savor. It hit the spot after the appetizers, though I suspect it would have been too sweet for my palate had it not followed those first two sugary courses.

Most of the dishes on the menu likewise look like they veer sweet. While that's not my thing, I recognize it's a matter of personal preference, and everything tasted spot on otherwise. I'm sure

younger souls can get down with sweet and shareable plates — the group at a nearby table accompanied their meals with jello shots, after all.

Thing is, I'd go back anyway and do it all again. It's pretty good for bar food, and the view warrants many afternoons of day drinking. Even if the main bar downstairs is re-opened for business.

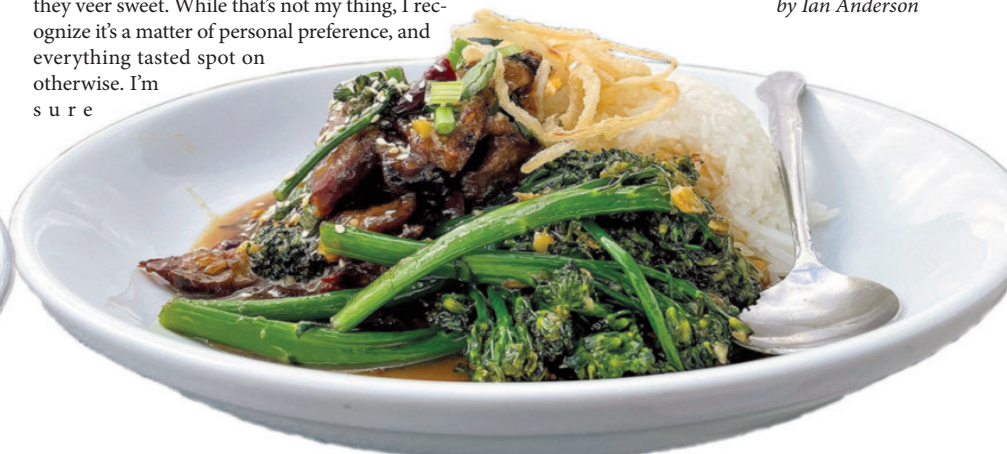
by Ian Anderson



The view from Ska Bar's rooftop lounge on a perfect spring day.



Tempura mahi mahi on bao buns with avocado.



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Chicken Tikka Masala



Sag Paneer

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wrapping them into a spiral shape. Or helix shape, if you think about it. It's as delicious as it looks.

I don't want to give the impression the chocolate donuts are the best thing going here. Everything I've tried so far has been wonderful, including a warm cinnamon roll that's effectively a sugar glazed donut rolled into a cinnamon swirl; cinnamon twists dressed with maple, chocolate and other glazes; and an assortment of old fashioned donuts that rival the raised donuts in quality.

Adding to the experience is a friendly and welcoming owner who appears to recognize his regular customers despite everybody wearing masks. He tends to toss a couple of free, glazed donut holes in with each order — and on weekends, even the donut holes are half chocolate. I can attest: kids love that.

Best Donuts closed for two months during the winter shutdown, only returning to business in late January. Still, in March, and I've spotted a couple returning customers, who show up for a mixed dozen, say as they walk out, "So glad you're back!"

by Ian Anderson

FOOD & DRINK EVENTS

The Wine & Chisme Podcast Virtual Wine Tasting

One Night. Three Wines. Decide to open one bottle or all. Take a journey into Santa Barbara County and the California Central Coast and discover where these wines can take us. Vintner, Fidencio Flores is both an owner and winemaker and is involved with his grapes from vine to bottle. Wednesday, March 31, 6pm; \$20-\$125. 21 and up. Online Internet Events, All over the world from. (ONLINE)

Best Donuts shop lives up to its name

Best Donuts; 4636 Avocado Blvd, La Mesa. With any luck, my quest to try all of the best donut spots in San Diego will never end. But for a moment there, it looked like it might have, and in an unlikely spot. Over on the far side of La Mesa's Mount Helix, a little shop turns out some of the county's tastiest donut creations. The place even spells it out on the sign in front: Best Donuts.

Certainly, the most memorable donut spots do something to stand out. Donut Bar makes 'em extra large. Devil's Dozen in Little Italy starts with an excellent brioche dough. Nomad Donuts embraces interesting flavors such as ube and lemongrass.

At Best Donuts, what really caught my attention was choc-

olate. It doesn't merely offer a standard chocolate glazed, or chocolate glazed donut — it also offers versions made with chocolate dough. Which sounds simple, and it is, but it's gratifying because the chocolate dough still tastes light and flaky in donut form.

On weekends, Best Donuts mixes it up a little, beginning with a weekend spe-



The Charlie Brown: a twist of raised and chocolate donut doughs, swirled with a sugar glaze.

cial it calls the Charlie Brown. Though not strictly speaking donut shaped, it basically combines a regular sugar glazed donut with a chocolate sugar glazed donut, by twisting the two doughs together, then

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Pizza e Birra page on SliceLife.com.

Pizza delivery has its own app

Pizza e Birra; 3625 India Street, Little Italy. A pandemic has tested our collective love/hate relationships with delivery apps — enough at times to warrant government intervention. But before we all decide (or decide not to) return to indoor dining this spring, I have one more delivery app to consider. And — surprisingly — it's not terrible.

The app is called Slice, or if you're logging on through your desktop browser, *SliceLife.com*. And it's all about pizza.

Some of us are old enough to remember pizza as the original delivery food, way back when being a delivery driver was a way for high school students to make gas money on weekends. And for the most part, Slice leverages that tradition: 80 percent of the pizza spots featured on Slice nationwide already offer their own delivery services.

However, good luck finding them all on your own. Independent pizza restaurants operating their own local deliveries typically lack the resources to compete in search engine results, which are dominated by national brands and Silicon Valley delivery apps.

What Slice offers is a place

for pizza restaurants to connect with delivery-seeking customers, with a streamlined online ordering process. And for this, restaurants pay a \$2.25 flat fee per order. No exorbitant commissions forcing them to raise prices. On Slice, pizza restaurants even decide their own delivery fees.

According to Slice, that holds true on the 20 percent of restaurants that signed on for delivery services with Slice, which contracts them out to white-labeled delivery services for another flat fee. Whatever fee is charged the restaurant, it gets to decide what rate the customer pays.

I found fees generally ranging from one dollar to seven. Though I did find a Mission Hills favorite of mine, *Pizza e Birra*, offering free delivery plus 10 percent off to those ordering through Slice. It arrived within a half hour. It was a great deal, but ultimately that sort of promotion ability could turn Slice into the sort of competitive venue where indie shops are outspent by businesses with deeper pockets. Though, not if the likes of Round Table Pizza keep demanding for \$6.99 delivery fees.

They tell me the founder of Slice is a third-generation piz-

zeria owner himself, so maybe as the app continues to evolve, it will find ways to keep the little guys visible. For example, at the moment, my favorite use of the app has to be the ability to browse by pizza type. So, someone seeking vegan pizza could quickly find multiple options. Now that Roman pizza, or *pinsa* has become a thing in San Diego, we can find those spots as well. I had to google Capricciosa pizza to learn it features baked ham, mushroom, artichoke and tomato. But yes, even that could help.

I'd still rather encourage people to pick up their own pizzas at their favorite local restaurant, and for vaccinated folk to dine in. But when our lazy, couch-dwelling, Friday night behind orders that Capricciosa pie for home delivery, I can reasonably expect fees to be reasonable. And I won't feel that sting of guilt that comes with most delivery app orders, the deep-down understanding that every order potentially drives them closer to going out of business. Now if someone would come up with a similar app dedicated to burritos, burgers, and ramen, I could get back to eating all the major food groups at home.

by Ian Anderson

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 Angus Beef Veggie
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ALLIED GARDENS

McGregor's Grill and Ale House: *Monday, Thursday-Friday, 4-6pm:* \$1 off all pints, wells, house wines, \$5 off half gallon pitchers. *Tuesday, 4-6pm:* \$1 off all pints, wells, house wines, \$5 off half gallon pitchers, \$5 Pacifico pints and Margaritas. *Wednesday, 4-6pm:* \$1 off all pints, wells, house wines, \$5 off half gallon pitchers, \$5 whiskey cocktails and shots, half price bottles of wine.

BAY PARK

Off Shore Tavern: *Monday-Friday, 3-6pm:* All beer \$1 off, \$4 house wine, \$4.25 well drinks. *Saturday, 9pm-close:* All beer \$1 off, \$4 house wine, \$4.25 well drinks.

CARDIFF-BY-THE-SEA

Chart House: *Monday-Friday, 3-6:30pm:* \$4 import & specialty draft beers, well spirits, \$6 wine by the glass, \$7 cocktails.

CARLSBAD

Chandler's: *Wednesday-Sunday, 3-6pm:* \$2 off wines by the glass, draught beers, and signature cocktails. \$3 off appetizers.

CITY HEIGHTS

Alcove Wine & Beer: *Monday-Friday, Sunday, 4-7pm:* \$1 off beer, \$2 off wine & appetizers.

CORONADO

Brigantine Coronado: *Daily, 3-6pm:* \$1 off all draft beer, well drinks, and featured wine by the glass, \$4 sparkling wine glass.

DOWNTOWN SAN DIEGO

Asti Ristorante: *Daily, 3-6pm:* \$5 beers, \$7 house wine and cocktails, bites from \$5.

Gaslamp Fish House: *Daily, 3:30-6:00pm:* \$4 Fireball shot, Mc-Cormick bourbon, shot of Torado Silver tequila, \$5 craft beer on tap, vodka soda, select wine by the glass, \$7 skinny margarita, select

BOOZE NEWS

BY IAN ANDERSON

Rincon Reservation Road leads to beer

Back in 2016, the Rincon Band of Luiseño Indians established a 15-barrel craft brewery on its reservation near Valley Center. Called **SR76 Beerworks**, the brewery and tasting room operated alongside the Rincon Harrah's casino. The brewery is still there, but these days it goes by a more telling name: **Rincon Reservation Road Brewery**, or **Three R Brewery** for short.

"When we first got involved in the craft beer space, we didn't really know that much about it," acknowledges Ruth-Ann Thorn, who chairs the board of REDCO. That's the Rincon Economic Development Corporation, which, just like it sounds, manages the Rincon tribe's economic interests, including the brewery. "We hired consultants to help tell our story," says Thorn. "It was a good try, but the problem was, it wasn't authentic."

SR76 was named for State Route 76, which parallels the

trail Rincon Luiseños historically traveled from their summer fishing spots in what's now Oceanside, to Palomar Mountain, where they would harvest acorns. "What we want to do," says Thorn, "is allow people to see a little bit of our history." The problem was, there wasn't an automatic association to connect the SR76 brand and where it came from.

So the REDCO board dropped the firm, and reached out to members of the tribe to come up with a brand that more clearly tied the route to a specific, native people: Rincon Reservation Road.

Of course, the story of indigenous Americans is fraught with governmental abuses, and telling it requires a lot more nuance than a beer label can provide. But beyond being an economic driver for the community, REDCO views Native-brewed beer as an opportunity to raise the profile of Rincon culture and people, who refer to themselves as "the original Southern Californians."

As Thorn tells me, "We're trying to let people know, yes, in the midst of all that, we're still here and we're relevant." But for the most part, the goal is to keep it light. "We kind of want to get beyond the tragedy and talk about all the great things that are happening," she says, "and the beer's one of them."

One way the beers tell the story and keep it light is through their names. A hazy IPA gets the name, Luiseño. A blueberry saison is called *Tuupash*, the Luiseño word meaning "sky." And a hefeweizen goes by the handle *Rez Dog*. That stems from "reservation dog," a term applied to wild dogs sometimes known to roam Native American reservations. But Thorn explains an

alternate meaning: "It's a term of endearment from one native American to another," she says. "Wild dogs, they're scrappy and resilient." Characteristics, she says, Native Americans can



Beer labels depicting the Rincon's sacred diamondback rattlesnake, and beer names reflecting the Luiseño band's culture.

relate to. "We're resilient. We're scrappy when we need to be."

Veteran brewers from the San Diego beer industry have been behind the Rincon beers so far. What truly sets Three R beers apart is that they're brewed using water from the reservation's aquifer. Some seasonal beers also use ingredients grown on tribal land, including sage, elderberry, and orange blossom. The tribe is also cultivating a nascent hop garden, which will provide fresh hops brewed into beers served out of the 3R tasting room.

However, in the past year, the brand has settled on a regular canned lineup, and made headways in local distribution, including several north

county Costco stores. Distributed beers include a west coast IPA dubbed the Chief, though the Rincon band does not nominally have a chief — rather, they're led by Bo Mazzetti, the tribe's Chairman since 2007.

Mazzetti says his favorite of the distributed beers is the brewery's amber ale, Red Rattler. The rattlesnake is a sacred animal to the Rincon, which is why the Three R logo depicts a red diamondback. It's REDCO's hope that the logo will someday be familiar across the country, as Three R aims to become the country's first national native-owned brewery.

Aiding that pursuit may be a distribution network less readily available to other San Diego breweries. In addition to local stores, Three R beers have been increasingly sold to other reservations throughout Southern California, including Morongo, Cahuilla, Pechanga, and Sycuan. As the native beer concept spreads, the latter could soon see its own beer namesake.

"We are working on creating beers for our neighbors," Thorn says, including for the Sycuan Band of the Kumeyaay Nation. "We're not Kumeyaay," Thorn clarifies, "but we thought it would be a nice thing for that tribe to see their name on a beer."

For more craft booze news, see sandiegoreader.com/news/booze-news

signature cocktails.

Gaslamp Tavern: *Monday-Friday, 3-7pm:* \$2 off drafts, wine, specialty cocktails, \$5 wells.

The Tippy Crow: *Monday-Thursday, 3-8pm:* Drink exchange (prices vary). *Friday-Saturday, Noon-8pm:* Drink exchange (prices vary).

Werewolf American Pub: *Tuesday-Friday, 3-6pm:* \$4 drafts, house wines, and wells.

EAST VILLAGE

Bootlegger: *Tuesday, \$10* build-your-own-nachos and beer all day. *Saturday-Sunday, 9am-1pm:* \$25 per person bottomless mimosas.

Duck Foot East Village Taproom & Kitchen: *Tuesday, \$5* pints gluten-reduced beers on tap all night

El Dorado Cocktail Lounge: *Tuesday-Thursday, Sunday, 7-9pm:* \$6 signature cocktails. *Friday-Saturday, 5-9pm:* \$6 signature cocktails.

ENCINITAS

Mr. Peabody's Bar & Grill: *Monday-Friday, 2-6pm:* \$3 well cocktails, house wine, domestic draft.

ESCONDIDO

Brigantine Escondido: *Daily, 3-6pm:* \$1 off drafts, well drinks, featured wine, \$5.75 house margarita.

Vintana Wine + Dine: *Daily, 3-5pm:* \$8 martinis and appetizers.

LA MESA

Brigantine La Mesa: *Daily, 3:30-6:30pm:* \$1 off well drinks, drafts, featured wines, \$4 glass sparkling wine, \$5.75 margaritas, \$6 happy hour red wine, happy hour white wine.

Hooleys Irish Pub & Grill La Mesa: *Friday, All day:* Clam chowder \$5 cup, \$7 bowl. After 4pm: Prime rib \$24. *Sunday, 11am-2pm:* \$4 Bloody Marys, \$5 Champagne.

LAKESIDE

Eastbound Bar & Grill: *Tuesday-Friday, 2-5pm:* \$2 off all house cocktails, \$3 domestic bottles, \$4 micro drafts.

LEMON GROVE

Dirk's Niteclub: *Daily, 4pm-7pm:* \$3 shot of select liquor with your first drink. 4-7pm: \$1 off domestic beer, 50 cents off cocktails.

LITTLE ITALY

Carruth Cellars Wine Garden: *Monday-Friday, 2-6pm:* \$3 off glasses, \$5 off bottles of wine.

King and Queen Cantina: *Daily, Noon-6pm:* \$1 off drafts, \$4 beer bottles, \$7 well drinks, wine, sangria, \$8 margaritas. Appetizers \$5 to \$9.

MISSION HILLS

Shakespeare Pub & Grille: *Monday-Friday, 3-7pm:* All draught pints (excluding cask, \$6

Anytime, and Black Velvet) and bottled beer \$1 off. well liquor \$4.50, \$5 house wine, appetizers \$5.95-\$7.95.

NORTH PARK

Redwing Bar & Grill: *Wednesday-Friday, 3pm-6pm:* \$4.50 24 oz. Tall Boys.

OLD TOWN

Home & Away: *Monday, Wednesday-Friday, 3-6pm:* \$1 off glass of wine, draft and bottled beer, well drinks, \$3 to \$6 off specialty cocktails. \$2.75 tacos. *Tuesday, 3-6pm:* Taco Tuesday specials, see server.

Old Town Mexican Café: *Tuesday, Half off* well drinks and selected appetizers all day.

PACIFIC BEACH

Ambrogio 15: *Monday-Friday, 3-5pm:* \$19 per person biodynamic (organic) wine flight with three selected biodynamic wines (two ounce pour) and focaccia bread,

olives, artichokes.

Latitude 32: *Wednesday-Saturday, 4-6pm:* \$3-\$5.50 beer and wines.

The Local Pacific Beach: *Monday, 4-7pm:* Half off appetizers.

The Turquoise Café-Bar Europa: *Tuesday-Sunday, 5-9pm:* Bottles cocktails to go.

POINT LOMA

The Wine Pub: *Daily, 4-6pm:* \$5 craft beers on draft, \$5 select red and white wines.

SAN MARCOS

Churchill's Pub and Grill: *Monday-Friday, 4-7pm:* \$1 off appetizers, drafts, wells. *Sunday, All day:* \$1 off appetizers, drafts, wells.

SOLANA BEACH

Carruth Cellars: *Monday-Friday, 2-6pm:* \$3 off glasses, \$5 off bottles of wine.



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blurt the inside track

Straight outta Ida “One particular gig we did at Tower Bar in Summer of 2019 really sticks out in my mind. We had just finished up recording our debut EP *Oxbow* and were feeling really great about

Boalbo Park.”

Classic rock ruled the roost, growing up back in Ida. “Listening to my Dad bust out everybody’s favorite Dad rock riffs from Black Sabbath, AC/DC, and Led Zeppelin on his guitar.



Local punk outfit City Windows: “Just turn it up and let it rip. I think we all thrive in that environment.”

what we were able to put together. I think that coupled with packing 40 people in a tight venue, cranking up some half-stack amps. Everyone was really feeling the energy that night. Just turn up and let it rip. I think we all thrive in that environment.”

That’s Lyle Pavuk, singer and guitarist for San Diego’s punk rockin’ City Windows, on the best live vibes he’s had in town. But his story actually begins 2,292 miles to the east.

“I grew up,” he remembers, “in the smallest little farm town no one has ever heard of Ida, Michigan. Growing up in rural Michigan is about as exciting as it sounds; cornfields as far as the eye can see and not a damn thing to do but hang out with your buddies and play some guitar. We’re talking not even a single stop light. Wouldn’t change it for anything, but I’m glad to be living here in San Diego today.

“I’ve spent most of my time downtown, since moving to San Diego several years ago. It’s a diverse culture with plenty of fun to be had. Little Italy has some great breweries, and I also love getting a good run or cycling session in on the Embarcadero or at

That and being introduced to Jimi Hendrix music. Absolutely changed my life and inspired me to pick up the guitar.

“My true love of punk rock wasn’t discovered until later, and as cliché as it sounds that started with my introduction to San Diego’s own Blink-182 when *Dude Ranch* was released. Probably still my favorite Blink album to this day. From there I dove into different genres of punk, alternative, indie, and hardcore which all help influence my writing today.”

The band got together through “The most vague Craigslist wanted add you could imagine: ‘Punk rock band looking for a guitarist.’ Not a shred of further detail. I figured that’s good enough for me, and gave them a shout. Heard back from [guitarist] Ryan [Steele] within the next couple hours.

“He sent me some of their recorded material, and I was blown away at how good the sound and arrangement was, how much it matched my musical taste. I took a week or so to learn the guitar parts, we got together and played straight through the whole set, and Ryan and [drummer] Aaron [Weislogel] were gracious enough to invite me on board. We picked

up Sean [Sullivan] on bass a few months later, Ryan and I decided to tag-team the vocals, and we have been going strong ever since.”

Asked about virus-coping strategies, Pavuk allows, “We’re all just hanging tight and focusing on the basics. Taking care of family and friends and socially distancing. Hoping we can get this pandemic under control sooner than later. We have been writing here and there and sharing ideas via text or email.

“Musically it’s looking like near future is probably 2021 so we will be booking some gigs to promote *Oxbow*, and we are slated to play the punk rock festival FEST in Gainesville, Florida in Fall 2021.”

— Andrew Hamlin

Another victim

of the Coronavirus was San Diego’s all-jazz radio station KSDS 88.3. The sta-

tion, which operates on the campus of San Diego City College, had only 48 hours to totally retool into an automated format in order to stay on the air. General manager Ken Poston was in the Dean’s office on an unrelated matter last March when that hard reality materialized. “She said, that we might need to be prepared to send everybody home. I remember thinking that we might get to stay on the air, because we’d be the only ones on campus. But then we found out that the whole state was shutting down.”

Like everyone else a year ago, Poston figured that the lockdown was temporary. “We thought we might be down for a couple of weeks,” says Poston. “We had no idea that we’d be down for almost a year.”

Fortunately, the station had worked out an emergency contingency plan just in case of an unforeseen disaster. “We had this plan that would enable Chad Fox (Operations Manager) to remote in and set up an automation every day so we could continue to function. So we had the structure in place. I know some stations didn’t have something like that, so



they were scrambling to figure it out.”

Like most modern radio stations, KSDS employs software called ENCO Systems and their music library is digitized, so remote or even automated programming is possible. However, jazz radio programming is not congruent with such a robotic approach, and the listening audience wouldn’t be fooled.

“Chad was doing all new programming every day. It wasn’t just some bot that was automatically pulling tracks from the library. The system

could make it safe, where people wouldn’t interact, we could alternate studios and sanitize the vacant one. Then, around mid-January 2021, we got back on the air with [limited] live programming. “We’re just operating with four deejays, from 7 am to 3 pm. Joe Kocherhans comes in first in Studio A, then Gary Beck takes the next shift in Studio B. Claudia Russell takes the helm in A, and Ron Dhanifu wraps it up in Studio B. Each studio gets sanitized while the other is on the air. Nobody crosses paths with anyone else. There are other minor things

88 personalities) to produce abbreviated versions of their regular daytime shifts. After 3 pm, the station reverts back to the programming designed by Chad Fox.

The covid-19 shutdown has changed almost everyone’s lives. What has Poston come away with? “Well, I learned how to work from home, which I wasn’t used to. I think it’s been a wake up call for everybody to not take anything for granted. We’re hearing from tons and tons of people that they’ve been missing the station horribly and wanting



Local KSDS 88.3, on the campus of San Diego City College, broadcasts commercial-free jazz.

wasn’t just running itself.”

As the downtime months piled on, Poston and the City College administration got busy working on a solution that would facilitate a return (or at least a partial return) to live deejays doing their own programming. “We wrote a proposal after figuring out how we

like wearing gloves and each deejay brings their own microphone and windscreen.”

All of this would be impossible without the assistance of the folks from SDCCD Facilities Services, who are on campus during those hours, allowing Kocherhans, Beck, Russell, and Dhanifu (all long-time Jazz

to know when we’ll be back. I think many people have come to realize that the station is a big part of their daily lives.”

— Robert Bush

Find Blurt online at SDReader.com/blurt

CONTRIBUTORS

Robert Bush, Chad Deal, Dave Good, Andrew Hamlin, Dryw Keltz, Ken Leighton, Jay Allen Sanford

LOCAL *five*

JAY ALLEN SANFORD

Find LIVE FIVE online at sandiegoreader.com/music



INUS

Innerds was founded by Brandon Relf (Sleeping People) and Bobby Bray (The Locust, Holy Molar). By 2016, with the addition of Chad Deal (Phantom Twins) on bass, the band had changed its name to INUS (The Institute for Navigating the Universal Self), describing their sound as “pre-postapocalyptic, post-honky-tonk-prog-skronk, space-tropicalia, math-lounge.” The experimental noise rockers have a new video for their track “We Are Our Computers’ Genitalia,” from their 2019 album *Western Spaghettification*. Filmed by Omar Sanchez with band bassist Chad Deal, “The video was created by Hoyote, a San Diego-based muralist, illustrator, and mixed media artist,” ac-

ording to Deal. “His 2-D animations were projected onto a variety of 3-D surfaces spray-painted white: an outdated computer monitor on a lazy Susan, thrift shop tech offal, a Styrofoam skull, myself, and our buddy Omar in a body suit and VR mask. We filmed over multiple sessions in Jamul, In-Ko-Pah, and on Hoyote’s rooftop. Then, he added another layer of 2-D animations over the footage. The video tells the story of a person’s anatomy being spontaneously taken over by computer parts: a joystick phallus, laptop speaker breasts, vein-like wires, etc, until they are fully transformed into a computer.”

PACIFIC RECORDS



SOUTHSIDE JOHNNY

The titular frontman for Southside Johnny and the Asbury Jukes was recently inducted into the New Jersey Hall of Fame by his friend Jon Bon Jovi. Local label Pacific Records has signed Southside Johnny and is releasing his new album *Grapefruit Moon: The Songs of Tom Waits Remastered*. The tribute to the local troubadour will be available in a digital edition, soon to be followed by CD and vinyl versions. Featuring LaBamba’s Big Band, the album covers Waits’ music with Big Band-style arrangements and instrumentation. One song, “Walk Away,” features Waits singing, and the remaster will contain an unreleased

bonus track of Waits’ “Straight to the Top” recorded at the former Nokia Theater in New York City. Other selections include “Yesterday is Here,” “Down, Down, Down,” “Walk Away,” “Please Call Me Baby,” “Grapefruit Moon,” “All the Time in the World,” “Tango Till They’re Sore,” and “Johnsburg, Illinois.” The Pacific roster has also included locals Sprung Monkey, Rebecca Jade, Sandollar, Dead Giveaway, Falling Doves, Skyler Lutes, Warrior Finches, Ryan Hiller, and Jonny Tarr, as well as around 30 other artists from around the globe.



MARKLYN RETZER

“This year, I’m releasing a bunch of new music, one song at a time, starting in the next few weeks with the song ‘Tutu,’ an upbeat celebration of life,” says singer-songwriter Marklyn Retzer. Due as a single on April 2, the song has actually been around for a while, and can be seen and heard in an acoustic version done last year for the Kinship Café website. Retzer began playing solo acoustic coffee-house shows around town in the early 2000-teens before releasing his debut *Beach Days*, followed by *Presence* and then his *Dandelion Tattoo EP* which premiered in early 2018. The latter was recorded with local producer and

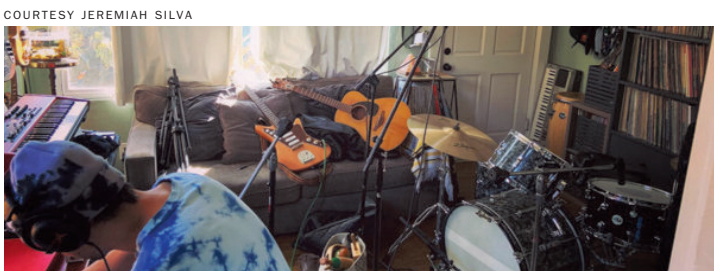
engineer Ben Moore, featuring guests like drummer Matt Lynott (the White Buffalo), bassist Chris Swann (Egyptian Acid Rock, Tom Curren Band), and singers Lacy Younger and Krista Richards. March 26 will see the release of “(I.A.I.O) We Are San Diego,” a fan anthem for the San Diego Loyal Soccer Club, in advance of the May kickoff of the team’s second season. According to Retzer, “I.A.I.O. stands for Independent, Authentic, Inclusive, and Optimistic.” Retzer will soon shoot a music video and is seeking footage contributions. “I’m looking for dancing, fun-having, life-living clips [with] safe spacing.”



BRIAN ZACH

Founded in 2007, Synrgy is a reggae rock band following in the same Birkenstocks as local light-ups such as Tribal Seeds, Dubbest, Mighty Untouchables, J Boog, Slightly Stoopid, Stick Figure, Iration, Rebelution, and E.N. Young, who remixed a Synrgy single earlier this year. The nucleus of the group formed in Arizona, before relocating to Humboldt County in northern California in 2008, then Oregon in 2011, and San Diego in 2015, before finally settling in Rosarito Beach, Mexico. The band’s singer-keyboardist Brian Zach told the Reader in 2017 that “When I started the band in Flagstaff, we were the only reggae band in Arizona.

Now there are hundreds of Arizona reggae bands.” Zach also offers scuba training and diving tours as the operator of Zach’s Scuba Shack, where he’s been developing a knack for underwater photography and videography that he posts online. Despite the pandemic, Synrgy has managed to land a few gigs, including an hour-long acoustic solo set earlier this month at Seaport Village alongside likeminded reggae rockers Ocean Natives. Zach also occasionally performs and records solo, including an 18-track acoustic album called *Dream On*. He’s releasing a new solo single on April 9.



THE DREAMCOATS

Singer-guitarist-bassist Jeremiah Silva of Oh Spirit and Action Andy & the Hi-Tones is the talent behind the Dreamcoats, a new group “providing dreamy neo-retro sounds,” as the band says in their social taglines. Their debut single dropped at the end of last year, “Know Your Name,” a trippy Xanax-laced stream-of-consciousness hummer that rolls along on a cloud of paisley bong smoke. They have a couple more singles in the pipeline, including a track that

dropped earlier this month called “Chill With You” that wouldn’t sound out of place coming from PM Dawn or God Lives Underwater. It was released digitally and on vinyl, and their recent single for “Love Game” was also pressed on vinyl, albeit only one single copy. The one-of-a-kind pressing was awarded to a listener at the end of one of the group’s online giveaway contests to promote both tracks.

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.

THIS WEEK'S SHOWS

Online Internet Events:

Thursday, 5:30pm — A.J. Croce: A 30-Year Retrospective. \$30-\$75.
Thursday, 6pm — Aubrey Logan: The Standard Tour. \$17-\$99.
Thursday, 4pm — Baby Boys Live at the Mall of America.
Thursday & Friday, 6pm — Billy Strings Livestream. \$19.
Thursday, 1:30pm — Chris Barron: Thirsty Thursday Happy Hour. **Free**.
Friday, 7pm — Ian Sweet Livestream From The Lodge Room. \$13-\$15.
Friday, 2pm — Rufus-Retro-Wainwright-Spectiv Live. \$20-\$25.
Friday, 5pm — Stella Blue's Band: We Will Get By. **Free**.
Friday, 12pm — Wardruna: First Flight of the White Raven. \$33-\$71.
Saturday, 6pm — Alex Maas Levitation Sessions.
Saturday, 12pm — Band of Horses Live From Isle of Palms. \$19-\$79.
Saturday, 2pm — Obituary Studio Livestream Sessions.
Saturday, 5pm — Sponge Live From Las Vegas.
Saturday, 5pm — TAU Request Live. \$9.
Saturday, 7pm — The California Honeydrops: Live from Vilar Performing Arts Center. **Free**.
Saturday & Wednesday, 3pm — Travis Shallow: Shallow Chateau. **Free**.
Saturday, 4pm — Waxahatchee: Saint Cloud Anniversary Concert. \$15.
Saturday, 8pm — Wonho: We Need Love Live.
Sunday, 6pm — Anneke van Giersbergen Virtual Album Release.
Sunday, 5pm — Brandi Carlile Live From Ryman Auditorium.
Sunday, 6pm — Dwight Yoakam: One Time Live Series. \$20-\$165.
Sunday, 6pm — Madison Cunningham: Livestream of Consciousness.
Monday, 5pm — Della Mae Monday Night Hoedown. **Free**.
Monday, 5pm — Marble Eyes Mondays. **Free**.
Tuesday, 6pm — Gwen Stefani & Jazmine Sullivan. **Free**.
Tuesday, 6pm — Maroon 5 Livestream. \$26-\$327.
Tuesday, 4:30pm — Neighbor Live From Planet Silver. \$10.
Wednesday, 6pm — Charlie Puth Live. \$19-\$79.
Wednesday, 5pm — Lael Neale: Live from Relix Studio. **Free**.

Soda Bar:

Friday, 8pm — Satsang and Paul Izak. \$15.

CLASSICAL MUSIC

Melissa Evans Tierra: Compassion for a Modern World Local pianist Melissa Evans Tierra will perform virtual concert, Compassion for a Modern World. The online

IMMORTAL BEAUTY

BY GARRETT HARRIS

No second-guessing these second-bestings

A few weeks ago we did the best second-best symphonies. This week, we're going to do the best second-best operas. With certain composers, such as Verdi, determining the best opera is nigh unto impossible, but we'll do our best.

Here are my top five second-best operas ever written.

William Tell by Giacomo Rossini is the fifth greatest second-best opera. I think we can all agree that *The Barber of Seville* is the greatest of Rossini's operas if we combine artistic merit with popular appeal. *William Tell* is a completely different animal. It was the last opera written by Rossini, and it's a serious opera as opposed to his comedic successes. The overture has enjoyed a life of its own in popular culture, but the entire opera is a masterpiece.

Number four is *Tosca* by Giacomo Puccini. With Puccini, this is tricky because people tend to have a favorite Puccini opera as opposed to an opinion on which is the greatest Puccini opera. In my opinion, *Madama Butterfly* is his greatest opera and possibly the most beautiful three hours of music ever written.

Tosca is concise dramatically. It utilizes a love-triangle, but it's not your standard rom-com triangle of tepid individuals trying to find someone to grow old with. No, this is a triangle of the passions. Floria Tosca is a jealous scissor-wielding lover, Mario Caravadosi is a hot-headed, thinly veiled depiction of Caravaggio — the dueling, murdering Renaissance painter. Scarpia is a menacing sexual monster who enjoys rape and torture with his wine and cheese.

Puccini's score is as dramatic as his characters. Everyone except the most culturally obtuse loves *Tosca* from the very first notes of the opera.

La Traviata is our third entry. I argue for *Otello* being Verdi's greatest opera, but it just might be *La Traviata* if we consider it a *la Rossini's Barber of Seville* and combine both artistic and popularity in opera houses around the world.

As in *Tosca*, the story is shaped like a triangle, with Violetta the aging "female escort," Alfredo the ingenu, and Alfredo's father Germont. The character of The Duke is a toothless rival of Alfredo. The true third angle of the triangle is Germont, as it is his argument for Alfredo's future that leads Violetta to break with Alfredo.



Best of the second-bests: *Don Giovanni*

I'm going to call *Parsifal* Richard Wagner's second-best opera behind *Tristan and Isolde*. *The Ring Cycle* is in a category of its own. *Parsifal* is based on the duality of order and chaos, light and dark. This is a theme that runs throughout several Wagner operas such as *Tristan and Tannhäuser*.

In *Parsifal*, there is the realm of the Holy Grail and the realm of Klingsor, a dark sorcerer. The realm of The Grail has been infected by Klingsor's realm, and needs to be redeemed by an unwitting hero.

Parsifal is a hero who doesn't know that he is a hero. His naivete is his strength.

Mozart's *Don Giovanni* is clearly the greatest second-best opera. I prefer it to *The Marriage of Figaro*, but there is something of a consensus around *Figaro* as the greatest opera of all time by any composer. *Giovanni* is about a womanizing *chevalier* on the surface but scratch that surface and you get a seething critique of the abuses of power in the European caste system.

See more CLASSICAL MUSIC at SDReader.com/classical

UPCOMING SHOWS

concert will feature music exclusively by living composers. The program includes: 'Modetudes' by Dobrinka Tabakova, 'Two Impromptus' by Lowell Liebermann, 'Compassion' by Julia Wolfe, 'Hyperspace Sonata Mvt. 1' and 'Wistful Slumber' by Chetan Tierra. Saturday, March 27, 11am; **free**. melissaevanstiera.com/.

Rufus-Retro-Wainwright-Spectiv Livestream On the heels of his second Grammy Award nomination — Best Traditional Pop Vocal Album for *Unfollow The Rules* — singer-songwriter Rufus Wainwright announces Rufus-Retro-Wainwright-Spectiv! 2021 the virtual livestream tour through all nine of his studio albums. Friday, March 26, 2pm; \$20-\$25. rufuswainwright.veeps.com/.

Arrowood Golf Course:

Friday, Apr. 2 — Cowboy Jack. **Free**.

Balboa Theatre:

Thursday, Apr. 22 — A.I.M.: An Untitled Love. \$9-\$51.

Belly Up Tavern:

Thursday, Apr. 8 — Tennis and Molly Burch. \$20-\$35.
Friday, Apr. 16 — Robert Cray. \$42-\$74.
Sunday, Apr. 18 — Stephen Malkmus.

Brick by Brick:

Tuesday, Apr. 6 — Swallow the Sun and Infected Rain.

California Center for the Arts, Escondido:

Friday, Apr. 30 — Monster Energy Outbreak Tour.
Saturday, May 1 — Monster Energy Outbreak Tour.

Casino Inn Bar and Grill:

Saturday, Apr. 10 — The 8 East Band. **Free**.

El Cajon Harley-Davidson:

Saturday, May 1 — West of 5. **Free**.

House of Blues:

Monday, Apr. 12 — JoJo.
Thursday, Apr. 29 — Ministry and KMFDM.

Loft:

Thursday, Apr. 15 — Sean Jones' Dizzy Spellz. \$9-\$39.

Online Internet Events:

Thursday, Apr. 1 — U2: The Virtual Road.

Friday, Apr. 2 — Soft Kill Live From Crystal Ballroom.
Friday, Apr. 2 — Kei Akagi Livestream. **Free**.
Saturday, Apr. 3 — Obituary Studio Livestream Sessions.

UCSD Price Center:

Friday, Apr. 16 — San Salvador. \$9-\$28.



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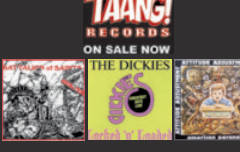
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Garner-ing approval

With *Yes Day*, the team that brought you *Alexander and the Terrible, Horrible, No Good, Very Bad Day* once again proves that when it comes to entertaining families (and single guys in their sixties), director Miguel Arteta and producer/star Jennifer Garner can't say no.

Are you a "Yes" or a "No!" person? For parents, "No!" is part of the job. To a child, earning a "Yes"

frequently means pitting parent against parent — telling Dad that Mom gave her approval even after he issued a thumbs down. Parents too can play the game, as in Dad pretending to be the good guy by issuing a "Yes," knowing full well that Mom will assert final veto power. Mr. Deacon (Nat Faxon), a guidance counselor who, thanks to budget cuts, doubles as gym teacher and football coach, is a distant cousin of credibly bumbling insurance salesman Tim Lippe in Arteta's bountifully stocked comedy *Cedar Rapids*. Deacon, whose naiveté extends far beyond the playing field, introduces Allison and Carlos Torres (Garner and Edgar Ramírez) to the concept of a 24-hour period in which parents agree to every one of their children's wishes. Rules do apply: Yes Days must be earned — helping around the house, improving grades, etc. — and children who request violent acts or ask for anything in the future (i.e. getting a dog) need not apply. But windows-down car washes are definitely doable. And what kid doesn't dream of a giant ice cream concoction that's free if they can devour it in less than 30 minutes? (Vomiting voids the win.) Dad is quick to catch on. After all, "The Future of Fun" is the slogan behind the technology company that issues his paycheck. But getting Mom on board may still take some doing, particularly after the youngest son uses the technology Dad affords to make a video that paints Mom in a somewhat psychotic light. Why bother with prefabricated Disney princesses when families can revel in watching Allison's transition from fun-killer to coolest mom on the block?

I've come a long way in my appreciation of Jennifer Garner. It took some doing to wash the stench of *Pearl Harbor*, *Daredevil*, and *Elektra* out of my nostrils, but starting with *Ghosts of Girlfriends Past*, I began to detect an unmistakable flair for comedy, light and otherwise. But it was *Butter* — a film in which both the underground yellow and *Schindler's List* are recast in rillow churned fat globules — that cemented my newfound love for her comedic daring. If her presence

in trash like *Peppermint* or formulaic romcoms with the word "Day" in their titles help to finance films like *Butter* and *Yes Day*, then her recycling efforts were put to good use.

The film is a bit of a comedown from *Alexander and the Terrible, Horrible, No Good, Very Bad Day*, building on a series of "bigger is better" events rather than moments of personal discovery. And the supporting cast could have used more off-the-wall charmers like Deacon. But don't let these minor gripes deter you. The three offspring are sufficiently precocious to engage Allison and Carlos, but not cloying enough to turn viewers off. It was also the first time in ages that I got off watching adults dressed (at their children's behest) as superheroes. And rather than the explosion-in-a-paint-factory approach generally found in most pre-teen fantasy films, Arteta's color palette is thoughtfully applied. All this and you get to enjoy Deacon getting the Sonny Corleone treatment with water balloons. 2021. ★★★

—Scott Marks

Video on Demand New Release Roundup

Happily — Oh, the perils of conformity. Tom (Joel McHale) and Janet (Kerry Bishé) have been happily married for fourteen years. Disgustingly so: the PDA-afflicted twosome can't keep their hands off each other. At a friend's annual cocktail party, the couple arrives separately and winds up having sex in the bathroom. It's getting on their friend's nerves, so much so that Tom and Janet are disinvited from an upcoming couple's retreat, their security deposits returned. Or is it an elaborate prank? A guy named Goodman (Stephen Root), dressed in his finest *Men In Black* threads and purporting to be a government agent, shows up at their front door to inform the couple their contentedness is based on a chemical imbalance, and that a quick shot from one of the two syringes he's packing contains the cure for what ails their bliss. Unwilling to allow someone to shatter their happiness, Janet does just that by beating Goodman to death with a handy piece of household decor. With their invitation reinstated and a solid premise set in place, first-time writer-director Ben David Grabinski decorates his darkly humorous tree with one gravity-defying ornament too many, starting with a bit of forced surrealism in the form of Janet's recurring dream involving nine red chairs. But stowing the needles under the bed as if they were giant sea pods was a brilliant touch. And there comes a point in every horror film where the characters suddenly awaken



Yes Day: Edgar Ramirez, Jennifer Garner and the gang make it impossible to say "no."

to what's going on, generally only to restage the action on another part of the set. Not this band of self-serving reprobates! Watch for a mass exodus the moment they catch on. From this point forward, the film took a turn for the purse, hopping the formula train to breezy box office thrills. A film without direction is like couple's therapy without a shrink, which is exactly where this one ends. 2021. — S.M. ★★

Land — A cautionary fable for those whose dream it is to escape the horrors of reality by ditching car and cell phone and swapping out big-city turmoil for a calming, less complicated existence in a remote Wyoming cabin. That's precisely the direction Edee's (Robin Wright, making her feature directorial debut) existential crisis takes after her husband and son fall victim to a random act of violence. Like the locomotive engineer who one day shows up to work expected to know how to pilot a plane, our self-exiled city dweller couldn't have anticipated what she was in for. (It's one thing to shit bare in the woods, and something wholly other to spy an angry bear through the outhouse slats.) It's stunning to look at: there's not a bad angle to be had from Edee's mountaintop perch as cinematographer Bobby Bukowski comes through with one "face of God" shot after another. But I take umbrage with occasional drone shots that tend to suck the reality out of the moment by making the uneasy shift from Ansel Adamsish splendor to perspective-flattening panoramic realism. The absence of smoke billowing from her chimney one cold winter day gives hiking humanitarians Miguel (Demian Bichir) and Alawa (Sarah Dawn Pledge) cause to pay a wellness call. Had they not, Edee might have been left for dead. I know what you're thinking: Miguel's frequent return trips will result in unnecessary romance. Blessedly, that's not the case. Nor is this a case of "damsel in distress seeks male salva-

tion." Were that the point, she'd have never left home in the first place. He teaches her how to hunt and trap, and before long, her survival instincts lose their training wheels. Edee comes to care for Miguel, and what she learns from their friendship is

the only force strong enough to get her off the mountain. At least temporarily. Wright knows the wrong choices that would have diluted the drama with sentiment, and she avoids every one of them. 2021. — S.M. ★★★

MOVIES@HOME

Almost 60 years after my babysitter let me stay up to watch it, I finally paid a return visit to the seedy underbelly of life on Chicago's skid row depicted in *Let No Man Write My Epitaph*. There is much more online, but let's lead with a hilarious anecdote to entice.

— Scott Marks



Let No Man Write My Epitaph: Shelley Winters, James Darren, and Burl Ives burrow through the muck and mire so you don't have to.

LET NO MAN WRITE MY EPITAPH (1960)

This production resulted in one of the biggest embarrassments of Shelley Winters' career. Her second film after winning a supporting actress Oscar for *The Diary of Anne Frank* proved to be a masterstroke of miscasting. At this point in her career, the actress was well-versed

at playing both mother and whore. When the time came to play a junkie, Winters didn't take the time needed to do her homework. She stars as an on-the-skids "B" Girl and mother of one with a monkey on her back. Winters knew how to cook the heroin in a spoon, it was getting it into the syringe that left her ad-libbing. Rather

than draw the liquid through the needle, Winters proceeded to pour it from the spoon through the opposite end of the tube. According to her autobiography (by way of TCM), director Philip Leacock called

"CUT!" before stepping down from the camera crane and asking, "Miss Method Actress, you did the research for this role about heroin addiction?" "Of course, Mr. Leacock"... He put the needle into the phony melted heroin and sucked up the fluid through the needle. All I could think of to say was, "Well, maybe addicts in New York do it differently."

Find more Movies@Home reviews at SDReader.com/movies-at-home

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PERSONALS

CAMPO INDIAN RESERVATION the community still feels the loss of an elder who passed last year Uncle Pete Pablo he was truly a great man.

ELISA LANDSMAN of San Carlos, hope you have a good Pesach. Bruce & Brian

GOD'S LOVE (CON'T) For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. CMR

HI BECCA from Ernie. Remember Encinitas

IF YOU ARE VISITING VIEJAS CASINO and your drink server is a Filipino girl named Mel. Wish her a great day. From David thank you.

PLEASE LORD I PRAY that our mom is with you and doing great, love you mama Judy, Kelly & Sarah.

READILY AND GLADLY GIVE and graciously accept, nothing less than anyone should naturally expect, merely common courtesy and only due respect. DEJ

KYLE YOU WERE THE BEST ROOMIE I have had an absolute blast living in San Diego with you and I wish I could stay. But life is calling. Hold down the fort. I'll be back soon. Love, your buddy Phil.

THE SON OF CARMELITA K DAUGHERTY please reach out to your mom, she is at 415 South siena at a nursing facility. (858) 282-4370

LOOKING FOR MY HUSBAND, WILL HOOVER AKA Isreal Dyson. An upright person. Please don't be so hard on yourself: that's my job. Breezy

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WHEN YOU SAY NOTHING it's louder than you think!

PATTI D believe in long shots? When did you graduate? From what high school? A Tommy M.

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NOTICES

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UFO DISCUSSIONS Before Covid we used to meet in person to discuss one of the greatest mysteries of the world. Now that we meet online we decided to create the YouTube channel where we feature our recorded Zoom meetings. https://www.meetup.com/Vancouver-UFO/

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STUCK AT HOME? LEARN SPANISH! We believe that in order to speak a language, you must actually SPEAK the language. Join our community today for SPANISH conversation immersion classes in a fun, relaxed, non-intimidating environment in the heart of North Park and ONLINE (right now, only online). Learn from a caring native speaker. Make friends and have fun! PuraBuenaOnda.com. (619) 916-8339. ImmerseYourself@PuraBuenaOnda.com

YOGA WITH SHAWNNA Donation-Based Outdoor (Covid Safe) Yoga, Sound Healing + Meditation Classes Donation Based Online Yoga + Meditation Classes. Online Yoga Teacher Trainings. Reiki Trainings. Breathwork Trainings. Essential Oils, Sound Healing Instruments + Crystals. \$25 Reiki Sessions. Learn more: YogaWithShawna.com

TAI CHI AND QI GONG CLASSES, Meditation In Movement. First class is free. Classes are outside and at a safe social distance. Taoist Sanctuary of San Diego, (619) 692-1155 or www.taoistsanctuary.org.

PLAY PIANO the way you want to! Pop, classical, jazz, blues, improvise. FREE lesson/interview. Over 40 years' experience teaching and performing. E-mail: Lee@LeeGalloway.com or call:

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ROOMMATES

LOOKING FOR ROOM TO RENT 66 year old man, polite, quiet, clean. Cooks, cleans after himself. Slightly crippled. I just have a walker and I only have to use it to go outside when I'm walking long distances. I'm looking for a home, not one of the independent living houses but somebody with an extra room and I'm willing to pay up to \$700 a month and help with utilities. My number is (619) 745-7421 if you could call me I'd appreciate it.

MALE/FEMALE SHARE HOME EL CAJON Male, senior, veteran, 60+ only. RV Park, fully furnished. 8 x 12 foot room. \$300 a month. Park available. Leave name and number (619) 627-6890.

SEEKING ROOM Single woman looking to rent a room in Vista, Oceanside or Carlsbad for under \$600. Call Lynn at (442) 224-4875



\$557 FURN BDRM-SHARE SD HOUSE 3 men (45->71yr) seek adult male: Utilities included+WIFI. Sec deposit required. Close 2 bus, street parking. No smoke/vape. Share house: kitchen+bath+shower+washer+dryer. Quality: Need job-show pay stubs. More details? Text or Send Email. (858) 367-9736 / AcaciaStHouseSD@pm.me

ROOM FOR RENT Room for rent in a 4 bedroom house. Room has a private full bathroom. Internet and utilities included. Single woman preferred. Balboa ave and Genesee. No pets and No Smoking in the house. Credit check required (858) 349-5993 / berta52u@yahoo.com

HOME SWEET HOME Furnished bedroom near downtown with large walk in closet. \$700 per month. Won't last, call (619) 727-0753

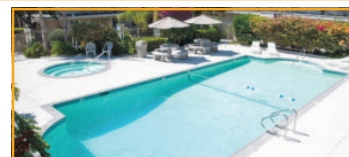
LOOKING FOR A ROOMMATE to rent a two bedroom apartment with me, or a room in someone's home. (619) 980-4331

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(858) 799-0219



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ROOM FOR RENT Call (619) 869-5814 ask for Kim.

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CHULA VISTA, \$700. One room for rent in condo, shared living room and kitchen. Male preferred. No pets. Deposit \$300. Available now, any questions call (619) 869-5814.

ROOM WANTED \$500-\$700 with bathroom preferred. Chula Vista, National City, Downtown area near trolley. 11 years same employer. 100% solid references, no drugs, no smoking. Calls preferred, call Joe (619) 408-9317.

MIDTOWN \$550 Separate living room/kitchen space. 200square ft, clean, cable, 420 friendly. No drugs, alcohol, tobacco, drama. First/last. Senior/disabled/retired/ text (619) 457-8516.

OTAY RANCH, \$1,100 Room for rent, furnished, AC, tv, internet, amenities, utilities included, non smoker, no drugs, no pets. \$1,100/month, \$300 deposit. Carlos (858) 999-7980.

ROOM WANTED 62 yr. old young single no family, Virgo, healthy, never married, non-smoker, non-drinker, clean SoCal native low income male, high school/college graduate. Seeking any somber tiny room please in house Solana Beach, Cardiff, Leucadia, Encinitas, Carlsbad, San Clemente. Dale Hauskins (858) 401-2973

RENTALS

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Management, Broker. www.delsolpm.com. 858-270-2071

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PACIFIC BEACH, \$2450. 2BD+2BA; remodeled upstairs front remodeled unit; stove, refrigerator, dishwasher, microwave; vinyl plank flooring; coin laundry; private balcony; one car garage with opener and parking space behind it; shared courtyard; 5 blocks to beach; available now; 1180 Grand Ave. Del Sol Property Management, Broker. www.delsolpm.com. 858-270-2071

BANKERS HILL, \$1195. STUDIO+1BA. Downstairs unit. Stove, refrigerator, hardwood floors, laundry room. No pets (service animals not considered). Near Balboa Park. 2254 5th Avenue #4. Add Realty, (619) 232-6811.

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NORTH PARK, \$1895. 2BD+2BA upstairs apartment. Stove, refrigerator, microwave, dishwasher, plank flooring, washer/dryer, A/C, parking space, balcony, fireplace. No pets. (Service animals are not considered pets.) 3751 31st Street #4. Add Realty, (619) 232-6811.

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MUSIC

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Most cars



\$34⁹⁵

ALIGNMENT

4 wheel, toe adjustment only, most cars.

\$39

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Call for price.

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\$29

Most cars, freon extra

12,000 mile,
1 year
warranty

1616 Precision Park Lane, San Diego, 92173 • (619) 430-4369

Just off the 905 freeway • Se habla español
Must present ad prior to service. Expires 4-26-21



LOOKING FOR SECRETARY TYPE in exchange for housing and utilities free. Please call me (619) 479-4212.

NEED A MATURE LADY IHSS caregiver for a middle age woman in Mission Valley. Must have a car and references. 9am-1pm, 26 hours per week, 105 hours per month. Cooking, cleaning, errands, need ASAP. Call for interview and details (619) 269-3434.

CAREGIVER/COMPANION WANTED Dependable, experienced, for 24 hour shifts. \$120 cash paid at end of shifts. No alcohol, hangovers, smoking, drugs, pets, children. mysandiegocar@yahoo.com

REGISTERED IHSS CAREGIVER NEEDED for senior woman with bird. Five days a week, five hours a day, flexible. Must have references and a car. Please call (619) 488-0822 for an interview, no texting.

STOP COCAINE Would you like to call it quits? Maybe we can help.... You may be eligible to participate in our confidential 18-week research trial. This confidential study involves: bi-weekly visits to our medical office, taking a study medication, meeting with a counselor. Qualified participants will be: 18-65 years old and have a desire to seek treatment for your cocaine use. Qualified participants will be compensated. Pacific Treatment and Research Center, (858) 246-4673. www.pac-tarc.org.

CAREGIVER (EAST COUNTY). Active Quadriplegic male seeking PT caregiver in East County area (Santee/Lakeside La Mesa/El Cajon). Must have reliable transportation and be dependable, energetic, enthusiastic, compassionate. Experience preferred but will train right person. Must pass fingerprint and background check. Duties include: personal care, transferring, dressing, bathing, grooming, cooking, cleaning, shopping. Please send resume or brief description of why you are an excellent candidate to agarcaj14@sbcglobal.net or leave message at (619) 596-9343.

CERTIFIED NURSING ASSISTANT (CNA) Bella Vista

Health Center is hiring for full and part time positions. New higher pay scale. Experienced CNA's and new grads welcome. Bella Vista is a Covid-free facility. Go to <https://bit.ly/2KoMgzP> to apply or more info. Also can apply in person at Bella Vista Health Center, 7922 Palm Street Lemon Grove 91945. Bellavistahealth.com

LICENSED VOCATIONAL NURSE (LVN) Bella Vista Health Center is hiring for full-time positions. New higher pay scale. Experienced LVNS and new grads welcome. Bella Vista is a Covid-free facility. Go to <https://bit.ly/2KoMgzP> to apply or more info. Also can apply in person at Bella Vista Health Center, 7922 Palm Street Lemon Grove 91945. Bellavistahealth.com

REGISTERED NURSE (RN) Bella Vista Health Center is hiring for full-time positions. New higher pay scale. Experienced RN's and new grads welcome. Bella Vista is a Covid-free facility. Go to <https://bit.ly/2KoMgzP> to apply or more info. Also can apply in person at Bella Vista Health Center, 7922 Palm Street Lemon Grove 91945. Bellavistahealth.com

HANDYMAN WANTED Dependable, able-bodied energetic, experienced north city worker wanted for home repairs and cleanup. \$8 per hour cash paid daily. mysandiegocar@yahoo.com

HAVE A SPARE BEDROOM? Earn a competitive stipend caring for an adult with a developmental disability in your home. www.MentorsWanted.com. (858) 694-0120.

JOBS WANTED

HELP! Hi, unemployed massage therapist here, running out of unemployment. Looking for p/t or f/t employment. Cashiering, bussing, prep-cook/dishwasher, please almost anything would be greatly appreciated. No delivery jobs or telemarketing. (805) 843-2515 / gnf92565@gmail.com

GARDENING Hi, I am doing light gardening work, trimming, mowing, raking, etc. Must have own equipment. No set rate, make me an offer. 3 hr. max per day. Text or call. Thank

you, Kevin (805) 843-2515 / gnf92565@gmail.com



NEED A CARICATURIST? Need a caricaturist for your party? You can request a quote online @ www.zonereality.com. (714) 357-4400.

MY NAME IS RACHEL and I am looking for work. (619) 705-3657

DO YOU NEED A CAREGIVER? In home companion -aide: for details call Lisa 1-(619) 246-8219 prefer La Mesa area or Allied gardens.

GERIATRIC SOCIAL WORKER will shop for groceries, prepare meals, light housekeeping, drive to doctors/hospital appointments, companionship. Call Carol @ (858) 525-1154.

FULL-TIME JOB High school/college graduate Southern Californian with reliable transportation. Seeking steady full-time employment in Mira Mesa, La Jolla, North County. Dale Hauskins (858) 401-2973

WANTED / TRADE

TRADE ONE TANK STYLE ELECTOLUX VAC from 50s needs minor repair. For electric weed eater nothing fancy as long it works. Please text (619) 631-9258.

WANTED FREE ELECTRIC WEED EATER shape not picky as long as it works. Would need delivered. Text (619) 631-9258.

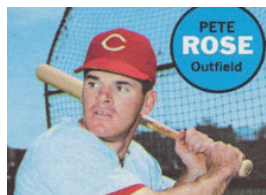


VINTAGE ENIGMA MACHINES I buy and collect vintage Enigma coding machines. Must be in reasonable working condition. Original instruction manuals are a big plus. Rocky

iTreasureSanDiego.Com Rocky@ iTreasureSanDiego.Com

LOOKING FOR OLD TUBE STEREO'S I am an Electronics Hobbyist, and I am looking for 1960's vintage, Tube Type Stereo Components to refurbish, such as Fisher, Scott, Marantz, Dynaco & more. Maybe, it is stashed away in the attic or garage. I pay cash, so please call Jack 619-296-3100 (619) 296-3100 / jack22@cox.net

BUYING GARBAGE PAIL KIDS CARDS Looking to buy vintage 1985-1986 Garbage Pail Kids sticker cards and associated items. Primarily looking for stickers with numbers 1-83, both a & b. Other older sets and full boxes. Cash paid. Thanks (832) 651-8302 / ashscot@aol.com



BUYING OLD BASEBALL AND OTHER SPORTS CARDS Looking to buy your old pre 1980 baseball cards (football, basketball, hockey, all sports and non sports too). Also more recent value cards in all sports. Garbage Pail, comic books, autographed items. All sports collectibles. What do you have? San Di (832) 651-8302 / ashscot@aol.com



CASH FOR YOUR HAM RADIOS We pay top dollar for large collections of ham radio gear including all types of radios, transmitters, linear amplifiers, tubes, telegraph keys, bugs, microphones, speakers, vacuum tubes, transceivers, receivers, hardware, accessories, etc. (949) 302-5150

SEEN AT BARONA Pow Wow 3 or 4 yrs ago. Vendor selling T-shirts w/"Mexican-not Hispanic" & additionally: "Not Latino" plus more words. Vendor or sellerowner of product - Name a price. Contact Jaime at (619) 443-8915.

I WILL TRADE MY 2004 HYUNDAI SANTA FE 138,000 miles for a three-wheel trike in the same excellent condition that I have. Has to have new papers, new license, everything perfect. Leave message, send pictures (760) 420-3641.

WANTED TO BUY by private party, classic muscle car or hot rod. (619) 990-4594

IN DESPERATE NEED OF older Chevy, Ford, or Dodge van, 1993-2005, very limited budget. Leon (858) 353-9489, no texting.

I BUY OLD 1980S-1990S TOYS I buy 1980s-1990s toy collections. Email me photos of your toy collection for a fast quote. the1pjohn@yahoo.com

WE BUY ENFAMIL BABY FORMULA Buying each of the following at about \$10 per can of the 12 oz cans: Infant, Gentlease, AR, Prosobee, Reguline. (714) 622-0515.

BUYING OLD CAR BATTERIES Please give us a call at (619) 484-0767. Hablamos español or come visit us at Alpha battery. We are located 929 B South 29th Street San Diego California 92113 right off the freeway next to Jack In The Box. Thank you for your time.

BUYING/SELLING BABY ITEMS www.mnkpbaby.com (619) 333-6653. 1123 Highland Ave. National City (Across from Walmart, next to Panda side entrance). Hours: Mon-Sat 10am-6pm & Sun 12pm-5pm.

OLD DRUM SETS and cymbals. Call (619) 280-2075

WANTED AIR CONDITIONER I want to buy a used window (room) air conditioner which is in good working order (619) 379-9151 mysandiegocar@yahoo.com

WANTED OLD STEREO EQUIPMENT Working or not Ok. Amplifier, receiver, tuner, turntable, speaker, microphone, preamp, or Call or text (619) 279-7833

WANTED OLD VW BUG/BUS Clean out your yard and garage. I buy parts too. Cell/text# (619) 279-7833

WANTED FREE BOWLING BALL not wanting for bowling so if scuffed that is fine. Need delivered text (619) 631-9258.

WANT ANY LEADS for a mustang 64 to 70. No parts, car or fully restored but do want straight body and frame please text (619) 631-9258.

454 MOTOR WANTED I need a good, used, running 454 motor for a Chevy pickup truck at a fair price (619) 586-0131.

I BUY OLDER STEREO GEAR Pioneer, Sansui, Klipsch, JBL, Fisher, Yamaha, Dynaco, McIntosh, Tannoy. What do you have? Call or text pictures, (619) 279-7833.

WE WANT TO BUY YOUR OLD baseball, football, basketball or hockey cards and memorabilia for cash now. Call or text us at (315) 760-6806.

I BUY ROLEX WATCHES (619) 280-2075

I BUY BOSE STEREO SPEAKERS (619) 279-7833.

WANT FREE RUNNING MOPED looking for quick trip to store, so does not need to be perfect. As long it runs. Would prefer one that has permanent plate, so do not have to license. Nothing fancy. Need delivered. Text (619) 631-9258

I BUY GOLD AND SILVER (619) 280-2075

FISHING TACKLE wanted to buy. Top dollar paid for old, new, used fishing tackle. (619) 916-8307

I BUY BAND INSTRUMENTS working or not, ok. (619) 280-2075

SEEKING BUYER FOR STOVE Wanted, need to find buyer for florence gas stove, sold in early 50's. Text (619) 631-9258

I BUY USED GOLF CLUBS (619) 806-6703.

WANTED TO BUY A RUNNING TRUCK under \$400. Datsun 63 to 70, Chevy Luv, pre 75 Toyota, pre 75 GMC truck. Please text (619) 631-9258.

I BUY VINYL RECORDS All types of music, great prices paid. Call (619) 250-3088.

CASH FOR WALT DISNEY AUTOGRAPHS, items, paper, original animation art, old Disneyland items, any type comics all before 1970. No Prints or videos. (619) 890-1390.

FISHING TACKLE Collector wants for his personal collection wooden lures, reels, & misc. by Heddon Creek Chub, Pflueger, South Bend, Shakespeare to name just a few. Call or text pictures to: (619) 972-3488.

ROCK & ROLL WANTED I buy 1950s-1980s concert posters, flyers, handbills, used-unsold tickets, programs. Pls call (619) 522-0283. Private party.

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: SPEAKERS, AMPS and other old stereo gear! The most cash paid always! Brands like JBL, Altec, McIntosh,

AUTOMOTIVE

SPRING SMOG CHECK SPECIAL

AC TOP UP SPECIAL \$49
Includes 12oz R134 Freon, check system and test for leaks.

\$2175*

+ \$8.25 cert

Smog Test or STAR Certified All Cars 2000 and Up Same Price. Good through May 31, 2021.

SMOG CHECK | TEST ONLY \$41⁷⁵

+ \$8.25 cert. Most vehicles. Trucks, vans & European cars extra. Must bring DMV renewal notice Limited time offer. Cars 1999 and older

<p>OIL CHANGE & OIL FILTER</p> <p>from \$24⁹⁵</p> <p style="font-size: x-small;">Up to 5 qts. oil. Most vehicles to 1995. Limited time offer.</p>	<p>FREE BRAKE INSPECTION & ESTIMATE (both locations)</p>	<p>ENGINE STEAM CLEAN</p> <p>\$69⁹⁵</p> <p style="font-size: x-small;">Most vehicles. With ad. Limited time offer.</p>	<p>30,000-MILE SERVICE SPECIAL</p> <p>from \$179⁹⁵ 4-cyl. Most vehicles.</p> <p style="font-size: x-small;">Service includes: • Maintenance tune-up Oil and filter change • Lube chassis Radiator coolant change Air filter replacement • Fuel injection cleaning Check brakes, suspension</p>
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NEW CV AXLE from **\$159⁹⁵**

Parts & Labor

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\$50 off quoted price

Recommended at 60K miles. Most vehicles. Limited time offer.

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\$149⁹⁵ WINDSHIELD REPLACEMENT

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Professional singing lessons
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selling: Tool Chest Top/Bottom,
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what's up for grabs: like a new
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Everything must go.
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Thurs 9-2. Fri 9-1. Sat 9-1. Please
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"Savacool and Sons" collectibles
auction going on now. For details
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VINTAGE RUMMAGE SALE
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rummage sale. (760) 746-6669.

MOVING SALE household
items, stylish women's clothing,
London Fog jacket in good
condition, leather handbags,
purses, a lot of shoes and
hats, silver and gold jewelry.
Call for an appointment to view
(619) 488-0822 in Mission Valley.

ESCONDIDO ESTATE
Liquidation of estate, everything
must go asap. It's at the Lomas
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Rancho Pkwy. (512) 507-0574.

**EVERYTHING GOES IN
ESCONDIDO** Estate sale.
Everything goes. (442) 232-0231.

FOR SALE

1987 VACATIONER 24 ft 5th
wheel travel trailer, 2022 tags,
nice interior, 15 ft awning. \$1,500
obo, Gina (760) 789-1414.

CASSETTE TAPES recordable
cassette tapes ten cents each.
contact Paul (619) 222-0278

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hotplate \$20. contact Paul
(619) 222-0278

FLATSCREEN TVS that need
repair, various sizes, no remotes.
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KIDS MOTORIZED 4X4 JEEP
Red, seats 2, 12v battery with
charger. Kept in storage, great
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Cash only, \$150 Obo 619-
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MPG \$500 each I have 2 for sale
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marginata all for sale at Lalo Of
Vista Energizes! (760) 945-7892
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PORTABLE CD PLAYER
portable cd player \$20, contact
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SANTA SUIT complete
santa suit \$20. contact Paul
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**SCHULTZFORM SLOTFORMER
SF12** For cabinet Makers,
used to bend laminates for
countertops, purchased new
for \$5,000., it was only used
one time, selling for \$2,900.,
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MOUNT** Universal mount holds
10 large solar panels, used
for charging electric vehicle
batteries or if roof isn't suitable
for panels, excellent, \$2,600.,
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COMBO** Stun gun flashlight
combo bodyguard protection
bright strobe light included
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movies TV shows series pay-per-
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no ugly satellite on your roof no
cable bills nothing blocked \$300
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wide 5-drawer dresser chest By
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Roller glide drawers. Condition
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NAILERS** Pneumatic 1 finish
nailer 16 gauge, 1 Brad nailer 16
gauge, lightly used, great shape
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We have tables and chairs to eat
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have new metal detectors with high
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long, whitewashed oak. Could
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2-12"x12"x11.3' for \$600, and
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90" long, 38" deep. Neutral beige
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Removable, refillable cushions.
Has seen very little use.
Excellent condition. \$175. Local
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235/50/18 w/free mount and
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TOSTADAS** Tostada de ceviche,
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avocado, tomato, onion and
jalapeños aside) 3 mini gorditas
of pressed chicharron, 4 mini
quesabirrias, 2 Consomes and 2
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155/80/13 great condition tires
and spoke rims set with adaptors
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Stuffed with polyfill and cedar
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necks, large \$2. Descentes
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Additional \$5 cartridge fee.
Plus tax, haz waste & engine cover
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4 cyl. prices slightly higher on 6 & 8 cyl.

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Sedan only, NON STAR Smog
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BRAKES From
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*Plus Labor. Prices may vary
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*Prices may vary depending
on make and model.

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*Prices may vary depending
on make and model.

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*Prices may vary depending
on make and model.

STARTERS, RADIATORS, \$95
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Plus labor. most cars. 4 cyl.

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We'll beat any written estimate!
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Now offering
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Aerobics and Hip Hop ABS and
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up to 17 inch laptop. Lightweight,
portable, large wrist surface,
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is oval new no faucet \$10. Other
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\$25 each, also have ballet
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Only for pickup services at 608
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includes beans. All week we're

open with different specials in
addition to our new express
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Vista 91911 (619) 271-3000

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the following items: a couple of
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suitcase fancy candle holder folding
laundry basket. All these items
you must buy for 40.00 obo any
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ask for james at (619) 450-7914 /
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PLANTS Large variety of
outdoor potted plants, trees,
clothing, shoes, lamps, electrical
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Must see. 3 plants for \$20.
Individual plants \$8 to \$50.
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STOOL** Vintage antique white
art deco vanity with stool —
\$299. (619) 644-3003.

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We sell new canopies with side
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CENTER CHANNEL \$200 \$200
— This is a very nice sounding
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speaker. No grill included and
there are a couple scratches on
the bottom of the cabinet
that nobody will see. This was
originally a \$900 speaker!
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Most cars, Vans, trucks,
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\$10 extra. 2000 & up.

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Front or rear.
Most cars.
FREE Shuttle Service
w/ repair

\$50
+ Labor

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Up to 5 qts., new filter,
10 point checkout.

\$13.95
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Waste Fee.

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Starting price,
Labor + Parts.

\$75

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Most vehicles & light trucks.
Service engine soon light, check engine light, hesitation, hard
starting, running rough, poor gas mileage, dead battery...

\$30

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Includes Parts &
Labor

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+ Labor

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Monroe or KYB+ Labor

\$70
per pair

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Monroe or KYB + Labor

from
\$130
per pair

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\$95
+ Labor

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+ Labor

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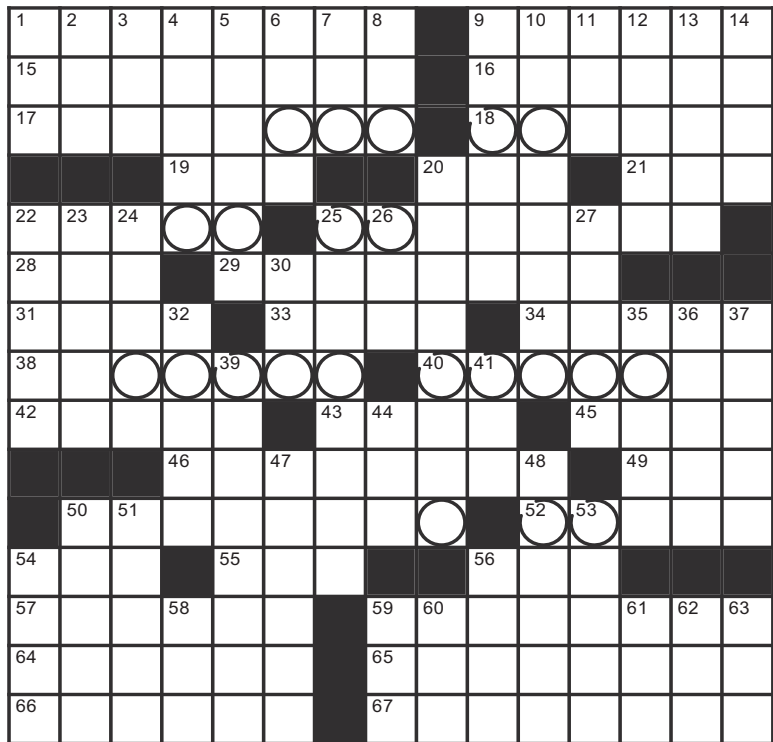
6670 Miramar Rd. # C, San Diego, CA 92121-2559



858-452-9999



CROSSWORD



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Across

1. Like the word "Supercalifragilisticexpialidocious"
9. Wild things
15. Olympics event since 1936
16. Jamaican stew ingredient
17. Thai chili sauce
18. End a lawsuit, say
19. "If _____ doesn't make us better, then what on earth is it for?": Alice Walker
20. End of many URLs
21. "The Hurt Locker" danger, for short
22. Noted family of German composers
25. Riboflavin's group
28. Talk Like a Pirate Day word
29. A ring bearer may go down it
31. Western town that inspired Georgia O'Keeffe
33. "_____ unrelated note..."
34. Do some improv
38. "The Time Machine" author
40. Almost kaput
42. Ominous note from a teacher
43. Like Wookiees
45. Finishes
46. "Be With You" singer Enrique
49. "Skedaddle!"
50. Speaks like Daffy Duck
52. "March Madness" games, informally
54. Cosmo, e.g.
55. "Dancing With the Stars"

judge Goodman

56. Narc's org.
57. Citrus-flavored soda, on its labels
59. Earned a load of money ... or filled in each line of circles in the grid
64. Like some pizza
65. Luis who was the first Venezuelan inducted into the National Baseball Hall of Fame
66. Tin star wearers
67. Geode's insides

Down

1. Rap battle VIPs
2. Regatta implement
3. Prefix with cycle
4. Bar mitzvah recital
5. San Francisco Chronicle's owner
6. Book store sect.
7. Granite State sch.
8. Airport NNW of JFK
9. Chests
10. Archetype
11. One arguing in court: Abbr.
12. "Gymnopédies" composer Erik
13. Bathroom cleaning brand
14. Vehicle that travels in only one direction
20. 50-50 chance
22. They're drawn in a tub
23. Flew into _____ (got really mad)

24. "Gladiator" star
25. Economist who shared a Daytime Emmy with Jimmy Kimmel in 1999
26. Major talent grp. representing athletes and entertainers
27. Mountaineer's resting spot
30. Dec. 25 or Jan. 1
32. Tournament rounds
35. Feature of Canaan, but not Canada
36. "The Best Exotic Marigold Hotel" locale
37. Outdoes
39. Contract terms, at times
41. #1 of 50, alphabetically: Abbr.
44. Numbskull
47. "Inside _____ Davis" (Coen brothers film)
48. Villainous expressions
50. _____ yoga
51. Politico who called the press "nattering nabobs of negativism"
53. Go by taxi, in slang
54. 2150, to Claudius
56. AOC, e.g.
59. PC alternative
60. National Poetry Mo.
61. Fed. law known as Obamacare
62. Zero
63. Laila Ali's 21, in brief

SOLUTION TO LAST WEEK'S PUZZLE:

S	H	A	Q	A	P	E	T	K	A	M	A			
P	E	R	U	B	L	T	S	A	N	A	P			
A	R	R	O	W	B	A	C	K	C	H	A	I	R	
A	L	W	A	Y	S	B	E	C	L	O	S	I	N	G
D	I	E	S	M	H	E	S	O						
S	P	I	T	A	T	P	A	L	E	D				
A	R	M	Y	B	O	O	T	C	A	M	P	S		
B	F	F	I	N	S	T	R	D	U	V	A	L	L	
B	F	F	I	I	I						R	O	E	
A	L	L	B	U	T	C	O	N	F	I	R	M	E	D
D	A	Y	O	N	E	T	A	C	O					
N	O	W	I	K	N	O	W	M	Y	A	B	C	S	
G	U	L	F	E	W	O	K	D	R	O	Z			
E	T	S	Y	E	L	S	E	S	A	G	A			

RULES OF THE GAME

- 1) Submit your completed puzzle to the *Reader* each week for our ongoing contest. 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.
 - 3) Entries must be faxed to **619-231-0489** or mailed to *Reader* Puzzle, 2323 Broadway Suite 200, San Diego, CA 92102; or scanned and emailed to puzzles@sreader.com. Submissions by email must be attached in JPG format, maximum file size of 1MB. Submissions that don't fit the format will not be counted or viewed. One win per person within a 4 week period.
- 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 **1** name from weekly puzzle submissions.
 - 4) One entry per person per week or you will be disqualified.
 - 5) Employees of the *Reader* and their immediate families are not eligible.

Win a Reader hat or t-shirt

THIS WEEK'S WINNER:

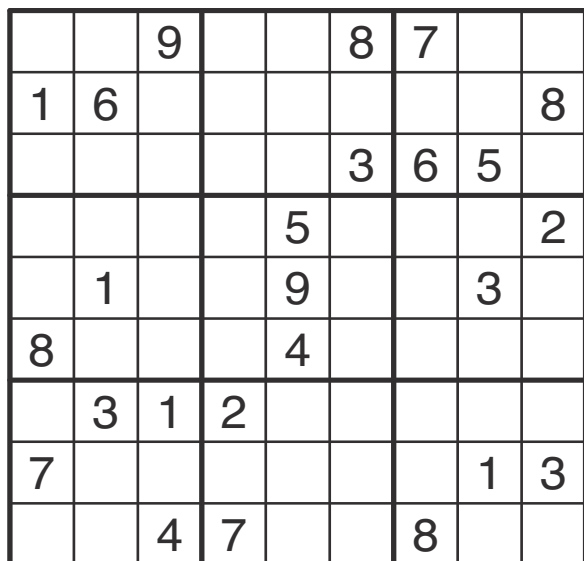
Winners will be contacted for prize redemption.

☛ Russ Williams, Spring Valley, 4.

Name: _____
 City: _____ State: _____ Zip Code: _____
 Email: _____ Phone # _____

SUDOKU

EVIL:



RULES OF THE GAME

- 1) Submit your completed puzzle to the *Reader* each week for our ongoing contest. 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.
 - 3) Entries must be faxed to **619-231-0489** or mailed to *Reader* Puzzle, 2323 Broadway Suite 200, San Diego, CA 92102; or scanned and emailed to puzzles@sreader.com. Submissions by email must be attached in JPG format, maximum file size of 1MB. Submissions that don't fit the format will not be counted or viewed. One win per person within a 4 week period.
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 - 4) One entry per person per week or you will be disqualified.
 - 5) Employees of the *Reader* and their immediate families are not eligible.

THIS WEEK'S WINNER:

Winners will be contacted for prize redemption.

☛ Shannon Barry, Pine Valley, 1.

Name: _____
 City: _____ State: _____ Zip Code: _____
 Email: _____ Phone # _____

Win a Reader hat or t-shirt

SOLUTION TO LAST WEEK'S SUDOKU PUZZLE:

EVIL:

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

only user. Remodeling. 21.7 CuFt (fridge 14.4/freezer 7.3). Stainless doors, black sides, water / ice door. Orig. owners manual. W 32 3/4" x H 65 1/2" x D 30 1/2". Good fridge yr. dbkf16@gmail.com

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Bobby Bray	Bob McPhail	David Burge	Mark Orwoll
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Robert Bush	Bart Mendoza	Bo Caldwell	Barbara Palmer
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Tamar Fleishman	Elizabeth Salaam	Robert Glück	Gordon Smith
Barbarella Fokos	Jay Allen Sanford	Sue Greenberg	Steve Sorensen
Leorah Gavidor	Stephen Scatolini	Peter Griffin	John Steinbeck IV
Russell Goltz	Alan Segal	David Helvarg	Alexander Theroux
Dave Good	Jan Sevilla	Brandon Hernández	John Thorne
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The glass-wall theme extends to the wine cellar.

UNREAL ESTATE

continued from page 8

by a solar array with Tesla battery backup.

“Custom designed and sited for maximum privacy on all sides, this one of a kind masterpiece is located in one of Del Mar’s most private and sought after locations, yet only minutes to world class beaches and the Vil-

lage of Del Mar’s fine dining and shopping,” the listing concludes.

Public records show the current owners of Laguna y Mar to be Edward and Ruth Evans, Rancho Santa Fe physicians who operate a namesake non-profit that’s given money to a host of social and religious causes – Mrs. Evans also writes and publishes children’s books. They purchased the property

for \$3,325,000 in 2016, at the time the lot housed a 2500-square-foot home built in 1971. The last five years, according to the listing, have been dedicated to the design and construction of the current estate.

Upon its completion, Laguna y Mar was listed for sale in mid-March with an asking price of \$14,900,000, that number remains unchanged to date. ■

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NEIGHBORHOOD NEWS

Continued from page 16

advocates, there were 24 accidents — all at slow speeds — in just eight months along a one-mile stretch of flat, protected bike lane installed last year on the Cardiff 101 beach route. Fifteen of those crashes were caused by cyclists who collided with the same raised asphalt barriers designed to keep vehicles away from bike traffic. One ten-year-old rider flopped into the traffic lane after colliding with an asphalt barrier, but was not run over by a vehicle. Many of these crashes resulted in ambulance rides to a hospital including: 1-knocked unconscious, 1-neck injury, 2-multiple bone fractures, 1-broken pelvis, 2-pedestrian crashes, and 1-hit surfboard. Pedestrian crashes? Unfortunately, yes: the protected bike lanes along popular beachfront roads also attract pedestrians, joggers, families with strollers, beachgoers carrying bulky loads, and scores of other non-cyclists. And those pedestrians don't always pay attention to the cyclists, which creates a serious hazard for everyone. Further, raised barriers are a pedestrian trip hazard.

The raised asphalt barriers, plastic pylons, and fences give cyclists a false sense

of security. Bike riders assume cars and trucks can't jump the barriers, but the truth is they can. The barriers pen in the cyclists, reducing escape routes they need to avoid vehicles that drift into their bike lane, or vehicles that cut them off with a quick right turn. They may not even be able to maneuver around obstacles and debris — and protected bike lanes are a magnet for trash, sand and other detritus. The raised barriers block the normal sweeping action created by vehicle traffic, and the narrow lanes can't accommodate street cleaning and repaving equipment. Accumulated debris and sand can cause more falls and collisions.

One cyclist on Leucadia Boulevard was killed after colliding with a truck that made a right turn in front of him. The plastic pylons designed to protect the cyclist had the opposite effect; they prevented the truck driver from slowly moving towards the curb as he prepared to make a right turn onto Moonstone Court. Those collisions are an unfortunate but predictable result of a noble but misguided plan and its flawed designs. Experienced bike riders



Protected bike lanes are a magnet for trash, sand and other debris.

immediately see these dangers, and most will not ride in a protected lane, preferring the safety of sharrow-marked traffic lanes shared by both motorists and cyclists. Traditional buffered bike lanes with wide painted vehicle exclusion zones are also a safer design alternative. And the supposed "extra protection" offered by the protected lanes could soon be unnecessary, as more vehicles are equipped

with standard safety software for human and bicycle crash avoidance.

P.S. San Diego will be adding protected cycle tracks to Gilman Drive on a steep grade south of UCSD with five driveways. And when a protected lane is on a steep grade, the added bike speed makes the situation even more hazardous.

PHILLIP YOUNG

CREDIT: NATIONAL ASSOCIATION OF CITY TRANSPORTATION OFFICIALS

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continued from page 22
family to San Diego at age four. She double majored at UC Berkeley, in business administration/society and environment, “two areas that seemed as different as night and day.” She landed a data science job in the Bay Area after graduation, but it didn’t feel right to her. She moved back to San Diego and got a job making smoothies at a healthy cafe, while exploring a career in the sustainable food systems sector. Her college project — a social enterprise model to streamline commercial food waste in a profitable way — landed her a job with the San Diego Food System Alliance three years ago.

Grootenhuis recruited 15 of the biggest commercial food waste generators to track waste with Leanpath software for the Smart Kitchens San Di-

ego pilot program, funded by CalRecycle. Kitchen staff at Viejas Casino and Resort, Fairmont Grand Del Mar, UC San Diego Health, and other big-name participants discovered that, collectively, they tossed over 40,000 pounds of veggies and almost \$40,000 worth of beef. And much more. Trimmings such as onion skins and banana peels made up 31 percent of waste. Leftovers, unserved food, and surplus was 55 percent. Chef Ryan at the Hilton Bayfront discovered that pastries from the catering operation were regularly left over in large quantities, Grootenhuis says, so he utilized the excess to create a bread pudding recipe for the hotel’s restaurant.

“It was surprisingly hard,” Grootenhuis admitted with a big smile, “to give away subsidized

food waste tracking software. I heard from chefs over and over, ‘We don’t have food waste in our kitchen.’” It’s not a pleasant reality for a chef to acknowledge. And changing behavior in the kitchen takes staff time and training. Still, over two years, kitchens reduced their food waste by 42 percent, diverted 336,502 pounds of food waste, and provided 170,000 meals to folks experiencing food insecurity in San Diego.

Senate Bill 1383 calls for 20 percent donation of edible surplus by 2025. In partnership with San Diego Food Bank, Grootenhuis helped commercial scale kitchens navigate safety regulations (and labor limitations) to get surplus prepared food onto peoples’ plates — and found partners willing to do the hauling. Sous

chef Robert Lippman at Viejas Casino and Resort hooked up with Heaven’s Windows executive Angela Kretschmar, bringing meals to two Spring Valley distribution locations.

“I go to the Viejas buffet with my husband on special occasions,” Kretschmar told Grootenhuis, “and now I get to share that good comfort food with our clients.”

Says chef Lippman, “The fear of food poisoning and legal action has always deterred chefs from giving leftover food to the needy. Since partnering with the San Diego Food System Alliance, we have confidently given over our buffet items to the less fortunate. Instead of filling trash cans we are filling hungry stomachs.”

Food scraps are on the menu at restaurants Wrench & Rodent and The Plot, in Oceanside. For owners Jessica and Davin Waite, zero waste, “nose-to-tail” dining is business as usual. Carrot tops go into a pesto. Banana peels get caramelized and simmered in a pork *adobada* broth, wrapped in a corn tortilla and dressed with fresh salsa, street taco style.

“What’s unique and special about San Diego,” says Brodsky, “is that there are lots of organizations that are aware of food waste and lots of collaboration.” Food banks in San Diego divert millions of pounds of surplus edible food from grocery stores. In 2019, San Diego gleaning organizations redistributed 249 tons of edible produce from farms and backyards that would otherwise go to a landfill. The airport alone sent 400 tons of food waste to the Greenery in 2019.

So with all these efforts in place, how are we doing on food waste?



PHOTOGRAPH BY MATTHEW SUAREZ

“It’s right next to the dorms. It’s enclosed, so there’s no odor, no seagulls, no rodents,” Wentworth says affectionately of her composter, which cost \$250,000 to build.

The state didn’t meet its 50 percent diversion goal by 2020, which triggered the reduction of the commercial waste threshold from four cubic yards to two. Food waste recycling requirements from Senate Bill 1383 kick in January 1, 2022 for commercial entities and single- and multi-family residences.

Despite imminent deadlines, San Diego is still figuring it out. The City’s 2015 Zero Waste Plan had a “wait and see” element to it: “If the construction of necessary facilities to achieve the goals do not materialize, evaluation of other options will be proposed. Other options would include implementation of exclusive franchises that require the franchisee to develop appropriate infrastructure or development of a City-operated facility for example.”

The City currently has a waiting list for

commercial food waste pick up service; hundreds of businesses still need to find a way to comply. So far residents haven’t heard of a City plan for residential food scrap collection — though two thirds of City residents do have yard waste pick up.

In June 2020 the County’s integrated waste management plan says, “If the State goals are to be achieved, expansions and/or additional facilities will be needed in the region. Anaerobic digestion (AD) facilities are being proposed.”

Financial stakes are high. Starting in 2022, SB 1383 allows for enforcement on jurisdictions that commit major food waste violations — such as failure to support an edible food donation program. Fines could run up to \$10,000 per day per violation.

— Leorah Gavidor

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Names in the News

— Shoe Zone, a footwear retailer with stores throughout the United Kingdom and Ireland, announced March 8 that Terry Boot has been named its next chief financial officer effective immediately, according to the *Evening Standard*. Mr. Boot takes over the role after the unexpected departure in February of Peter Foot, who had been with the company for seven months.

Quick Thinking

— An unnamed maskless woman waiting in line at a Pick 'n' Pay supermarket in South Africa was caught on cellphone video being confronted by a store guard who demanded she put on a mask or be thrown out of the store. On the video, she is next seen reaching up under her dress, pulling out her underwear -- a black thong -- and placing it on her face, the *New York Post* reported. Witnesses were mixed in their reaction. "Good lord," one shopper was heard saying. "Brilliant," said another.

Oops!

— Federal Judge Jesse M. Furman ruled in U.S. District Court in Manhattan on Feb. 16 that Citigroup could not expect to receive repayment of nearly \$500 million of the \$900 million it mistakenly wired to a group of lenders last year after a contractor checked the wrong box on a digital payment form. Intending to make only an interest payment to the lenders on behalf of its client Revlon, Citi instead wired payment in full for the entire loan, and after

realizing its error, asked for the money back, but some of the lenders refused, according to *The New York Times*. Judge Furman found that the lenders were justified in assuming the payment had been intentional. "To believe that Citibank, one of the most sophisticated financial institutions in the world, had made a mistake ... to the tune of nearly \$1 billion, would have been borderline irrational," he said in his ruling. Citi vowed to appeal.

Crime Report

— Detectives investigating recent thefts of catalytic converters from vehicles in Pasco, Washington, went to the mobile home of Dustin Allen Bushnell, 30, in nearby Burbank with a search warrant on Feb. 26, and not only found converters, but also discovered a 400-pound playground slide that had been removed from a city park in December, KEPR reported. The slide had been repainted and mounted to a bunk bed in the home. Bushnell was arrested for possession of stolen property for the slide; no charges were filed for the converters.

Awesome!

— Snake breeder Justin Kobyłka of northeast Georgia has been breeding ball pythons for eight years to achieve a bright golden yellow and white color combination, but recently wound up with a snake bearing three smiley face emoji-looking markings on its body. Kobyłka told United Press International one in 20 of his snakes

sports a smiley face, but this was the first to have three faces. He sold it for \$6,000.

What Could Go Wrong?

— Alexandr Kudlay, 33, and Viktoria Pustovitova, 28, of Kharkiv, Ukraine, are experimenting with a new way to preserve their on-and-off relationship: On Valentine's Day, they handcuffed themselves together and have vowed to stay that way for three months. "We used to break up once or twice a week," Kudlay told Reuters, but now when they disagree, "we simply stop talking instead of packing up our things and walking away." They take turns taking showers and give each other privacy in the bathroom by standing outside with one hand inside.

Bright Ideas

— On March 9, Eric Dion Warren, 50, was sentenced to federal prison in Lubbock, Texas, after pleading guilty to robbing a bank and using a BMW he was test-driving as his getaway car. *The Fort Worth Star-Telegram* reported that, according to court documents, Warren drove to the AIM Bank in Wolfforth on June 7, 2019, handed the teller a note demanding \$10,000 in small bills and showed what appeared to be a handgun. The teller complied, and Warren headed back to the dealership where he pulled out \$3,000 as the down payment on the car he had been driving. As Warren finalized the deal, the dealership received a call about the bank robbery and the connection was made. Warren was given the

maximum sentence of 20 years.

Sour Grapes

— Andreas Flaten of Peachtree City, Georgia, quit his job at Walker Luxury Autoworks in November, visibly annoying his boss, he told WGCL-TV, but he was promised his final \$915 paycheck would be paid in January. When the check didn't come, Flaten contacted the Georgia Department of Labor, and one night in mid-March, 500 pounds of oily pennies were anonymously dumped in his driveway, presumably totaling \$915. Flaten has been storing them in a wheelbarrow, but they can't be cashed until they are cleaned.

Compelling Explanation

— Andrew Almer of Fargo, North Dakota, has flown an American flag from the balcony of his condominium for two years, but the condo association is now demanding the flag be taken down because it creates too much noise flapping in the wind. "You've got to be kidding me," Almer told reported KVLV-TV. "It's not rude, it's not nasty, it's the American flag. ... It's not coming down anytime soon."

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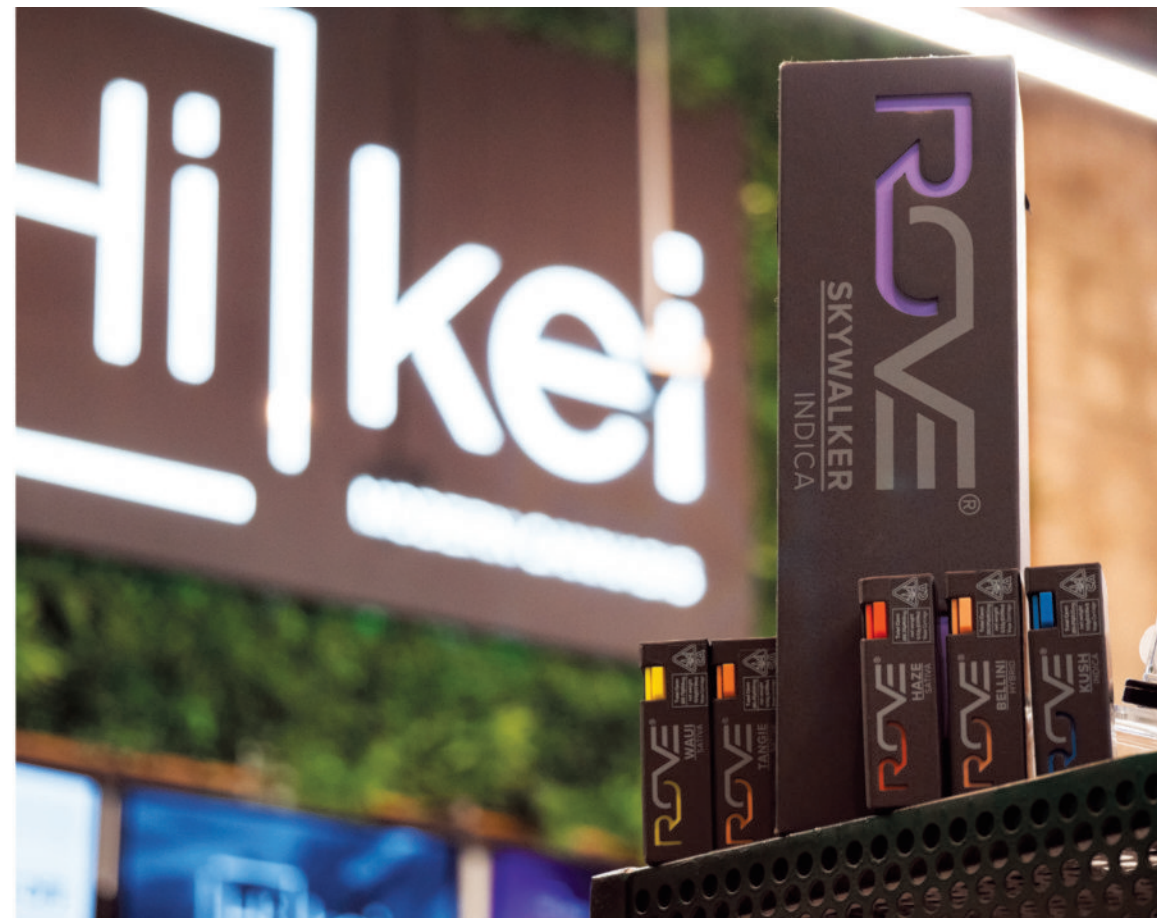
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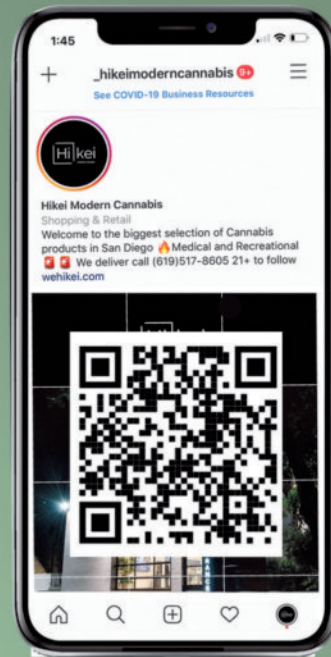
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