

SAN DIEGO

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Reader

A journey, not a trip

Psychedelics
as therapeutics

Three decades of B-Side Players ■ Ace loses its place — and its parking ■ The magic of margaritas

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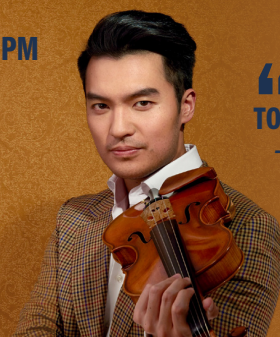


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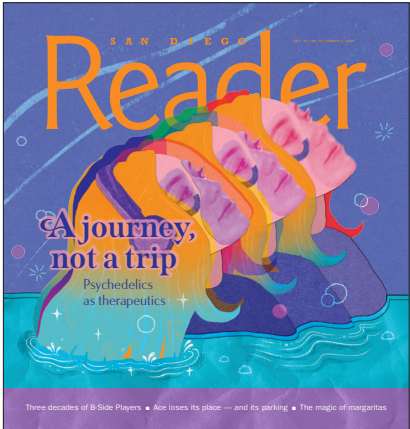
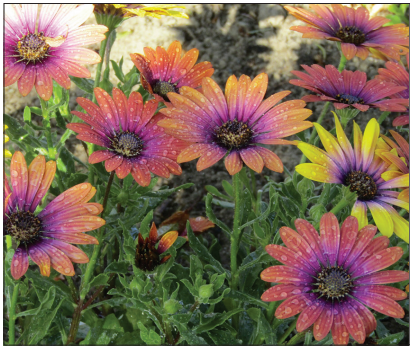


ILLUSTRATION BY ABBY OUELLETTE

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CREDIT: WIKIMEDIA COMMONS/KOLFORN

African Daisies are in bloom — page 15



Bok Bok Dok Yum — page 23

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NEIGHBORHOOD NEWS

By Reader stringers

FLOODLAND

Floods fire up flora and fauna

Wild weather, wildlife, and weeds bring woe

The aftermath of the recent storms and floods is still playing out within our county's ecosystem, and will be part of the county's estimated \$14 million mitigation of risks related to invasive agricultural pests and diseases. "We have yellow-blossomed weeds taking over, and I'm hearing bullfrogs nearby my house," said San Diegan Ian Smith in a recent interview. "And it's because of the heavy rains we had recently. It's never been this bad." Smith, a part-time fisherman, lives just north of Market, near several houses that were destroyed by the recent floodwaters.

"We have yellow-blossomed weeds taking over, and I'm hearing bullfrogs nearby my house."

The bullfrogs he hears are on the "Invasive Species Surge as a Result of Winter/ Spring Storms" list that is posted on the California Governor's Office of Emergency Services site. American bullfrogs have hefty appetites: they eat bats, birds, lizards, rodents — and other frogs, including the endangered California red-legged frog and the mountain yellow-legged frog. The bullfrogs "also carry a fatal fungus that can cause the decline of native amphibian populations." The recent floodwaters created standing water pockets near vegetation — perfect for bullfrog breeding.

Smith's home wasn't flooded, but he saw social media images of culverts near his home that were overflowing due to clogged storm drains. Those floodwaters moved cars — and in some cases, boats on trailers. "Some areas in town will have more [Zebra and Quagga] mussels, which stick onto boats," he added. "And if they get into the engines or the propellers, they can ruin a boat." The invasive Quagga/Zebra mussels, which have light and dark stripes on their shells and measure about 1-2 inches, may have been transported to other freshwater areas around town. The mussel clusters are "highly destructive in freshwater systems because they can reproduce quickly and in very large numbers, up to 1 million larvae per spawning season," according to the National Park Service site.



Pepper Canyon, Pepper Lake — potato, potahto.

They can "threaten the state's water treatment plants, hydroelectric plants, and reservoirs and clog municipal water intake structures and obstruct the flow of drinking water" — a potentially expensive situation.

debris left by the homeless and hauled it away in order to lessen the chances of a fire in City Heights canyons. Recently, she says, Pepper Canyon — a small canyon in City Heights between Poplar Street and Pepper Drive — "did fill to the top due to growing vegetation clogging the small drainage and the next-door neighbor's basement flooded."

Other weeds — both invasive and local — have sprouted up all over San Diego the wake of the recent storms. On February 24, Tony Cohen and his buddies with the OB Beautification Initiative rendezvoused at Robb Field to weed the area where they put in about 5000 plants in 2023 — including succulents, aloe, agave cacti and plumerias. After the storms, he says, "We took nearly 1000 pounds of weight out of one section."

MIKE MADRIAGA

Nutrias — aquatic rodents that resemble beavers — also spawn when San Diego County floods. They too are on the Office of Emergency Services list, as "their burrowing activities frequently cause water-retention or flood control levees to breach, weaken structural foundations, and erode riverbanks. Because they consume an immense amount of vegetation, they also cause damage to California's native plant community and soil structure."

As for flora, Giant Reed is an invasive bamboo-like grass that surges during heavy rains. The grass has stems that can grow upwards of 30 feet tall, and is found along stream banks, drainages, and irrigation waterways. Sometimes, Giant Reeds block waterways, though the real danger they pose is as a fire hazard when they dry out in summer. Linda Pennington knows the Giant Reeds well; she ran San Diego Canyonlands, a non-profit that protects and restores San Diego County canyons and creeks. Her members gathered thousands of pounds of dried reeds, weeds, brush, and



Quagga/Zebra mussels "can reproduce quickly and in very large numbers, up to 1 million larvae per spawning season."

IMPERIAL BEACH

Slow down, you move too fast

Never mind the E Street shuffle, we've got the 9th Street squeeze

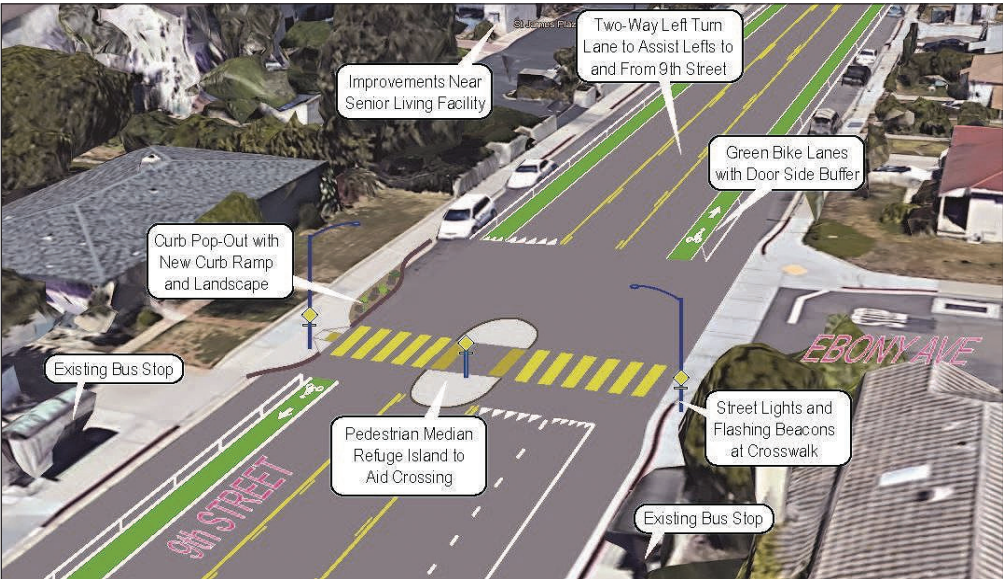
A street known for being the site of car accidents is being redesigned to make it safer, and is also being eyed as the new path for the rapid bus

between Otay Mesa and Imperial Beach. City officials see the rapid route as an economic driver for the future, even as residents of 3rd Street — where the buses now run — want it moved.

While some view the changes as a squeeze on 9th Street, officials say the Complete Streets project will make the one-mile stretch safer for everyone, from bicyclists to drivers. The \$4,545,500 project, funded in part by a state grant, will fold in bike lanes, narrowing, curb pop-outs and other traffic-calming features. At a city council meeting last week to approve the final design, public works director Juan Larios said the project will mimic what was done on Imperial Beach Boulevard a few years ago.

In 2017, a child on a bike was struck by a car at Elm Avenue and 9th Street. Neigh-

continued on page 3



The plan for protecting pedestrians and bicyclists.

NEIGHBORHOOD NEWS

Continued from page 2

bors said stop signs had long been needed at the intersection, and that accidents were common. In January 2020, a man walking on 9th Street near Ebony Avenue was hit and killed. Reports said there was no crosswalk at the intersection, and no stop sign or traffic light. Both locations will see safety



improvements that include a four-way stop at 9th and Elm and a rapid flashing beacon at Ebony, where a new crosswalk will go in. Grove Street, which lacks a crosswalk, will finally get one. In all, there will be five new enhanced crosswalks. Further, a pedestrian median will go in at 9th and Holly Ave., where drivers often cut through.

Critics say the many stops will push drivers onto side streets. But during the public outreach phase, speeding was the recurrent theme. People wanted crosswalks with lights, a wider sidewalk between IB Boulevard and Fern, pavement rehab, and more landscaping.

There is still no timeline for relocation of the rapid bus route, but the city council talked in favor of keeping the route *somewhere*, and settled on 9th Street over 13th — which bus company representatives said was too wide of a loop — as the preferred alternative. Residents of 3rd Street, who said they were caught off guard by the new route, have been calling for its elimination from the city altogether.

At the recent meeting, there were more supporters than critics. Randy Torres-Van Vleck compared the revamped streets projects to riding his bike before the Bayshore Bikeway arrived, back when he was forced to use Palm Avenue, a dangerous route. “The bikeway has improved the quality of life and safety of those who use it.”

SHEILA PELL

OCEANSIDE

Hard times for hardware Roundabouts and redevelopment raise concerns

Two Ace Hardware stores, favorites of locals who want to avoid the trek to a big box and who want to support local businesses, are facing closure. And it's not because business is bad.

Carlsbad's Ace Hardware, in Carlsbad's core Village area, is scheduled to be demolished and replaced by a five-story, mixed-use development with 218 apartments. The new complex will wipe out the dozen-plus businesses located on four acres just west of I-5, including Ace Hardware and Smart & Final — the only grocery store left serving the Village area.

Oceanside's Ace Hardware on Coast Highway is owned by Logan McEniry, 24, who bought the store shortly after graduating from Marquette University with a degree in construction engineering. He says he just found out January 10 that a “highway corridor improvement” project will tear out up to ten parking spaces on the corner in front of his store to make way for one of five new traffic-slowing round-

abouts. As part of a coinciding “road diet” traffic reduction, the plan also calls for Coast Highway to decrease from two lanes to one lane each way. “[Project manager] Vicitor [Velasco] came into my store and said these are the plans that have been approved for a while,” says McEniry. “I learned when it first was proposed there wasn't a roundabout in front of my store. It looks like they're trying to hide it. They knew it wouldn't get passed if it went before the city.”

McEniry says his landlord had no idea that a roundabout was proposed for the corner of Coast Highway and Michigan Street. He says if the plan goes through, the reduced parking and reduced traffic in front of his store will doom it. “A lot of my business is grab-and-go. We will lose the whole aspect of that business. I will honestly have to start looking for a new home. LTH hates it too,” he says referring to the Local Tap House restaurant kitty-corner from his store. “Their driveway is being taken away. They are essentially losing a parking lot. They weren't aware of any of this either.”

McEniry says he reached out to all five council members about the plan. “The Mayor [Esther Sanchez] was the only one who got back to me. She said she would fight on our side to make sure this doesn't happen.” He also suggests that Oceanside city planners are pushing concepts from *Jetsons* cartoon concepts over realistic steps forward.

continued on page 12

UNDER THE RADAR

Guns away Due to a personal conflict of interest, Carlsbad Mayor Pro Tem **Dr. Priya Bhat-Patel**, a high-profile North County gun control advocate, will be required to wait a few months longer to participate in efforts by the city council to adopt “secure gun storage laws” in the coastal city. So opines a February 22 advice letter from lawyers for the state's Fair Political Practices Commission. Bhat-Patel was employed by Everytown for Gun Safety, a nonprofit anti-gun advocacy group, for a year — ending in August of 2023. “Her work was done at the state level. She did not work with local governments, including [Carlsbad] because of her work as an elected City official. However, Everytown has engaged in advocacy activity in [Carlsbad] through affiliated grassroots networks, including Moms Demand Action and Students Demand Action.”



Priya Bhat-Patel is opposed to both guns and stalkers.

Adds the advice letter: “One of Everytown's recommended actions for responsible gun ownership is the passage of secure gun storage laws. Mayor Pro Tem Bhat-Patel has long wanted to propose the City of Carlsbad adopt such an ordinance. However, she refrained from doing so while she was employed by Everytown to avoid any Political Reform Act or other conflict of interest concerns. Since she is no longer employed by Everytown, she would like to bring forward the proposal for the City Council's consideration and, consequently, is seeking guidance regarding her duties under the Political Reform Act.”

But because she was paid more than \$500 for her Everytown role, the letter continues, state law says Bhat-Patel must wait a full twelve months after her final receipt of payment before she can push gun control measures favored by the organization. “As a former Associate Regional Director of an anti-gun violence organization specifically advocating for the passage of secure gun storage laws, the very nature of Everytown and Mayor Pro Tem Bhat-Patel's work for the organization appears to have been geared towards achieving the type of changes in law Mayor Pro Tem Bhat-Patel would now like to bring forward in her capacity as a public official.”

According to a June 17, 2022 *New York Times* account, Everytown took shape in 2013 when liberal ex-New York City mayor **Mike Bloomberg** merged his anti-gun crusade with an outfit called Moms Demand Action “to create Everytown for Gun Safety, the closest

thing that the gun-control movement has to a counterweight to the N.R.A.”

Elected to the Carlsbad council in 2018, Bhat-Patel has been the target of repeated stalking, per a November 2020 *Voice of San Diego* account. “In one instance, a man who helped on her campaign sent her inappropriate text messages and became obsessive, so she had to change her phone number, she said. Then he managed to get access to her new phone number, she said. In another case, a man she said she met in a political circle sent her inappropriate messages and told her that if she didn't respond to his messages that he would end her political career. ‘It was very similar, and it was very creepy,’ she said. She said she didn't file restraining orders against the men, since warnings from the police have worked so far, but that she'd consider going that route if the threats persisted.”

Cowboy buck-offs **Heath Freeman**, who runs Alden Global Capital, the controversial vulture investing outfit that is currently downsizing the *San Diego Union-Tribune*, is also remaking the Florida Freedom, a professional bull riding team he acquired last year. Last month Freeman traded **Tate Pollmeier** to the Carolina Cowboys in exchange for **Conner Halverson** and “future considerations,” according to a February 26 web post by the Pro Bull Riding league. Freeman “isn't backing down from a bit of risk in his own right as well in this deal, as the timing of this trade and overall double-draft



This isn't Heath Freeman's first rodeo.

timeline presents an extra set of potential complications,” says the item. But to some, the cut makes sense.

“Looking at Halverson's 6-for-25 record so far throughout the 2024 UTB season, it's a fifth-place showing in New York City which represents his best finish on the season,” the story notes. “But it's been consistency that's plagued him lately. Outside of his 2-for-4 performance inside Madison Square Garden,

the Gordon, Nebraska, native has produced just one qualified ride in four separate events, with his 14th place showing in Johnstown marking his second-best finish on the year. Potentially even more concerning, Halverson is currently on the wrong side of a 12-out buckoff streak, now without a ride throughout his last five UTB events.”

Meanwhile, one of Freeman's *Union-Tribune* cast-offs has surfaced three thousand miles away as South Carolina Opinion

continued on page 4

LETTERS

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

School-stopping squawks

Great, fun article on birding in San Diego ("Parrots, Godwits, and Bushtits", Cover Story, February 28). So nice to see an article that doesn't involve guns or politics. I taught with Janis when PB Middle School opened in 1984. My classroom was on the second floor overlooking Diamond Street in the great 'ol building which is now gone. The OB parrots would come periodically and land in the pepper trees lining the street. It was too loud to lecture, and we all just observed the birds until they moved on. They can make quite a

racket! Maybe that's where Janis got her love of birds. The old PB crew still meets once a year.

Steve Blumenschein
Clairemont

Food stamps and fish

Ian's article about Tunaville Market & Grocery of Shelter Island was very nice ("Fab Fish Flavor", Feast, February 22). So many of the features sounded so good, especially aged fish, sausages, ceviche, and salads. I used to be able to afford to go to Shelter Island and other places until the post-COVID. Inflation, transportation costs, and rental costs have killed my chance of getting out now. But I am hopeful. Hopeful in places that might have SNAP/California EBT use. Tin Fork teaches us about public transit routes. I'm wondering if EBT Food stamps, or EBT cash might be able to be used at places you review. Food Stamps helps a lot of OUR economy: local sales, jobs, manufacturing & even service poten-

tial. Thanks for your great & helpful newspaper.

Daniel Beeman
Clairemont

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

Writer/illustrator Edward Gorey's library lands at SDSU

Cover Story, Feb. 21, 2024

Good luck getting to see it if you don't have a "red card." The SDSU library wouldn't even let me use the bathroom when I was out for a walk just a few blocks from my home recently.

-E.B. Anderson

Love and hate on San Diego's bike lanes

Neighborhood News, Feb. 20, 2024

I find it interesting that signs used to be on the roads saying "Share the Road." That was to share the car lanes, which are always busy. But, now that cyclists have bike lanes, they would never share the road with anyone else, even

though there's usually not a bike in sight in almost of these lanes. And the sharing would be to allow the uses that happened on the same pavement before the bike lanes.

-Sharing is Caring

At least the bike lanes are being used for something, probably the biggest single waste of funds ever! Empty bike lanes everywhere, so lame. Just another waste of tax money :(

-Amen brother

Blue Whale manifests a few intentions in La Jolla

Feast, Feb. 13, 2024

Loved the Blue Whale's food and vibe. Two of us had the Verde Bowl, which I expected to be a kale salad but instead was warm and yummy with charred broccolini and asparagus, and

Under the radar

continued from page 3

Editor of *The State*, a newspaper in Columbia, South Carolina. "I think I've found a great fit with some amazing journalists under the McClatchy banner," writes the *U-T*'s former editorial and opinion director **Matt Hall** on his LinkedIn page. "I couldn't be more excited to work for Opinion Editor Peter St. Onge, alongside President and Editor Brian Tolley and his team at *The State*, with columnists Isaac Bailey and David Lauderdale."

Dark money spotlight

Recently flipped from running for state lieutenant governor to governor in 2026, San Diego state Senate Democrat **Toni Atkins** collected \$15,000 for her gubernatorial bid from the Pharmaceutical Research and Manufacturers of America PAC on February 26. Otherwise known as PhRMA, in 2022 the group gave \$7.5 million to the American Action Network, a so-called dark money group linked to House Republicans, according to *Politico.com*. "American Action Network spent millions on advertising in 2022 opposing Democrats' drug pricing reform efforts, as part of a

just the right amount of goat cheese to add a bite and creaminess. I've tried to recreate the dish at home but it was not nearly as good. I'll be back. Those purple pancakes look intriguing.

-Whale watcher

Reader writer explains how he broke out of TJ's La Mesa prison

Cover Story, January 31, 2024

Great story, I had a few run ins with the cops in my time but nothing like this. You are a legend.

-Striving escapist

Joel Anderson and Todd Gloria share a fundraising loophole

News Under the Radar, Feb. 7, 2024

Bought and paid for politico slime. Can you smell the stench?

-Not inhaling

years-long campaign against the proposals, which eventually became law as part of the Inflation Reduction Act," *Politico*'s story says

"The law ultimately ordered Medicare to negotiate prices for a small number of drugs, less ambitious than a Democratic proposal that passed the House in 2019." Notes *Politico*: "In addition to the \$7.5 million it gave to the American Action Network, PhRMA also contributed \$200,000 to the American Action Forum, AAN's charitable arm, which is allowed to conduct some lobbying. Neither group has to disclose its donors."

Adds the November 11, 2023 account: "A *Politico* analysis of the industry group's most recent tax forms show that the contributions were among the top five grants or donations made by PhRMA in 2022. In total, PhRMA gave nearly \$52 million to political campaigns and nonprofits, patient groups, universities and other organizations, according to the recently filed disclosures."

— Matt Potter
(sdmattpotter)

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High Noon in Dulzura

We pull up to a tin garage. Inside, a grizzled-looking man with long white hair framing his bald skull is listening to a rock station with another male friend, who's sitting in a chair. A yellow hot-rod truck is on blocks, looking years away from completion. The older man calls out to Smith, using his first name. When Smith asks what's wrong, he says, "They left the goddamn gate open again! This is private property!"

– Robert Kumpel DEC. 19, 2002

I Feel like I'm Trapped

As John starts across the lawn toward the mailbox, the dog hops up, barks, trots over to him, and bites him on the calf, breaking the skin but drawing no blood. He turns to me smiling and says, "I guess he does have teeth." Letter carriers are required by post office policy to report all dog bites, so we make our way back to the Jeep, return to the store, and call John's manager.

– Ernie Grimm JULY 13, 1995

Under the Weather

800 people around the world send balloons into the sky. At 3:30 p.m. Pacific Daylight Time in San Diego, a technician begins balloon preparation for a launch. Surrounded by computer equipment on Kearny Villa

Road, he checks out and loads the battery-powered radiosonde that will send back weather information. He lays out an eight-foot-long balloon and attaches its tip to a gas jet, which is hooked in turn to one of many canisters of hydrogen.

– Ashley Butler Geist OCT. 12, 1989

We're the New Wardens

"A gray fox is a small animal, so usually the trap breaks their leg bones, and the only thing holding them in the trap is the skin that gets pinched between the bones," he says. "You leave a fox in that trap for very long, he'll pull or chew himself out and leave his leg in the trap. Bobcats will thrash around a bit but usually quiet down and huddle up after they're trapped." – Rick Geist APR. 20, 1989



Field call

The Guns of San Diego

"My wife is a police officer, too. One night up on Market Street she saw this guy lying on the sidewalk, having a heart attack. She called the paramedics. When I showed up, I said, 'Oh, that's Reverend So-and-so. He's got a church not far from here.' The guy died at the hospital, but when they took his pants off they found the reverend was carrying a loaded .38 in his pocket."

– Steve Sorensen OCT. 3, 1985

The Trashman Cometh

I saw this mangled bicycle and a crumpled figure lying on the side of the road. We jumped out and ran over to the guy. According to witnesses, he had been walking his bike along the side of the road when someone hit him. As he fell, another car hit him, and then another car hit him, too. This guy was run over by three different cars, and not one driver bothered to stop. – Steve Albrecht and Roy Huntington SEPT. 10, 1987

Read full articles from the archives at sandiegoreader.com/news/from-archives

Reader
WRITING CONTEST

Thank you, San Diego!
Now we know what it's like
on the street where you live!



We asked you to tell us about your neighborhood, and you responded. In fact, so many of you responded that it's taking longer than expected for our editorial team to settle on the winners. We know that you're eager to see the results, however, so we've told them the dust must settle by March 14. Until then, keep reading the *Reader*, and thank you again for your massive response to our contest!

Also, if your entry is not among our seven selections (first place, second place, five honorable mentions), don't despair. There was so much good stuff that we'll be running excerpts from a number of entries as a *Reader* column over the coming months. Who knows? Maybe it will become a permanent part of our ongoing effort to tell San Diego's story – with your help!

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Walter Mencken's

SD ON THE QT

Almost factual news



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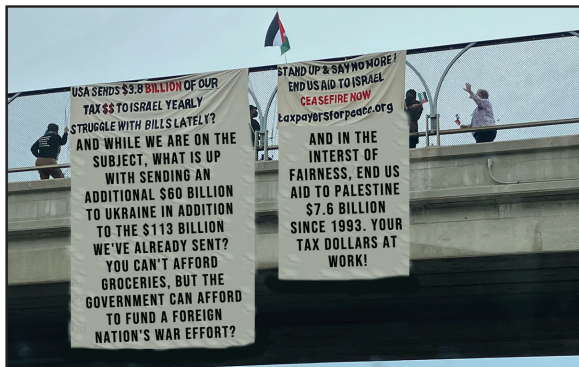
China opens assault on America's border and heartstrings

Last week, in what is possibly the most heartwarming news ever, China announced that it would be loaning two giant pandas to the San Diego Zoo. We're so lucky! And it's important to note that this wonderful gesture has nothing to do with the fact that in 2024, more Chinese nationals crossed the border into the San Diego Sector than people from any country besides Colombia. (Yes, even more than Mexico.) Further,

it's important to note that there is nothing suspicious about the fact that the number of Chinese nationals apprehended at the southern border jumped from 2000 in 2022 to 24,000 in 2023. Everything's fine, and pandas are just the cutest things ever. China must love and respect the people of San Diego very much indeed to be willing to make such a generous loan. Even better, they have not asked for anything in return. Just our love and attention, to be lavished upon these excellent beasts, and not wasted on other, less important matters.

TL;DR;SMH

Pro-Palestinian protest brings traffic to a halt on the 94



Hey, protestors: KISS!

Border Offensive?

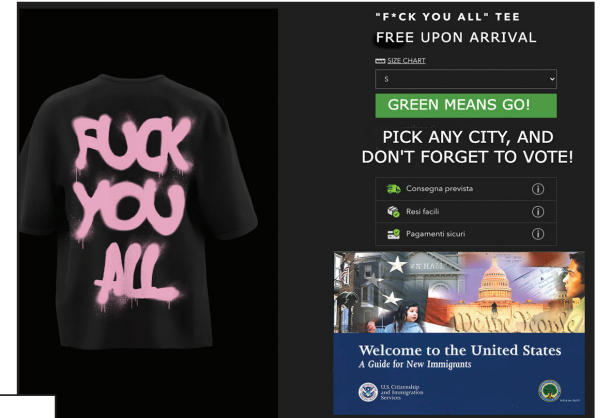
Biden Administration articulates immigration policy with complimentary T-shirts for newcomers

Over the past two weeks, hundreds and even thousands of migrants who have crossed the border from Mexico and into the United States have been apprehended by the Border Patrol, passed into the custody of an NGO, loaded onto a bus, and then dropped off on the streets of San Diego. City officials were thrilled by the news, as it provides, in the words of City Services spokesman Rick Packemin, "further proof that we are a great American city, much like New York, Chicago, Denver, and Eagle Pass, Texas — all of which have experienced

massive influxes of migrants over the past few months, leading to crisis conditions in many cases. Red cities, blue



This lucky fellow managed to get his shirt even before the NGO bus dropped him off on the streets of San Diego! Biden: "That's the kind of drive and determination we need here in the United States, which is why San Diego is lucky to get these guys dropped off by the thousands."



Whether you choose pink or blue, the sentiment remains the same. Screenshot from welcometoamerica.gov

cities — it doesn't matter. What matters is that these are American cities, home to American people, the most welcoming and generous people on the world. I'm so glad that President Biden reversed all of Trump's border orders on his first day of office, so thrilled that we've had 8 million migrant encounters under his Presidency — with a record 250,000 in December of last year

alone! Biden is showing us that he's not just the leader of America; he's the leader of the world. A world where compassion doesn't stop at some arbitrarily defined limit like a national border. A world, God willing, where borders will one day cease to exist, like in that John Lennon song. Of course, some people see only the hardships created by such a policy. And Uncle Joe has a message for them, one that can be worn proudly by every newcomer to our great country, no matter how they got here."

WHO PLAYS WHO

CARDENAS SIBLINGS EDITION



On *The Office*, **Phyllis Smith** played Phyllis Vance, a woman who once faked a back injury to get attention.



Former Chula Vista councilwoman **Andrea Cardenas** used fraudulent pandemic loan funds to fund her campaign.



In *The Third Man*, **Orson Welles** played a corrupt smuggler who takes advantage of a world war to enrich himself.



Former Chief of Staff to councilman Stephen Whitburn **Jesus Cardenas** smuggled fraudulent pandemic loan funds into his personal accounts.



In *The Last Seduction*, **J.T. Walsh** played Frank Griffith, a lawyer who advises a woman who has gotten her husband in financial trouble.



Pedro Bernal is the attorney for Andrea Cardenas, who joined her brother in political disgrace after their financial skulduggery came to light.

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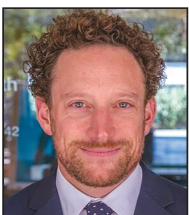
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Reader

A journey, not a trip

Psychedelics as therapeutics

Nineteen-year-old Sara looks like the '70s super-model Twiggy minus the bob cut. Her blonde hair is long and wavy and falls halfway down her back. She has a sprinkle of freckles that fan across her cheeks and over the bridge of her nose. Her eyes are saucerlike and dreamy, outlined by long lashes. She is beautiful but does not know it.

Sara is the kind of person that you meet and find yourself wanting to take care of. You want to make sure no cars are coming when she crosses the street and that her jacket is zipped when she heads outside. That's funny, because Sara is strong-willed and thoughtful. She doesn't need looking after. Her delicateness is deceiving. But it is true that a kind of daintiness has consumed her life. Sara has struggled with *bulimia nervosa* since entering her teens. She began extreme dieting at 15, and soon after, she started bingeing and purging. After trying psychotherapy, outpatient treatment, and inpatient eating disorder clinics with no success, Sara decided to treat her eating disorder through ketamine therapy.

* * *

Cave drawings suggest that the ritualistic use of psychedelics goes back thousands of years. The hippie culture of the '60s and '70s made a lot of people see them as more recreational than therapeutic, but in recent years, there has been a psychedelic renaissance. Medical professionals are touting drugs like ketamine, psilocybin and MDMA as useful for treating mental health. Institutions like John Hopkins, Yale, and the University of California San Francisco are currently conducting studies using ketamine and other psychedelics to treat depression. In 2018, The FDA granted breakthrough therapy designation for psilocybin-assisted therapy for treatment-resistant depression, signaling a shift in regulatory attitudes toward psychedelics.



"The best way to describe it is that it feels completely out of body. I saw shadows. It felt like I was moving, like someone was physically moving me around the room."

There are roughly 2500 legal ketamine clinics in the United States; many are in California. Medical professionals administer the drug, usually in conjunction with psychotherapy. Part of the reason ketamine has grown in popularity is because it works faster than an-

tidepressants, which take weeks to kick in. Ketamine is instant. Who doesn't want that? Additionally, studies show that ketamine is less addictive than opioids. It is believed to improve mood and appetite regulation, as well as healing damaged dopamine pathways

in the brain. Medical professionals believe that by improving how brain cells talk with one another, ketamine could remedy a variety of brain functions damaged by those suffering with eating disorders, and even alter their motivations.

Sara's decision to try ketamine came after what her mother Cori describes as "months of research, coming from a place of desperation and love after other forms of treatment failed her." The first signs of Sara's eating disorder appeared back in 2020, during quarantine. At that time, Sara was living in San Carlos with her mom, grandma, and older sister. All three of them began seeing evidence that Sara was suffering from *bulimia nervosa*. Sara's older sister Ruby explains, "In 2020, TikTok got bigger, and we were seeing all these people post things like, 'This is what I eat in a day. These are all my workouts.' Sara got sucked into that."

Sara nods, laughing and sheepishly adding, "That sparked it! But

to be fair, that winter, I gained some holiday weight."

Ruby rolls her eyes, making it clear that she is equal parts horrified and annoyed by Sara's last statement. "You were a baby! You were 15 years old!! You still had a baby face!" The two girls are sitting in the living room of Ruby's La Mesa apartment on a trendy pink-and-cream checkered rug. They tease each other in the way sisters often do, but their closeness is evident from their openness and ability to speak honestly about Sara's eating disorder.

Sara replies, "I was a chubby 15-year-old. I was also kind of obsessed with this guy, so I wanted to lose weight because of that. I would sit around scrolling TikTok, seeing everyone work out and watching all those Chloe Ting videos. Obviously, that was going to spark [my eating disorder]. I ended up getting down to around 95 pounds from 115 pounds." However, "once my weight got down to where I could've been happy, I just kept on going and going. The lower

I got, the happier I was. At first, it was about my looks, but somewhere along the way, I got to the point where seeing that number on the scale drop was sort of a way that I could control a part of my life. I felt the best at my skinniest. I never felt pretty in any way, but being skinny [helped]. Even when I got to the point later where I could feel that my body was declining, I kept losing weight."

For her part, Cori says that it took her some time to realize that her daughter was suffering from body issues. "I remember one day in particular; Sara was having a bunch of friends over to swim. I saw her standing in front of a mirror. She was in her bathing suit, and I could tell by the look on her face that she was being really hard on herself and her body." Cori realized that her daughter needed help. "I did not know what to do. Sara was on a severe and restrictive diet. She would get constipated, so then she was taking Ex-Lax. Then she started bingeing. Thank God she was not very careful, and we

could see the evidence of it in the toilet."

Cori began taking Sara to the doctor regularly for weigh-ins. "Sara was resistant to getting help. When I would take her to the doctor, she would bawl on the way there. They had her do blind weigh-ins. We were told to get rid of all the scales in the house. I did, but Sara had one that she hid. Nothing was changing."

During one appointment, Sara's blood pressure and heart rate was very low. Over concern for her health, the doctor made the decision that Sara needed to be hospitalized. "Sara was hospitalized for ten days," Cori recalls. "While in the hospital, Sara decided to do exactly what they told her to do, so she could get out. She gained just enough weight to be discharged."

Prior to her hospitalization, Sara had done an outpatient treatment at the Kaiser Eating Disorder Program. "[Her case manager] was doom and gloom the whole time. He would tell Sara, 'You are going to die if you don't get help.' Every week, he would say the same thing. It was the same talk track over and over. We got tired of that. It wasn't helping. It was Covid, so it was virtual. Thy had a nutritionist and a psychologist. Basically, all they did was give me some print outs on nutrition, and the psychologist would meet with Sara for like five minutes. He would ask if she wanted to go on [antidepressants]. Sara would say no, and he would say okay. It was very sterile. It was not very personal."

When neither the outpatient nor inpatient

treatments worked, Cori tried to find Sara a therapist. "Every therapist we saw would say that Sara was not ready or willing to [seek treatment]. They would tell me that she needed a higher level of care, and they could not continue seeing her. The more therapists we saw, the less Sara liked them. And 90% of the time, the therapists were not covered by insurance. I am a single mom. I make decent money, but I was struggling. It was really discouraging. I felt there was nothing I could do."

Despite her struggles, Sara managed to get accepted to Cal Poly. Recalls Cori, "I was so stressed out when we dropped her off at Cal Poly for school. I wasn't sure if we were doing the right thing. Sara has a huge fear of the unknown. I knew the moment we dropped her

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at school that it would exacerbate her situation.”

She was right. “She called me every single night, telling me how depressed she was. All I kept thinking was, ‘I hope she is eating!’ I told her she could come home, but she said, ‘No I am finishing out this quarter and then I will move back.’ I was worried constantly. When the quarter ended and I went to pick Sara up from school, she weighed 84 pounds! She is 5’1 and she has always been thin, but 84 pounds was a fucking shock!”

Cori found a doctor that specialized in eating disorders and took Sara in for a check-up. The doctor advised Sara to enter an eight-week treatment program that day. “I don’t think it ever really hit me that I had a serious problem until I went to the doctor, and she told me I needed to be hospitalized,” says Sara. “I told her no. I wanted to celebrate Christmas with my family. The doctor said she was scared that I was not going to make it to my birthday — I mean, that was scary to hear, but I was still so resis-



Sara’s (right) decision to try ketamine came after what her mother Cori (left) describes as “months of research, coming from a place of desperation and love after other forms of treatment failed her.”

tant. I didn’t want to go to the hospital. I knew I would gain weight in a way that wasn’t going to be sustainable or make me any happier, because I had done that before. It didn’t work.”

When Cori first began her research into alternative treatments for Sara, she was convinced that psilocybin was the answer. She found an FDA study that would use psilocybin to treat eating disorders. She contacted the organizers. Sara even met with the researchers. “I was hopeful

that the psilocybin study would really make a difference,” says Cori. “I even went as far as taking mushrooms myself, because I did not want Sara to go through something I had no knowledge of.”

After a lot of coaxing, Sara agreed to do the study. “However, the study had two groups: two-thirds of the participants would receive the psilocybin, while the other one-third, a placebo.” Not wanting to risk Sara’s health and invest a large chunk of time only for her to be part of the placebo

group, Cori reluctantly decided to pull Sara out of the clinical trial.

Then came ketamine. Cori found a clinic in San Diego whose founder worked for the UCSD eating disorder clinic. She also directed an intensive family treatment program geared toward young adults with eating disorders, and took part in clinical research at UCSD evaluating novel psychiatric treatments — including psychedelic-assisted psychotherapy and family-focused eating disorder treatment.

Part of the reason Sara agreed to ketamine after refusing other forms of

therapy was because of her experience with marijuana. “One night I was sleeping at a friend’s house, and I could not sleep. I was feeling anxious about everything, so I decided to smoke some pot. I got a little high, and for whatever reason, I had a breakthrough. It was the first time ever that I felt like I wanted to get better. It was the first time I started thinking of myself as an almost twenty-year-old. Before that, I thought of myself as a little girl. Being skinny affected that. I had not had my period in over a year. I just didn’t feel like I was a woman. I realized I wanted to start looking like a [woman]. I started looking back at my memories on Snapchat. It was almost like an out of body experience, because before that, I had never been able to really see what I looked like. Seeing all those pictures through the years, I just thought, ‘I don’t want to be this skinny anymore.’”

Sara is telling me all this in late November, shortly before beginning her ketamine treatments. “I have been gaining weight and doing a lot better, but this last week has been hard. I have been eating a lot because of Thanksgiving. I am glad I am starting the treatments soon,

because these last couple of days, I feel myself sliding back into those habits. I am excited and nervous to do the ketamine. I am optimistic. I am anticipating a change of some sort. I expect it to be more positive than negative, but I don’t want to go into it expecting an outcome. I’m also a little worried that I am going to freak out.”

Now it’s December, and I’m sitting with Cori while Sara undergoes her second round of ketamine. “Sara got a shot instead of an infusion this time,” Cori says. Sara’s first treatment was two days ago. It did not go as expected. “It didn’t get to the level where it reached her brain. Sara was only feeling it in her body, so she is not convinced that she wants to continue treatment.” Cori’s voice is unsteady. “I said to Sara, ‘It is only three weeks for you to potentially have amazing results!’ She didn’t want to talk about it.”

Still, Cori is hopeful. “I don’t want to have expectations of a cure, but all the research I have done on ketamine for eating disorders show amazing results. Sara has been progressing so much already; I can only imagine how helpful the

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ketamine treatments will be for her.”

Cori's phone rings; it's Sara. I can see pain in Cori's face, "I guess she is done. Already. That was quick!" Her voice drips with disappointment. "Maybe the dose was too low again, I don't know?"

Eight weeks later and six ketamine treatments down, I meet Sara at Ruby's apartment. She is wearing sweats, and her hair is tied back into a high ponytail. She seems different: steadier and more assured. I ask her if her first treatment went the way she expected. Sara shakes her head, saying, "Not at all." A smile creeps across her face, evidence that she is more amused than upset over the reality verses the fantasy. "I was so nervous! I was anxious about the setting. In my head, I was expecting to go somewhere that looked medical, like a doctor's office. Instead, we walked into a small office building. The first thing I saw was a hippie-looking guy sitting on a couch. I thought he was there

for an appointment, but then he got up and greeted us. He worked there," Sara says, the shock still in her voice.

When Sara was ushered into her treatment room, she was surprised again. "The room was a lot less professional looking than I thought it would be. I mean, there were galaxy lights. I tried not to let it stress me out, but I got really nervous. I was thinking, 'What is going to happen? Is this legit?'"

The doctor administered her ketamine dose via IV. Sara donned an eye mask and headphones. She found the juxtaposition of rain forest sounds and chant jarring. She couldn't turn her brain off. She kept wondering how she was supposed to be feeling. She wondered if the thoughts in her mind were her own or the result of ketamine. "I just tried not to think about anything too hard, because the more I did, the more I thought, 'Oh, my god, what am I doing?' They said it probably was not a high enough dose, because I was mind conscious the whole time." The second

treatment was similar—disappointing.

"My third treatment was with a group. I cried before I went in. I was very, very, anxious. The idea of doing it with other people really scared me. I wondered if the other people would be weirdos. I had no idea what to expect. I knew that instead of an IV, I would get a shot in my arm. That made me nervous, too." There were six mats laid out in a big space. Everyone had a pillow, a blanket, an eye mask, and headphones. Sara was the first one there, so she found a spot and sat down. People started coming in: more men than women, a wide age range.

Sara settled down onto her mat and listened while a nurse laid out the ground rules. "She told us, 'If you need something, let us know. Be cautious of people around you. If you are having a bad experience, we will come to you.'" The nurse led the participants in a breathing exercise and meditation. Then nurses came by and injected everyone with ketamine. Patients were instructed to

put their eye masks on and their headphones in. Sara turned up her music and tried not to think about the people around her. "Some of them were a little odd, and I got a weird feeling from them. At the same time, I thought they were probably looking at me like, 'What is a twelve-year-old doing here?'"

During those first sessions, she says, "I did not have any big breakthroughs. There is no denying that I was taking an unusual journey, but I was unsure of the effects it had on my mind, or the effects it would have on my attitude and behavior afterward. During group therapy, I was the first one in the room to come out of it each time. I would get up a little wobbly. They would take my vitals and then they would talk to me about my experience. They would always say, 'You need a higher dose and blah, blah, blah,' and then I would leave."

Eventually, she did begin to feel like the drug was working. "I started looking forward to my treatments. I was getting excited for them — which made

me nervous. That was the same time Matthew Perry's [autopsy results came out]. He had ketamine in his system when he died. I thought, 'Oh no! Am I going to get addicted to this?' I worried that maybe it might become a thing I started searching out to do." She felt better when she learned that while Perry was receiving ketamine treatment, the amount he had in his system when he died indicated that he was self-medicating outside of treatment.

As far as what ketamine felt like; Sara found it difficult to describe. "The best way to describe it is that it feels completely out of body. I saw shadows. It felt like I was moving, like someone was physically moving me around the room. It felt like my mind got taken out of my body. I did come out of my final sessions feeling pretty good, but the effects of ketamine don't last that long. Originally, I thought that the treatment was just six times, and that was it. I was a little discouraged to learn that you're supposed to come back every

month to do it. Like everyone who works [at the clinic] still does it like once a month. You have to upkeep it."

I ask Sara if she is glad she did it. "I don't know? I think it was a good experience for me to try, even if the actual experience did not do anything for me long-term. Now I can say I tried. If I hadn't, I am sure I would have thought, 'Maybe if I had done the ketamine, it would've helped.'"

Did she think it would cure her eating disorder? "I didn't feel like it would be a cure, but I thought there would be a tangible moment that I could point to and say, 'That was it, that was the moment.' I thought there would be some big breakthrough. I expected something crazier to come out of it, instead of just being a good positive experience that made me feel better for a few days afterward. I wasn't like, 'Oh my God, Ketamine saved my life!'"

Where does she go from here? "Just today, my mom was saying, 'Maybe we can still do the psilocybin trial.'"



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That is just not something I am antsy to do. I think I want to find a regular therapist, not one that specializes in eating disorders, just someone I can talk to. Now that outwardly my eating disorder seems under control and I am not super depressed all the time, everyone thinks they don't have to worry anymore, that I am fine. I almost feel more alone. That is not something I expected to come out of this. I don't know why I am feeling that." Sara shrugs and looks down for a second before looking back up to add, "Talking about all this makes people uncomfortable. Well, not my mom. But Ruby never liked to hear about this. I think it makes her sad. So yeah, a therapist would help."

* * *

The day after Sara's final Ketamine treatment, I meet with Cori. She looks defeated. She runs her fingers through her cropped blonde hair and slides her chunky black rimmed glasses up the bridge of her nose before letting out a lengthy sigh. "I am discouraged," she says, "Sara is still depressed, and I worry about her like crazy. I don't know what else to say. It's fucking hard. It's emotionally draining. I mean, we are 100% better than we were six months ago, but it's still challenging, and I am still heartbroken by it."

Cori starts to cry. She tries to compose herself before adding solemnly, "You don't want to think there is this miracle out there, but I was really hoping ketamine would be it. Sara was on a good journey of recovery prior to the treatment. I thought this would

catapult that even more. Depression is tough. Her depression worries me more than the eating disorder. My biggest fear isn't that her weight will get so low that she will keel over and die. My worry is that she tumbles down into her depression, and it will kill her, either intentionally or unintentionally."

Now what? "I want to keep Sara in therapy with [the doctor from the clinical trial] but she charges \$500 a session. I can't afford that four times a month. I am a single mom. Hopefully the doctor will continue doing group sessions with Sara, because that is a lot cheaper. I need to figure it out, because it is so expensive and stupid insurance does not cover it." (Insurance did not cover Sara's ketamine treatments either, which were \$200 per group session and \$500 for solo sessions.)

"My biggest disappointment is that the world is finally talking about mental health, and most of it still isn't covered by insurance! That is bullshit. Mental health treatment should not be just for the rich. It should be for everybody, and it does not feel like it is."

Is Cori glad that Sara did the ketamine regime? She answers thoughtfully, "The conclusion is that people with eating disorders go into remission. They don't get healed. It's endless. Sara has learned a lot, and has a better hold on what she needs. She is happier. She does not binge and purge every day. I knew from the get-go that this would be a rollercoaster. It's a journey, and we are still on it. That is pretty much it."

— Siobhan Braun

NEIGHBORHOOD NEWS

Continued from page 3

"I studied urban design in college. It's like they are trying to get that perfect utopian design. It's like the drawings of the flying cars. It's a really good idea on paper, until they actually try to do it. If the city actually wanted to do something good for the area, why not fix the sidewalks or find other ways to beautify Oceanside without spending all this cash and changing the whole layout of the city?"

The city of Carlsbad has approached roundabouts on its stretch of Highway 101 differently than Oceanside. Carlsbad started with one roundabout at its north end, where it connects with Oceanside's Coast Highway. Some ten years later, the city is now preparing to install its second roundabout four miles south on Cannon Road. That second roundabout, located in the Terramar neighborhood, will be ready next year. Depending on results, a third roundabout may or may not be installed at Tamarack Avenue. Oceanside engineers do not seem to be motivated by similar sorts of data-driven analyses, since all five roundabouts will be installed at the same time: one at Civic Center Drive, one on West Street, and three others in between on Michigan, Washington, and Wisconsin Streets. Some roundabouts are only two blocks apart. All five are within one mile.

McEniry says he never knew that roundabouts and one-way lanes were even being considered. Two years ago, a group of informed South Oceanside residents and business owners told city planners they didn't want either a reduction in lanes or roundabouts in their neighborhood. As a result, neither are planned for South Oceanside. And there are residents in the greater downtown area who fear the new Coast Highway. Carolyn Krammer, who lives two blocks east of Coast Highway says that when southbound I-5 slows to a crawl, traffic naturally diverts to Oceanside's Coast Highway. She says



Carlsbad's first roundabout at its northern point. Incoming road is Oceanside's Coast Highway.

a new, more restricted Coast Highway with fewer lanes will then "dump all the overflow traffic onto our adjacent residential side streets like Ditmar

by phone that he has not yet had a final review of the new Coast Highway plan and of the impacts the five roundabouts may have. He says his depart-

The roundabouts aid controlling the traffic." Velasco says the city of Oceanside reached out many times with public outreach, including four commu-

"If the city actually wanted to do something good for the area, why not fix the sidewalks or find other ways to beautify Oceanside without spending all this cash and changing the whole layout of the city?"

and Freeman. What a massive clusterfuck this is all going to be." And Ace Hardware's McEniry says the new roundabout will make it impossible for standard 53-foot delivery trucks to make deliveries to his store. "Now they will have to park on [residential] Tremont Street and haul everything over to us."

Roundabouts are installed with the idea that they improve public safety by slowing traffic on major thoroughfares. But McEniry says firefighters will have to drive over the raised area of the roundabouts in order to proceed on Coast Highway. Four years ago, current fire chief David Parsons said that road impairments — including dips and traffic-slowness humps — impact firetruck delivery time, should be avoided by firefighters, and are a consideration in deciding which route fire trucks should take. Last week, Parsons said

ment's approval is a necessary part of the completion of the project. (The newly-built Fire Station number 1 on Civic Center Drive is set to open in May. Coast Highway business owners say Coast Highway is used throughout the day by fire department vehicles rushing to calls for help.)

Victor Velasco, Oceanside's project manager for the new Coast Highway traffic plan, was asked why Encinitas and Carlsbad currently have only one roundabout on their stretch of 101 while Oceanside will have five within one mile. "What I can state is that the city is trying to fit everything within its narrow right of way. This is the reason why some intersections will still have traffic signals. The roundabouts provide for a better traffic flow through the intersections. The I-5 speed limit is 65 mph, but no one drives 65 mph, because the road allows you to travel faster.

nity meetings, two city council workshops, and four steering community meetings, all promoted by "extensive flyers. And a banner was hung across Coast Highway near city hall highlighting the project."

"No one has ever told me that before," says McEniry.

The five-story Carlsbad project impacting Ace Hardware is set to go before the city council for final approval by the end of summer. A city staffer says the existing businesses, including Smart & Final, The Golden T bar, and the French Pastry Cafe could be forced to leave as soon as six to eight months after that. It is unclear what impact Mayor Sanchez's intervention may have on the roundabout on Michigan Street near Ace Hardware. McEniry is hopeful. "The mayor told me she would either have the parking put back in or have the roundabout moved."

KEN LEIGHTON

Calendar

Your Week

AND WELCOME TO IT

Thursday | 7

ZENTANGLE® ART CLASS

The Zentangle® Method, created by Maria Thomas and Rick Roberts, is an easy-to-learn way to create images by drawing structured patterns. This class, led by instructor Stacy Magic, will provide beginners with a background in the history of Zentangle®, introduce them to the basic steps of the method, and expose them to the associated vocabulary and tools used. Students will be creating Zentangle® tiles as part of the class.

WHEN: Thursday, March 7 and Friday, April 19, 10 am to 1 pm

WHERE: Bravo School of Art South Park, 2963 Beech Street, South Park. bravoschoolofart.squarespace.com



GREGORY ALAN ISAKOV AND DAMIEN JURADO

44-year-old South African-born singer-songwriter Gregory Alan Isakov



GREGORY ALAN ISAKOV

immigrated with his family to the United States in 1986 and was raised in Philadelphia. He uses instruments such as the guitar and banjo to blend folk and indie rock influences, as heard on his eighth studio album *Appaloosa Bones*, released last year. The bill includes Damien Jurado, who recently released *Roger's Audition: The Reggae Film Star Demos*.

WHEN: Thursday, March 7, 7:30 pm

WHERE: The Sound, 2260 Jimmy Durante Boulevard, Del Mar. thesoundsd.com

Saturday | 9

WEST COAST TACOS & BEER FESTIVAL

Enjoy unlimited taco tastings, unlimited beer, seltzer, and beverage tastings, live 90's music, DJ's, boutique vendors, and free mini golf. VIP tickets are available and include a one-hour early VIP entrance, festival tote, and hydro bottle.

WHEN: Saturday, March 9, 1 pm to 5 pm



SUNDAY, MARCH 10: THRIFT STORE TREASURE BAZAAR

WHERE: Port Pavilion on Broadway Pier, 1000 N. Harbor Drive, Downtown. westcoasttacobeerfest.com



WING WARS: CHICKEN WING CRAWL COMPETITION

Stroll from venue to venue, sample the wings, consider, and vote for your favorite. Competing venues include Henry's Pub, Gaslamp Lumpia, Po5, Smokin' J's BBQ, Casablanca, and WNDM Museum.



WHEN: Saturday, March 9, 1 pm to 5 pm

WHERE: Gaslamp Quarter, Fifth Avenue, between Broadway and Harbor Drive, Downtown. sandiegoreader.com/events/2024/mar/09/wing-wars-chicken-wing-crawl-compet/

Sunday | 10

THRIFT STORE TREASURE BAZAAR

Peruse this once-a-year sale of contemporary and vintage jewelry, clothing, accessories, household items, antiques, linens, crystal, and china. There will be furniture, fine art, and a showcase of watches and designer sunglasses. Donations accepted. Assistance League of Greater San Diego supports the enlisted, and offers scholarships, emergency assistance, and elementary school enrichment.

WHEN: Saturday, March 9 and Sunday, March 10, 8 am to 2 pm

WHERE: Assistance League of Greater San Diego, 108 University Avenue, Hillcrest. assistanceleague.org

SHEEP AND GOATS

I ANSWERED THE CALL

Plymouth Church

Contact: 2717 University Ave., San Diego www.plymouthsd.com/home

Membership: 105

Pastor: Michael Gonzales

Age: 45

Born: Sanger

Formation: University of San Diego; Fordham University, NY

Years Ordained: 11

San Diego Reader: *What's the mission of your church?*

Pastor Michael Gonzales: Plymouth is a place you come to, to be sent from. When you come here, you hear the will of God for our lives; but you don't only hear the message of Christ, you believe it, and find yourself doing

it, and by doing it, you are enacting the love of Christ you find here Sundays or whenever we're gathered, and going out into the community and lifting the community a little higher with the message of Jesus Christ. The perfect man died for our sins, resurrected three days later, and ascended on high. If you come and hear the love of Christ, you make it part of your faith which God gives you in your heart, and then you do something about it—a community program, proselytizing or sharing your story with someone who would be lifted up by it.

SDR: *Where is the strangest place you found God?*

PG: I was living in a small

country town, Dinuba, and the men of a local church had been praying and fasting for three days for a revival service that was coming up. I decided to participate—I was 13 at the time. In my bedroom as I was praying, I felt I had a supernatural experience where God was showing me something: he led me to a place with a church which had a steeple and cross. I remember vividly the Lord speaking into my spirit, "One day, I'm going to give this to you because I love you." Fast-forward 23 years from that point, I was leading a Bible study group out of Plymouth, and it began to grow. The pas-

tor at the time came to me and asked if I would take over his church... He said I was the right fit since the community is changing. I was young and connecting with young adults, something the church hadn't been able to do. He brought me in for an interview with the board of trustees and he shared a story that 23 years ago the Lord had spoken to him. The Lord told him he was going to meet a young man who was going to take over his church and build the church that the Lord needed to be built in the community. I realized that his experience took place around the same time as mine when I was 13. That



Michael Gonzales

was a God moment. Plymouth has a steeple with a cross on it.

SDR: *Where do you go when you die?*

PG: As the Bible teaches, there is a literal heaven and a literal hell. When humans die, we will find ourselves in one of those two places. We go to heaven by fol-

lowing the words of Jesus Christ: a man must be born again of water and spirit to enter the kingdom of God and the apostles communicated that message to the early Church. In Acts 2:38, Peter says we need to repent, turn our hearts toward God, and be baptized in the name of Jesus Christ for the remission of our sins. The promise is that if we do these things, we will receive the gift of the Holy Spirit... On the other hand, for those who do not repent, there is hell, which is, as Jesus says, a place of everlasting punishment.

— Joseph O'Brien

Find more Sheep and Goats columns at SDReader.com/worship/

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 sdreader.com/events/submit.

ART

Hello Neighbor Art & Design Show The Show is about inclusion and collaboration, appreciating the creatives that live within SD & TJ. A family-friendly event with a graffiti wall, kids' art station, games, food, and Art and Design by many artists and makers. Saturday, March 9, 10am; **free**. Texture Design and Fabrication, 2001 Main Street. (BARRIO LOGAN)

The Art & Vision of James Hubbell Artist James Hubbell has a 70-plus-year career as a contemporary master who expresses himself through nature-inspired art, architecture and functional

objects and spaces. Sunday, March 10, 1pm; **free**. Central Library, 330 Park Boulevard. (EAST VILLAGE)

BEER

Girl Scout Cookie Beer Pairing Indulge in house craft beers paired with select Girl Scout Cookie varieties. Reservations recommended, walk-ins welcome. Thursday, March 7, 5pm; **free**. My Yard Live, 288 Rancheros Drive. (SAN MARCOS)

BOOK SIGNINGS

Author of the Month Meet local author Carl Vonderau and discuss his featured book, *Saving Myles*. Virtual Travel Center (Fifth Floor) Tuesday, March 12, 6pm; **free**. Central Library, 330 Park Boulevard. (EAST VILLAGE)

Laura McNeal: The Swan's Nest Warwick's will host Laura McNeal as she discusses and signs

her new book, *The Swan's Nest*. Tuesday, March 12, 7:30pm; **free**-\$29. Warwick's Bookstore, 7812 Girard Avenue. (LA JOLLA)

Rachel Ignatofsky: What's Inside a Bird's Nest? Warwick's and La Jolla Riford Library present Rachel Ignatofsky as she discusses and signs her new book, *What's Inside a Bird's Nest?: And Other Questions about Nature & Life Cycles*. Tuesday, March 12, 4pm; **free**. La Jolla Riford Library, 7555 Draper Avenue. (LA JOLLA)

Sam the Cooking Guy Book Launch Party Hang with Sam and get the inside scoop of his new book, *Sam the Cooking Guy and the Holy Grill*. Tuesday, March 12, 6pm; \$85. Graze by Sam, 555 West Date Street. (DOWNTOWN SAN DIEGO)

Weekends with Locals: Ken Finnigan Weekends with Locals will be hosting Ken Finnigan, author of *Remembering Torn-Down Ballparks, Over a Cold Beer: A Beer Table Book Celebrating Lost Ballparks*. Sunday, March 10, 1pm; **free**. Warwick's Bookstore, 7812 Girard Avenue. (LA JOLLA)

CLASSES & WORKSHOPS

Clinical Somatic Exercise Discover easy movements to release and reset the tension baseline in your body that is causing you pain and limiting your quality of life. Tuesday, March 12, 6pm; **free**. 18 and up. Ocean Beach People's Organic Food Market & Deli, 4765 Voltaire Street. (OCEAN BEACH)

Magic of Color & Its Application Experience a new approach to color theory and color mixing, through playing and. Saturday, March 9, 10am; \$65-\$74. Bravo School of Art South Park, 2963 Beech Street. (SOUTH PARK)

Make Your Own Ravioli Cooking class Sunday, March 10, 5pm; \$59. Duck Foot Brewing Company, 8920 Kenamar Drive. (MIRAMAR)

Meditation, Awareness & Awakening Hosted by Turiya Dhara Saturday, March 9, 11am; **free**-\$20. 18 and up. Dharma Center, 5059 Newport Avenue. (OCEAN BEACH)

Portable Planetarium: Explore the Night Sky Spring into STEAM presents an out-of-this-world journey inside the portable planetarium. This program is recommended for children ages 9-12 Saturday, March 9, 2pm; **free**. Mission Valley Library, 2123 Fenton Parkway. (MISSION VALLEY)

SDCTI Mini Course: Steamed Milk Designed for coffee enthusiasts, baristas, and anyone keen to master the art of milk steaming and frothing. Thursday, March 7, 9am; \$150. 18 and up. San Diego Coffee Training Institute, 1616 National Avenue. (BARRIO LOGAN)

Tech Help Get help with downloading apps, ebooks, emails, internet searching and more. Sign-up

is required. Wednesday, March 13, 2pm; **free**. 18 and up. Poway Library, 13137 Poway Road. (POWAY)

Ukulele Class Learn to play the ukulele or improve your skills. Bring your own ukulele or borrow one from the library. All skill levels welcome. Wednesday, March 13, 5pm; **free**. Poway Library, 13137 Poway Road. (POWAY)

Ukulele Workshop & Jam Ukulele Workshop and Jam hosted by Rob Totty. Beginner's class followed by group jam/singalong. Sunday, March 10, 2:30pm; **free**. Aztec Brewing Company, 2330 La Mirada Drive #300. (VISTA)

Yoga: Mindful Movement with Breath Join Elizabeth Hospice Volunteer and Yoga Practitioner, Hank Newman, on a journey through grief using mindfulness, movement, and breath. Please bring a yoga mat, blanket, and water. Saturday, March 9, 11:30am; **free**. 18 and up. Poway Library, 13137 Poway Road. (POWAY)

COMEDY

"Big Irish" Jay Hollingsworth "Big Irish" Jay Hollingsworth is a stand-up comedian, actor and writer who earned first place in the March Madness Comedy Competition, The Best of Boston and he was a finalist in the Bay Area Black Comedy Competition. Friday, March 8, 10pm; Saturday, March 9, 10pm; \$20. Mic Drop Comedy, 8878 Clairemont Mesa Boulevard. (KEARNY MESA)

Blu Comedy Headliner Walter Ford, with Antjuan Tobias, RJ Haines, and The Amazing Mo. Friday, March 8, 7pm; \$15-\$70. 21 and up. Blu Temple Cigars & Wine, 1640 Camino Del Rio North. (MISSION VALLEY)

Brad Upton Brad Upton is a Dry Bar Comedy' comedian with over 175 million views. He used to tour with Joan Rivers and has spent the past 14-years as the opening act for Johnny Mathis. Friday, March 8, 6pm and 8:30pm; Saturday, March 9, 6pm and 8:30pm; \$30. Mic Drop Comedy, 8878 Clairemont Mesa Boulevard. (KEARNY MESA)

Casey Rocket As seen on *Kill Tony* and more. Thursday, March 7, 8pm; \$20. 21 and up. American Comedy Company, 818 Sixth Avenue. (DOWNTOWN SAN DIEGO)

Charlie Berens As seen and heard on *Cripescast Podcast*, *Funny or Die*, and more. Friday, March 8, 7:30pm and 9:30pm; Saturday, March 9, 7:30pm and 9:30pm; \$30. 21 and up. American Comedy Company, 818 Sixth Avenue. (DOWNTOWN SAN DIEGO)

Comedian CP Christopher Powell, also known as Comedian CP, is an American actor, writer, and comedian. He appeared on *Empire*, Comedy Central's *Detroiters*, HBO's *Love Life*, and STARZ *Run the World*. Sunday, March 10, 8:30pm; \$25-\$225. Mic Drop Comedy, 8878 Clairemont Mesa Boulevard. (KEARNY MESA)

Free Comedy Night Ron Smallwood, Joe Abousakher, Colton Harpie, Gordon Downs, Taylor Spencer, and host Alex Petit. Friday, March 8, 7pm; **free**. Duck Foot Brewing Company, 8920 Kenamar Drive. (MIRAMAR)

Hollywood Showcase Five comics TBA Friday, March 8, 6:30pm and 8:30pm; Saturday, March 9, 6:30pm and 8:30pm; \$5-\$40. 18 and up. Grand Comedy Club, 340 East Grand Avenue. (ESCONDIDO)

Joe Wong - Sunday, March 10, 7pm; \$40. 21 and up. American Comedy Company, 818 Sixth Avenue. (DOWNTOWN SAN DIEGO)

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Less Than Four Play Musical comedy trio Thursday, March 7, 7:30pm; **free**. 18 and up. Spacebar Cafe, 7454 University Ave., Suite A. (LA MESA)

Rivest Dunlap East LA native Rivest Dunlap retakes the stage with a new profound perspective on life, sharing how psilocybin save & changed his life, pulling from life experiences & creatively poking fun at his own complex cultural identity. Wednesday, March 13, 8pm; \$20. Mic Drop Comedy, 8878 Clairemont Mesa Boulevard. (KEARNY MESA)

Telenovela Improv Join improv team, LIRRER for an hour of over-the-top dramatic passion paired with laughs. Performed en ingles (in English) Friday, March 8, 8:30pm; \$7-\$15. Mockingbird Improv, 2590 Truxtun Road #200. (LIBERTY STATION)

Up Comedy Angels Celebrating International Women's Month. Friday, March 8, 7:30pm; **free**-\$10. Bolt Brewing, 8179 Center Street. (LA MESA)

DANCE

Father Daughter Dance: Spring Soiree This event is all about celebrating family bonds, creating memories, and savoring those one-of-a-kind connections between fathers and daughters. Saturday, March 9, 5pm; \$15-\$40. Dance Headquarters, 5035 Shawline Street. (CLAIREMONT)

South Asian Dance Performers South Asian culture is rooted in storytelling and dance, and this we see is still prevalent today. The culture is a dichotomy of rituals from the past living next to modern life on the Internet and international stage. Saturday, March 9, 3pm; **free**. Rancho Bernardo Library, 17110 Bernardo Center Drive. (RANCHO BERNARDO)

DISCUSSION GROUPS

Friendship Club Get together to socialize, do crafts, and express your creativity. This program is geared for adults of all abilities and their caregivers. Monday, March 11, 10:30am; **free**. 18 and up. Poway Library, 13137 Poway Road. (POWAY)

Intentional Speed Dating Series Enjoy conversation, face to face engagement, and possible romance. Saturday, March 9, 6pm; \$25-\$28. 21 and up. El Camaron, 126 South Kalmia Street. (ESCONDIDO)

San Diego Civil War Round Table Professor Brian Matthew Jordan, Ph.D. will discuss his book, "Marching Home: Union Veterans and Their Unending Civil War," a groundbreaking investigation into the fate of Union veterans who won the war but couldn't bear the peace. Sunday, March 10, 3pm; **free**. Mission Valley Library, 2123 Fenton Parkway. (MISSION VALLEY)

OUTDOORS

“Naked corals” showing their stuff, African daisies blooming

Mexican Coral Trees or “naked corals” are showing their stuff this season by bearing and baring scarlet, flamelike flowers on the tips of their twisting, leafless branches. Commonly planted as park and freeway landscaping, they and other species of coral are blooming along state route 94, Interstate 5 through Oceanside, along Harbor Drive near the airport, at the San Diego Zoo, on the lawns in front of San Diego City College downtown, and on the San Diego State



AFRICAN DAISIES, OR OSTEOSPERMUM, INCLUDE OVER 70 SPECIES, AND BLOOM IN MANY COLORS.



MEXICAN CORAL TREES, ALSO KNOWN AS MACHETITOS (LITTLE MACHETES) BECAUSE OF THEIR KNIFELIKE BLOOMS.

University campus. The bloom may continue into late spring, when the naked corals will cover themselves with eight-inch-long leaves, just in time to provide shade for the warmer months.

African Daisies Are Bursting Into Bloom around San Diego, especially along the freeway embankments. The name refers to a wide variety of species belonging to the genres *Arctotis*, *Dimorphotheca*, and *Osteospermum*, with flowers ranging in color from yellow, orange, and white to purple. These hardy ground covers require little water except when in active growth and help to hold soil in place during heavy rains.

Look For More Extreme Tides This Weekend. On Friday, March 8 there will be a high tide of 6.79 feet at 7:30 am, and a low tide of -1.57 feet at 2:19 pm. Saturday, March 9 will have a high tide of 6.86 feet at 8:16 am, and later in the day, a low tide of -1.48 feet at 2:52 pm.

FILM

Movies & Social Gathering: Mois de la Francophonie To celebrate the Month of the Francophonie, the Quebec Office in Los Angeles is sponsoring a French Film Club featuring two Quebecois films. Friday, March 8, 6:30pm; \$5-\$10. San Diego French-American School, 6550 Soledad Mountain Road. (LA JOLLA)

FOR KIDS

Disney's Finding Nemo The musical is based on the plot of the film *Finding Nemo*. It revolves around Marlin, a widowed clownfish who is desperate to find his son Nemo, who was snatched away by a diver in the ocean. Saturday, March 9, 8pm; Sunday, March 10, 2:30pm and 5:30pm; \$20-\$27. David and Dorothea Garfield Theatre, 4126 Executive Drive. (LA JOLLA)

Droid Day Celebrate Teen Tech Week and learn about robotics. Learn about robots with Poway High School's Team Spyder, enjoy Star Wars music with the Winecreek Ensemble, and enjoy other STEAM activities. Saturday, March 9, 2pm; **free**. Poway Library, 13137 Poway Road. (POWAY)

Puffs For seven years, a certain boy wizard went to a certain Wizard School and conquered evil. This,

however, is not his story. This is the story of the Puffs, who just happened to be there, too. Set against a backdrop of spells, potions and magical creatures, Puffs is a comedic and inspiring tale for anyone who has never been destined to save the world. Recommended ages 11 and up. Fridays, 7pm; Saturdays, 2pm; Sundays, 2pm; through Sunday, March 17, \$18-\$20. Casa del Prado Theatre, 1600 Village Place. (BALBOA PARK)

Spring Forward Storytime Scavenger Hunt Enjoy stories, snacks, games, goodies, art, prizes and an interactive and musical story time. Sunday, March 10, 11am; Martin Lawrence Galleries, 1111 Prospect Street. (LA JOLLA)

FUNDRAISERS

Screen Your Gut, Save Your Butt 5k Challenge Run to Defeat Colorectal Cancer. Saturday, March 9, 8am; De Anza Cove, 3000 N. Mission Bay Drive. (PACIFIC BEACH)

LECTURES

Horticultural Tours Forever Balboa Park offers thematic park tours that focus on the park's unique biodiversity and highlight the park's horticultural wonders on the second Saturday of each month, led by park volunteer and horticultural

enthusiast Bill Edwards. Saturday, March 9, 10am; **free**. Balboa Park Visitors' Center, 1549 El Prado. (BALBOA PARK)

Invasive Sea Life & Global Warming in Coastal Estuaries Presentation by Dr. Nathalie Reyns, research scientist specializing in marine ecology, with research on interactions between invasive sea life and global warming in mild climate regions. The focus will be on coastal estuaries, such as Batiquitos Lagoon. This free, family event is interesting for both adults and kids, age 15 and older. Registration is required. Meet at the Nature Center. Saturday, March 9, 10am; **free**. 18 and up. Batiquitos Lagoon Nature Center, 7380 Gabbiano Lane. (CARLSBAD)

NATURE

Guided Nature Walk Join an MTRP Trail Guide on a guided nature walk and learn about the plants, animals, geology, history, and ecology of the park on one of these scenic trails. The Oak Grove Loop showcasing majestic coast live oaks and rare Engelmann's oaks. The Visitor Center Loop highlighting coastal sage scrub, chaparral, and riparian woodland habitats. Walks are canceled if raining. Saturday, March 9, 9:30am, Sunday, March 10, 9:30am, Wednesday, March 13, 9:30am; **free**. Mission

Trails Regional Park, One Father Junipero Serra Trail. (SAN CARLOS)

Wildlife Kayaking Eco Tour An Ocean Connectors naturalist guide will point out local wildlife and teach you about the turtles in our bay, as well as local ecology and conservation efforts. Proceeds go to nonprofit environmental education programs. Saturday, March 9, 9am; \$40-\$60. Bayside Park, 999 Bayside Parkway. (CHULA VISTA)

Wildlife Walk Join Park Staff for a walk that will focus on birds and other wildlife of the Chollas Lake area. This is an easy, 1 mile hike with multiple stops, suitable for all ages with an elevation gain/loss of approximately 100 feet. You will be hiking on and off trails with some rocks, uneven surfaces and steps. This walk is not stroller accessible. Leashed, friendly dogs are welcome. Meet at the north end of the Chollas Lake parking area near the bathrooms. Allow extra time for parking. If the lot is full you will need to park on the street and walk in. Saturday, March 9, 1pm; **free**. Chollas Lake, 6350 College Grove Drive. (OAK PARK)

SPECIAL EVENTS

Kirtan & Chanting For Peace By Spirit Soul and friends - Patita Pavana. Room 323 upstairs. Saturday, March 9, 6pm; **free**. First Unitarian Universalist Church of

San Diego, Hillcrest, 298 West Arbor Street. (HILLOREST)

Oceanfront Wedding Venue Showcase Meet wedding experts who are dedicated to making your vision into reality for all your wedding related events leading up to the big day. Thursday, March 7, 4pm; \$10. Seabird, 101 Ocean Avenue. (OCEANSIDE)

Pagan Pop Up Market A free outdoor eclectic market once a month every 2nd Sunday with local vendors offering crafts, art, jewelry, altar items, apothecary supplies, gems, crystals, candles, vintage clothing, tarot readings and lots more. Sunday, March 10, 12pm; **free**. Emerald Hills Park, 5601 Bethune Court. (EMERALD HILLS)

Sports Card & Collectibles Show The Union Marketplace has something for everybody. Friday, March 8, 4pm; Saturday, March 9, 10am; Sunday, March 10, 10am; Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

The Union Marketplace The trading card game, collectibles, and sports card show is an exciting event for enthusiasts and collectors of all ages. This vibrant showcase features an extensive array of trading card games, rare collectibles, and sports cards, offering something for both seasoned collectors and new fans. Friday, March 8, 4pm; Saturday, March 9, 10am; Sunday, March 10, 10am; \$10-\$15. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

CREDIT: WIKIMEDIA COMMONS/WIKES BIRDS

All reviews are by Scott Marks, Matthew Lickona, Ryan Brothers, and Duncan Shepherd. Priorities are indicated by one to five stars and antipathies by the black spot. Unrated movies are for now unreviewed. Thousands of past reviews are available online at SDReader.com/movies.

family's beach house. It's a sign of star Jeffrey Wright's presence and talent that he's able to keep the viewer from noticing the bait-and-switch until the ending, which is likely to feel like a bad Player rip-off to fans of the satire, an emotional middle-finger to fans of the family drama, and maybe, just maybe, a clever tell to those in on the joke. *What did you come here looking for, people?* (2023) — M.L. ★★ (IN WIDE RELEASE)

up under scrutiny — don't overthink it, *man* — so what you're left with is the gentle exploration (send-up?) of lesbian culture; the trademark Coen blend of violence, cupidity, and stupidity; and nostalgia for the grindhouse. (2024) — M.L. ★★ (IN WIDE RELEASE)

close — maybe too many close-ups of stars Timothée Chalamet and Zendaya, and maybe too few conversations to illuminate Paul's (gradual?) acceptance of his destiny — and the action at the very end saps the impact of what's come immediately before. (It plays almost like a TV teaser: Tune in next time!) Anyway, about those references to '60s classics at the outset: the real news here is that our hero is not exactly a good guy. His father may have been noble, but his father was also defeated. The result is a blockbuster space opera that plays like a downbeat drama — we're long, long way from that famous galaxy far, far away. (2024) — M.L. ★★ ★ (IN WIDE RELEASE)

Theater listings and commentary are by Matthew Lickona unless otherwise noted. Information is accurate according to material given us, but it is always wise to phone the theater for any last-minute changes and to inquire about ticket availability. Many theaters offer discounts to students, senior citizens, and the military. Ask at the box office.

Four young Athenians are in a romantic tangle. Lysander and Demetrius love Hermia; she loves Lysander and her friend Helena loves Demetrius. Hermia's father, Egeus, commands Hermia to marry Demetrius, and Theseus supports the father's right. All four young Athenians end up in

Cruise on a hilarious romp wrapped up in Cole Porter's score. Get your toes tapping to hits that include "I Get a Kick Out of You," "You're the Top," "Friendship," "It's De-Lovely," and the title piece "Anything Goes." Performances will be held in the Theatre (Building 2400).

MIRACOSTA COLLEGE, ONE BARNARD DR., OCEANSIDE. 760-757-2121. 7:30PM THURSDAY, 2PM SATURDAY & SUNDAY

MEET CHAUNCEY.
HE'S NOT IMAGINARY,
AND HE'S NOT YOUR FRIEND.

FROM BLUMHOUSE, THE PRODUCER OF
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Chicken & Biscuits

The Southern California premiere of this production reveals the rivalry between sisters Baneatta and Beverly when they come together to bury their father. Between Beverly's flaunting of her "blessings" at the chapel, the accompaniment of Baneatta's son by his neurotic Jewish boyfriend of whom she disapproves, and Beverly's overly inquisitive daughter poking into everyone's business, the family is not so sure they can make it through the day without killing one another! Baneatta's pastor husband tries to mediate the family drama while officiating the funeral, but when a shocking family secret is revealed during the ceremony, the siblings are faced with a truth that could either heal or break them. Directed by Kevin "Blax" Burroughs, by Douglas Lyons. SUNSHINE BROOKS THEATRE, 217 N. COAST HWY., OCEANSIDE. 760-433-8900. 7PM FRIDAY & SATURDAY, 2PM SUNDAY.

Clyde's

Playwrights tend to show up in clusters around the San Diego theater scene. My first review was for Lauren Yee's *Cambodian Rock Band* at La Jolla Playhouse in 2019. Yee's *Great Leap Forward* showed up at Cygnet less than a year later. Keiko Green got *Exotic Deadly* at The Old Globe and *Sharon* at Cygnet. A.R. Gurney's had a remarkable run of late, starting with *Lamplighters' The Cocktail Hour* in early 2022, followed by *The Dining Room* at PowPAC, then *Love Letters* at La Jolla Playhouse, and then *The Cocktail Hour* again for Trinity Theater's canny first production in their new home inside Mission Valley Center. (Canny because at one point, the playwright protagonist unleashes an impassioned lament that theater seems to be all he can do, despite its precarious status in the current entertainment landscape.) John Patrick Shanley got *Italian-American Reconciliation* at Scripps, *Doubt* at New Village Arts, and now *Outside Mullingar* at Lamb's Players. Now it seems to be Lynn Nottage's turn, starting with *Intimate Apparel* at North Coast Rep, moving on to *Clyde's* at Moxie, and then going big for *MJ: The Musical* at the Civic Center. Sometimes, the clustering is beneficial: you get a sense of the playwright's voice and vision across a range of dramatic settings. Other times, it's more instructive: you get to see development — or its opposite. *Intimate Apparel* and *Clyde's* work similar territory and themes: working-class blacks and the spiritual significance of their work. *Intimate Apparel* had lingerie fashioned by a woman starved for love; *Clyde's* has sandwiches made by ex-cons, chief among them Montrellous, a kitchen Buddha who layers in more meaning than even the sturdiest sandwich can gracefully bear. Under him are sassy sister Letitia, fiery Latino Rafael, and angry newbie Jason. Over them all: Clyde, a tough gal who needs to please her crooked investors more than she needs to succeed as a legit business, and way more than she needs to nurture her fellow former jailbirds. The characters talk to each other — oh, do they talk, sometimes when there are sandwiches to be made! — but too often, it feels like they're talking *past* each other, and to the audience. Everybody's got a story, but they come at the expense of the story at hand. And while the regular pauses for descriptions of fantasy sandwiches are delightful, they don't feel real — these are desperate souls working a



How I Learned to Drive: Putting this whole family in my rear view!

last-chance greasy spoon, not artists in exile. The ending is equally baffling: why throw a tantrum when you could just serve relish on the side? MOXIE THEATRE, 6663 EL CAJON BL., SUITE N, ROLANDO. 858-598-7620. 7:30PM THURSDAYS, 8PM FRIDAYS, 8AM SATURDAYS, 2PM SUNDAYS.

Fiddler on the Roof

Set in the little village of Anatevka, the story centers on Teyve, a poor milkman, and his five daughters. With the help of a colorful and tight-knit Jewish community, Teyve tries to protect his daughters and instill them with traditional values in the face of changing social mores and the growing anti-Semitism of Czarist Russia. Rich in historical and ethnic detail, the universal theme of tradition cuts across barriers of race, class, nationality and religion. SAN DIEGO MUSICAL THEATRE, 4650 MERCURY ST., CLAIREMONT. +18585605740. 7PM THURSDAYS & FRIDAYS, 2PM & 7PM SATURDAYS, 2PM SUNDAYS.

Five Women Wearing the Same Dress

During an ostentatious wedding reception at a Tennessee estate, five reluctant identically clad bridesmaid hide put

in an upstairs bedroom, each with her own reason to avoid the proceedings below. As the afternoon wears on, these five very different women joyously discover a common bond in the wickedly funny, irreverent, and touching celebration of the women's spirit. By Alan Ball, some adult themes. LAMPLIGHTERS COMMUNITY THEATRE, 5915 SEVERIN DR., LA MESA. 619-303-5092. 8PM FRIDAYS & SATURDAYS, 2PM SUNDAYS.

Hand to God

A darkly comedic play that will leave audiences laughing and questioning their own beliefs. Directed by Artistic Director/Founder Phil Johnson. DIVERSIONARY THEATRE, 4545 PARK BL., UNIVERSITY HEIGHTS. 619-728-7820. 7:30PM THURSDAY.

How I Learned to Drive

A family-unfriendly affair — or should that be unfriendly family? I do not wish to make any assumptions about playwright Paula Vogel — never mind her claim in the program notes that she only writes about things "that directly impact my life" — but her Pulitzer-winning play about motor cars and molestation plays like theatrical trauma therapy. *Write it out.* The notes also note that she begins with emotional

circumstances and character and then moves to narrative structure. That tracks, because the narrative structure here is chopped up and scrambled (via frequent references to reverse gear) in a way that feels designed to make its central character engaging — as opposed to conveying a story. That character is not Megan Carmitchel's cute 'n curvaceous kiddo Li'l Bit (like many members of her family, she's named with reference to her genitalia). She's plenty engaging on her own — who doesn't sympathize with a girl discovering that she is not so much a person as an object of desire, and then trying to navigate the wanting world? Rather, it's Peck, the older, married man with whom she is sitting in a parked car in rural Maryland at the play's outset. The older, married man who has taught her to drive said car, and who now convinces her to sit astride him so that he may lift her shirt and fondle her breasts before bestowing "just one kiss" upon them. (For all the sexy talk and sexy action, Backyard Renaissance's presentation here is relatively demure; they're out to make you blush because of what's happening, not because of what's shown.) Francis Gercke's Peck is a finely crafted monstrosity, putting on an extended masterclass in gentle grooming, patiently setting his hook and constantly assuring his subject of both his empathetic affection and her transcendent worth. And he means every honeyed word. His feelings may be unacceptable, but they're 100% real. He is, in fact, the realest thing in the play, though his wife gets a fine, embittered moment in the spotlight, and Li'l Bit's wan wriggling in his clutches mostly makes sense. The least real? Mom, who is mostly absent and then alarmingly absurd, followed by grandma, a pious child bride who seems to have had her feelings... well, taken out of her.

TENTH AVENUE ARTS CENTER, 930 TENTH AVE., EAST VILLAGE. 619-920-8503. 7:30PM THURSDAYS, FRIDAYS, & SATURDAYS, 3PM SUNDAYS, 7PM MONDAYS.

MJ the Musical

The multi Tony Award*-winning musical is centered around the making of the 1992 Dangerous World Tour. Created by Tony Award*-winning Director/Choreographer Christopher Wheeldon and two-time Pulitzer Prize winner Lynn Nottage, *MJ* offers a rare

look at the creative mind and collaborative spirit that catapulted Michael Jackson into legendary status. SAN DIEGO CIVIC THEATRE, 1100 THIRD AVE., DOWNTOWN SAN DIEGO. +16195701100. 7:30PM THURSDAY, 8PM FRIDAY, 2PM & 8PM SATURDAY, 1PM & 6:30PM SUNDAY.

N

The West Coast premiere of *N* is a thought provoking comedy by award winning playwright David Alex that changes what you think about being a liberal or a conservative. Funny, poignant, and insightful, *N* is a wake-up call for the over-woke and under-woke. POINT LOMA PLAYHOUSE, 3035 TALBOT ST., POINT LOMA. 619-800-5497. 8PM FRIDAYS, 2PM & 8PM SATURDAYS, 3PM SUNDAYS.

Redwood

La Jolla Playhouse's star continues to rise, or maybe it's that the stars keep shining on La Jolla Playhouse. Having brought in film and stage star Matthew Broderick for *Babbitt*, they now turn to his musical counterpart, film and stage star Idina Menzel, for a musical about a woman who is literally up a tree. Wracked by grief following the death of her son, Jesse flees her New York job, apartment, and wife Mel, and keeps fleeing until she reaches a patch of private redwood forest overseen by aging hippie Finn and justice-minded Becca. There, she learns a bit about redwoods — they're tough in a fire, and while their roots are shallow, they stay standing by intertwining them with the roots of their fellow giants — and charms her way onto a platform high up in the canopy. Once there, well — it is California. The Playhouse has done right by Ms Menzel, in part

by surrounding her with voices that can hold their own against hers; Nkeki Obi-Melekwe's "Becca's Song" comes close to stealing the show, and Zachary Noah Piser makes the very most of his 11 o'clock number. Also by going about as far as they can go with projection; calling the digital forest a backdrop doesn't do justice to its immersive power. The songs, however, are less consistently good; the cheek-by-jowl juxtaposition of the Boomeresque anthem "A Little Bit Wild" and the poignant lament "Back Then" may have you feeling like you're watching two different shows. It's not that they have different tones and subjects, it's that they have different qualities of being. And while the concept and resolution work fine, there are moments where the drama falters and the emotion becomes awkward, almost as if the actors aren't sure they can embrace what they're portraying. Oh — and there's a tree. A great big breathtaking tree. You can't ever see all of it at once, but that's part of its glory. LA JOLLA PLAYHOUSE, 2910 LA JOLLA VILLAGE DR., UCSD. 858-550-1010. 7:30PM THURSDAYS, FRIDAYS, SATURDAYS, & TUESDAYS.

Tartuffe

A charismatic charlatan insinuates himself into the lives of a wealthy family, setting off a chain reaction of disruption and pandemonium. This production, translated into English verse by two-time Pulitzer Prize-winning poet Richard Wilbur, is directed by Richard Baird. NORTH COAST REPERTORY THEATRE, 987-D LOMAS SANTA FE DR., SOLANA BEACH. 858-481-1055. 8PM THURSDAY, 2PM & 8PM FRIDAY, 8PM SATURDAY, 2PM & 7PM SUNDAY, 7PM WEDNESDAY, MAR. 13.

PHOTO: AARON RUMLEY

Molière's
Tartuffe

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Translated into English verse by
RICHARD WILBUR

Directed by
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the inside track **blurt**

Bass pickup When Ryan Ruff was in high school, his two best friends were in a band that couldn't find a bass player. Somehow, he missed the sign the universe was holding up. "I should have

site. "It was the most rudimentary, basic things. You would complete each little video or task, and then do more and more at your own speed." He enjoyed the tutorials so much that he decided to join his kids

are you guys doing?' I was thinking it was probably not going to turn out too well." After about half an hour, Schwend turned to Ryan and informed him that they had a gig in three weeks, and that he would need to learn eighteen songs for a 90-minute set. Ryan was the new bassist for Surf Farmer.

The gig was at Winstons on October 2, 2022. "Playing that first time, I was totally like, 'I'm acting like a weirdo.

I can just feel it."

The day before, you start feeling butterflies, but not in a good way." He has since become more comfortable while playing live, thanks to gigs at venues such as the Ken Club, Nate's Bar and Grill, people's backyards, and in front of his house for Halloween trick or treaters. "If you



Surf Farmer: "If you give us an excuse to show up and play, we'll do it."

picked up the bass when I was 14, but it took me until 2020," he says now. He did take a stab at playing the piano when he was very young, but it was his older, drumming brother Brendan (who plays with locals Super Buffet) who became the family musician.

Still, Ryan was always a big music fan, and he eventually got the itch to learn guitar on camping trips with a family friend, Jason McArthur, who would always bring along his acoustic. And when the Covid lockdowns started in 2020, McArthur became the catalyst for Ryan's mid-forties stab at (finally) learning to play bass. "He was like, 'What are you going to do? Everything is shut down. No sports. No lessons. You're free... I found an acoustic/ electric bass for you on Craigslist. It's about fifteen miles from your house. It's \$100. Go get it. Go learn how to play bass.' I was like, 'Okay, I actually love the bass.' So I was like, 'Why not?'"

Ryan started off by taking the free bass tutorials that were offered on Fender's web-

for their online Zoom music lessons. His son was playing drums, his daughter was playing piano and guitar, and his wife just happened to sing and play piano and guitar as well. Soon, they had a full-on family band that was doing Zoom concerts for their extended family during holidays.

But by August of 2022, Ryan felt he had reached a plateau. He told his brother that he needed to join a band. Brendan had played drums with Surf Farmer in the past, and was still friends with Tom Schwend, the band's singer, guitarist, and songwriter. Schwend informed Brendan that he was looking for a bass player, and the wheels were set in motion.

Ryan met up with Schwend at the lawn across the street from Belmont Park for his audition. Schwend brought an acoustic guitar; Ryan had an acoustic bass. "We played the songs, and I don't know if he could hear me or not," Ryan recalls. "It was so loud. The roller coaster and traffic and people were walking by going, 'What

give us an excuse to show up and play, we'll do it," he says.

For Ryan, who has dealt with congenital heart defects for his entire life, learning to play bass in his late forties was just another challenge. "My parents were told when I was very young that they should have more kids, because they thought I wasn't gonna make it. My dad was like, 'Wrong fucking answer, pal.' They didn't think I would make it to eighteen. Then, when I made it to eighteen, I was like, 'Okay, now what?' I have always been exceeding expectations there. Don't use age as an excuse. If you want to do something, whatever the heck it is, go do it. It isn't until we get older that it's like, 'I'm too old to learn to that.' That's nonsense. Don't let that be the excuse. If you try it and you suck, own it. If you give it your best shot and it works, cool, good for you."

— Dryw Keltz

Find Blurt online at SDReader.com/blurt

CONTRIBUTORS

Robert Bush, Andrew Hamlin, Dryw Keltz, Jay Allen Sanford, Spike Steffenhagen



FRI. MAR. 8 WACKEN METAL BATTLE Blackcast, The Provoked, Brutalion, Defy The Tyrants, Gravity Grave, Old Gods		SAT. MAR. 9 WACKEN METAL BATTLE California Villain, Cascade Effect, Faerie Qweene, Maskeratt, Woods Witch, Cranial Detriment
SUN. MAR. 10 SPOON BENDERS Drug Hunt, Spit Vipers	TUE. MAR. 12 VOIVOD & PRONG Take Offense	FRI. MAR. 15 DARKEST HOUR I Am, Somnuri, Blackcast
MON. MAR. 18 A SKYLIT DRIVE The Bunny the Bear, Everyone Dies in Utah	TUE. MAR. 19 SKINNY LISTER Pet Needs	FRI. MAR. 22 CLAUSTROFOBIA The Damnation, Scars of Atrophy
SAT. MAR. 23 DAMAGE, INC. Cowgirls From Hell, Spoonmen	SUN. MAR. 24 THRA & RE-BURIED Bluntsplitter, Philosopher	THU. MAR. 28 ABHORIA Son ov Leviathan, Woods Witch, Pire
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JOANNA GEROLAGA AT CANNONBALL

MARCH 7



Joanna Gerolaga is a solo performer whose covers of island vibe R&B and pop classics feel right at home on the Mission beach boardwalk. Hailing from Honolulu, Hawaii, Gerolaga uses a loop pedal in concert, layering percussion, bass, melody, and harmonies into each song.

KAI KALAMA AT DUKE'S

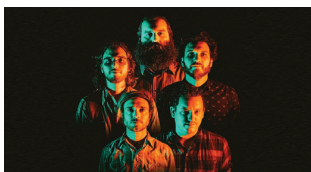
MARCH 8



Kai Kalama is a one man show, with a large range of musical styles — from Hawaiian to hip-hop. Since being featured on Season 8 of *American Idol*, Kalama has been further developing his rich, soulful voice. His beach-flavored covers are well suited for Duke's Hawaiian vibe, which includes staging and seating that overlooks La Jolla Cove.

THE DRUG HUNT at Brick By Brick

MARCH 10



Alt-country blues rockers the Drug Hunt were originally known as Bad Vibes, releasing their debut album *No One's Safe* in 2017. In 2019, the band signed to local Blind Owl Records and changed their name to the Drug Hunt. The bill includes Portland garage-psych punk band Spoon Benders and Spit Vipers.

MIKE MYRDAL at Cannonball

MARCH 12



Mike Myrdal worked in sales at the Active Network for around five years before opting for a full-time career, in music beginning in 2007. He first came to local notice fronting the Dave Matthews tribute band Stepping Feet, before stepping out on his own as a solo acoustic singer-songwriter. His performances feature acoustic music spanning several genres (and decades) of music.

LAUREN LEIGH at the Belly Up Tavern

MARCH 12



Lauren Leigh began singing around the age of five, accompanying the songs in *The Little Mermaid* until she knew them all by heart. She went on to sing with bands such as the One and Onlys (later known as Redwave), classic country band Wild Heart, tribute act Pink Floyd, High Tide Society, Analog Project, Back to the Garden, and others. The bill includes Leigh's aunt Eve Selis, as well as Omo Cloud.

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THE GONZO REPORT

How to make people boogie

B-side players celebrate 30 years at the Music Box

February 2 was a cold Friday night in Little Italy. But the B-Side Players turned on the heat at the Music Box for their 30th anniversary celebration. I can remember three good things that happened in 1994. My son Joseph was born, the World Cup was played here in the USA, and the B-Side Players got started.

Heather was my companion for the evening, but not my date. Rather, she was my extra set of eyes. (I met her at the Yellowman show at Winstons.) We congregated at a bar in Coronado around 6:30 for a drink, because we share the same zip code and could therefore share the same Lyft. It was announced that the doors opened at 8 pm. We were both hungry, but I worried about whether or not we had time to eat. Heather took a sip of her beer and said, "I got some intel for you. My friend Paige works at the Music Box, and they won't go on until 10." I had chosen well.

When we got to the venue, Paige was check-

ing in VIPs and private party goers. Heather said a quick hello to her friend, and we ventured into Little Italy to grab a bite to eat. I took too long in picking Davanti Enoteca on India Street, and then we got lost in the conversation and the food. When Heather looked at her watch, it was almost 10. We split the bill and headed out.

On the cold walk to the Music Box, I explained to Heather that I had been trying to reach the band by both e-mail and social media, but was not getting any response. I was feeling defeated — until I walked into the tri-level venue, saw frontman Karlos Paez, and went right up to him. He was looking as smooth as always, what with his beige outfit, his beige crown hat, and his long dreadlocks tied together into ponytails. "It's an honor to meet you and to celebrate the band's 30th year anniversary with you," I said. "May I have a word with you after the show?" His reply was as smooth as his look: "Of course; we can meet right outside." We parted, and I hit the bar off to the left for another round of drinks. I glanced up at the mezzanine, the top floor, and the VIP Room, and wondered if Paige might be a good source of information about them. In the meantime, Grey Goose & soda and a beer ran my bar tab to \$24.90.

The band came on as we were looking for



Frontman Karlos Paez meets our writer to discuss 30 years of music, vibes, and killer hats.

the right place to stand/boogie. No better place than smack dab in the middle of the floor, facing the LED video wall with "B-Side Players" in big bold print and a third eye watching over all. The horns and percussion started right after the band marched out, and so did the two-stepping.

Ten-piece, eleven-piece band? I lost count. Not one person was standing like a statue, not even in the upper VIP sections. The ingredients for this musical gumbo included flavors from Latin America, and the Caribbean; I caught whiffs of *cumbia*, reggae, reggaeton, salsa, Afro-beat, funk, rock and jazz. There was also a hearty dollop of politics. "*Nuestras Damas*" provided hard-charging lyrics in Spanish — rasta, La Raza, and Zapatista all at once! Got me wanting to fight for liberation. They did their own renditions of the Eagles' "Hotel California" and Bob Marley's "Could You Be

Loved." They brought out guests: Karlos's Tio Gio, Damien and Latanya Lockett.

The show ended, and it was time to look for Karlos. Heather and I went outside and saw some of the other band members pour out — but no Karlos. We had a chance to share a Lyft back to Coronado with a friend of Heather's and her husband, but we chose to stick to our plan. It got colder. Heather had to go to the restroom. When she came back, she said, "I think there's something going on inside, and we should check it out." We went back in, and Karlos was by the merchandise booth. We talked. I mentioned that I had noticed changes in the band lineup over the years. "In thirty years, we've had over 70 musicians play in the band for recording or touring," said Karlos. Just then, a woman burst in to give Karlos a hug, then put her hand over her mouth in mock embarrassment when she realized he was being interviewed. I asked about his roots. "My dad was a musician all his life. He came from a musical family from Old Sinaloa. Playing *banda* and that Sinaloa sound. It's kind of in my blood. I resisted that life because my father would miss baseball games and graduations. I tried to resist, because it's a hard life, but it kept calling me. By the time I was twenty-two years old, I started this band."

Another sort of music box had helped amplify that call: a box of records he found in the alley behind his house in National City. "It was a serious record collection that consisted of Parliament, Curtis Mayfield, and a lot of Motown stuff. B-Side Players knows how to make people boogie because of that record collection I found when I was fourteen years old." ■

Find The Gonzo Report online at sandiegoreader.com/gonzo

Sound:

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Saturday, 7:30pm — Sierra Ferrell.

Sycuan Live & Up Close Theatre:

Friday, 8pm — Free Fallin. \$29-\$39.

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Friday, 8pm — Spacehall Sound Machine.
Saturday, 8pm — SpunJ and The Jamberries.

Wong's Dragon Room:

Saturday, 8pm — 8 East Band. Free.

UPCOMING SHOWS

Brick by Brick:

March 15 — Darkest Hour, I Am, Somnuri
March 16 — The Eras Party

The Casbah:

March 14 — Chorduroy and Eric Schroeder
March 15 — Emo Nite
March 16 — Shane Hall and Lead Pony

Harrah's Resort Southern California:

March 16 — Killer Queen

House of Blues:

March 14 — Jordan Ward
March 15 — KPop Club Night
March 16 — Trap Karaoke

Music Box:

March 14 — Marc E. Bassy
March 15 — Maddie Zahm
March 16 — Mark Farina

Observatory North Park:

March 16 — Pon Mas Reggaeton

Soda Bar:

March 14 — Lael Neale
March 15 — Wild Party & Buddha Trixie
March 16 — Death Cab For Karaoke

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Sat - March 9
Punk Rock Saves Lives presents
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No Consent - Since We Were Kids
One Square Mile
Violates Community Standards

Sun - March 10
CORY CROSS (TX)
Conan Callahan & The Pretend Cowboys
Justin John Rodriguez Band Matthew Strachota

Mon - March 11
OPEN VINYL DJ NIGHT

FRI - MARCH 15
TALEEN KALI
Memory Leak - Runsdorp - Neutral Shirt

Sat - March 16
DANCING PLAGUE
Betray Every God
Blue Worship - DJ 7th Stranger

Wed - March 20
DJS & ART SHOWCASE

Wed - March 20
DIVINE TRASH ART SHOW
DJs Faux Velvet and Mandy Warhol

Thurs - March 21
SLAPPIN' HANDS WITH RIC SCALES

Fri - March 22
ART OF SEDUCTION BURLESQUE
GO-GO EXTRAVAGANZA

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DAMN THE WEATHER

Thu 3/7 @ The Sound
GREGORY ALAN ISAKOV

Thu 3/7 @ Soda
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Mon 3/11 @ Soda
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Tue 3/12 @ Soda
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Drinks All Around

BY AMANDA
TASCHER

YESARENI RICO

Alejandra's Fine Mexican
Food & Cantina
6996 El Camino Real
Carlsbad



They say there's no problem that margaritas and Mexican food can't solve. Thankfully, my only problem on this sunny afternoon is finding a really

good happy hour while I'm in North County. It's the perfect opportunity to finally scope out Alejandra's, which Bartender Yesareni Rico says opened nearly a year ago to the day. I'm prone to ordering anything named after the house, so Alejandra's Margarita is my cocktail pick. "It's the most popular one — it's not too sweet," she assures me. "I love margaritas, but not the sweet ones, so I really do like this one."

It's got all the makings of a classic margarita — with a few visually obvious tweaks. "We burn rosemary for garnish, we use a black salt rim, and add hibiscus purée, with a big ice cube." The backlit marble bar-top brings out the ruby red hue of the hibiscus-infused concoction. "We useCodigo Rosa Tequila and Naranja Orange Liqueur. We don't use sweet and sour in any of our margaritas, so they're pretty much skinny." Music to my hips, since I plan on having more than one. Rico continues, "It's pretty strong... but the rosemary smokiness helps balance the sweetness of the hibiscus. On a hot day, it's nice and light, almost like spiked Jamaica water."

She pulls out the bottle of rose-tinted blanco tequila to show me. "It sits in a French white oak Napa Valley Cabernet Sauvignon wine barrel. That's what gives it the pink color. There's a little cherry to me, a lot of agave, so the sweetness of the agave comes on the gums. You get a little bit of spice, too." The spirit is produced in the town of Amatitán in the valley of Jalisco, Mexico. Says Rico, "The quality is good because of the type of water that comes through Amatitán, that makes the distilling and filtering process better."

Rico refers toCodigo as "an innocent tequila — there's no additives. It's very smooth on the palate. It smells like money..." She answers my confused look, explaining "It's a joke. It means, that's a tequila that you're going to pair with a dish that might cost \$40-50. That's why I say that."

On that note, I ask for a worthy dinner recommendation. "I would probably do the short rib. It's kind of like birria... slow-cooked, it's very tasty, super juicy and tender. I feel like it would pair well with the sweet and savory."

ALEJANDRA'S HIBISCUS MARGARITA



- 1 ½ ozCodigo Rosa tequila
- ¾ oz Naranja Orange Liqueur
- ¾ oz fresh lime juice
- ½ oz Perfect Puree Sweet Hibiscus
- Rim with black sea salt
- Torched rosemary sprig for garnish

Add ingredients to a tin with ice, shake well and strain over a large cube into double rocks glass that has been half-rimmed with black sea salt. Garnish with lime wheel and torched rosemary.

HAPPY HOUR

You can submit a listing or find more information about these establishments online at SDReader.com/drinks

CORONADO

Islander: Monday-Friday, 3-6pm: \$4 Pacifico, \$6 craft drafts, \$7 select wine by the glass, \$8 mai tais and margaritas. \$4 and \$7 and \$10 tacos, \$8 volcano fries and West Pac eggrolls, \$12 Kalua pork sandwich, \$15 Islander fish sandwich.

DEL MAR

The Goat: Daily, 7-9 pm \$3 beer, \$2 tacos, \$3 off all menu items.

Tocaya Modern Mexican: Monday-Friday, 3-6pm: \$3 Cervezas, \$6 wine, \$2 off all margaritas. Select bites starting at \$2.

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, McCormick bourbon, shot of Torado Silver tequila, \$5 craft beer on tap, vodka soda, select wine by the glass, \$7 skinny margarita, select signature cocktails.

Gaslamp Tavern: Monday-Friday, 3-6pm: \$2 off drafts, wine,

specialty cocktails, \$5 wells. \$2 off appetizers.

Greystone: Monday-Thursday, Sunday, 4-6:30pm: Whole dedicated menu for happy hour

Johnny WAHOO! Golf Bar: Monday, \$5 house drafts, \$6 all other drafts, \$7 well cocktails. \$2 off appetizers.

Knotty Barrel: Monday, Friday, 4-7pm: \$2 off craft beer, \$6 premium wells, house red and white wines. Tuesday, 4-7pm: \$2 off craft beer, \$6 premium wells, house red and white wines. Half off craft beer all day. Wednesday, 4-7pm: \$2 off craft beer, \$6 premium wells, house red and white wines, half off wine bottle all day. Thursday, 4-7pm: \$2 off craft beer, \$6 premium wells, house red and white wines, half off wine bottles all day.

EAST VILLAGE

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.

HILLCREST

Cork & Stem: Wednesday-Sunday, 4-6pm: \$2 off wine & beer, \$35 bottle & board special, \$13 flatbreads.

KENSINGTON

Kensington Brewing Company: Wednesday-Friday, 4-6pm: \$1 off pints

LA JOLLA

Beaumont's: Tuesday, 4-10pm: Half off tequila and taco specials. Saturday-Sunday, 10am-3pm: Bottomless mimosas.

George's at the Cove Ocean Terrace: Monday-Friday, 2-6pm: \$10 feature cocktails, \$10 house wines.

LA MESA

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.

LIBERTY STATION

Bottlecraft Liberty Station: Monday-Friday, 3-6pm: \$3 Original 40 Tell Me Mo Pale Ale can, \$4 Three Sons amber ale can, \$6 Original 40 porter draft, \$7 house white or red, \$8 Boulevardier cocktail.

LITTLE ITALY

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

MIRAMAR

Duck Foot Brewing Company: Monday, 12pm-8pm: \$4 pints with Grotto membership card Tuesday, All day: \$12 two Fish Tacos and pint of draft beer Thursday, Save 20 percent on Growler and Grumbler flls

MISSION BEACH

Miss B's Coconut Club: Friday, 3-6pm: \$7 daiquiris and mojitos.

MISSION HILLS

Cardellino: Tuesday-Sunday, 5-6pm: \$5 dirty martinis, Aperol spritzes and Negroni, \$5 wines by the glass, \$5 draft beers.

MISSION VALLEY

Tommy Bahama Marlin Bar: Daily, 3-6pm: \$5 select draft beer, \$7 well drinks, \$7 wines, \$9-\$11 cocktails, \$10 Grapefruit Basil Martini and Mai Tai

NORMAL HEIGHTS

Sycamore Den: Daily, 5-6pm: \$1 off draft beer, \$1 off wine, \$2 off specialty cocktails

NORTH PARK

Original 40 Brewing Company: Monday-Friday, 4-6pm: \$5 draft beers, \$6 glasses of wine.

OCEAN BEACH

The Holding Company: Tuesday-Friday, 4-6pm: Half off draft beer, half off most whiskeys & tequila, \$2 pint beer of the day, \$4 well drinks, \$10 pitchers of beer, \$15 off all towers

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.

POINT LOMA

The Pearl: Monday-Tuesday, 4-6pm: \$4 select beers, \$5 well drinks, \$6 house wine, half off specialty cocktails. Wednesday, 4-6pm: 4-6pm: \$4 select beers, \$5 well drinks, \$6 house wine, half off specialty drinks. Thursday-Saturday, 4-6pm: \$4 select beers, \$5 well drinks, \$6 house wine, half off specialty drinks.

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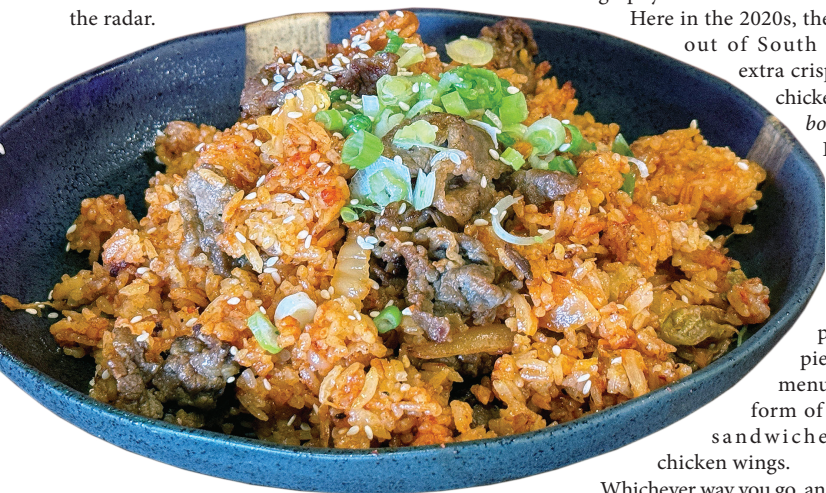


Kid-friendly Korean

For the latest reviews from Reader writers and a complete searchable list of 2000 restaurants, please visit SDReader.com/feast

Bok Bok Dok is like K-Pop: sweet, spicy, and crisp

Bok Bok Dok, 3960 W Point Loma Blvd., Suite J, San Diego. It's been fun watching the population of Korean restaurants in San Diego slowly tick up and branch out from the Convoy district into other parts of the county. And yet, the intriguing and distinctive cuisine still feels under the radar.



Kimchee and bulgogi fried rice.

You know what's not under the radar? K-Pop. The Beatles may be bigger than shepherd's pie, but aside from the U.K., it's tough to name a nation that has seen its music more readily embraced by Americans than its food. We gobble down rice noodles and ramen, but try to imagine a Thai pop tune playing on commercial radio. Or a Japanese girl band headlining Coachella, the way South Korean phenom Black Pink did last year.



Twice-fried Sweet & Spicy chicken wings, flavored with the Korean chili paste *gochujang*.

There's a running theory that fans of K-Pop and other South Korean entertainment are behind the steady rise of Korean food around the world, as documented by headlines such as "After K-pop, K-food is conquering France" and, "Indians' love of K-pop and K-dramas makes them hungry for Korean food." Anecdotaly, I've spotted signs of it here in San Diego: after Korean-Americans, the demographics I'm most likely to encounter at local Korean restaurants fall in the K-Pop-loving, Gen Z age range.

Which is all to explain why Bok Bok Dok makes sense to me. Kinda.

A recent addition to the Midway District, Bok Bok Dok glimmers with neon light, youthful animal imagery, and a steady rotation of K-Pop music videos on a central TV screen. I mistook the industrial space for a counter restaurant, but my astute server, Zach, insisted otherwise. I grabbed a seat at one of two communal high-top tables and gave him my order. Then I lost myself for a while, captivated by dazzling K-Pop choreography.

Here in the 2020s, the buzziest dish out of South Korea is the extra crispy, twice-fried chicken, dubbed *bok bok chicken*, and Bok Bok Dok seems to be a playful way of saying so (like calling it Bok Bok Chik'n). Twice-fried poultry occupies much of the menu, either in the form of fried chicken sandwiches or crispy chicken wings.

Whichever way you go, an array of sauces will follow, including *gochujang* sweet & spicy, tamarind chili, and soy garlic. And in any case, you can bet the crispiness will be paired with a sauce that's some part sweet, tangy, spicy, and sticky.

I might have preferred more spice and less sweet, but then, it's tough to go wrong with wings. And the breading on my garlic soy sandwich proved crispy enough to hold crunch through a soft brioche bun. But the best thing I tried featured beef, not chicken. The \$13 kimchee

fried rice is

studded with the restaurant's *bulgogi*.

That marinated beef dish is also featured in Bok Bok Dok's \$13.50 rice bowl, on the \$13 *bulgogi* fries, and in \$9.50 pair of *bulgogi* tacos.

But it's mixed with the spicy, fermented kimchee that the savory beef char finds common cause with an older

palate. And it promised to pair well with the restaurant's drink menu of *soju* cocktails and fruit-blended lemonades.

I'm old enough to know every restaurant is not for me: if Bok Bok Dok feels a little young to some of us, it's probably by design. But that doesn't mean there isn't plenty room for us on the K-Food bandwagon, somewhere in San Diego. With or without the pop.

-Ian Anderson



A K-Poppy restaurant in Midway.

FOOD & DRINK EVENTS

Crab Fest Enjoy live music from Billy Lee & The Swamp Critters, Mardi Gras party favors, and an all-you-can-eat BBQ buffet. Saturday, March 9, 11am; \$15-\$79. Felix's BBQ, 763 Center Drive. (SAN MARCOS)

Gnocchi Night Italian Dinner There will be a few songs thrown in the mix throughout the night by Italian tenor Rosario Monetti and chef Marcello Moccia from Naples cooks up an authentic gnocchi alla sorrentina. Wednesdays, 6pm; through Wednesday, April 17, \$20-\$25. Divo Diva Cafe, 3650 5th Ave #104. (HILLCREST)

Memento Mori & El Molino Winery Dinner Pairing Chef Itze showcases her five-course menu, paired with wines from El Molino Winery, in collaboration with

Memento Mori. Wednesday, March 13, 6:30pm; 21 and up. Black Radish, 2591 University Avenue. (NORTH PARK)

Shabbat Table with Susan Simon & Zoe B. Zak Author talk and Shabbat dinner with Susan Simon & Zoe Zak, authors of *The Cook and the Rabbi*. In their book, Simon & Zak devote a chapter to each of the Jewish holidays and feature recipes that reimagine traditional dishes with flair. The evening will include Zoe's insight and a dinner featuring Susan's dishes. Friday, March 8, 7:30pm; \$43-\$84. Lawrence Family Jewish Community Center, 4126 Executive Drive. (LA JOLLA)

Wing Wars: Chicken Wing Crawl Competition Take a stroll to each venue, sample their wings, and pick your favorite. Saturday, March 9, 1pm; \$30-\$45. Gaslamp Quarter, Fifth Ave., between Broadway and Harbor Drive. (DOWNTOWN SAN DIEGO)

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PERSONALS

ATTEND A PICKLEBALL PARTY Ditch the dating apps and attend a pickleball party. par.typickleball.net. Birthday party, team building corporate event plus we have the paddles. par.typickleball.net

DEAREST FUN SIZE, your bread making explorations have been received with big happy smiles and full bellies. Keep up the great work!

'LEAP DAY' CAME AND WENT The Driveway Society is happy to announce that the 'leap day' came and went without too many problems. We thank everyone for remaining cool, calm and collective.

VOTE FOR CECE! Vote for CeCe in America's Favorite Pet Contest 2024! She is our beloved, fluffy siberian cat. Thank you for your support! Follow us on Instagram @cece_pas-tel. americasfavpet.com/2024/cece-0e4a

A FISH WITH ITS MOUTH CLOSED avoids the hook!

TAILGATERS really need to relax. I will meet you at the next spotlight. Grandma

ALL I WANT IS A LITTLE LOVE and to love a bunch too. The land of hate can't take my heart away. Astounding

CALIFORNIA SAN DIEGO You suck! Bad. Dumb ignorant selfish hole up bottom feeder haters. Touche. I learned that from my friends. Here it's yours I don't need it. Barf! I got it made. A lions heart.

GRIZZLY BOOM Boom boom! I loved opening up for you up north in the mountains at that airstream venue by the river where Combichrist played live! Your set was unreal and you made me laugh all night and that's when I fell for you. Sequoia's and all. Ayyyyyyyyy Katie B. It's been 23 years. Isn't it about time we got together? D

CALIFORNIA RUINS REALITY Man I swear California ruins reality for people. The best real deal here and J got my own homeys from Washington acting like they can't remember the truth. Sad, sad. Get out of east village.

PEPÉ LE PEW Uh! Your sniffer would be broken to if you did what I did for years and years.

THOUGHT OF DEATH OF A COMPUTER The sinew crack, the essay on the cartridge. The computer key board cauterizes its flesh. It tortures me to see it alive but in such pain. The noise, the fires of the mind, the pain: Limbs are hacked off. And worse yet rotten limbs left on. I leave it now; Softly moaning in the notebook

until the graders pen, mercifully will put it at peace with the cold "D" of death.

ASTOUNDED Please stay as far away as possible. You really have problems with head games. Ewww!

I DO HAVE IT MADE Plus a key to a no pain scene would've been nice. With a nice friend, but I just can't find any real ones here.

I WAS SO USED TO THE SMELL Well yes. It was dirty. Sorry

STILL PLAYING WITH PEOPLE'S HEADS huh? Well down here, you'll are not get anything. You need to go cruising; thats it! Text me (619) 317-3366 Sheesh! You sound lost. Smell??

WHAT SMELL? I don't understand. Did I stink? Lynrd Shynrdr? So what! You think I was lying. You are projecting. I'm not much for lying. I'm more real than anybody I know. So what's up? Do I succeed? I do! Everywhere I go. It's leveling out. I got my old self back. If I hadn't tripped, I'd be worried you of all people were not fake. Remember, I'm very well liked and have turned down the band. Maggie was there and so was Hannah. Who are you son? Hello? Are you from California?

HEY JOKER I don't care, but if you have to pull a rabbit out of your hat; Do what you gotta do for me! HarleyQ

CHRISTIAN MAN SEEKS WOMEN Christian 63 year old man. Seeks African American Female, age 50-65 for church and friendship only. Call Richard (619) 389-0550. God Bless.

BIRTHDAY WISH? A SPARE SHARED Dear So Cal, Help me find my Kin this year: Seeking healthy designated living kidney donor to save my life & lives of Vets on dialysis. Donate Life Now! Thank you, HMC Chief Leo Raya, USN (Ret). www.dovetransplant.org/veterans/leonardo-raya (619) 867-9111 / DOVE4ChiefLeoRaya@Outlook.com

VINNY JONES Get well buddy. I need another \$500 to take to Mom. Give it up and lets get out of here.....GMAN

DOMINIQUE JONES AND OR CHARLES CAULTON Contact (619) 761-9569 / dj055@hotmail.com

YOUR OPINION Strike out the name the Padres, a name with religious identity. Hit a Home Run for a new name. How about the Amigos? The center for applied critical thinking (CACT). (619) 428-1274. Email: appliedthinker@hotmail.com

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go to any fire station. No questions asked.

FRIENDS OF JAMES HARPER (JIM) Please call Jim's family. Ann, Jennifer, Jamie. Thank you. (619) 917-6975

LOOKING FOR ARTIST NEAL roommate John, Fred, Doug Sweda, Pacific Beach, house on alley, between Thomas and Reed-1977. Jackie Feitler. (619) 917-6975

76 YEAR OLD CHRISTIAN MALE seeks Christian lady between 55-80 years old for karaoke singing, laughter, dancing, beach trips, sense of humor a plus for friendship, San Marcos, Oceanside, Carlsbad. Tony (760) 916-6107.

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PAGAN POP UP MARKET 3/10 Free eclectic market held every 2nd Sunday with local vendors offering crafts, art, jewelry, sacred altar items, apothecary supplies, gems, crystals, candles, vintage clothing, tarot readings. Emerald Hills Park 5601 Bethune Court, San Diego, 92114

HERPES AND HPV SUPPORT GROUP 2nd Thursday every month 7pm at Balboa Park's Casa Del Prado, Room 104, BYOBeverage. We'll provide Bronx Pizza, come get some, support, strength and hope.

BAJA DOG RESCUE SAVES LIVES! We are a nonprofit saving the lives of countless dogs and cats in Baja every day. We are 100% No Kill and dependent on donations from people like you to continue our work. You are helping support: rehabilitation and rescue for numerous abandoned, homeless and injured dogs; food and care for local street dogs; low cost veterinary services for pet parents who have trouble affording it, and care at our Medical Sanctuary in Tijuana. Our veterinary services include: Spay and neutering; Flea and tick; Parvo and distemper treatments; Advanced treatments like x-ray, ultrasounds, cancer care and complex surgeries. Our rescue is run by volunteers who strive to ensure that your donations are used effectively toward these programs and dogs in need. We are all so thankful for your support! bajadogrescue.org/

EXHIBIT How Growing Our Food Affects Farmworkers at Centro Cultural de la Raza, Saturday March 2, 2024 through April 7, 2024, 12 to 5pm, closed Mondays

PARTICIPANTS 65+ EARN \$100 Seeking Participants 65+ for 45-min finger scan study: in-person 1-on-1 research. Hand/finger data for product development. Incentive is \$100 and study happens in University Town Center.

VICTORY OWNER MC SAN DIEGO Victory Owner MC is trying to start a so cal chapter here in San Diego only requirement is you own a victory and ride it. Join us for rides bike shows etc... contact David @ goreelksd@gmail.com for info and membership registration and members packets (619) 405-9453

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FICTITIOUS BUSINESS NAME STATEMENT

File No.: 2024-9002694

Filed with Jordan Z. Marks Recorder/County Clerk County of San Diego: 02/06/2024

Fictitious Business Name(s): **a. Mr. Handyman Serving Inland San Diego** **b. Mr. Handyman Serving La Mesa & E Central San Diego**

Located at: 4342 Vista Way, La Mesa, CA 91941, San Diego County

Mailing Address: 4342 Vista Way, La Mesa, CA 91941

Registered Owners Name(s): **MGK Enterprises, LLC**

This business is conducted by: **A Limited Liability Company. The first day of business was 10/27/2017.**

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (1,000).)

Registrant Name /s/ **Kyle Lanz, Member** Corporation/LLC Name **MGK Enterprises, LLC** 2/15/24, 2/22/24, 2/29/24, 3/7/24

FICTITIOUS BUSINESS NAME STATEMENT

File No.: 2023-9023930

Filed with Jordan Z. Marks Recorder/County Clerk County of San Diego: 11/29/2023

Fictitious Business Name(s): **a. RSI Security**

Located at: 10531 45 Commons Drive, Ste 527, San Diego, CA 92127, San Diego County

Mailing Address: 2600 E Southlake Blvd Ste 312, Southlake, TX 76092

Registered Owners Name(s): **RSI Systems Inc.**

This business is conducted by: **A Corporation. The first day of business was 10/02/2018.**

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (1,000).)

Registrant Name /s/ **Lindsey Duffin, COO** Corporation/LLC Name **RSI Systems Inc.** 2/22/24, 2/29/24, 3/7/24, 3/14/24

FICTITIOUS BUSINESS NAME STATEMENT

File No.: 2024-9000305

Filed with Jordan Z. Marks Recorder/County Clerk County of San Diego: 01/05/2024

Fictitious Business Name(s): **a. Poway Alteration Center**

Located at: 12323 Poway Road, Poway, CA 92054, San Diego County

Mailing Address: 12323 Poway Road, Poway, CA 92054

Registered Owners Name(s): **Tin Quoc Le**

This business is conducted by: **An Individual. The first day of business was 01/05/2024.**

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (1,000).)

Registrant Name /s/ **Tin Quoc Le** 2/15/24, 2/22/24, 2/29/24, 3/7/24

FICTITIOUS BUSINESS NAME STATEMENT

File No.: 2024-9002816

Filed with Jordan Z. Marks Recorder/County Clerk County of San Diego: 02/07/2024

Fictitious Business Name(s): **a. Virbela**

Located at: 10620 Trenea St, Ste 230, San Diego, CA 92131, San Diego County

Mailing Address: 2219 Rimland Drive, Suite 301, Bellingham, WA 98226

Registered Owners Name(s): **EXP World Technologies LLC**

This business is conducted by: **A Limited Liability Company. The first day of business was 11/30/2018.**

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (1,000).)

Registrant Name /s/ **James Bramble, Secretary** Corporation/LLC Name **EXP World Technologies LLC** 2/22/24, 2/29/24, 3/7/24, 3/14/24

LEGAL NOTICES

We are a fully adjudicated publication for San Diego County.

**FICTITIOUS
BUSINESS NAME
STATEMENT**

File No.:
2024-9003387

Filed with Jordan Z. Marks
Recorder/County Clerk County
of San Diego:
02/14/2024

Fictitious Business Name(s):
a. Canine Coast

Located at: **4776 Mount Royal
Ave, San Diego, CA 92117,
San Diego County**

Mailing Address: 4776 Mount
Royal Ave, San Diego, CA
92117

Registered Owners Name(s):
Toby Jay Beers

This business is conducted by:
**An Individual. The first day
of business was N/A.**

I declare that all information in
this statement is true and cor-
rect. (A registrant who declares
as true any material matter
pursuant to Section 17913 of
the Business and Professions
code that the registrant knows
to be false is guilty of a misde-
meanor punishable by a fine
not to exceed one thousand
dollars (1,000).)

Registrant Name /s/
Toby Jay Beers
2/22/24, 2/29/24,
3/7/24, 3/14/24

**FICTITIOUS
BUSINESS NAME
STATEMENT**

File No.:
2024-9003140

Filed with Jordan Z. Marks
Recorder/County Clerk County
of San Diego:
02/09/2024

Fictitious Business Name(s):
a. Pro Barber Supply

Located at: **2525 Southport
Way, Ste E, National City, CA
91950, San Diego County**

Mailing Address: 2525 South-
port Way, Ste E, National City,
CA 91950

Registered Owners Name(s):
HLS YESI INC

This business is conducted by:
**A Corporation. The first day
of business was 02/01/2024.**

I declare that all information in
this statement is true and cor-
rect. (A registrant who declares
as true any material matter
pursuant to Section 17913 of
the Business and Professions
code that the registrant knows
to be false is guilty of a misde-
meanor punishable by a fine
not to exceed one thousand
dollars (1,000).)

Registrant Name /s/
Jin Ho Jung, President
Corporation/LLC Name
HLS YESI INC
2/22/24, 2/29/24,
3/7/24, 3/14/24

**FICTITIOUS
BUSINESS NAME
STATEMENT**

File No.:
2024-9004510

Filed with Jordan Z. Marks
Recorder/County Clerk County
of San Diego:
02/29/2024

Fictitious Business Name(s):
a. Chewe's Handyman

Located at: **414 S. 33rd St,
San Diego, CA 92113, San
Diego County**

Mailing Address: 414 S. 33rd
St, San Diego, CA 92113

Registered Owners Name(s):
Jose J. Diaz

This business is conducted by:
**An Individual. The first day
of business was 02/29/2024.**

I declare that all information in
this statement is true and cor-
rect. (A registrant who declares
as true any material matter
pursuant to Section 17913 of
the Business and Professions
code that the registrant knows
to be false is guilty of a misde-
meanor punishable by a fine
not to exceed one thousand
dollars (1,000).)

Registrant Name /s/
Jose J. Diaz
3/7/24, 3/14/24,
3/21/24, 3/28/24

**FICTITIOUS
BUSINESS NAME
STATEMENT**

File No.:
2024-9003220

Filed with Jordan Z. Marks
Recorder/County Clerk County
of San Diego:
02/09/2024

Fictitious Business Name(s):
a. Contours

Located at: **311 4th Ave, Unit
507, San Diego, CA 92101,
San Diego County**

Mailing Address: 311 4th Ave,
Unit 507, San Diego, CA 92101

Registered Owners Name(s):
Brice M. Ciabatti

This business is conducted by:
**An Individual. The first day
of business was N/A.**

I declare that all information in
this statement is true and cor-
rect. (A registrant who declares
as true any material matter
pursuant to Section 17913 of
the Business and Professions
code that the registrant knows
to be false is guilty of a misde-
meanor punishable by a fine
not to exceed one thousand
dollars (1,000).)

Registrant Name /s/
Brice M. Ciabatti
2/22/24, 2/29/24,
3/7/24, 3/14/24

**PUBLIC NOTICE
CONSTRUCTION OF
COMMUNICATIONS
FACILITY TOWER**

Public Notice: Public Safety
Towers, LLC proposes the con-
struction of a 50-ft AGL overall
stealth church steeple com-
munications tower-building
and its associated telecommu-
nications facility to be located
at 5810 Alleghany Street, in
the City of San Diego, within
San Diego County, CA (Parcel
ID #5870103000). Public Safety
Towers, LLC seeks comments
from all interested persons
on any potential significant
impact the proposed action
could have on the quality
of the human environment
pursuant to 47 C.F.R. Section
1.1307, including potential
impacts to historic or cultural
resources that are listed or eli-
gible for listing in the National
Register of Historic Places.
Please submit any written
comments within 30 days of
the publication of this notice
regarding the potential effects
that the proposed tower may
have on **Historic Properties
that are listed or eligible for
inclusion on the National
Register of Historic Places** to:
Tower Engineering Profession-
als, Inc. (Attn: Ryan Malek) 326
Tryon Road, Raleigh, NC 27603
Telephone: (919) 661-6351 Fax:
(919) 661-6350

PUBLISHED 3/7/24;
SAN DIEGO READER

**FICTITIOUS
BUSINESS NAME
STATEMENT**

File No.:
2024-9001861

Filed with Jordan Z. Marks
Recorder/County Clerk County
of San Diego:
1/25/2024

Fictitious Business Name(s):
a. Lucky Cat Tattoo

Located at: **2936 Lincoln Ave,
San Diego, CA 92104, San
Diego County**

Mailing Address: 2936 Lincoln
Ave, San Diego, CA 92104

Registered Owners Name(s):
Lucky Cat Tattoo

This business is conducted by:
**A Limited Liability Company.
The first day of business was
01/24/2024.**

I declare that all information in
this statement is true and cor-
rect. (A registrant who declares
as true any material matter
pursuant to Section 17913 of
the Business and Professions
code that the registrant knows
to be false is guilty of a misde-
meanor punishable by a fine
not to exceed one thousand
dollars (1,000).)

Registrant Name /s/
Emily Ailes, CEO
Corporation/LLC Name
Lucky Cat Tattoo
3/7/24, 3/14/24,
3/21/24, 3/28/24

**FICTITIOUS
BUSINESS NAME
STATEMENT**

File No.:
2024-9003544

Filed with Jordan Z. Marks
Recorder/County Clerk County
of San Diego:
02/15/2024

Fictitious Business Name(s):
a. Eichl

Located at: **212 Treasure
Drive, San Marcos**

Mailing Address: 212 Treasure
Drive, San Marcos

Registered Owners Name(s):
Yuriko Hamada

This business is conducted by:
**An Individual. The first day
of business was N/A.**

I declare that all information in
this statement is true and cor-
rect. (A registrant who declares
as true any material matter
pursuant to Section 17913 of
the Business and Professions
code that the registrant knows
to be false is guilty of a misde-
meanor punishable by a fine
not to exceed one thousand
dollars (1,000).)

Registrant Name /s/
Yuriko Hamada
02/29/2024, 03/07/2024,
03/14/2024, 03/21/2024

**FICTITIOUS
BUSINESS NAME
STATEMENT**

File No.:
2024-9004036

Filed with Jordan Z. Marks
Recorder/County Clerk County
of San Diego:
02/23/2024

Fictitious Business Name(s):
**a. Raising Anchors Christian
Childcare**

Located at: **2106 N ST, STE N,
Sacramento, CA 95816**

Mailing Address: 2106 N ST,
STE N, Sacramento, CA 95816

Registered Owners Name(s):
Raising Anchors LLC

This business is conducted by:
**A Limited Liability Company.
The first day of business was
01/01/2024.**

I declare that all information in
this statement is true and cor-
rect. (A registrant who declares
as true any material matter
pursuant to Section 17913 of
the Business and Professions
code that the registrant knows
to be false is guilty of a misde-
meanor punishable by a fine
not to exceed one thousand
dollars (1,000).)

Registrant Name /s/
Cassandra Sparks
02/29/2024, 03/07/2024,
03/14/2024, 03/21/2024

NOTICE OF INTENT TO CIRCULATE PETITION

NOTICE IS HEREBY GIVEN by the persons whose names appear hereon of their
intention to circulate the petition entitled "Term Limits for Elected Offices
Initiative." This shall serve as a formal written request that a ballot title and
summary of the initiative be prepared by the City Attorney. A statement of the
reasons for the proposed action as contemplated in the petition is as follows:

The intent of the petition is to establish that no person shall be elected or
appointed to more than two (2) terms as an elected official in the City of
Poway. For the purposes of calculating the number of terms in the limitation
on term limits, the terms served by any person elected or appointed to
office in the City of Poway shall not be aggregated with terms served by that
person in another elected office in the City of Poway. For example, a single
person shall serve two (2) terms as mayor, and two (2) terms as a city council
member. The limitation on terms as an elected official described above shall
not apply to any unexpired term to which a person is elected or appointed if
the remainder of the term is less than 12 months. The term limits described
in this Chapter shall apply prospectively to terms of office beginning with the
November 5, 2024, election.

Signed by Arthur Blain
15230 Vali Hai Rd
Poway, CA 92064
January 26, 2024

This Initiative proposes to impose term limits on all elected offices in the City
of Poway. A statement of the reasons for the proposed action as contemplated
in the petition. If approved by the voters, term limits for elected officials in
Poway will encourage new people to get involved in our local government,
broaden the base of potential candidates, and encourage broader representa-
tion of different neighborhoods. In the history of Poway, like many other cities
in San Diego County, nothing prevents council members from holding office
for as many terms in which they are elected. This Initiative will establish a
reasonable limit of two four-year mayoral and councilmember terms for their
respective service beginning with the November 5, 2024, election. Term limits
will improve our political process and provide for a more open government in
the City of Poway.

Proposed Measure:

**AN ORDINANCE OF THE PEOPLE OF CITY COUNCIL OF THE CITY OF PO-
WAY, CALIFORNIA, SETTING TERM LIMITS FOR THE ELECTED OFFICIALS IN
THE CITY OF POWAY BY ADDING A NEW CHAPTER 2.05 "TERM LIMITS FOR
ELECTED OFFICIALS" TO CHAPTER 2 OF THE POWAY MUNICIPAL CODE**

THE PEOPLE OF THE CITY OF POWAY DO HEREBY ORDAIN AS FOLLOWS:

Section 1. Recitals Incorporated. The foregoing Recitals are incorporated
herein by reference as if set forth in full.

Section 2. New Chapter. A new Chapter 2.05 is added to Title 2 of the Poway
Municipal Code to read, in its entirety, as follows:

"Chapter 2.05. TERM LIMITS FOR ELECTED OFFICIALS

Section 2.05.010. Term Limits.

No person shall be elected or appointed to more than two (2) terms as an
elected official in the City of Poway. For the purposes of calculating the num-
ber of terms in the limitation on terms of office, the terms served by a person
elected or appointed to one elected office in the City of Poway shall not be
aggregated with terms served by that person in another elected office in the
City of Poway. For example, a single person shall serve two (2) terms as mayor,
and two (2) terms as a city council member.

Section 2.05.020. Elected Officials.

The term "elected official" as used in this Chapter shall mean the:

A. Mayor.
B. Member of the City Council.

Section 2.05.030. Partial Terms of Office.

The limitation on terms of office described in section 2.01.010 shall not
apply to any unexpired term to which a person is elected or appointed if the
remainder of the term is less than 12 months.

Section 2.05.040. Application.

The term limits described in this Chapter shall apply prospectively to terms of
office beginning after the November 5, 2024, election.

Section 2.05.050. Amendments.

The City Council shall not amend the provisions of this Chapter contained in
Section 2.05.030 to implement the substantive provisions of this Chapter.

Section 2.05.060. Severability.

In any subsection, subdivision, paragraph, sentence, clause, or phrase of this
Chapter or any part thereof is for any reason held to be unenforceable or
otherwise invalid, such decision shall not affect the validity of the remaining
portion of this Chapter or any part thereof."

Section 3. Amendment or Repeal. The City Council shall not amend or re-
peal the provisions of this Ordinance to implement the substantive provisions
of this Ordinance.

Section 4. Severability. In any subsection, subdivision, paragraph, sentence,
clause, or phrase of this Chapter or any part thereof is for any reason held to be
unconstitutional or otherwise unenforceable, such decision shall not affect the
validity of the remaining portion of this ordinance or any part thereof. The People
of the City of Poway hereby declare that they would have passed each subsec-
tion, subdivision, paragraph, sentence, clause, or phrase thereof, irrespective
of the fact that any one or more subsection subdivision, paragraph, sentence,
clause, or phrase be declared unconstitutional or otherwise unenforceable.

Section 5. Effective Date. After its adoption by the voters, this Ordinance
shall be in full force and effect ten (10) days after the vote is declared by the
City Council of the City of Poway, pursuant to the provisions of Elections Code
§§ 9217 and 15400 and as provided by law.

Certification

INITIATIVE MEASURE TITLE AND SUMMARY
PREPARED BY CITY ATTORNEY
PURSUANT TO ELECTIONS CODE SECTION 9203

Title:

An Initiative Measure to Impose Term Limits on the Mayor and Members of
the City Council.

Summary:


If approved by a majority of the voters in Poway voting on the measure, the
initiative would amend the Poway Municipal Code to impose term limits on the
elected offices of Mayor and City Councilmember.

If adopted, beginning with the terms of office that commence following the
November 5, 2024 election, the initiative would limit all City Councilmembers
to two terms of office, and likewise limit the Mayor to two year terms of office.
The initiative defines a term of office to include any term of office longer than
12 months.

The proposed term limit would apply to non-consecutive and consecutive
terms equally. The term limit would apply separately to City Councilmembers
and the Mayor, and therefore, the same individual would be permitted to serve
two terms as Mayor, and two terms as a City Councilmember.

If adopted, the portions of the
Poway Municipal Code amended
by the initiative would only be
able to be further amended by a
subsequent majority vote of the
voters of Poway.

Dated: February 9, 2024


Alan B. Fenstermacher, City Attorney

for Qi Gong 6pm Tuesday and
Chen Taijiquan 6pm Monday and
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She's a licensed and certified.
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with me if you object. Please con-
tact (619) 228-5843.

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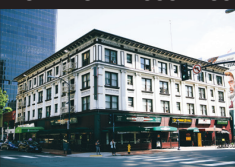
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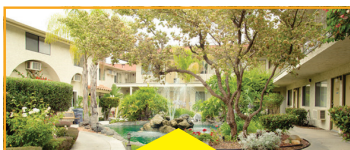
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Pacific Coast Sportfishing Festival in Costa Mesa this week – Bluefin continue to show within 1.5-Day range

Dock Totals 2/25 – 3/2: 481

anglers aboard 23 half-day to 3-day trips out of San Diego landings over the past week caught 9 bluefin tuna, 8 bonito, 14 calico bass, 1 halibut, 70 lingcod, 10 lobster (70 released), 16 perch, 17 rock crab, 693 rockfish, 705 sand bass, 297 sculpin, 13 sheephead, 13 spider crab, 1 triggerfish, 141 whitefish, and 23 yellowtail.

Saltwater: Fishing this past week has been mixed for the fleet, with sand bass rockfish, sculpin, and whitefish making up the majority of the catch. The number of lingcod caught jumped quite a bit over last week's count, due mostly to a couple more boats heading into Mexican waters as the season begins for the Full Day to 1.5-Day runs that will also be looking offshore for bluefin.

Again, as I am writing, a report just came in from H&M Landing for the *Old Glory* on their second 2-Day trip of the season while fishing off the Baja coast about 50 miles west/southwest of Ensenada. I'll just pass it along here for anyone waiting to see if the fish are out there and biting: "Just got a late night update from Kley and the guys; they are up to 15 bluefin on deck and they've got tons surrounding the boat currently! They had some nice rock cod and a handful of yellowtail and started searching for some bluefin this afternoon. And they found em! Check back tomorrow evening for the final count on their two day trip. We will be running these two day trips on the weekends for the foreseeable future, hope to see you out there!"

This is great news this early in the season, and is about a month ahead of the first biters we had in spring of last year. With only a few 1.5-Day to 3-Day boats running so far, it would be advisable to book early as these trips will fill up as word gets out of decent numbers of bluefin being caught. Boats currently running south for yellowtail and bluefin with a side order of rockfish and lingcod include the *Horizon* 1.5-Day and *Old Glory* 2-Day runs out of H&M Landing, the *Pacific Dawn* 1.5-Day out of Fisherman's Landing, and the *Polaris Supreme* 3-Day and *Tribute* 1.5-Day runs out of Seaforth Landing.

We are still officially in trade show season, and this week's main event is the Pacific Coast Sportfishing Festival at the Orange County Fair and Event Center, running this week, Thursday through Sunday, March 7-10. This is a huge show and worth the drive north. There will be seven halls, 217,000 square feet of fishing tackle, and boats, plus info on travel destinations and many speaker presentations. With a vendor list of hundreds of fishing, boating, and outdoor products, guides, and sportboat operations, there should be something for every enthusiast of the southern California outdoor recreational scene.



Happy angler with a solid school-sized bluefin tuna caught while fishing aboard the *Old Glory*



Good bluefin bites are often in the dark hours, especially during full moon phases.

Guest speaker seminars include tips and tackle recommendations for targeted species by seasoned professionals such as Dave Marciano (Wicked Tuna), Ali Hussainy (BD Outdoors), and Dave Hanson (Your Saltwater Guide) on Sunday at 11:30 am, covering the difference in fishing tactics for Pacific bluefin tuna and Atlantic bluefin tuna. Bobby Martinez, a calico bass guru, will be hosting the Island Calico Bass Seminar along with Benny Florentino, Erik Landesfeind, and Gerry Mahieu on Thursday at 1:30 pm. They'll share their accumulated knowledge about targeting calicos.

Other seminar topics throughout the show include deep-drop swordfish, white seabass and yellowtail, slow-pitch fishing, and much more. Check sportfishingfestival.com for schedules and details. Tickets to the show are \$20 per day, kids 12 and under and active duty military are free. So if not going south after the bluefin and yellowtail this week, maybe a trip north to the OC is in order to get your fishing addiction fix with some supplies and tips as the season warms up and fish start biting.

The extended shorter runs into Mexican waters for rockfish have been doing very well, and soon, on

March 22nd, rockfish will open again in U.S. SoCal waters for all depths — as was the case for the first time since 2012 last year, with excellent results. The closure was to protect cowcod, which are still no-take, but their population health has recovered enough to allow targeting other rockfish species in the deeper waters that cowcod prefer. This brings us to descender rigs again: after you pull a rockfish from deep water and find it needs to be released, it will need a little help getting back down. Descender rigs are a weighted device with a release mechanism that makes a successful release more possible for deep dwellers that "gas up" and cannot swim down due to their expanded swim bladders. Once these fish return to the atmosphere and pressure they are used to, they will "de-gas" and get back to normal business. Of course, not every release is successful, but at least the rig gives the bloated fish a better chance. Used to be, many unwanted rockfish would get stuck floating on the surface, or have their swim bladders punctured to give them a chance. With a descender rig, the odds of successful release are greatly improved. These rigs can be purchased online or at one of the many tackle shops or landings.

All in all, it is still looking good out there for an epic season, and as long as conditions allow, boats will be heading out for the trophy bluefin and feisty yellowtail to test anglers and their gear. Rockfish will be open soon closer to home, and it is a good weekend to stock up on swag and knowledge at the Pacific Coast Sportfishing Festival. Whether you are gearing up and getting ready, or thinking about booking a trip, they're out there, so go get 'em!

DANIEL POWELL

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CHHH512 E-Pot portable with legs and bags new in box; never used. Bob (858) 674-7213 \$30

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HEAVY DUTY METAL OUT-DOOR CHAIR This gray outdoor patio chair is heavy & very sturdy for a full-sized adult. Beautiful decorative seat back, armrests & legs. Metal frame & heavy vinyl strap seat provide for comfort & good support. Excellent condition. \$35. Text for more info/pics

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BEAUTIFUL SOLID WOOD DECOR BOX This vintage box (5.5"x 3.5"x 2") high) with a hinged lid is nicely stained and varnished. It can be a wonderful storage place for jewelry, tarot, oils, arts & crafts, sewing supplies, and other lovely things. \$12. Text or email for more info/

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sd@gmail.com

HANGING PLUG-IN PENDANT LIGHT This beautiful pendant light has bronze trim and glass shade with 25 ft. plug-in cord & 8 ft. chain. \$35. Another matching light (some discoloration on trim) for \$25 or \$50 for both. The glass shades are excellent. Text or email for more info/pics. (619) 796-5510

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2 PAIR CROSS CONNECT WIRE I have 4 spools of 2 pair cross connect. Make offer. Lakeside (619) 390-8216 / robtville5@gmail.com

PORTABLE TRASH COMPACTOR Free Standing or Under-counter. Black, 34 1/2" tall - 12" wide. Takes regular kitchen bags. Has a Key Lock sSwitch, Bag Storage Compartment. \$130 Cash Only You Pick Up. mapaul16@gmail.com

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4 BEAUTIFUL NEW INTERIOR DOORS Premium knotty alder, solid wood, mfg. by Craftsme In Wood in Arizona, 1-3/4" x 3' x 8", no hinges or handles, they are extra doors from my remodel. I paid \$1,500. each. Selling for \$750/each. Call (760) 746-7209.

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UNIDEN AND BTECH RADIOS Uniden BCD436HP and Btech DMR 6K2. Send name, phone number and call sign to bg6@gmx.com

V TECH LANDLINE PHONE v tech landline phone with built in answering machine \$20. contact Paul (619) 222-0278.

IKEA GRAY PLASTIC STOOL CHAIR This high quality modern

& stylish stool chair is designed for kids or small adults. The seat (18"x 13") is adjustable 15"-19" H & the back (12"x 4") reclines slightly. Clean & in very good condition. \$15 each or \$25 for both. Text for more info/pics (619) 796-5680 / cadbcscd@gmail.com



DREAMCLOUD PREMIER REST MATTRESS Must sell to make room for new mattress! \$600. Dreamcloud Premier Rest is the number One rated mattress. I purchased a Queen Size Mattress, it's 1yr. old in new condition, just not firm enough for my back. will consider offers (619) 643-0507 / pv4@sbcbglobal.net

HIGH BAIS CASSETTE TAPES high bias cassette tapes, can be used for recording, ten cents each. contact Paul (619) 222-0278.

LADIES SET OF GOLF CLUBS Palm Springs model. Excellent condition \$55. (619) 669-4740.

TWO LAPTOP COMPUTERS \$50 each. 1 needs adapter cord. Call Eric (619) 540-0287

SCHULTZFORM SLOTFORMER SF12: High pressure laminate forming machine, purchased new for \$5,000., very little use, selling for \$2,900., (760) 746-7209

SHOPSMITH MARK V MULTI-TOOL: Includes table saw, band saw, scroll saw, belt sander, lathe, jointer, dust collector, many extra parts & accessories plus an additional table for mounting tools when not in use, \$975., call (760) 746-7209



SONY TV STAND/STORAGE CABINET This good-looking black heavy duty cabinet stand (27.5"x22"x18"H) has lots of space on top & storage inside the two 25"x15" shelves (adjustable). Easy push-open curved smoke glass door. Clean & in very good condi-

tion. \$25. Text for more info/pictures (619) 796-5680 / cadbcscd@gmail.com

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SUNBEAM MICROWAVE Mid-size black and clean. \$37 call Eric (619) 540-0287

STRING TRIMMER-WEED EATER Bolens BL110 Handheld Gas String Trimmer, 2 cycle 25cc gas engine, 16" curved shaft, has bump head release for 0.095 dual string line. New in original box, \$125. Call (760) 746-7209.

TROY-BILT ROTOTILLER 208CC, Model: 21B34M871, purchased new, never used, \$575. Call (760) 746-7209.



NEW SUMMER INFANT BABY BATH This deluxe baby bath (12"x 12"x 14") bath support provides a safe and secure sponge bath for your newborn baby. It has 3 reclining position for comfort and can be used in the sink or adult bath tub. New & never used. \$15. Text for more info/pics (619) 796-5680 / cadbcscd@gmail.com

SOLID WOOD ARCHED TOP MIRROR This beautiful mirror (37"x 48") has round top & bottom moldings and 10 silver decorative metal bars on top perfect for wall hanging or as a dresser mirror using the 2 provided wood strips. Clean in very good condition. \$45. Text for more info/pics. (619) 796-5680 / cadbcscd@gmail.com

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BEAUTIFUL TEAK ROLLTOP DESK \$850.00. Excellent condition. Lighted marble writing area. Locking drawers. By appointment

only. (619) 322-6179. Laurel and Vine Lakeside 92040

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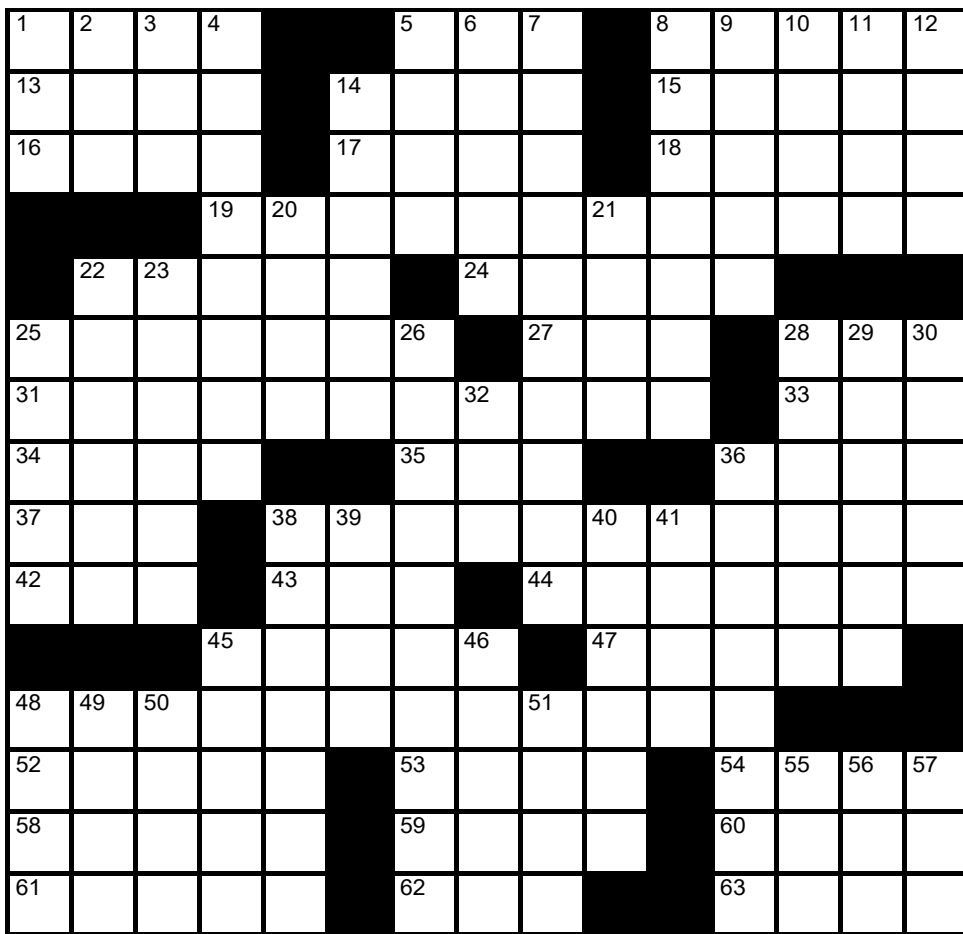
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CROSSWORD



Across

1. Serene
5. Ride back to the hotel, perhaps
8. Astronomer Tycho ____
13. Two-tone snack
14. 1993 Texas standoff city
15. "Star Wars" director
16. Mae or Jerry
17. Peas, to a peashooter
18. In the dark
19. Bean for baseball's Bryce?
22. Pass, as time
24. Travels by boat
25. "This could be the ____ ..."

Down

1. Nursery rhyme jumper
2. "... but few ____ chosen"
3. "____ MisÉrables"
4. Like some instincts
5. Use a tent
6. High points
7. With "The," '90s British alt-rock band named for an American novel character
8. Sunday shopping restriction
9. Ladder components
10. "Because Freedom Can't Protect Itself" org.
11. "Days Are Gone" band
12. Italian family related to the Borgias
14. Battle-trained canine

27. "CSI" material

28. Family-friendly film ratings
31. Cabbage salad served at universities?
33. Actress Lucy
34. Stylized
35. Reno-to-Spokane dir.
36. "Knights of Cydonia" band
37. "La ____" (Debussy composition)
38. Just heated up?
42. "Gangnam Style" performer
43. Letter from Homer
44. Walk like a zombie
45. Some DVD players

20. Poker starter

21. Chinese tennis star with a very short name in English
22. Mall units
23. Meager
25. Playful rascal
26. Home of the Boston Red Sox
28. Examines, as depths
29. Brazilian supermodel B, ndchen
30. Napped material
32. Pete Davidson's show, once
36. Mentor in "The Karate Kid"
38. Vocabulary coinage, e.g.
39. 10,900-foot European peak
40. "Try to detect it! It's not

47. "And Still ____" (Maya Angelou book)

48. Like home renovation shows that overdo the wood siding?
52. Video game character with his own Maker
53. Prefix with dextrous
54. Proton's place
58. Signing off on
59. Overwhelming victory
60. Donated
61. Talkative, slangily
62. ____-Tiki (Heyerdahl craft)
63. Shiraz location

too late!" song

41. Publisher of Modern Maturity
45. They're earned on "Press Your Luck"
46. "Li'l Abner" creature that looks like a white blob with a mustache
48. Air impurifier
49. Maori dance popularized by some New Zealand rugby teams
50. Part of the eye around the pupil
51. Have ____ in the oven
55. Viscous goo
56. Eggs in labs
57. "____ Behaving Badly"

SOLUTION TO LAST WEEK'S PUZZLE:

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

SUDOKU

MEDIUM:

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

SOLUTION TO LAST WEEK'S SUDOKU PUZZLE:

HARD:

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

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Former Writers

Ollie
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Expectations: Unmanaged

— At an event billed as "Willy's Chocolate Experience" on Feb. 24 in Glasgow, Scotland, children and parents were so underwhelmed that police were called, *The New York Times* reported. The event, which promised Willy Wonka-themed chocolate fountains, performances by Oompa Loompas and "optical marvels," turned out to offer just a few jelly beans and a nearly empty warehouse. Stuart Sinclair, who paid about \$44 per ticket to bring his kids to the show, said it amounted to "maybe 20 chairs, a couple of tables and a half-inflated bouncy castle." Jenny Fogarty, who was hired to play an Oompa Loompa, said she was given a 15-page script the night before and that "the wigs were very cheap." The organizer canceled the event on Saturday afternoon; it was unclear who had called police. The event organizer, House of Illuminati, said ticket purchases would be refunded.

Bright Ideas

— On Feb. 19, neighbors in an apartment building in Wejherowo, Poland, became alarmed as a 19-year-old man tried to lead a full-grown horse up the stairs to his third-floor home, Radio Gdansk reported. Police were called to the building and determined that the mare, worth about \$3800, had been stolen. She was returned to the owner, and the horse thief was charged with theft; he faces five years in prison.

The Golden Age of Air Travel

— On Feb. 13, as a Delta flight soared from

Amsterdam to Detroit, maggots began falling from an overhead compartment onto passengers below, *The Guardian* reported. Philip Schotte, who was on the flight, said attendants traced the source to a bag stowed above and found a rotten fish wrapped in newspaper. They removed the offending item, and the pilot announced that the plane would be returning to Amsterdam. Apologizing, Delta said the passengers were placed on another flight and the plane was removed from service for cleaning. Passengers were also given 8000 air miles, hotel room compensation and a \$30 meal ticket. But who's hungry?

Saw That Coming

— You might have missed the first-ever Florida Man Games in St. Augustine on Feb. 24, but it's never too early to plan for next year. United Press International reported that hundreds of people paid \$55 each for a ticket to watch Floridians compete in a mullet contest and a "Florida sumo" event where competitors tried to spill each other's beers. Other events included a pork butt eating contest, a race that simulated stealing a bike, and an "evading arrest obstacle course." One winning team walked away with the \$5,000 prize. "We understand that Florida is weird," said Pete Melfi, organizer of the event. "We embrace it."

Try the Decaf

— Brandie Gotch, 30, of Peoria, Arizona, told police that her children were being bullied by other kids, and she had reported it to

the school and law enforcement, but nothing happened. So on Feb. 27, she took matters into her own hands, CBS5-TV reported. With her four children in her Silverado, Gotch drove to a local park, where she allegedly approached a group of kids and started yelling at them. Police said Gotch grabbed a 14-year-old boy by the hair and yanked his head back and forth as she yelled at him, then grabbed a stick from her truck and chased him, yelling, "I am going to kill you and run you over!" She then jumped back into her truck and drove it toward the group of kids, running over a girl's ankle in the process, although she told police she didn't think she hit the girl. "I hope I didn't," she said. Her own children told police they were bouncing all over the truck during her jaunt through the park. Gotch was charged with six counts of endangerment, four counts of aggravated assault, two counts of aggravated assault with a deadly weapon and one count of attempted first-degree murder.

News You Can Use

— Legend says that if the seven ravens who protect the Tower of London (six, plus one spare, as decreed by King Charles II) ever leave the landmark, the tower will crumble and the Kingdom of England will fall. So it's no surprise that the tower has a ravenmaster, and 56-year-old Michael "Barney" Chandler has just been installed in the job, the Associated Press reported. Chandler is a former Royal Marine who said, "We don't know if (the prophecy is) true or not, because we've never let the number drop below six

-- and it's not going to happen while I'm here." As the sixth holder of the post, Chandler will be in charge of four other Beefeaters who look after the ravens. "You never know what they're going to do," he said. "They're all totally different, personality-wise." His favorite is Poppy, who hops up to him to accept a treat of a dead mouse now and again. Spoiler alert: the birds' feathers are trimmed so they can't fly away.

Leap Day Fun

— In Rye, New Hampshire, Lillian Edin celebrated her 25th birthday -- although she is 100 years old. "I feel 25, until I start trying to walk," Edin said, according to WMUR-TV. "I can't believe I've lived this age. I really can't." She was feted with lunch and cupcakes.

— A brother and sister who were both born on Leap Day four years apart are getting to celebrate the unusual birthday for the first time. Omri Demchak, 8, and his sister, Scout, 4, celebrated with more than 50 people at the coffee shop their parents own in Brooklyn, New York. Most years, the family celebrate Omri's birthday on Feb. 28 and Scout's on March 1. Mom Lindsay Demchak said neither of the leap kids was due on the special day. "It was truly serendipitous," she told the *New York Post*.

Send your weird news items to WeirdNewsTips@amuniversal.com.

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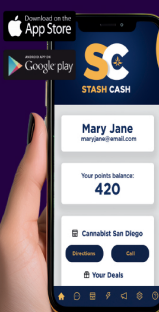
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