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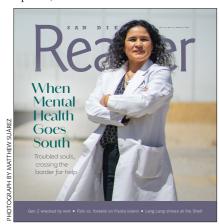
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April 25, 2024



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Blue-eyed grass is painting hillsides — page 16



Pull this out of your biscuit locker — page 25

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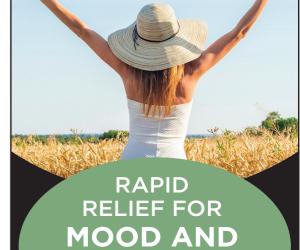
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NEIGHBORHOOD NEWS

By Reader stringers

THE GENERATION GAP

Sun-drenched but house poor For many in Generation Z, over 30 percent gets spent on rent

In San Diego, Gen Z-ers — people born between the late 1990s and 2010s — are having a hard time keeping a roof over their heads. "Felt like I was living in a vacation place and never on vacation," reads a post on a San Diego housing forum, where people are complaining about houses sitting empty everywhere from Carmel Valley to Golden Hill. "The one in Golden Hill was purchased by a guy who lives in Hong Kong, but parks his Audi R8 there full time," read one such complaint.

A new study from RentCafe on housing costs in nearly 200 metro areas in the U.S., compared what Gen Z-ers and their Millennial predecessors — people born between 1981-1996 — spend on rent or home ownership costs by age 30. It concluded that San Diego Gen Z-ers will have paid \$220,770 on rent — 17 percent more than Millennials



Youth will be served...eviction notices?

monthly income on rent or mortgage. For Gen Z-ers, owning costs are 47 percent of

their income, while renting takes 32.8 percent. San Diego and Los Angeles are outliers in that

"The one in Golden Hill was purchased by a guy who lives in Hong Kong, but parks his Audi R8 there full time."

did. And there's no relief in buying. After factoring in mortgage, taxes, insurance and other costs besides the down payment, the study finds they will have spent \$94,093 more to buy than rent. And according to a Zillow study, families need to earn nearly \$275,000 a year to afford a mortgage.

The bad news is offset some by predictions that the youngest generation of San Diego renters will earn around \$670,000 (per household) by age 30, or \$10,000 more than their predecessors did. But the local economy doesn't rely solely on high-income workers with specialized skills; there are also service industry workers, who are being squeezed out of the county altogether. A recent USA Today survey considered two cities previously considered among the more affordable in the county: El Cajon and Oceanside. El Cajon's median rent was \$2523, with more than 67 percent of residents rent-burdened, and Oceanside wasn't far behind.

Further, fully half of San Diego households can't stick to the budgetary suggestion to avoid paying more than 30 percent of their regard; the study's "surprising trend" found rental costs for Gen Z are below the 30 percent threshold in the study's other top 10 metros.

FIESTA ISLAND

Foxtails infest dog bodies Owners say city was slow to mow

Fiesta Island's fenced dog park reopened last Saturday after a four-day closure to mow weeds, including its dreaded foxtails. The work came after months of requests from frustrated members of FIDO — Fiesta Island Dog Owners. "I think they're foolish to do it now," FIDO president Carolyn Chase says. "We wanted it done weeks ago when the foxtails weren't forming the seed pods."

According to Chase, FIDO was told that city parks has very limited resources and its mowing crews were busy taking care of ball fields and parks jointly operated by the city and the San Diego Unified School District. Parks spokesman Benny Cartwright confirms that the parks department has four tractors to tow mowing equipment and nine operators for the

whole system, which comprises almost 1300 acres citywide.

Cartwright and Chase both confirmed that FIDO has applied for a city permit to bring in a contract mowing crew, As an IRS-registered nonprofit group, it will have to raise an estimated \$15,000 to mow the dog park and have the foxtails properly ground up - or removed, Chase said. "You have to mow to match the rain cycles and catch them before they begin going to seed. Otherwise, we end up with foxtails all over the ground, where they're just as dried up and invasive as they would be if they were to dry naturally on the plant. We can't do it now until next March."

Dr. Eric Olstad, who teaches veterinary medicine and practices at the University of California-Davis, said that prevention and management are "absolutely key" to keeping dogs from expensive and painful treatment for foxtail invasions. "Foxtails go in one direction only by design," Olstad says. "They burrow deeper and deeper." Olstad says he's removed hundreds if not thousands of the nasty seedlings from dogs' noses, eyes, ears, urethra, butts, and even chest cavities. But especially ears, noses and between the toes. "You can tell if they're in the eyes right away, and if they got into the nose, the dog will be sneezing and pawing the face. In the ears, they'll paw and shake their heads like crazy. But the ones in their feet are more insidious — a lot of dogs will just continue to walk on them." It can easily cost \$1000 to deal with foxtails and the aftermath of infections, he said.

Foxtail injuries are so common at veterinary hospitals that the staff has contests to see who removes the most - Olstad once removed 280 or so from a single dog. His wife is a veterinary pathologist, he said, and she has found them in the chest walls and hearts, and even the brain cavity of dead dogs. Prevention and management includes going over the dog when you get home, hurrying to the vet at the first sign of invasion before the foxtail burrows, and regular checkups.

On Saturday, foxtail cuttings and plants could be seen spread all over the areas that were mowed - and also cheerfully waving in the wind on the plants on the slopes and next to the well-worn paths, where the mowers didn't go. "I try to keep Moose on the beach when there's foxtails," said Cal, who had brought his mixed breed to the island from Pacific Beach. "And I spend an hour going over him for stickers when we get home. But we both love coming here, so it's a choice

MARTY GRAHAM

continued on page 3



When a walk in the park is no walk in the park.

NEIGHBORHOOD

THE RETAIL LANDSCAPE

99 Cents Only only a memory

Dollar Tree still stands, but doesn't bear fruit

Shortly after 99 Cents Only Stores announced that they were closing down, hundreds of San Diegans started scrambling for alternative places to bargain shop. Charger Steve, founder and organizer of the Cajon Classic Cruise car interview. "It was pretty good, and again, only \$1.25. A lil' mayo and a pickle, and I'm set for \$1.25 a day!"

Charger Steve goes by the moniker inspired by his show car, a 1969 Dodge Charger like the one used in the Dukes of Hazzard sitcom from the 1980s. At the 99 Cents Only Stores in town, he regularly purchased Hot Wheels and Matchbox toy cars, as well as candy and frozen pops, for the children attending his weekly (and free-of-charge) Wednesday night car shows.

After a recent visit to 99 Cents Only revealed only bare shelves, however, Charger Steve had to make a change. "I went to the Dol-



File under: ominous economic indicators

show, said, "This is no joke. I do my grocery shopping there; that's the only store I shop at. I may starve to death!" Steve found frozen ham and cheese sandwiches at the Dollar Tree. which he ate for dinner the night before our lar Tree, which made me feel better, because the employee said they would not be closing. There was silly string and glow sticks for the kids." The most significant difference between continued on page 33

Neal Obermeyer









UNDER THE RADAR

Big money Democrats The 2026 gubernatorial campaign fund of San Diego state Senate Democrat **Toni Atkins** picked up \$5000 on April 5 from Greenwich, Connecticut resident Kaia Ferari, according to an April 8 campaign disclosure filing. Back in May of 2017, according to a CBS News account, president Joe Biden presided at the wedding of Ferari to Democratic National Committee Finance Vice Chair **Henry** Muñoz of San Antonio, Texas. "Actress Melanie Griffith was also there — posting a picture on Instagram," per the story.

"This marks at least the second gay wedding Biden has officiated: he also married Brian Mosteller, the Oval Office operations director for former President Barack Obama, and Joe Mahshie, a trip coordinator for former First Lady Michelle Obama, in August," reported the New York Daily News the same month. "Biden's special ceremony comes as the White House omitted the name of the gay husband of Luxembourg's



In March of last year, an expose by the Daily Beast reported Muñoz had benefited greatly from his party connections. "Among his most lucrative gigs yet has been as consultant to SOMOS Community Care. Since 2018, the nonprofit network of physicians' offices for New York's most

marginalized residents has paid Muñoz more than \$30 million. The group's financial disclosures show that it has shelled out over \$14.3 million to Muñoz directly, and an additional \$15.7 million to a limited liability company

But the filings are available only through 2020, and the Democratic operative has maintained his relationship with the group in the years since, meaning he's likely received even more money." John Kaehny,

executive director of Reinvent Albany, was quoted in the piece as saying, "The question is why a health network in the Bronx that was 100 percent state-funded paid millions of dollars to a San Antonio businessman to do what? That's a very big question and it should be answered, especially since Muñoz is such a politically involved figure."

In a June 12, 2023 followup, the Daily Beast reported that Muñoz had been accumulating large chunks of personal real estate. "In the

last four years, he's also bought a 20-acre estate within the city of Santa Fe, New Mexico; a sevenbedroom mansion in Greenwich, Connecticut; and a full-floor condo on Manhattan's Park Avenue, where he hosted President Joe Biden for a fundraiser last fall."

U-T vs. Google The giant online search engine Google has come under blistering attack in the form of an April 19 San Diego Union-Tribune editorial apparently crafted by Alden Global Capital, the East Coast-based vulture

> investing outfit that took control of the paper from former owner Patrick Soon-Shiong last summer and merged it into a newspaper chain it owns called Media News Group.

> "Google made more than \$300 billion last year, most of it from advertising it sells using content it did not create or pay for," per the editorial. "In its early days, Google sent lots of traffic for news publishers, but in recent years not so much, as

it seeks to keep people on its site, where Google makes the money." Per a line at the top of the piece: "This editorial is being posted in all MediaNews Group newspapers in California."

In an April 16 writeup, Washington, D.C.based Axios revealed the backstory: "Alden declared in 2022 that its newspapers would no longer endorse national political candidates in their opinion pages, arguing the public discourse 'has become increasingly acrimonious.' But its latest efforts suggest it is interested in driving certain agendas, albeit ones that it probably believes are less likely to draw fiery reactions."

> According to Axios, Alden's chain-wide blanket endorsements are problematic. "The editorials are labeled differently by different outlets, obfuscating who is deciding to publish the editorial — the staff at the individual papers, their individual editorial boards, or the leadership from Alden's two subsidiaries: MediaNews Group and Tribune Publishing. The Hartford Courant called it a 'Staff Report.' The Boston Herald called it an 'Editorial.' The San Iose Mer-



cury News said the editorial was 'By Mercury News & East Bay Times Editorial Boards.' The Orlando Sentinel similarly attributed it to 'The Orlando Sentinel And Bay Area News Group Editorial Boards."

However labeled, the editorial was clearly meant to sway public opinion against Google, says Axios. "Alden has long been vocal about Big Tech's anti-competitive practices toward the news industry, so these editorials aren't surprising,

continued on page 33



Toni Atkins enjoys a diverse donor base.

sold the Union-Tribune



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.

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La Valencia Hotel brings back The Whaling Bar

Golden Dreams, Apr. 2, 2024 Wonder if they'll bring The Whaler back. It was a delicious drink made with ice cream, Kahlua and I don't remember what else. -Wishful drinking

The Whaling Bar has indeed brought back a version of The Whaler; it is made with Cognac, coffee liqueur, homemade ice cream, and Creme Chantilly.

Coyote tracks in frail San Diego avocado grove

Cover Story, Mar. 13, 2024 Nice essay. Thanks for shedding a small light on the overlooked. Haters be damned, these inbetween-spaces are crucial parts of neighborhoods and the streets we live on. And a decades-long family connection is more than enough to constitute belonging to a place.

-NiceEssayCommenter

Is Normal Heights' Orchid complex ugly or cool?

Neighborhood News, Apr. 12, 2021 The Orchid is honestly the only thing that has revived a little of the simplicity of Normal Heights. It is abstract but brings a unique attention to the area that the surrounding buildings do not achieve. As a whole, most people are just too accustomed to the bland architecture of San Diego.

-Outside the box

The scandal of cell phones at classical music concerts

Classical Music Oct 1 2019 Dear sir,

As a college student who has played classical music for over a decade and who is an avid concertgoer, I must say that I goodnaturedly disagree with your perspective. Just last month I attended a concert where a child was waving around a bright phone screen and showing images to her mother who indulged her. It was mildly distracting for me up in the balcony, but I cannot imagine the annoyance of the attendees sitting right

behind the two.

The usage of smartphones in concerts are a distraction for the user himself, and while it may be a bit disheartening, I have no issue with people's private actions. However, when it comes to disrupting the experience of others, I must draw the line. And with videotaping, I as a performer understand how it feels to be videotaped against one's will. Some people may be perfectly fine with it, and I have nothing against those performers — it's their own choice. However, if Anne-Sophie Mutter did not wish to be recorded, she should not be recorded.

Now I wouldn't stop playing in the middle of my piece to confront someone, but I would take actions afterwards. And since classical music is meant to be enjoyed in the present moment, it's about the now, I don't think videotaping has any room in these sorts of settings. I have felt the temptation myself, but out of respect for the performers and out of respect for my own experience, I've chosen not to.

The one thing I do agree with you about is the fact that we don't live in an ideal world, and smartphones will make it into the concert halls regardless of how much we may wish they wouldn't. Thank you very much!

-Classical disagreement

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Engineering and design combine to, well, save humanity. Barrier has so far saved 73,000,000 lbs of solid waste from entering the ecosystem.

Good design for better living

These look like glory days for design in San Diego. Not only has the San Diego-Tijuana twin-city region been named the Design Capital of the World for 2024 — the first binational conurbation ever to receive this honor — but famed design guru Don Norman of Pacific Beach/La Jolla and UCSD has launched a worldwide design contest for newbies in the design field. But will it just be a year of design types droning on about a "future together" for SD-TJ, with no radical design ideas actually becoming realities? Or can this dynamic guy Norman get us off our backsides to start designing a bicultural future that will make other fractured border cities sit up and take notice?

Anil Kripalani, who's running Norman's contest, says there's real hope it will attract some great ideas. "Don Norman champions 'human-centered design," he says. For instance, Norman's famous in the design community for becoming the enemy of any door that an ordinary Joe might have difficulty figuring out how to get through. "The worst of them," Kripalani says, "we now call 'Norman Doors." Like, doors with a flat surface that looks like it should be pushed, but which you actually have to pull, or doors with revolving handles that don't actually unlatch the door.

I'm of two minds about this. I once got stuck in a revolving door with Henry Kissinger in the opposite wedge. If it hadn't been for that stuck door, I never would have seen him smile at me. Kissinger! Smiling! Not that I've ever forgiven his bombing recommendations in Southeast Asia. Still.

Norman's most famous book (he's written 21 of them) is *The Design of Everyday Things*. He wants designs that "evoke emotional responses." Good design should be "delightful," he says. This is the kind of language that sets him apart as a designer. "Norman says beauti-

fully designed products make people actually feel good," says Kripalani. "Humanity-centered design implies that you worry about humanity, about a design's impact on society, not just building a product or service that is meant to make money for the product company."

Kripalani wants designers who are "thinking about the society, thinking about the environment, about all the earth. It sounds big, but no, it's very real — in the sense that somebody has worked on a project to improve the quality of life around them. Our contest wants to recognize that."

One such effort is being undertaken by the nonprofit Wildcoast, which is designing and building trash booms that will stop plastic bottles and tires from flowing down the Tijuana River and out into the ocean. Last I saw, they had prevented 73 million pounds of solid waste from entering the estuary (and then the Pacific). To professor Norman, says Kripalani, that, too, is beautiful design work. "Design isn't just about pretty coffee jugs and swing doors that swing. Somebody has worked on a project to improve the quality of life around them. We want to recognize that."

Splitting the sun

"You're on your own, dude," says Tim. "I ain't coming."

He says his gammy knee won't handle the climb. Great: Now he tells me. On the other hand, we're standing at the sign that has a oneword description of our impending ascent: "Difficult." And an arrow points steeply up Cowles Mountain.

It's still pre-dawn dark, and with sight limited, my other senses come to the fore. What hits me is the fragrance of the surrounding bushes and trees. Resiny manzanita? Whatever, this is a different world from the concrete streets we have so recently left behind (and below) us. The lights of passing cars look like slow, distant spaceships

floating through the misty space. One or two birds are starting their wake-up tweets from the bushes.

I mean, it's not like we're hiking where noone has hiked before. Dozens, hundreds climb Cowles every day. And yet, just off the track, the territory looks untouched. As the halflight starts gently tumbling down the slopes, observatory. Of course, we immigrants came along, and to make the place hiker-friendly, the park's workers unknowingly scraped away those ancient observatory stones to create a picnic area.

That last time, Eva and I just made it in time. We cut right, to a jut of land. We came upon an incredible sight in the gloaming: Dozens

"Don't blink," said Eva. And for an instant, two glowing balls shot across at us. "Don't blink," whispered Eva again.

it illumines vegetation that looks like a tough carpet. I bet it hasn't changed in the 12,000 years since the Kumeyaay people started climbing this peak. It's chest-high green all the way, except for the odd tree and, here and there, a pop-up colony of yellow daisies. As I hump up from the bottom, I'm aware of the mists spreading out below me, blocking all signs of civilization. And there's that blanket silence, the kind you get when it's snowing.

I want to make this climb. I want to get to what my friends call "Kumeyaay Ledge." I've been here only once before, ten years ago, with my good friend Eva. She was lightfooted — like a *borrego*, a desert sheep. I puffed behind her as we passed two groups of people,

of hikers, standing like transfixed meerkats, all staring in one direction: east. Waiting for the first rays to lip over the mountains across the valley. *In'ya* was already shafting its rays down to horizontal.

"Don't blink!" said Eva. And for an instant, two glowing balls shot across at us. "Don't blink," whispered Eva again. But already, the full flood of *In'ya* had enveloped that sunsplitting nipple mountain. There was a silence. Somebody started quietly sobbing. Somebody else said *wow*. It was over.

That was on a December 21st, winter solstice. This is March 21st, spring equinox. I know the positioning will be different. Still, it's worth a shot. And I'm hoping to see what



It's easier in daylight, but climbing Cowles in the dark takes concentration, and flashlights.

each bending over a twisted ankle. Then, the pressure was on, because we had to get to the ledge before *In'ya* (as the Kumeyaay call the sun) sent its first rays from the east. Why? Because, for about ten seconds, at the right time of year, not one, but if you can believe it, *two* suns come up.

This incredible phenomenon, which the lucky positioning of a distant mountain peak makes possible on certain days, is one astronomical reason the Kumeyaay people used to come here. They built a rock pattern — a line pointing east through a circle — so they could stand in the exact right spot. A kind of

a famous Kumeyaay leader Michael Connolly Miskwish calls "The Laughing Girls" — the three stars of Orion's Belt. But no, not today. Too much mist and cloud. Won't see no horizontal shafts of sunlight through that. Whole project's starting to look dodgy.

I'm about a third of the way up when I turn around. Guess I'll come back when The Laughing Girls are clear in the predawn sky, and the mountain across the valley is ready to split *In'ya* again for five beautiful seconds.

"Earth to Major Tom," says Tim, as I haul back into his Toyota pick-up. "Let's get some breakfast. I'll come next time." ■

Pack Rat?

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Hiking to Goat Canyon Trestle, legally

Mother, daughter try Goat Canyon trestles

By Lori Hatley

It's all about the footwear. At least, that is what advertisers would like you to believe. Expensive footwear, expensive daypack, invest a lot of money. Well, we did this trip with an older pair of Sketchers and a pair of off-brand running shoes, one size too big, left at our house by my daughter's best friend from high school.

It was time to do a bucket list hike: the Goat Canyon Trestle Bridge, over 90 years old, and still in glorious condition. Good enough for a walk across its over 600-foot span, good enough for a mother-daughter late-winter adventure.

The cactus wanted to bloom, but was not there yet. The buds on the cactus looked like small, green pears, with a hint of yellow, about ready to burst forth. We were surrounded by a cool day, clouds dancing against a bright blue sky. The winter rains had produced noticeable greenery in the usually barren landscape.

We hiked parallel to a winding stream, which ran deep in the bottom of the Carrizo Gorge, giving life to the inhabitants of this desolate landscape. As we traveled, we noticed that the area was home to sparrows, quail, ravens, lizards, bees, and even centipedes, all vying for their place in this secluded community. And secluded it was. I felt like an intruder in this remote location, with critters surrounding us, seemingly startled by the presence of humans, which they rarely saw.

We wanted to make things easier on ourselves, so we didn't start the day with the drive from North County. Instead, we treated ourselves to a night at De Anza Springs, the former nudist resort. While checking in, one of the owners greeted us. So did his golden doodle Noodle, one of the friendliest dogs I've ever met.

Almost every source says the walk/hike

along the rails is eight miles or longer each way, but we found it to be "only" 6.5 miles each way — much more encouraging. As far as time, the hike took us a total of 8 1/2 hours, including several short breaks and an hour-long lunch at the trestle.

Which brings me to the hike's big surprise. After we walked through a dark, formidable tunnel, we strode out into the daylight onto another trestle, but this one seemed a little larger. We looked into the distance, and saw at least seven more trestles, stretching out for miles in front of us. At this point, my daughter and I agreed that we had walked enough: the trestle right in front of us would be our last one for the day.

Imagine our surprise when we compared some photos of our target trestle to the one in front of us, and found they were the same. This was confirmed by two other hikers, heading away from us on another access trail — a shorter, but more strenuous hike over a boulder-filled mountain in the direction of Ocotillo.

We gave several hoots and hollers in the direction of the other adventurers, and heard our voices echo in the distance. That brings me to the point of safety. The day my daughter and I went on our adventure, we were the only ones hiking on the rails. My daughter asked: if we were the unfortunate victims of a rattlesnake bite, what would we do? Probably not make it, I told her. With no phone service, we would have to use a tourniquet and walk out — not a good situation.

Bottom line is, watch where you are stepping, and bring a flashlight for some of the darker tunnels. Interestingly enough, a military helicopter gracefully flew through the canyon when we were outbound in the morning, and returned in the afternoon. It was close enough that if we were in some type of distress, the crew onboard could've seen us desperately trying to get their attention.

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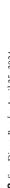


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Troubled souls, crossing the border for help

"Everyone's crazy everywhere," quips psychologist Livier Celaya as she sits her office in the Zona Rio quarter of Tijuana. "It doesn't matter what side of the border you're on."

I'm in Tijuana to find out why people from San Diego, Los Angeles, and even as far as Texas are crossing the border for medical reasons. Not just for hip replacements or to get their teeth cleaned or for boob jobs, either — but to get their heads right. Call it mental health tourism. (Post-pandemic,

"crossing the border" may be more virtual than literal. Once, 90 percent of Celaya's clients met with her at her office, which is just minutes from the border. Now, 100% see her online.)

Celaya, who has been a psychologist for 20 years, says that nearly half of her clients live in the U.S., mostly in San Diego. "Some were born in Mexico and later emigrated to the U.S.," says Celaya, who specializes in therapy for adults and play therapy for children, and also offers spirituality therapy

for nuns and priests. Others may be first- and second-generation Mexican-Americans who "want a therapist who understands their culture and the dynamics of their Mexican family." Most of Celaya's clients want to "improve their quality of life and have a deeper knowledge of themselves. They want to talk about dysfunctional dynamics in their family life or in their relationships." Others want help coping with anxiety or depression.

Another factor to explain the emergence of

mental health tourism is the cost. One therapist I spoke to says clients can save up to 75% on therapy if they get it in Mexico. If therapists charge \$100 and up per hour in San Diego, you can find a good therapist for \$40 to \$60 per hour in Tijuana. There are two insurance companies that cover people who work in the U.S. but want to receive their medical and psychological services in Mexico: SIMNSA and MediExcel. Most clients, however, pay out of pocket.

The Human Touch

Martha Garcia, 58, came to the U.S. 30 years ago. Life was good in San Diego until, in 2006, what should have been routine surgery turned into a disaster requiring multiple follow-up surgeries, causing intolerable physical and emotional pain. After sinking into a deep depression, Martha sought the help of a therapist. Although the therapists she met were competent, she found connecting with them difficult. In general, she felt, therapists north of the border didn't see her as a human being. "They didn't really give me their time. You're more like a number," she



HSMT's child and adolescent section has 26 beds. Patients are up at 6:30 am, lights out at 9 pm. One hour of exercise and cardio, followed by four hours of group therapy in the morning and four hours in the evening; art therapy, sports, and yoga – three days a week allocated for each. No internet or cell phones.

says. What's more, the therapists didn't understand her needs, which she attributes to a cultural disconnect. How could a therapist be empathetic if they had never been in her shoes? "If you haven't tasted an orange, then you don't know what it tastes like," says Martha, who had a very difficult upbringing: the second youngest of eight children who grew up in Mexico in poverty, often without enough food, clothes, and other basics. When she'd tell her story, the

Vaccine Trials for All Ages

therapist would give her a blank stare. It seemed they couldn't relate to or identify with the circumstances that shaped her.

It wasn't until 2010 that Martha found someone who understood her and could help her feel good again: Dr. Diana Pazos, who runs a private practice for adults and adolescents. In contrast to psychiatrists north of the border, who might "spend seven to 10 minutes talking to you," Martha could feel Dr. Pazos' warmth, empathy, and humanity. "Her com-

passion, that wonderful smile, her human touch. She took the time to learn who I was and how to talk to me," she says. "I learned to know myself and how to love myself and how not to control others." Martha's

time with Dr. Pazos was so important to her that she was willing to drive south of the border to see her at her office, even if the wait on the return journey meant not getting home to San Diego until 2 am. "It was hard, but it was worth it."

She was reluctant to go on medication, but Dr. Pazos explained it to her in a way that made sense, "talking about the receptors and how the medication affects the brain. She overcame my resistance. She helped me understand that meds are not my enemy." Today, Martha has a psychiatrist in San Diego who prescribes her meds, though she still has a divided mind about taking them. Dr. Pazos, however, continues to be her therapist. "She's there for me anytime that I need her, inperson, texts, Zoom. The talking is my medicine," she says. Their doctor-patient relationship has lasted 14 years and endured heated disagreements and occasional breakups. Dr. Pazos explains: "If my clients don't follow through on their end, if they don't at least try to change their behaviors, why waste my time and their money?"

Martha says Dr. Pazos, who she now regards as family, "knows me more than I know myself." Recently, when Martha broke her ankle. Dr. Pazos started dropping by her home, bringing her food and helping her out around the house. And of course, talking. "Who in the U.S. would do that?" she asks.

Guillermo Flores is a 39-year-old bilingual therapist who also has an office in Zona Rio. He specializes in family therapy and addiction. Currently, he has three clients from the U.S., but that doesn't count the people he helps at rehabili-

TD-KINECTion Study

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The TD-KINECTion Study is looking to see if taking valbenazine can improve the quality of life and overall health of people with tardive dyskinesia (TD). Valbenazine is an approved medication for TD, a condition where a person cannot control their body's movements. TD may develop after taking some mental health medications such as antipsychotic drugs.

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The TD-KINECTion Study will last for about 6–7 months. Participants will take valbenazine once daily and have 7 study visits and 2 virtual visits (such as a telephone call). They will answer questions about their mental health, TD symptoms, and daily life.

This study has been approved by an Institutional Review Board (IRB), which protects the rights, safety, and wellbeing of the participants.

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tation centers in Tijuana and Rosarito, where he estimates 60% to 70% of the clients "who are trying to get sober" are white Americans. For them, he conducts group and individual therapy sessions. And when they leave the rehab center and return to the U.S., they often keep Flores as their therapist via Zoom. "If they know me and feel comfortable with me, they will usually continue."

Both Flores and Celaya agree that their clients' mental health issues differ slightly, depending on which side of the border they live. "More anxiety north of the border, more depression south of the border," Flores says. In her clients from the U.S., Celaya sees "a lot of stress and anxiety about the economy: housing, student loan debts, the cost of living, unemployment." And in his addiction practice, Flores sees more opioids, alcohol, and marijuana addiction north of the border and more stimulants like cocaine south of the border.

Adrian and ADHD

Flores says he's seen a change in the last seven or eight years, a growing acceptance of therapy in Mexico. People are realizing "there's more aspects of their lives that they need to take care of." At the rehab centers in Baja Norte, many of Flores' clients are initially skeptical. "They've never done therapy before, and tend to close up. Then they open up over time." At his group therapy sessions, he asks why people refused to get help when their families and loved ones urged them to see a therapist. "They almost all said the same thing, that 'I'm not crazy,' that something must be wrong with them if they need therapy."

Sometimes, it's not about urging a peer to seek help. Sometimes, it's about seeking help for a child. Adrian Aguirre, who lives with his parents in the city of Whittier, outside Los Angeles, was born in Mexicali, then adopted by his current family. At a young age, he was diagnosed with ADHD, or Attention Deficit Hyperactive Disorder. "He was given medication when he was in elementary school," says his mother, Irma, 55. "But they discontinued the meds because they weren't making much of a difference."



Guillermo Flores currently has three clients from the U.S., plus the people he helps at rehabilitation centers in Tijuana and Rosarito, where he estimates 60% to 70% of the clients are white Americans.

In middle school, there was a marked change in Adrian's behavior. "Eighth grade is when things started going downhill," says the 17-year-old. He began getting into arguments at school, defying authority, refusing to do his schoolwork, and becoming distracting the classroom. "And I'd bring home a lot of frustration and anger and aggression," he says. This was, not coincidentally, also around the time he was introduced to drugs, especially marijuana. Further, he was sexually molested for years by the cousin who was supplying



After eight months at Sunset Bay Academy, Adrian Aguirre was sent to Hospital de Salud Mental de Tijuana.

him with those drugs.

When Adrian entered high school, his issues only grew worse. His parents decided to send him to a residential treatment center, where he would live full-time and hopefully get the help he needed. Located in the hills of Los Angeles, it would be the first of multiple residential treatment centers along his journey. When LA didn't work out, he was transferred to a facility in Utah.

Utah is home to almost 100 youth residential treatment centers. In a series on Utah's "troubled teen" industry, the Salt Lake Tribune reported that, "When the nation has kids it doesn't know what to do with, it often looks to Utah, where a lucrative for-profit industry thrives with minimal regulation from state officials." The series uncovered allegations of kids being mistreated. According to the paper, some kids were helped, while others said they were tormented and abused, both physically and mentally. (Netflix recently released a documentary called Hell Camp: Teen Nightmare, about wilderness therapy in Utah that proved anything but therapeutic.) The paper interviewed child advocates who claimed that the kids didn't see anybody in the community or even



Livier Celaya, who has been a psychologist for 20 years, says that nearly half of her clients live in the U.S., mostly in San Diego.

their parents, and become very isolated.

That appears to be what

happened to Adrian. "I felt isolated in Utah. It was very militant. And they just didn't really treat the kids right. So, I refused to do the program and sat there doing essentially nothing for over a year and a half." His next destination: Playas de Tijuana. "I guess my parents got the message and took a chance and sent me to Mexico," he says. For the next several months, Adrian stayed at Sunset Bay Academy in Playas, a coastal suburb of Tijuana. The facility's website describes Sunset Bay Academy (SBA) as "a program for rebellious youth and therapeutic school for teenagers with behavioral disorders." It claims that in its 15 years, it has "helped over 950 families with teenagers, ages 12-17, suffering from various behavioral and academic problems."

and academic problems."
An administrator at the Utah center recommended SBA to Adrian's family. "My husband researched it and it looked like they had good outcomes and success, and more of a family-oriented program," says Adrian's mother. SBA also seemed to "have a lot of social interaction, which Adrian needed. I think that was the missing piece," she says. Living in LA, they

were close enough to visit him, another plus. "SBA was like night and day," says Adrian. "There was a lot more freedom. You could wear what you want, except when you had the uniform on. It was just a lot more freedom and less like a prison — like Utah was."

Adrian says most of the kids at Sunset Bay Academy were from the United States. Adrian's father, Roy, 62, says SBA was 25% less expensive than treatment centers in the U.S. "The cost difference was very nice." Still, while there were ways in which SBA was a big improvement, Adrian felt he wasn't making enough progress. He was still having difficulties, including thoughts of suicide. After eight months at Sunset Bay Academy, Adrian was sent to Hospital de Salud Mental de Tijuana (HSMT), a mental health hospital in the Otay Mesa section of Tijuana, just a mile from the border.

Help at HSMT

Before HSMT opened in Tijuana, there was only one mental health hospital in a city of over two million people, and it was in a state of disrepair. In 2003, a group of doctors, led by Dr. Jose Guadalupe Bustamante, formerly the Secretary of Health for Baja California, saw the need for a new mental health hospital in Tijuana. It took them a few years to raise the capital, but in 2007, Hospital de Salud Mental de Tijuana opened doors. Dr. Bustamante serves as the general director, and Dr. Diana Pazos, the psychiatrist and therapist who treats Martha Garcia, directs the hospital's child and adolescent section.

When Dr. Pazos met Adrian, her impression of him was that "he was an intelligent teenager, very

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Dr. Diana Pazos and staff at Hospital de Salud Mental de Tijuana. Before HSMT opened in Tijuana, there was only one mental health hospital in a city of over two million people, and it was in a state of disrepair.

articulate, very polite, but had problems with authority." He would get defensive very easily, and always try to rationalize his behaviors, she says. "It was hard for him to talk about his emotions and easy for him to avoid responsibility for his actions and point fingers at others."

Adrian came to HSMT with the diagnosis of ADHD and ODD — oppositional defiance disorder. After consulting with Adrian and his parents, Dr. Pazos added depression to the diagnosis and began treating him with meds. The parents, she says, were

Sponsored

not crazy about the idea of medication. He wasn't given any at Sunset Bay, nor in Utah. Dr. Pazos convinced them to give it a try. When the parents saw the positive changes in Adrian, they grew to support the use of meds along with therapy. "Every day, she would adjust the medication until they found the correct fit for him," says Irma Aguirre.

"I think Dr. Pazos was very strong and insistent in her decisions," she adds. "So, teenagers who try to manipulate situations realize, 'I can't get away with that with her.' When we met Dr. Pazos, she actually enjoyed talking to Adrian. We were very impressed. She took the time to meet with us, which was also another thing that we didn't see in the U.S.." She says Dr. Pazos allowed the family to "express our concerns. And she said, 'This is my plan. This is what I'm going to do, this and that.' So, she was very clear and up-front with us."

As for Adrian, he thought "Dr. Pazos was nice, but at first, she was also very imposing. So, she kind of tells you the problem. And you can't argue with her. She's like,

'Okay, this is what's wrong with you. And this is what you're doing.' You realize you're not going to win. I didn't like it at first. I had to just kind of like submit, just let go. And as I improved, she became kinder and I stopped talking back, so I guess she reciprocated what I gave her. I learned to trust and appreciate her."

The hospital has 26 beds. Dr. Pazos shared the daily routine for the patients: Up at 6:30 am, lights out at 9 pm. One hour of exercise and cardio, followed by four hours of group therapy in the morning and four hours in the evening. Art therapy, sports, and yoga - three days a week allocated for each. No internet or cell phones. "So, it's breakfast, and then you get your meds and then it's time for physical training," explains Adrian. "You go run some laps and they put music on for you. So that's

a little bit with your peers." It's co-ed, but the boys and girls are separated. "So, you go outside and that's when you get to talk and walk around. They have you do push-ups and they have weights for you to use if you'd like. Afterwards, you reapply deodorant, brush your teeth, get your hair done and then it's time for therapy."

Over time, Adrian's suicidal thoughts faded. "I felt a lot better. It was a big improvement." The parents credit the meds, but more than that, the social environment. After three-and-a-half weeks, Adrian was referred back to Sunset Bay Academy with instructions for the staff on dispensing his meds. He staved another three months at SBA until he became more stabilized. Then, it was time to go back home.

good. And you get to talk

who practiced for over 30 years in San Diego, says what happens after an inpatient stay is completed is equally, if not more, important. "The in-patient experience "is oftentimes just a start. It's not the definitive cure. It's a start that has to be followed up with good outpatient treatment," he says. Back home in Los Angeles, as Adrian settled in, he contin-

ued to have contact with

the therapists from Sun-

set Bay Academy and

with Dr. Pazos and her

team at HSMT. First,

once a month, then every

two months.

Do you or

Life after discharge

Dr. Mark Katz, a retired

adolescent psychiatrist

"I'm going to adult school, working for my GED. I'm very close to getting that," Adrian says. During the day, he works with his dad at his carwash. "I'm keeping busy



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throughout the day. And my relationships with people, especially my family, are really good." As for drugs, "I'm clean. I've been sober for around three years. I haven't contacted old friends and especially those people I used to hang around with."

Laura and Logan Dishman

Laura Dishman lives with her son Logan in Austin, Texas. She adopted him when he was two. His birth mother, she explains, smoked three packs a day while pregnant with him. Logan, now 16, "was born with severe ADHD. He struggled as a child with impulsivity and getting along with others," she says. "It was around two years ago that Logan began to struggle over being adopted and not having a male role model in his life. You know, we've never had a dad around, because I'm a single mom."

Logan recalls, "I was talking back, punching walls, throwing chairs. Just really angry. I was disrespecting anyone who got in my way. I was not really in a happy mood. I was just miserable."

His mother sent him

to a residential treatment center in Tennessee, but the extra help that he required wasn't there, and he "struggled immensely," says Dishman. Logan was "bounced" to another program in Missouri, where he stayed three weeks. "It was very authoritative, and there was no therapy at all. It was just obvious it wasn't going to work out." She describes it as a "King James Bible-type of program." A religious person herself, Dishman is quick to add that, "I'm not trying to stereotype, but they were fat old men that ruled by the thumb. And you did what they said or you were gonna get in trouble."

Logan interjects: "They were just dumb."

"It was not a good fit for him," Laura says, emphasizing that he is an ODD child. "He was very rebellious, you know, acting out, fighting." He was frequently sent to "brown town," where he was fed only peanut butter and bread.

"My mom did not make good choices," he says matter-of-factly.

She continues, unaffected by her son's comment. "It just wasn't a good fit for him."

I'm reminded of some-

thing Dr. Pazos said. "These treatment centers are supposed to specialize in helping kids with problematic behavior, but if you're a problem, they kick you out." As for Utah, "The reviews of Utah scared me because they don't have a lot of the child protection laws" that other states have.

Dishman was advised

by a provider in Texas that Sunset Bay Academy in Playas de Tijuana had a good reputation and a very caring staff. "I just prayed for the right fit. I was nervous about sending him to Mexico, to another country." But when she arrived, she felt the difference immediately: "Mexico is just a different culture, a different feel." She was generally happy with the therapists at SBA and tried to be understanding, knowing it was "a very difficult situation being there, with a lot of boys just like Logan that all needed help." She says the staff at SBA were very strict, but on the other hand, "I can't imagine doing some of the things that the boys do either. There's a fine line. I mean, I know they have to be strict, to keep them all there and keep them safe."

At SBA, she says, "they

struggled with getting his meds right." That was a factor in the decision to transfer Logan in May 2023 to HSMT. And that's when Laura Dishman and her son Logan, like Adrian Aguirre and his parents Irma and Roy, met Dr. Pazos. Dr. Pazos put Logan on an anti-depressant. Dishman notes that it made her want to explore meds for herself. "I've been on one for a couple of years," she volunteers.

Logan says that initially, he was very tired. It took a couple of weeks to get used to the new environment and the medication. I asked him if he was aware of the underlying factors causing his depression. "I was but I wasn't, if that makes sense. I was aware of my behavior, of what I was doing," he says. Through group and individual therapy with Dr. Pazos, he became aware of why he wasn't feeling good. He gained insight into feelings he'd buried and now had to confront feelings about being adopted, feeling rejected, and not having male role models in his life.

Dr. Pazos did things that were game changers, Dishman says, things the treatment centers in the U.S. didn't do. "Building the relationship and trust through talking about feelings and getting Logan's meds right." Dr. Pazos, she says, "helped Logan more than anyone we'd ever met." Getting his meds right "calmed him down enough so he could express his feelings and tell you what he was feeling inside." Logan nods in agreement as she continues: "For a defiant child, telling them what to do doesn't work. I mean, they're gonna go against you unless you have a relationship with that child. And that's how it's always been for Logan with his teachers. When Logan cares about you and he knows that you care about him," he's more likely to listen instead of being defiant. "He just has to learn which boundaries you don't cross, and that's hard."

Logan stayed six weeks

at HSMT, then he was referred back to SBA. But he left there prematurely because SBA ran out of his stimulant medication for three weeks and he started regressing fast. "It's the thing that helps him the most with his ADHD," Dishman explains. "He was starting to act out and they were like, 'You gotta come get him before he does something really stupid.' So, I brought him home." Dr. Pazos explains that, beginning in 2021, Mexican pharmacies experienced a shortage of mental health medications, especially for ADHD and bipolar disorder. (HSMT wasn't affected, because it had an agreement with a distribution center.) Pharmacies' access to these important medications has since improved, she says.

"Logan felt loved at SBA, and the staff do love him," says his mother. He calls them for Christmas and says he'd like to go back there. Dishman, of course, has a different agenda: for Logan to become independent and not need SBA. Once back in Texas, Logan got back on his meds. "He's doing awesome, and I know he's gonna be a great dad someday," Dishman says. She's enrolled him in a "great private school that helps him with accommodations and with schooling."

What's also noteworthy is that they continue to use Dr. Pazos as a resource. "We continue to call her to ask if we should go down on this or up on that med," she says. "I

have a doctor here that prescribes the meds, and I push her to agree with what Dr. Pazos tells me." Dr. Pazos also speaks directly with Logan at least once a month to see how he's adapting to school and handling everything.

Dishman hasn't been able to find a therapist for Logan. "They're either not taking new patients or they're full," she says. From her office in Mexico, nearly 1200 miles away, Dr. Pazos plans to recommend a therapist in Austin "that we're going to try." But in the meantime, Logan has Dr. Pazos, "someone to talk to, to express feelings so that it doesn't just continue to build, build, build and then blow up," says Dishman.

Like Martha Garcia, like Adrian Aguirre and his parents, Laura Dishman appreciates Dr. Pazos for always making herself available. "She explained everything so well and was always accessible. She'd text me or call me, no matter the hour, responding at 11 pm, even midnight, when I was so anxious and worried. Had I known about Dr. Pazos and the mental health clinic, I would have just gone straight there" and bypassed the other clinics, she says.

Time runs out and our Zoom call comes to an abrupt end, mid-sentence. But Dishman calls me right back. I hear tears starting to form: "You have to understand that being from Texas, being a single mother, that sending your son at that age all the way to Mexico, and not knowing really what his diagnosis is, and not being able to speak with him...as a mother..." She starts to cry. "... As a mother, I was just scared to death." Once she got in touch with Dr. Pazos, everything changed. "I owe her my life."



— Adam Behar

Calendar

AND WELCOME TO IT

Thursday | 25

MAOLI

Maoli is an award-winning reggae artist from Hawaii whose sound blends reggae beats with island melodies. Songs often concern Hawaiian culture and



life on the islands. He has collaborated with other popular Hawaiian artists like Keali'i Reichel, Jah Maoli, and The Green. Guests Lindsay James and Payton Sullivan will join.

WHEN: Thursday, April 25, 7 pm **WHERE:** Humphreys by the Bay, 2241 Shelter Island Drive, Shelter Island. humphreysconcerts.com

Saturday | 27

ST. JORDI'S DAY & SAN DIEGO **BOOK CRAWL**

The San Diego Book Crawl coincides with Independent Bookstore Day and St. Jordi's Day (a book holiday in Spain), and encourages San Diegans to visit as many of the local independent bookstores as possible. Book crawlers receive a book crawl passport at their

first bookstore stop and a stamp. The more stamps you collect, the more prizes you can win. At Warwick's, there will be a bilingual storytime with Esther Rier, a knight and dragon, a meet and greet with author Susan Lee, live music by Annela Flores, and paella for purchase.

WHEN: Saturday, April 27, 9 am **WHERE:** Warwick's Bookstore, 7812 Girard Avenue, La Jolla. warwicks.com

ENCINITAS SPRING STREET FAIR

Spanning several blocks, the fair is a showcase of over 450 local shops, vendors, and artisans. There will be booths

featuring handmade jewelry, ceramics, paintings, and textiles. Enjoy live music, food from local eateries, face painting, games, and performances.

WHEN: Saturday, April 27, 9 am to 5 pm WHERE: Downtown **Encinitas Mainstreet** Association, 818 S. Coast Highway 101, Encinitas. encinitas101.com/springstreet-fair



music. There will be Belgian ale from

Sunday | 28

BELGIAN WAFFLE RIDE

UNROAD EXPO

Cheer on cyclists participating in a Euro-style spring classic, shop from 50 vendors, and enjoy a Belgian waffle and

the newest brewery addition to North City. Draft Republic will be serving chicken al pastor and brisket soft tacos and homemade bratwurst sandwiches. Spectators can watch the race action unfold from the Draft Republic patio and expo

WHEN: Saturday, April 27 and Sunday, April 28,

up-close view of the race.

grounds, providing an

WHERE: North City, 250 North City Drive, Suite 9, San Marcos. belgianwaffleride.bike

MISSION FED ARTWALK

Celebrating its 40th anniversary, this free festival allows locals and visitors

> to meet more than 250 local, national, and international artists, and to purchase art directly from the creators. The artists hail from every medium, including painting, sculpture, glass work, photography, and fine jewelry. Enjoy four stages of live music, interactive art experiences, street food, and family-friendly art

projects at KidsWalk.

WHEN: Saturday, April 27, 11 am and Sunday, April 28, 10 am WHERE: Piazza della Famiglia. 523 West Date Street, Little Italy. artwalksandiego.org/missionfed/



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

ANIMAL **FRIENDS**

Family Farm Expo Step into a world of rustic wonders and celebrate the essence of small farms and their profound impact on local communities. Sunday, April 28, 11am; free-\$8. Bates Nut Farm, 15954 Woods Valley Road. (VAL-

ART

A Splendid Decennium: Victorian to Vanguard The new exhibit, "A Splendid Decennium: Victorian to Vanguard," features works from fiber artist Marty Ornish, exploring a decade of political, environmental, and feminist perspectives through textile art. Thursdays, 10am; Fridays, 10am; Saturdays, 10am; Wednesdays, 10am; through Saturday, April 27, free-\$10. Gaslamp Museum at the Davis-Horton House, 410 Island Avenue. (DOWNTOWN SAN DIEGO)

Acrylic Pour Workshop Call it fluid art, liquid art, or acrylic pouring, there's nothing more satisfying than creating abstract masterpieces by letting pigment run amok, Materials included, Friday, April 26, 2pm; \$20-\$30. La Jolla Community Center, 6811 La Jolla Boulevard. (LA JOLLA)

Boards & Fins Art Show Artists Nicole Miller and Julia Messinger showcase their surf inspired art together. Friday, April 26, 5pm; free. Duck Foot Brewing Leucadia, 978 N. Coast Hwy. 101. (ENCINITAS)

Fashion Dangers: From Victorian to Vanguard Lecture by MartyO coinciding with the exhibition A Splendid Decennium: Victorian to Vanguard. Saturday, April 27, 10:30am; \$5-\$10. Gaslamp Museum at the Davis-Horton House, 410 Island Avenue, (DOWN-TOWN SAN DIFGO)

Impressions: Annual Student Art Exhibit MiraCosta College & Kruglak Art Gallery Present: An all-media, juried student art awards show. Held at the Mira-Costa College Kruglak Art Gallery (Bldg. 3400), Oceanside Campus. Wednesday, May 1, 11am; free. MiraCosta College, One Barnard Drive. (OCEANSIDE)

Little Fish Comic Savvy Enjoy comics, good conversation, and of course donuts. Saturday, April 27, 7pm; free. Little Fish Comic Book Studio, 6822-B El Cajon Boulevard. (ROLANDO)

Mission Fed ArtWalk Mission Fed ArtWalk is back for its 40th year, bringing a weekend-long celebration of arts and culture to San Diego's Little Italy. Meet more than 250 local, national, and international artists, and purchase art directly from the creators. Saturday, April 27, 11am; Sunday, April 28, 10am: free Piazza della Famiolia. 523 West Date Street. (LITTLE ITALY)

Rhyme & Verse

Two poems by Willa Cather

Prairie Spring

Evening and the flat land, Rich and sombre and always silent; The miles of fresh-plowed soil, Heavy and black, full of strength and harshness; The growing wheat, the growing weeds, The toiling horses, the tired men; The long empty roads, Sullen fires of sunset, fading, The eternal, unresponsive sky. Against all this, Youth, Flaming like the wild roses. Singing like the larks over the plowed fields, Flashing like a star out of the twilight; Youth with its insupportable sweetness, Its fierce necessity, Its sharp desire, Singing and singing, Out of the lips of silence, Out of the earthy dusk.

Evening Song
Dear love, what thing of all the things that be Is ever worth one thought from you or me, Save only Love, Save only Love?

The days so short, the nights so quick to flee, The world so wide, so deep and dark the sea, So dark the sea;

So far the suns and every listless star, Beyond their light—Ah! dear, who knows how far, Who knows how far? One thing of all dim things I know is true, The heart within me knows, and tells it you,

And tells it you. So blind is life, so long at last is sleep, And none but Love to bid us laugh or weep, And none but Love, And none but Love



Willa Cather (1873-1947) was an American writer best known for her novels, including O Pioneers, My Ántonia, and Death Comes for the Archbishop. She also wrote a small but considerable collection of verse and. like many of her novels, her poems focus on the landscapes, environment and changing seasons to attain their mood. Her first published book was a volume of verse, April Twilights (1903).

Her approach to writing (based in part on her early career as a journalist) helped define her meticulous yet dynamic style by writing narrative from a middle ground between journalistic objectivity and psychological subjectivity.

Find more poetry online at SDreader.com/poetry

AUTOMOTIVE

Motorcycles in the Park Sponsored by Café Moto and the San Diego Antique Motorcycle Club with coffee, prizes, discount museum entry. Bring your motorcycle, prizes considered for motorcycles 35 years and older. Sunday, April 28, 7:30am; free. San Diego Automotive Museum, 2080 Pan American Plaza, (BALBOA PARK)

BEER

Belgian Waffle Ride Unroad **Expo** Enjoy Waffles, Craft Brews, Music & More Saturday, April 27, 9am; Sunday, April 28, 9am; free. North City, 250 North City Dr., Suite 9. (SAN MARCOS)

Inaugural Cocktail Championship Block Party A group of 21 San Diego County restaurants and bars will take part in the inaugural San Diego Cocktail Championship on Gaslamp Quarter's 5th Ave., a portion of which will be blocked off from Market Street to Island Avenue for the event. Sunday, April 28, 2pm; \$49-\$79. Gaslamp Quarter,

Fifth Ave., between Broadway and Harbor Drive (DOWNTOWN SAN DIEGO)

BOOK SIGNINGS

SD Book Crawl Author Ambassador Susan Lee Meet the 2024 San Diego Book Crawl Author Ambassador, Susan Lee, on her tour of San Diego independent bookstores during the 2024 San Diego Book Crawl! Saturday, April 27, 12pm; Warwick's Bookstore, 7812 Girard Avenue. (LA JOLLA)

St. Jordi's Day & San Diego Book Crawl Come celebrate St. Jordi's Day in honor of Independent Bookstore Day, and take part in the Seventh Annual San Diego Book Crawl April 27th-29th! Saturday, April 27, 9am; free. Warwick's Bookstore, 7812 Girard Avenue.

Weekends with Locals: Megan Groth Weekends with Locals will be hosting Megan Groth, author of Places We Love: San Diego Tijuana. Sunday, April 28, 1pm; free. Warwick's Bookstore, 7812 Girard

CLASSES & WORKSHOPS

After-School Kids Textile Art Class In this 4-week afterschool hands-on art class, your child will explore a variety of fiber art techniques. Please register in advance @ bravoschoolofart. squarespace. Thursday, April 25, 4pm; \$134-\$152. Bravo School of Art South Park, 2963 Beech Street. (SOUTH PARK)

Beginning Salsa Dance Series for Adults By the end of this cycle, you'll not only be comfortable with the timing of the music but you'll be able to piece together combinations of steps and styling to make them your own. Thursday, April 25, 7pm; \$20. 18 and up. Dancehouse Point Loma, 2180 Chatsworth Boulevard. (POINT LOMA)

Body Dynamics Students learn breathing techniques for self-care, mental resilience, and physical relaxation as they age. Please wear flat supportive shoes and loose, comfortable clothing. Fridays, 12:30pm; Mondays, 12:30pm; through Monday, April 29, free. 18 and up. Mission Valley Library, 2123 Fenton Parkway. (MISSION VALLEY)

Capturing Your Creativity with Haiku Join Susan J. Farese, MSN, RN, SJF Communications for this PowerPoint presentation, sharing several of her photography prompts (nature/seasons) and giving participants ample time for reflection to kick-start/review, enhance and celebrate their Haiku writing journey. Friday, April 26, 1pm; 18 and up. Casa de Oro Library, 9805 Campo Road #180. (SPRING VALLEY)

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. Friday, April 26, 5pm; free. 18 and

up. Ocean Beach People's Organic Food Market & Deli, 4765 Voltaire Street, (OCEAN BEACH)

Del Mar Electronics & Manufacturing Show This enourmous trade show features products and services specializing in assembly & manufacturing, quality & testing. Muliple rooms feature educational and informative seminars on topics like cyber security, government incentive programs, digital marketing, and design and manufacturing concepts. Thursday, April 25, 8am; Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

Hand Rolled Sushi Cooking Class Learn how to create your own fresh sushi rolls. Saturday, April 27, 1pm; \$59. Duck Foot Brewing Company, 8920 Kenamar Drive. (MIRAMAR)

Handmade Ravioli Cooking Class Learn the secret of creating Ravioli from scratch on Italian Date Night. Sunday, April 28, 5pm; \$59. Duck Foot Brewing Company, 8920 Kenamar Drive, (MIRAMAR)

Julian Meditation Retreat Led by Buddhist nun Gen Lhadron. Hosted by Kadampa Meditation Center San Diego. Friday, April 26, 4:15pm; Saturday, April 27, 7:30am; Sunday, April 28, 7:30am; \$395-\$495. Camp Stevens, 1108 Banner Road, (JULIAN)

Learn about Homeschool Options Homeschooling 101: Join a homeschooling expert who will explain the different aspects and options to consider for parents of children entering TK-12th grade. No registration required. Tuesday, April 30, 1pm; free. Mission Valley Library, 2123 Fenton Parkway.

Mindful Motherhood Workshop 8-week program designed for pregnant women integrating mindfulness practices to reduce stress, regulate emotions, and strengthening the bond between mothers and babies. Mondays, 5pm; through

versity, moms become the CEO of their homes. Meet expert teachers, like Ralphie from Simply On Purpose, Becky Rapinchuk of Clean Mama, Tiffany Crumbs from Don't Waste the Crumbs, Sarah Beth from Sarah Beth Yoga, and more. Thursday, April 25, 4:30pm; \$420-

\$600. 21 and up. Central Library,

330 Park Boulevard. (EAST VILLAGE)

Monday, May 13, \$225-\$435. cih.

ucsd.edu/mindfulness/mindful-

Mom University After Mom Uni-

motherhood. (ONLINE)

Peer Learning Collaborative: Pain Facilitator: Dr. Carol Warfield Dr. Warfield is a Harvard Anesthesiologist who has been on the faculty of Harvard Medical School for over 30 years and is currently the Lowenstein Distinguished Professor of Anesthesia. Thursday, April 25, 4pm; \$15-\$35. 18 and up. La Jolla Community Center, 6811 La Jolla Boulevard.

Resume Workshop San Diego Workforce Partnership will guide you through building, updating, and editing your resume. Thursday, April 25, 2pm; free. 18 and up. Poway Library, 13137 Poway Road. (POWAY)

Sip, Paint, and Gaze Let Cynthia's Artistic Expressions help you paint your very own masterpiece. No experience required. All art supplies and professional instructions provided. Enjoy unlimited complimentary wine and validated parking. Fridays, 5:30pm; through Saturday, April 27, \$65. Seabird, 101 Ocean Avenue. (OCEANSIDE)

Tai Chi Moving for Better Balance This class emphasizes improving breath, mind, and body co-ordination/function to prevent falls while increasing safety in activities of daily living. Wear flat supportive shoes and loose comfortable clothing. Thursdays, 12pm; Mondays, 11:30am; through Monday, April 29, free. 18 and up. Mission Valley Library, 2123 Fenton Parkway. (MISSION VALLEY)

Wooden Flower Box Craft Workshop Create a wooden box with wooden flowers. Guests will have the option of painting there own unfinished wood flowers or using pre-colored flowers to create arrangements. Arrangements will be finished off with a variety of dried flowers. Tickets include a flight of wine and \$10 off a bottle of your choice. Sunday, April 28, 1pm; \$60. La Mesa Wine Works, 8167 Center Street. (LA MESA)

COMEDY

4th Friday Comedy Hosts Gene Levin and Pamela Wardrio, with DD Steps, Rand, Edna Nerona, Cindy Sheridan and Jonathan Bird. Friday, April 26, 7:30pm; free. Spacebar Cafe, 7454 University Ave., Suite A. (LA MESA)

Adam Conover Adam Conover is a comedian and the creator, writer and star of the hit series ADAM RUINS EVERYTHING, an educational comedy that dispels common misconceptions. Friday, April 26,



7pm and 9:30pm; Saturday, April 27, 7pm, 7pm and 9:30pm; 21 and up. Comedy Store, 916 Pearl Street. (IA JOLLA)

Brent Pella 2 item min purchase per person (food and/or drink) Friday, April 26, 6:30pm and 8:30pm; Saturday, April 27, 6:30pm and 8:30pm; \$5-\$40. 18 and up. Grand Comedy Club, 340 East Grand Avenue. (ESCONDIDO)

Erica Rhodes - Wednesday, May 1, 7:30pm; \$20. 21 and up. Belly Up Tavern, 143 S. Cedros Avenue. (SOLANA BEACH)

Gaslamp Comedy Open Mic & Happy Hour No cover. No drink minimum. \$5 Happy hour. Sign-up between 7:30-7:50 for stage time. Tuesday, April 30, 7:30pm; free. American Comedy Company, 818 Sixth Avenue. (DOWNTOWN SAN DIEGO)

Luis J. Gomez AS SEEN ON: Legion of Skanks, Skankfest, The Joe Rogan Experience, The Church of What's Happening w/Joey Diaz & more! Thursday, April 25, 8pm; Friday, April 26, 7:30pm and 9:30pm; Saturday, April 27, 7:30pm and 9:30pm; \$20. 21 and up. American Comedy Company, 818 Sixth Ayenue, (DOWNTOWN SAN DIEGO)

Roast Battle Direct from The Hollywood Comedy Store, the OFFICIAL ROAST BATTLE returns to The La Jolla Comedy Store! Two comics go head-to-head for three rounds in a boxing-style no holds barred battle of insults. Featuring resident judges Mike Vinn, Brian Moses and their special guests! Wednesday, May 1, 8pm; 21 and up. Comedy Store, 916 Pearl Street. (LA JOLLA)

SUPEReeeGO Eric Ochoa - Sunday, April 28, 7pm; \$20. 21 and up. American Comedy Company, 818 Sixth Avenue. (DOWNTOWN SAN DIEGO)

Tim Allen Star of the hit sitcom "Last Man Standing," on FOX and well known for voicing his beloved character Buzz Lightyear in the Disney "Toy Story" franchise, Allen brings his classic comedic style to sold out shows cross the country. Saturday, April 27, 8pm; 18 and up. Harrah's Resort Southern California, 777 Harrah's Rincon Way. (VALLEY CENTER)

DANCE

Anything Goes Anything Goes is a heart-warming romance, filled with dance routines and memorable songs. Thursday, April 25, 7pm; Friday, April 26, 7pm; Poway Center for the Performing Arts, 15498 Espola Road. (POWAY)

Bella Lux presents Cabaret Noir - Sunday, April 28, 7:30pm; 21 and up. Belly Up Tavern, 143 S. Cedros Avenue. (SOLANA BEACH)

Belly Dance Showcase: Emotions In Motion Experience a lineup of Middle Eastern and Fusion in this dance show case featuring performers from San Diego and beyond. Free admission, suggested donation \$10 Sunday, April 28, 2pm; free. City Heights Performance Annex, 3791 Fairmount Avenue. (CITY HEIGHTS)

International Dance Day with Bluey Annual International Dance Day celebration: Dance along with Dynasty Dance Co. in a special Bluey-themed dance session, with a variety of Bluey-themed crafts and games suitable for everyone. Saturday, April 27, 9:30am; \$10-\$45. Starlight Dance Studio, 6506 El Cajon Boulevard. (COLLEGE AREA)

Sazon Live Enjoy a celebration of Mexican dance and World culture with performances from Afro-Peruvian from House of Peru Dance Group, Jade Power Sotomayor dancing Puerto Rican Bomba, Mujeres en Resistencia zapateado rebelde and boleros, soul-folk music by Talia Morales. Saturday, April 27, 2pm and 7pm; Sunday, April 28, 2pm; \$15-\$28. Centro Cultural de la Raza, 2004 Park Boulevard. (BALBOA PARK)

DISCUSSION GROUPS

Book Discussion Scary Smart: The Future of Artificial Intelligence and How You Can Save Our World: Artificial intelligence is smarter than humans. AI can see into the future, predicting outcomes and even use sensors to see around physical and virtual corners. So why does AI frequently get it so wrong? Please read the book before the meeting date. Wednesday, May 1, 2:30pm; free. La Jolla Community Center, 6811 La Jolla Boulevard. (IA JOLLA)

Fantastical Fiction Forum Discuss fantasy, horror, and science fiction in a friendly, inclusive group. This month discuss *The Kaiju Preservation Society*, by John Scalzi. Meet on the 5th floor of the library at the Travel Center, just to the right as you exit the bank of elevators. Tuesday, April 30, 6:30pm; free. 18 and up. Central Library, 330 Park Boulevard.

Spring Home Garden Show Demonstrations, hundreds of home-improvement products and services exhibitors, plant sales, and face-to-face consultations with top experts. Saturday, April 27, 10am; Sunday, April 28, 10am; free. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

Third Annual Jobapalooza This event will connect job seekers with local employers from a variety of industries, including hospitality, service, ride operators and more. All interviewees are asked to bring their resume, IDs and any references. Friday, April 26, 11am; free. Belmont Park, 3146 Mission Bouleyard (MISSION BEACH)

Wedding Showcase Free wedding showcase where future newlyweds can sample complimentary hors d'oeuvres and bubbly, while having open access to local San Diego wedding vendors, as well as representatives to chat about planning a wedding onboard. Sunday, April 28, 10am; City Cruises, 1800 North Harbor Drive. (DOWNTOWN SAN DIEGO)



C.J. CHENIER, SONNY LANDRETH & MARCIA BALL
TOMMY CASTRO & THE PAINKILLERS • SOUTHERN AVENUE
NIKKI HILL • GENO DELAFOSE & FRENGH ROCKIN' BOOGIE
JEFFERY BROUSSARD • THE DAIQUIRI QUEENS • IKO YA YA
ROSIE FLORES • DEKE DICKERSON & THE WHIPPERSNAPPERS
JAMES INTVELD • MITCH POLZAK & THE ROYAL DEUCES • AMAZING WILDCATS
NICK MOSS BAND FEATURING DENNIS GRUENLING • JIMMY CARPENTER BAND
ASH EASTON • BEAUX GRIS GRIS & THE APOCALYPSE • SABROSAS LATIN ORCHESTRA
EARL THOMAS • MERCEDES MOORE BAND FEATURING CARL SONNY LEYLAND
JEFF BERKELEY & THE BANNED • NATHAN JAMES • ROBIN HENKEL • GINGER COWGIRL
KIMMI BITTER • TARYN DONATH TRIO • SUE PALMER • SABROSAS LATIN ORCHESTRA
ZAVALA SOL • LADY PSYCHIATRIST'S BOOTH • MICHELE LUNDEEN • JAZZ POCKET SWING
AMALGAMATED SKA • ASS POCKET WHISKEY FELLAS • BAYOU BROTHERS • THE BEARD & THE BIRD
BILLY LEE AND THE GULF COASTERS • BLAME BETTY • BLUE LARGO • BOBBY SANCHEZ COMBO • BONNEVILLE 7
BOXGIRL & THE BEATNIKS • BRIAN JONES ROCK 'N' ROLL REVIVAL • CHICKEN BONE SLIM • CHRIS FAST BAND
CHUNKY HUSTLE BRASS BAND • EUPHORIA BRASS BAND • FARM TRUCK • HERMAN FUSELIER • FUZZY RANKINS
GINO & THE LONE GUMMEN • GYPSY SWING CATS • HARMONICA JOHN FRAZER • KING TAYLOR PROJECT
J7 PRODUCTIONS KIDS ENTERTAINMENT • BILL MAGEE • MANNY GEPEDA ORCHESTRA • GREGORY PAGE
NATHAN RIVERA & JESSIE SMITH • THE SEA MONKS • LOS SLEEPWALKERS • THEO & ZYDEGO PATROL
STONEY B • VERNAZZA/GULLINS AND THE EXTRAORDINARY GENTLEMEN • BILLY WATSON
WHISKEY & BURLAP • ZYDECO MUDBUGS • ZZYMZZY QUINTET



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FOR KIDS

Dia de los Niños/Dia de los Libros Mo Willems Celebration Celebrate kids' author/illustrator Mo Willems during Día de los Niños/Día de los Libros (Children's Day/Book Day). Enjoy crafts and games, face-painting, and a visit from Elephant and Piggie. Recommended for ages 3+. No registration required. Saturday, April 27, 1pm; free. Mission Valley Library, 2123 Fenton Parkway. (MISSION VALLEY)

Lilac Festival Hop on the wagon ride and enjoy the views on a scenic nature loop, try your skill with some tomahawk throwing, visit our friends at the petting zoo, enjoy a lively hoedown or pick up an instrument and join the jug band, paint a spring craft to keep, dip your very own lilac themed candle the old fashioned way, and more. Walk through organic lilac groves and enjoy the sweet smells and beautiful views of the surrounding Julian area, Saturday, April 27, 10am; Sunday, April 28, 10am; \$10-\$25. Fort Cross Old Timey Adventures, 4425 Highway 78. (SANTA YSABEL)

LECTURES

Creative/Mornings San Diego Spicy with David "Persue" Ross, a free 20min breakfast lecture series for the creative community with coffee, donuts, and inspiration. Friday, April 26, 8:15am; free. Central Library, 330 Park Boulevard. (FAST VILLAGE)

Free Lectures: John Daley & Magen Shaw Two free lectures: El Corazon, The Heart of the City presented by John Daley, VP Oceanside Historical Society, and Today We Celebrate Arbor Day with Magen Shaw, Urban Forestry Coordinator. Bldg T200. Friday, April 26, 1pm; free. MiraCosta College, One Barnard Drive. (OCEANSIDE)

Lunch & Learn: Maintaining Retinal Health As We Age Presented by Dr. Anne M Hanneken, an insightful talk on Age-related Macular Degeneration (AMD) and the importance of maintaining retinal health as we age. Learn the science behind AMD, a common eye condition that affects older adults, leading to vision loss in the center of the visual field. Monday, April 29, 12:30pm; free-\$15. La Jolla Community Center, 6811 La Jolla Boulevard. (LA JOLLA)

OUTDOORS

Flycatchers and other land birds returning, wildflower bloom, tides

Land Bird Migration is in Full Swing This Month in San Diego County, with warblers and flycatchers among those most commonly seen. Warblers crawl along tree limbs and branches to dine on their favorite insects, while flycatchers, as the name suggests, catch their meals on the wing. Riparian areas such as the San Diego River



BLUE-EYED GRASS IS NOT A GRASS BUT AN HERBACEOUS PERENNIAL AND A MEMBER OF THE IRIS FAMILY (IRIDACEAE).



WESTERN FLYCATCHERS THRIVE IN MIXED WOODLANDS OR FOOTHILLS AND GENERALLY NEAR WATER

through Mission Gorge and Marian Bear Park in San Clemente Canyon are favored by both birds and birdwatchers.

The Wildflower Bloom in San Diego's Coastal Areas Continues. On north-facing slopes and in shady canyon bottoms, where the sun's drying effects have not yet taken hold, look for native red monkey flower, blue-eyed grass, wild hyacinth, and nonnatives such as chrysanthemum and mustard. Irrigated freeway embankments, with showy African daises, blooming iceplant, and other forms of groomed landscaping, continue to exhibit brash coloration.

April's Lowest Tides, dropping to -0.49 feet, are for early risers only: 4:42 am on Thursday the 25th, and 5:42 am on Friday the 26th. The highest tide for April (+5.94 feet) occurs at 10:30 pm on Thursday the 25th.

NATURE

Birding Basics Class Increase your enjoyment of Nature by learning 5 simple techniques to identify birds at a glance. You will also learn how to use a field guide, so bring one along if you have it. Classes meet at the Visitor Center in Classroom A. The class is free, seating is limited to the first ten people. Saturday, April 27, 1pm; free. Mission Trails Regional Park, One Father Junípero Serra Trail.

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. This is a good time to see the river running strong. You will hike 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. Saturdays, 9:30am; Sundays, 9:30am; Wednesdays, 9:30am; free. Mission Trails Regional Park, One Father Junípero Serra Trail. (SAN CARLOS)

San Diego Bonsai Club Spring Show & Sale The annual Spring Bonsai Show and Sale of the San Diego Bonsai Club will feature more than 50 bonsai of various species on display, along with demonstrations by bonsai experts and sales tables featuring hundreds of trees, pots and a variety of other

bonsai merchandise. Saturday, April 27, 10am; Sunday, April 28, 10am; free. Casa del Prado, 1650 El Prado, (BALBOA PARK)

San Dieguito River Park **Bioblitz: Biodiversity Expe**dition The expedition will be a hands-on experience where you can observe and learn about various plants and animals that call this watershed home; it's a great opportunity to connect with nature and experts in the field while participating in species observations. This is a 2 day event Saturday April 27 at the Old Coach Staging Area and Sunday, April 28 starting at 9:00AM beginning at Clevenger Canyon. Saturday, April 27, 9am; free. Old Coach Staging Area, 14225 Highland Valley Road. (ESCONDIDO)

Wheelchair-Accessible Botanical Tour Experience beautiful native flowering plants on this easy, 1/4 mile trail which is wheelchair and stroller accessible. Bring water and sun protection. Leashed, friendly dogs are welcome. Meet near the playground. Please allow time to find street parking. Saturday, April 27, 11am; free. Charles Lewis III Memorial Park, 4639 Home Avenue, (CITY HEIGHTS)

SPECIAL EVENTS

Book Fair & Open House The grand opening of this new location features an open house and a book fair, offering attendees the

opportunity to explore a wide selection of French literature curated by Clotilde French Bookstore. Sunday, April 28, 9:30am; free. The Alliance Française San Diego, 6390 Greenwich Drive #185. (LA JOLLA)

Botanical Pop-Up Shop Miss Beverly's favorite plants & flowers. All the money raised will go to scholarship students who attend our creative arts classes. From monsteras to pothos, succulents to daisies, there's something for everyone. Each plant & flower will come with care tips & tricks. Saturday, April 27, 8am; \$5-\$40. Blossom & Bloom, 7400 El Cajon Boulevard Suite 101. (LA MESA)

Bridal Bazaar The Bridal Bazaar is San Diego's #1 Wedding Expo where you can see and experience everything you need to make your wedding day complete. This is San Diego's largest fall bridal show so you'll find more ideas, more style, and more choices to help you plan your day, your way. Sunday, April 28. 9:30am: \$12-\$15. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

C Street Keeps It Green Earth Day Event in City Center. Join a celebration of our planet and love music, vendors, hands-on activities and more. C street, San Diego, CA 92101 - between 4th & 8th Street Saturday, April 27, 11:30am; free. C street, San Diego, CA 92101 between 4th & 8th Street

Encinitas Spring Street Fair Enjoy more than 450 yendors, plus a beer garden, kid's rides, and three stages with live music from Half

Hour Late, Daring Greatly, Dante Fire, and the Johny Deadly Trio. Saturday, April 27, 9am; Sunday, April 28, 10am; free. Downtown Encinitas Mainstreet Association, 818 S. Coast Highway 101.

Naturally San Diego Pitch Slam Five emerging brand finalists will compete head-to-head in front of a panel of industry-expert judges and local audience members, with entrepreneurs from each company taking the stage. One brand will come out on top as voted on by the panel, winning a suite of prizes from the local San Diego community to help propel their company's growth. Thursday, April 25, 4pm; Building 177, 2875 Dewey Road. (LIBERTY STATION)

SPOKEN WORD

After Dark Open Mic II Poets, Singers, Comedians, Yappers and Friends of Yappers are all welcome. Quiet Storm doubles as a Cigar Lounge, Cocktail Bar, Cafe and Plant Store. Friday, April 26, 7pm; free. Quiet Storm Roasters and Bakery, 3590 Fifth Avenue.

SPORTS & FITNESS

Boomer's Zumba Fitness Zumba Fitness class specially designed for Baby Boomers offered

through The City of Escondido Recreation Dept. Thursdays, 5pm; through Thursday, April 25, \$9-\$11. 21 and up. Park Avenue Community Center, 210 Park Avenue. (ESCONDIDO)

California Boater Card Class Two day class Friday, April 26, 6pm; Saturday, April 27, 6pm; \$65. 18 and up. Southwestern Yacht Club, 2702 Qualtrough Street. (POINT LOMA)

San Diego Padres vs. Cincinnati Reds Featuring the Knit Beanie Giveaway with Removable Pom (SDG&E) available for the first 40,000 fans in attendance on April 29 Monday, April 29, 6:40pm; Tuesday, April 30, 6:40pm; Wednesday, May 1, 1:10pm; Petco Park, 100 Park Boulevard. (FAST VILLAGE)

San Diego Padres vs. Philadelphia Phillies Featuring Party in the Park, the Padres House Band, KidsFest, and Kids Run the Bases. Friday, April 26, 6:40pm; Saturday, April 27, 5:40pm; Sunday, April 28, 1:10pm; Petco Park, 100 Park Boulevard. (EAST VILLAGE)

San Diego Strike Force The San Diego Strike Force take the Bay Area Panthers at Pechanga Arena San Diego. The Indoor Football League is America's longest continuously-running indoor football league and is the second-longest running professional football league in the U.S. Sunday, April 28, 3:05pm; Pechanga Arena San Diego, 3500 Sports Arena Boulevard. (MIDWAY DISTRICT)

THEATER LISTINGS

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 lastminute changes and to inquire about ticket availability. Many theaters offer discounts to students, senior citizens, and the military. Ask at the box office.

Anon(ymous)

End the season on this epic voyage. Separated from his mother, a young refugee called Anon journeys through the United States, ecountering a wide variety of people—some kind, some dangerous and cruel—as he searches for his family. Naomi Iizuka's beautiful and brutal play Anon(ymous), a retelling of Homer's epic Odyssey, explores ancient themes of identity, coming-of-age, and the shifting nature of home in the face of displacement. Held at the MiraCosta College Theatre (Bldg.

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

Lizzie: The Musical

1892 in Fall River, Massachusetts, Lizzie Borden's father and step-mother are brutally murdered and Lizzie is the main suspect. The musical combines the spine-tingling deep-dive of a true crime podcast with a rock-androll edge that rivals Hedwig and Spring Awakening. Led by director Rachel Mink and the team at Wildsong.

OCEAN BEACH PLAYHOUSE, 4944 NEWPORT AVE., OCEAN BEACH. 619-795-9305. 8PM THURSDAY, FRIDAY, & SATURDAY, 6PM SUNDAY.

Natasha Pierre and the Great Comet of 1812

You've read War & Peace, right? Playwright Dave Malloy did, and it seems he got to the section where the scoundrel Anatole sets out to seduce the engaged ingenue Natasha and thought to himself, "This would make a great opera!"

Well, not an opera, exactly, but something close to it: nearly everything is sung, and there isn't much in the way of structured song until the second act. The opening number a hoot, wherein the cast introduces itself — this is a complicated Russian novel, after all — letting you know that your program lets you know that "Balaga is fun, Bolkonsky is crazy, Mary is plain, Dolokhov is fierce, Hélène is a slut, Anatole is hot, Marya is old-school, Sonya is good, Natasha is young, and Andrey isn't here." Oh, and Pierre is stuck in an existential rut, drinking and reading and growing steadily stouter. He used to be better. He tells you so. Just as Bolkonsky tells you he is really old and mean. Just as Mary tells you she is frustrated by her static life. Just about everybody is ready to tell you about themselves and their thoughts, even as they're interacting with each other. It starts to feel less like a dramatization of a novel and more like a novel set to music.

Some may find the conceit delightful — the play got nominated for 12 Tonys! I found it not so much off-putting as away-pushing; the self-narration, so intimate and immersive in a novel, kept me from feeling with the characters on the stage. And you need to feel with the characters, because the plot is simplicity itself (sort of like an opera). Which isn't quite the same as clarity itself, especially when it comes to Pierre's part in things. Kürt Norby sings the heck out of the role, and it's clear the man has some breakthroughs of some kind — because he tells us so. But his actions and character leading up to them, and even after them, seem...confused. Be assured, however: the second act is much more fun (and tuneful) than the first, and the cast is having a blast throughout (which helps a great deal), and it looks great. CYGNET THEATRE, 4040 TWIGGS ST., OLD TOWN. 619-337-1525. 7:30PM FRIDAYS & SATURDAYS 2PM SUNDAYS.

If I'm reading this one right, it's something close to genius: a quiet rebuke of poptimist self-invention masquerading as a boisterous celebration of same. The story of this audacious two-person musical concerns one Annie Londonderry, the first woman to ride a bike around the world. (See, a man did it, and then these two fellows at a bar got to arguing about whether a woman could do it, too, and Annie was both near at hand and up for the challenge.)

At first, I thought it was just me - given my temperament and taste, of course I'd wince at the poptimist puffery of "Ride" (lets liven up the human race?) and then grin along with the more grounded greed of "The Wager," which follows immediately after. Of course I'd cock an eyebrow at the forced romanticism of "Miles Away from Boston," then sob along with everyone at the genuine pathos of "Stranger" - which, again, follows immediately after. But then, "Stranger" is part of this huge flashback to the hard truth that threatens to overwhelm the glorious show that the show has been up til now — up til now, we've been watching Annie pitch herself as a columnist for Joseph Pulitzer's New York World; not only a celebrity, but also a genuine voice for women. After all, as Annie sings, "Everybody loves a lie," but, well, maybe not everybody. At first, the flashback feels odd — so slow, so drawn out, so... unpleasant. And then after a bit, you realize that the term you're



The Beast: Burning passion: good thing or bad thing?

looking for is "so real."

It takes as long as it does because Alex Finke's Annie and Livvy Marcus's quietly brilliant assistant Martha are forever pulling dramatic and/or comedic rabbits out of hats in a seemingly endless series of delightful inventions. They pretend so beautifully; why would anyone want to stop the music, or even slow it down?

OLD GLOBE - DONALD & DARLENE SHILEY STAGE, 1363 OLD GLOBE WAY, BALBOA PARK. 7PM FRIDAYS & SATURDAYS, 2PM SUNDAYS.

San Diego Opera: **Madama Butterfly**

Puccini's Madama Butterfly stars Corrine Winters and the Company debut of tenor Adam Smith as Pinkerton. Madama Butterfly is passionate, poignant, and haunting, and features some of the greatest musical moments from the composer's long career. It tells the tragic story of Cio-Cio San and her marriage to the American naval officer Pinkerton who treats their marriage as a distraction to tragic results. These performances also mark the centennial of the composer's death. Making important Company debuts for these performances is mezzosoprano Stephanie Doche as Suzuki and baritone Kidon Choi as Sharpless. They are joined by returning tenor Joel Sorensen. Maestro Yves Abel returns to lead these performances with the San Diego Symphony in the pit. SAN DIEGO CIVIC THEATRE, 1100 THIRD AVE DOWNTOWN SAN DIEGO. +16195701100. 7:30PM FRIDAY, 2PM SUNDAY.

Sense of Decency

Jake Broder has crafted a surprise-filled exploration into what makes people tick- filled with unexpected revelations, magic, and insight. A World Premiere theatrical foray into an historic meeting promises intrigue and theatrical sparks. When WWII ended, the Nuremburg trials were underway. Herman Göring was the highest-ranking Nazi alive.

An American Army psychiatrist, Dr. Douglas M. Kelley, was tasked with interviewing him extensively and keeping him fit for trial. What happened in that fateful room had profound and unexpected consequences for both men. Based on the book The Nazi and the Psychiatrist by Jack El-Hai.Directed by David Ellenstein. NORTH COAST REPERTORY THEATRE, 987-D LOMAS SANTA FE DR., SOLANA BEACH. 858-481-1055. 8PM THURSDAYS, FRIDAYS, & SATURDAYS, 2PM & 7PM SUNDAYS, 8PM WEDNESDAYS

Tea for Three

Three former First Ladies will be sharing secrets: Lady Bird, Pat & Betty. Written by Eric H. Weinberger and Elaine Bromka, and starring the Emmy Awardwinning Ms. Bromka, the play is a witty re-imagining of three women who suddenly found themselves celebrities, with a behind-the-scenes look at Lady Bird Johnson, Pat Nixon, and Betty Ford, revealing the personal cost of what Mrs. Nixon called the "hardest unpaid job in the world." NORTH COAST REPERTORY THEATRE, 987-D LOMAS SANTA FE DR., SOLANA BEACH. 858-481-1055, 7:30PM MONDAY, 2PM & 7:30PM TUESDAY, APR. 30.

MOVIES

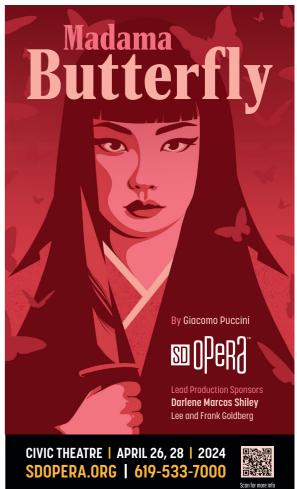
All reviews are by Scott Marks, Matthew Lickona, Ryan Brothers, and Duncan Shepherd. Priorities are indicated by one to five stars and antipathies by the black spot. Unrated movies are for now unreviewed. Thousands of past reviews are available online at SDReader.

Alien - This creature-feature has, and is, a good time, but it works very hard and spends a lot of money in order to have it. The question is, is it worth it? This question comes up not only because this movie seems much too heavily endowed for the simple, 1950s-style monster movie it essentially is, but also because it gets too little actual use out of its vast material

holdings, especially its cavernous sets. The monster itself is most fun in its infancy, but it is hardly more impressive than its close cousins in such penny-pinching horror movies as They Came from Within and Eraserhead; once it reaches full growth, its appearances become annovingly cov and fragmentary — this monster, like the one in Jaws, is mostly mouth. The storyline is garbled; the camerawork overwrought; the soundtrack sadistic: the computer graphics rather good, particularly the contour drawing of the planet's surface as the spaceship descends to a touchdown. Sigourney Weaver emerges as the unexpected star of the movie, although Yaphet

Kotto, as the ship's extroverted and headbanded mechanic, steals more than his share of scenes. Weaver. who has fleeting resemblances to Jane Fonda in her face and voice. ought to make the feminists happy: and if not, it won't be for lack of trying. With Tom Skerritt, Harry Dean Stanton, Veronica Cartwright, John Hurt, and Ian Holm; directed by Ridley Scott. 1979. — D.S. ★★ (IN WIDE RELEASE)

The Beast — Author Henry James parable of paralyzing anxiety The Beast in the Jungle treats the case of a man who misses his own life in an attempt to avoid the catastrophe his is certain will befall him. Director and co-writer Bertrand Bonello has adapted the story for an age that is anxious about what it even means to be human. (Post AI, what can we do that our dolls can't?) It's 2044, and mankind has done something so bad that it can no longer be trusted with itself. Too many strong emotions, leading to too many disasters. But the Buddhists have always known that desire was the problem, and purification the solution. Passion is just a kind of suffering, after all, something that assaults and overwhelms us. And who would not want to be free of suffering? And maybe get a less menial job to boot? The good news: what used to take many lifetimes can now be achieved in minutes, thanks to science! Léa Seydoux stars as a woman who left her husband for George MacKay once upon a time (passion!), but now, the two are thinking of going under the needle and getting free of "affects." The story takes its time relating all this, beginning instead in the glamorous past when the romance first began — well, after a disconcert-



ing green-screen opening in which Seydoux acts out her confrontation with the Beast. The movie is asking you to sink into its techno-dreamstate, to get lost in the gorgeous world that we have wrought from our desires before becoming utterly spooked by it. MacKay is a pleasant surprise as a suave leading man (and its opposite), while Seydoux makes the absolute most of her porcelain features and her considerable magnetism. The viewer feels for her, and feels with her, even as she struggles to feel less. (2023) — M.L. ★★★ (ANGELIKA CARMEL MOUNTAIN, DIGITAL GYM)

Civil War - It's telling that the twowar photographers at the center of Alex Garland's story say they have parents back home in the heartland who are pretending that the civil war that is raging right here in the No Longer United States of America (the reasons for it are unclear and unimportant, but maybe the President

shouldn't have disbanded the FBI) is not happening. Because if your harrowing images of human conflict and suffering, obtained at great personal risk and even greater personal cost, can't even rouse Mom and Dad to belief - let alone concern, let alone action - well then, what exactly is the status, what exactly is the point, of the media? Why are you wading into the horror — no, not wading, plunging, immersing yourself in the very worst of humanity. We get it, you're good journalists: you're here to get the story, not to take sides. But really, why? Weary Lee (a scowling Kirstin Dunst) isn't quite sure any more, but she's still game to join gung-ho Joel (Wagner Moura) on a mad dash for D.C. in an attempt to interview a President who might just have them shot on sight, since he views journalists as the enemy. (At least Joel is honest about his motivations: combat gets him hard, and even after it hits too close to home, he stays on task.) What Lee didn't count on was bringing newbie Jesse along for the ride (an impossibly tiny Cailee Spaeny); Jesse with her old-school camera and new $kid\ eagerness.\ ``If\ I\ got\ shot,\ would\ you$ take a picture of it?" she asks, wonderingly. $\ddot{\ }$ What do you think?" snaps Lee. Unlike this review, Garland keeps the thinky stuff in the background and concentrates on the brutal, intimate action - like a good war photographer should. (2024) — M.L. ★★ (IN WIDE RELEASE) **Dune Part Two** — Lawrence of

Arrakis meets Dr. Sandworm, or, How I Learned to Stop Worrying and Love the Bene Gesserit. Paul Atreides, who left the green and pleasant land of his home planet for the desert wastes of Dune, finds himself eager to avenge the death of his royal father at the hands of the rival House Harkonnen (with a little help from a subtle and sinister Emperor). The best way to do that is to harness the "desert power" of the native Fremen. And the best way to do that is to convince the religious skeptics among them that what he wants is their freedom, and the true believers that what he wants is to fulfill the prophecies about a savior from another world. Yes, his visions warn him that the latter might spark a holy war that kills billions, and yes, he's pretty sure that the prophecy is just something cooked up by his mother's religious order to further their own ends - but dang if he doesn't keep doing stuff that makes him look like The Man. He chooses the right name, he rides a huge sandworm, he...well, he does what saviors do. By this point, it should come as no surprise to learn that director Denis Villenueve is very good at shots and scenes that capture scale and scope — big images for big stories for the big screen - and

he keeps the long and layered story rolling along like windswept dunes in a desert. He's a little less surehanded when it comes to getting up 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 a long, long way from that famous galaxy far, far away. (2024) — M.L. ★★★ (IN WIDE RELEASE)

Immaculate — Michael Mohan delivers a fun if flawed twist on the old argument between faith and science - specifically, which one gets to save the world, and what salvation looks like, anyway. It helps that it's lovely to look at, and not just because of big-eyed star Sydney Sweeney. (If Elisha Christian's camera doesn't quite leer at her — for shame, this is a devout young religious sister we're dealing with here — it certainly does a lot of beholding.) Christian has a whole world of wonderful visuals in the old Italian convent for old Italian nuns at which Sister Cecilia has arrived - what with the reliquary holding one of the nails that pierced Christ, the pristine countryside stretching for miles in every direction, the catacombs upon which the whole place rests — and he makes the most of his setting. But get-

ting back to the that bit about "fun if flawed." The fun is the flaw, or rather, the lack of it. This is a horror film in which divine rape is treated as a miracle, and in which the second coming is hastened in highly unorthodox fashion, but for much of the runtime (and her mysterious pregnancy), Sweeney is content to shed silent tears over her predicament instead of making legitimate war on the patriarchy. And when the Enemy is revealed, he utterly flubs his big speech. What should be a declaration of war on heaven is instead pitched as a twisted sort of piety. It's as if the film doesn't see the glorious silliness in a woman taking perpetual vows on her first day at the film's outset, or in attempting to make her escape in the midst of labor pains. By the end, you get the feeling that Mohan was so intent on making the (admittedly bonkers) final moments hit that he tried to tamp down everything that came before. (2024) — M.L. ★★ (IN WIDE RELEASE)

Monkey Man - Early on in director, co-writer, and star Dev Patel's madcap mashup of a movie, his protagonist Kid sets out to buy a gun. "You like John Wick?" asks the salesman. "This is the same gun he had, except made in China." You know: a cheap knockoff. A cleverly self-conscious pre-emptive strike against those who might dismiss this revenge drama — with its black suits, its secret sects, its exotic clubs, and its long, loving depictions of brutal hand-to-hand combat — as John Wick, except made in India. You know: a cheap knockoff. Because it aims to be much more than that. The revenge sought here is against the man who killed Kid's mother - but

since that man was the local chief of police, and since the killing was part of a brazenly corrupt land grab by evil forces operating under the guise of restoring Mother India - well, one mother quickly starts to stand for another. And even more than that, as evidenced by the juxtaposition of word and image during our hero's moments of whispered prayer. (Who really makes you happy?) Which moments bring us back to that "mashup" bit: the scenes between mother and son look and sound like Terrence Malick's Tree of Life. Other scenes recall Guy Ritchie cheekily working the collision of higher and lower classes. And yeah, there's some John Wick-y stuff. (Why yes, our club is hosting an event honoring India's next president, but no, none of our security guards have guns, so all disruptions will need to be resolved with punching; why do you ask?) It makes for disconcerting, uneven ride, sort of like a tuk-tuk that is mysteriously equipped with turbo, threading its way through the streets before slamming on the brakes so as to avoid crashing into a little girl. About those streets: they - or rather, the suffering they contain, and the blunt sympathy with which Patel depicts it — are the film's real strength. That, and the rich imagery and theme provided by the traditional story of Hanuman — the original Monkey Man. Much stronger than his order of transgender warriors in exile, who talk of their devotion to a god who is both creator and destroyer, but don't seem to teach our hero much beyond rope-a-dope rhythm. (The Cruel Tutelage of Pai Mei this ain't.) Their leader mentions fighting with purpose; that much, the Kid already had. (2024) — M.L. ★ (IN WIDE RELEASE)





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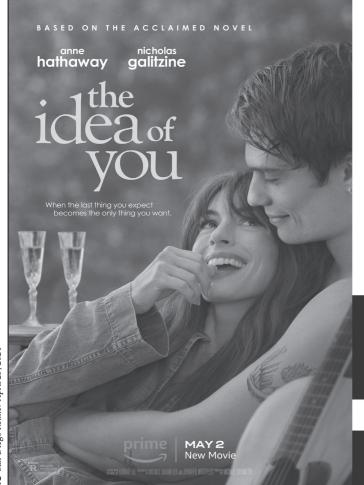
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the inside track

Movie, band, book, movie, record Owl

Be Damned took its time getting out of the nest. In the late '10s, singer Douglas Thompson (Low and Be Told, The Marsupials) pitched drummer Ben Johnson (The Long and Short of It, Hostile Comb-Over) on the idea

they landed on Owl Be Damned after going through "400,000 band names. Narcissistic Fibrosis was my frontrunner. That didn't get past the censors." Boggs cites Drive Like Jehu, Brainiac and The Melvins as inspirations for the band, and Johnson feels they would have been

Owl Be Damned: "A lot of our songs are short and sweet gut punches."

of playing together. At the time, Johnson was immersed in completing his first film, Fanboy, and informed Thompson that he was "not going to join any band with anybody until I finish this damn movie."

"Then I finished the movie," Johnson recalls, "and I was kind of waiting around and Doug was like, 'Hey, are you ready? I found this guy.' He was talking about [guitarist] Joshua Boggs, who had just moved here from Ohio. He really liked what this guy played. I was supposed to meet with somebody else to play bass, and then that didn't work out. Doug was like, 'Tom [Lord, of Ohcult and Bosswitch], who I work with, is chomping at the bit to play if this other guy doesn't work out.' I was like, 'Well, if somebody is chomping at the bit and the other person isn't available, let's just get the guy who is chomping at the bit.' That's how it all came together."

Drummer Johnson says

right at home on a mid-level, late-'90s independent label such as Amphetamine Reptile, Touch and Go, or Sympathy for the Record Industry.

Johnson estimates that they currently have enough material for about a 40-minute set. "A lot of our songs are short and sweet gut punches," he says. "I think when we first played, it was 22 minutes or something like that. Then we added a couple more, so it became like 25/26 minutes. Now I think we would have between 35 and 40 minutes. The last three songs, the ones we are finishing up right now, they are kind of epics — at three minutes."

They've been playing together for only a year, but they've already gathered an impressive array of feathers in their relatively new caps. They were 2024 San Diego Music Awards Best New Artist nominees and have opened for local stars Rocket from the Crypt. Regarding the latter: winning over the RFTC fans in a live setting

was no issue. "They were like fish in a barrel," says Johnson. "Just kidding."

Now all they have to do is release some music: Owl Be Damned has zero recorded offerings available on the usual digital outlets. "We are on the down-low," Johnson says with a laugh. "We don't have anything. We have been a little slow with recording for one reason or another, but we are about to record, and it's gonna be great." He says an album will be out by the end of the year, and that there might be a video single before then.

Johnson also has another film in the works. "I was kind of working on a book and wasn't even gonna do a movie, and then two things happened: my daughter asked me, 'Dad, if you do another movie, can I have a speaking role?' And then a bunch of other people started saying, 'Hey, I can help you with this, I can help you with

that.' So, the book's like twothirds done, and I put it on the backburner and typed up my screenplay and started casting the movie and getting people who could film it and things like that. The new movie is called Find Them, and it's about a mid-level rocker about to maybe be a star. She turns up dead, and it looks like a suicide, and the cops don't want to investigate it. But her friend and fan doesn't believe it, because of a conversation they had — the way she said, 'If it ever looks like I committed suicide, find my killer.' So that's what the fan sets out to do."

He hopes to begin production by early summer. "We've put the band together and made the requisite four songs. I came up with the lyrics and the general idea, and then I fleshed it out with the other people in the band." - Drvw Keltz

Find Blurt online at SDReader.com/blurt

CONTRIBUTORS

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



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SWIVE at the Casbah

APRIL 25



Swive is an alt-rock band specializing in harmony-filled female and male vocals, founded in 2021 by members who've played with Lighting Starts Fire, Weenie Roast, Throw Like a Girl, The Nephews, Scary Pierre, and Lucy's Fur Coat. The bill includes Blair Gun and The Psychlops, and Grampawdrew will perform in The Razzmatazz Lounge.

FREE ARBOR DAY CONCERT at Civita Park

APRIL 26



Two 2024 San Diego Music Awards nominees are staging a free family-friendly outdoor concert in Mission Valley. The Gravities are a three-piece power/funk band whose music ranges from soul and groove to blues, roots, and funk rock. Jonny Tarr is a British-born musician who plays funk, soul, and pop by blending sax, guitar, keyboard, flute, harmony, and beat-box tracks.

SUE PALMER at Books & Records

APRIL 27



Sue Palmer is known as The Queen of Boogie Woogie, The Sultana of Swing, and The Lady Who Skates on the 88s. She has performed with many legends of the boogie genre, playing double piano with Marcia Ball, Hadda Brooks, Sonny Leyland, Steve Lucky, Jeannie Cheathem, Ricky Nye, Mr. Boogie Woogie, Mike Seeley, Caroline Dahl, Wendy Dewitt, and she recorded many collaborations with local star Candye Kane.

P.O.D. at House of Blues

APRIL 28



PO.D.'s 1999 mainstream debut album The Fundamental Flements of Southtown spawned the hit "Southtown" and Total Request Live favorite "Rock the Party (Off the Hook)." Their fourth studio album Satellite featured "Alive," which became MTV and MTV2's number-one-played video of the year. Opening acts include Bad Wolves, Norma Jean, and Blind Channel.

SAN DIEGO MUSIC AWARDS at Humphreys By the Bay

APRII 30



This year's San Diego Music Awards lineup includes the newest Lifetime Achievement Award winner Stevie Salas (guitarist for Mick Jagger, Rod Stewart, George Clinton, etc.), who will also perform. The concert bill will feature Kimmi Bitter, We the Commas, Ash Easton, Mitchy Slick, and Joshua Taylor. Proceeds from the awards ceremony are donated toward developing music programs in local schools.

OVERHEARD IN SAN DIEGO:





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THIS WEEK'S **SHOWS**

All Saints' Episcopal Church Hillcrest:

Sunday, 2:30pm — Third Annual Sound of Music Sing-Along.

Aquarius Bar & Grille:

Thursday, 6pm — Ginger Roots & The Protectors, \$5.

Balboa Theatre:

Saturday, 8pm — Hotel California: A Salute to the Eagles. \$50-\$82.

Belly Up Tavern:

Thursday, 7:30pm — Charles Wesley Godwin. Friday, 8:30pm — Israel Vibration & Roots Radics. Saturday, 8pm — Rufus Wainwright. Tuesday, 7:30pm — Yellow Days.

Books & Records:

Friday, 7pm — Mercedes Moore. Free.

Saturday, 7pm — Sue Palmer. Free. Sunday, 11am — The Grinnells.

Brick Hotel:

Saturday, 8pm — Red & Ted. Free.

Brick by Brick:

Thursday, 7:30pm — Firewind and Immortal Guardian. \$22-\$25

Friday, 7:30pm — Orgy and Cold. \$30-\$35.

Saturday, 7:30pm — The Spill Canvas and Ace Enders. \$26-\$30. Sunday, 6:30pm — Korpiklaani, Visions of Atlantis, Illumishade. \$30-\$35

Tuesday, 8pm - Ulthar. \$15-\$20. Wednesday, 7pm — Artificial Language. \$12-\$15.

BREAKUP SHOES STRAWBERRY MILK CUL Thu 4/25 @ Soda CATHEDRAL BELLS Fri 4/26 @ Quartyard T.A T.OM Fri 4/26 @ Soda TEP NO Sat 4/27 @ Soda DEATH CAB FOR KARAOKE: THE OOS ERA Sun 4/28 @ Soda NICO PLAY Sun 4/28 @ Casba A BEACON SCHOOL Tue 4/30 @ Soda MAGICAL ANIMALS Thu 5/2 @ Soda BENDIGO FLETCHER KILTRO Fri 5/3 @ Sod CLUB BLUSH AN ETHEREAL & EUPHORIC DANCE NIGHT SODABARMUSTC.COM 3615 EL CAJON BLVD. 92104

Cannonball:

Thursday, 5pm — Ben Benavente. Tuesday, 5pm — Jemille Vialet.

Casbah:

Thursday, 7:30pm — Blair Gun, Swive, The Psychlops. Saturday, 7:30pm - Surfer Girl and Dune Blue. Sunday, 7:30pm — A Beacon School.

Monday, 7:30pm — Morskie Oko and Virginia Crime. Tuesday, 7:30pm — San Fermin. Wednesday, 7:30pm — METZ and Gouge Away.

Duck Foot Brewing Company:

Friday, 6pm — Bring Your Own Vinyl Night. Free. Sunday, 1pm — Sunday Bluegrass Jam. Free.

Duke's La Jolla:

Friday, 3pm — Orion Song. Sunday, 4pm — Keni Yarbro. Tuesday, 4pm — Kai Kalama.

Epstein Family Amphitheater:

Friday, 7:30pm — The Beat Goes On. Free.

Saturday, 7:30pm — Queen Nation. \$20-\$45.

Estancia La Jolla Hotel and Spa:

Friday, 6pm — David Shyde. Saturday, 6pm — Jackie Foster.

Farmer & the Seahorse: Sunday, 11am - Puro Feeling.

Golden Island: Friday, 6pm — The Mad Hat

Hucksters. Free.

Goodbar: Friday, 7pm — Close Enough and Fungal Mirage. Free.

Grand Ole BBQ Flinn Springs:

Saturday, 7:30pm — Moonsville Collective.

Harrah's Resort Southern California:

Friday, 7:30pm — ZZ Top. \$109-



Thurs · April 25 HOLY WATER

TIKITRONIC

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OLD BLOOD Deep Within

Thurs · May 2
CAREFUL GAZE erent Kind of Gian

Fri · May 3
MEET ME IN THE BATHROOM

Sat · May 4 THE DARTS

MIDNIGHT BLOCK

WELL HELL

Sat · May 11
TEAM CRETINS

LOST DAKOTA nking Season · Z Ma Dresden's Burning

Thurs · May 16
SLAPPIN' HANDS

House of Blues:

Thursday, 7:30pm — Eliza McLamb and Mini Trees. Friday, 8pm — Be Our Guest Disney DJ Night. Sunday, 7:30pm — P.O.D. and Bad Wolves. Sunday, 7:30pm — Tenille Townes. Wednesday, 7:30pm — Hunter

Humphreys by the Bay:

Thursday, 7pm — Maoli.

Jazz Lounge:

Sunday, 4:30pm — Douglas Kvandal Jazz Organ Trio & Jam. Monday, 6pm — USD Jazz Vocal Ensemble. Tuesday, 6pm — International

Jazz Day.

L'Auberge Del Mar:

Thursday, 5pm — David Shyde. Friday, 6pm — Jesse Johnson. Saturday, 7pm — Farrah Camu.

La Jolla Community Center: Friday, 7pm — Fourth Friday

Jazz Series. \$25-\$30.

La Valencia Hotel:

Friday, 6pm — Keni Yarbro. Lafayette Hotel, Swim Club

& Bungalows:

Saturday, 7:30pm — Choir Boy. Landings at Carlsbad:

Saturday, 6pm — West of 5.

Magnolia Performing Arts Center:

Thursday, 7pm — Mocedades.

MiraCosta College: Saturday, 4pm — Sing About It:

Stories in Song. \$8-\$10. Mission Bay Resort:

Thursday, 6pm — Keni Yarbro. Monday, 6pm — Blaise Guld.

Moonshine Beach: Thursday, 7:30pm - Kylie

Morgan.

Music Box: Thursday, 7:30pm — Gone Gone Beyond. Friday, 7:30pm — Lioneer and

Revelation 69. Sunday, 7:30pm — IDKHOW and Benches.

Wednesday, 7:30pm — Giant Rooks.

Navajo Live:

Friday, 8pm — San Diego Music Awards Nominee Showcase. \$10.

Nick & G's:

Saturday, 6pm - Matt Heinecke.

Normal Heights United Methodist Church:

Friday, 6:30pm — Songwriter Sanctuary. \$10.

Observatory North Park:

Thursday, 7:30pm — Nothing More and Veil of Maya. Friday, 7:30pm — Bang Yongguk. \$41. Sunday, 7:30pm -PinkPantheress and Kanii.

Open Air Theatre:

Thursday, 7:30pm — Neil Young & Crazy Horse. Saturday, 7:30pm — Codiciado.

Panama 66:

Thursday, 6pm — Uptown Rhythm Makers. Free.

Pechanga Arena San Diego: Wednesday, 7:30pm — AJR.

Petco Park:

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THU. APR. 25

FIREWIND

Edge of Paradise, Immortal Guardian

FRI. APR. 26

ORGY & COLD

Horizon Theory, I Ya Toyah, Papercut Massacre

MON. APR. 29

SAT APR 27

CANVAS

Ace Enders, Nights Like Thieves SUN. APR. 28

KORPIKLAANI Visions of Atlantis, Illumishade

CRO-MAGS Berthold City,

Major Pain, Abominate, Torture Culture

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For performance schedule, visit:

*\$25 ticket for California Guitar Trio *\$10 ticket for 'Recordially Yours, Lou Curtiss'

-THE-GONZO

Metal matters

Kavana makes the most of its time at Navaio Live

"It doesn't matter," says a guy I'll call Drunk Boda after I inform him that I didn't play at tonight's Metal Monday show at Navajo Live in San Carlos. The crowd was sparse, but that's okay: when the musicians take up most of the space in a venue — either on stage or waiting for their turn to get there — it means there's a better chance of striking up a conversation.

Promoter Emily Bartell tells me that Metal Mondays brought a good crowd in, back when the Covid orders were first lifted. Then it declined — unless it's an '80s tribute band. which brings people out in droves. I check out Blackcast long enough to confirm that they are a long way from the '80s, then resume my role in a modern day remake of the cult classic documentary Heavy Metal Parking Lot.

The boisterous antics of men dressed in Zebra

print outfits from that film have been replaced here by a group of men in their late teens and early twenties in metal T-shirts who make up the group Kavana, tonight's so-called headliners. It's a 10:30 shit slot for an unknown band that all but guarantees the audience will have dispersed in order to get up early for work on Tuesday. They'd like to be in the

club, supporting the other groups, perhaps having a beer. But none of them are old enough to drink, and so they are relegated to standing around outside until showtime. Still, they make the best of their group hang in the parking lot. One band member's mother, who will henceforth be known as Metal Mom, takes advantage of being old enough to drink and goes to the bar, leaving the band and its merch guy outside. (The reason for the code name is that she has called out of work tomorrow so she can see her son's debut — he's been with the band for all of two weeks

I conduct video interviews with Kavana, starting with bassist Josh Phillipi. He's reluctant to have the interview posted and says I should do an interview with the entire band. I tell him he should let me do my job, but given that my



Kavana plays an empty room like a full house

job, as I saw it, was asking him if a groupie ever mistakenly slept with him because she thought he played guitar, I can see his point. The rest of the band laughs and says he is always a control freak, and he agrees. Fucking bassists. The remaining interviews go well; it's the first time on video for all of them.

There's a shift in the vibe as the set time draws closer. The guys, who were just talking about sitting near their heroes in Cannibal Corpse but being too shy to talk to them are now vibrating with energy. Not unfriendly at all, but their demeanor is changing. Vocalist Hugh Wright is shadow boxing, and appears to want to strike me for some reason. By the time we get to the group interview, it feels like I am talking to different people. They're trying to be

cool, mocking their own moniker. It comes off like an affect, but then I see that all their eyes are on the green room door. They need to work it out onstage.

When they finally get there, the room is almost vacant. Metal Mom and her friend are there, along with a couple of people who just happened by and have no idea who is playing. Funerxl Mxrch and their crew stay for the set and even attempt to get a pit going. It's a classy show of support; playing a show and not having at least one other outfit stay until the end is dispiriting.

The house may be close to dead, but Kavana is very much alive, The energy release is organic; no synchronized head-banging poses here. Gabriel Muro and Spencer Rhea's guitars echo the history of metal with the promise of evolution into something they can call their own. Phillipi's bass locks with Nic Rutledge's drums — even when Rutledge appears as if he is going to break through the skins — and Wright comes off like a very nice psycho, his guttural growls at odds with the occasional smile on his face.

As I move closer for video. I see them without the cavernous foreground of an empty hall, delivering intensity worthy of a packed house. They're leaving it all onstage, on a Monday, at a place where they can't even get drink tickets. Contrary to Drunk Boda's philosophy, it matters. It fucking matters. ■

Find The Gonzo Report online at sandiegoreader.com/gonzo

Saturday, 5pm — Poway High School Jazz Festival.

Poway Library:

Sunday, 2pm — Tarab & Fun.

Pure Project Vista:

Saturday, 7pm — Saturday Sessions: Lambert Fooks Trio. Free

Quartyard:

Friday, 6pm — La Lom. Tuesday, 6pm — Joy Again.

Ramona Mainstage Nightclub:

Friday, 7:30pm — Corb Lund.

Rustic Root: Tuesday, 6pm — David Shyde.

San Pasqual Wine Bar and Gallery:

Saturday, 7pm — The Water Spots. Free.

Seaside Center for Spiritual

Sunday, 5pm — Journeys with Kabir: Prahlad Singh Tipanya. \$35-\$40.

Soda Bar:

Thursday, 7:30pm — Cathedral Bells, Foliage, Rew. \$19. Friday, 7:30pm — Tep No. Saturday, 7pm — Death Cab For Karaoke: The 00 Era. Sunday, 7:30pm - Nico Play and Aloe Vera. Tuesday, 7:30pm - Magical Animals, Nanobel, Cowboy TV.

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UPCOMING SHOWS

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May 3 — Robert Chini

Balboa Theatre:

May 11 — Live from Laurel Canvon

Barefoot Bar and Grill: May 3 — Christian Taylor

May 4 — Blaise Guld

Beach House Grill:

May 4 — Submerged May 11 — SG Lewis

Belly Up Tavern:

May 2 — Diggin Dirt May 3 — Prince Again

May 4 — Caroline Rose May 5 — Mariachi El Bronx

May 8 — Bob Schneider

May 9, May 10, May 11 - Face to Face May 12 - Drew Holcomb & the

Brew Coffee Spot:

May 11 — Garza Sextet

Brick by Brick:

May 2 — Galactic Empire May 3 — Amenra, Primitive Man, Slow Crush May 5 - Mortuous and Cemetery Filth May 7 — Undergang and Ascended Dead

Cannonball:

May 7 — David Shvde May 9 — Ben Benavente

The Casbah:

May 3 — Peach Cooler May 4 — Manic Hispanic May 5 — Blu DeTiger May 7 — Tyson Motsenbocker and Gable Price May 8 — Throw Rag and Lords of Áltamont May 9 - Lol Tolhurst and Budgie May 10 — Pacific Avenue May 11 — Devotional: The Depeche Mode Experience

May 12 — Aaron Lee Tasjan Clementine McDuff Elks Lodge #598:

May 4 — Chitlin' Circuit Blues and R&B Jam

Duck Foot Brewing Company:

May 2 — Dead Heads Night

Duke's La Jolla:

May 3 - Anthony Kauka Stanley

May 5 — Keni Yarbro May 10 — Russell Paihinui

Eddie V's: Neighbors May 2, May 7, May 9 — Archie Thompson & the Archtones

Embarcadero Marina Park North:

May 10, May 11, May 12 — Wonderfront Music & Arts Festival

Epstein Family Amphitheater:

May 5 — The Sea Unites Us: Music For Our Coast

Estancia La Jolla Hotel and Spa:

May 2 — Blaise Guld May 3 — Johnny Martin May 4 — Farrah Camu May 5 — David Rosales

Farmer & the Seahorse:

May 11 — Alex Elisabeth May 12 — Helena Holleran

First Presbyterian Church Chapel:

May 5, May 12 - Jazz Vespers

Golden Island:

May 3 — Lady Dottie & The Diamonds May 10 — Los Salvajes Swing Jazz

Harrah's Resort Southern California:

May 10 — Joe Satriani and Steve

The Holding Company:

May 4 — Tha Dogg Pound May 8 — Jon McLaughlin





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May 8 — Blake Rose

May 9 — Born of Osiris & Attila

May 10 — Augustana May 10 — Loony

May 11 — Benny The Butcher

May 11 — Amira Elfeky

May 12 — Mike

Howard Brubeck Theatre at Palomar College:

May 4 — Palomar Comet Concert Band: Sounds of Time

Humphreys by the Bay:

May 9 — Alan Parsons Live Project

May 10 — The Psychedelic Furs May 11 — Peter Yarrow & Noel Paul Stookey

Jacobs Music Center/Copley Symphony Hall:

May 11, May 12 — SD Symphony Jacobs Masterworks: Beethoven's Eroica

Jacumba Hot Springs Resort:

May 4 — Damian & Marion Smokin' Bowles Band

Joan B. Kroc Theatre:

May 11 — Martin Luther King, Jr. Community Choir

Julian Library:

May 3 — Mark Montijo & Lenny Bole

King of Kings Lutheran Church:

May 5 — Sound of Music Sing-Along

L'Auberge Del Mar:

May 2 — Christian Taylor

May 3 — Jarred Matthew May 6 — Joanna Gerolaga

May 10 - Tolan Shaw

May 11 — Marelle

La Jolla Community Center:

May 10 — Namad Ensemble: Dastgâh Segâh & Dastgâh Nava

La Mesa Wine Works:

May 3 — Garza Sextet

La Valencia Hotel:

May 2 — Perry O'Neal

May 3 — Keni Yarbro

May 4 — Jesse Johnson

May 5 — Helena Holleran May 9 — David Shyde

IMMORTAL BEAUTY

BY GARRETT HARRIS

San Diego showed up for Lang Lang at the Shell

The San Diego Symphony Orchestra concert on Friday. April 7 at The Rady Shell at Jacobs Park was fantastic. The program was conducted by Otto Tausk, who is the music director of the Vancouver Symphony Orchestra. I enjoyed Tausk's style. He performs sans baton, a la the great Ferenc Fricsay, I also enjoyed the program he put together.

The concert started with a piece entitled 365 by Dutch composer Joey Roukens. I settled in and prepared to have my teeth set on edge

Spring Concert: The Music of Mark Hayes Mark Hayes,

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Classical Music this week

by another contemporary composition. To my great delight, I loved the piece. I was able to connect to the music. I was able to enjoy where it started and where it ended, which was the same place. There are 365 measures of music in 365 and the piece ends as it begins, just like a calendar year. (It is not on YouTube, but there are other solid compositions by Roukens available there.)

The next selection was a suite from Tchaikovsky's Swan Lake, but it wasn't

Twelfth Night Ensemble:

The English Orpheus The

of Twelfth Night Ensemble,

led by harpsichordist David

Ellen Wong. Co-founded by

Wong and David Belkovski,

Belkovski and violinist Rachell

Twelfth Night will present music

by Purcell and Handel. Saturday,

April 27, 7:30pm; \$10-\$50. St.

James by-the-Sea Episcopal

Church, 743 Prospect Street.

San Diego Early Music Society

closes its 2023-24 with the debut

the standard suite — the one that concludes with the finale music of the ballet. Instead, this suite started with the big tune that we all know and love and then went on to include four national dances from the third act of the ballet.

The concert was packed There was nary an empty seat at The Shell. The headliner was pianist Lang Lang, and San Diego showed up for him. For this performance, he played the Piano Concerto No. 2 by Camille Saint-Saëns.

In the concerto's opening allegro moderato, Lang Lang's playing was marked by its restrained agility. His fingers danced effortlessly across the keyboard. In addition to the brilliance, Lang Lang infused each phrase with a sense of longing and yearning, capturing the introspective nature of Saint-Saëns' music.

In the second movement,



During his performance, Lang Lang displayed restrained agility, nuanced phrasing, and fearless abandon.

he deployed his delicate touch and nuanced phrasing to create moments of profound beauty. We were voyeurs, witnessing an intimate dialogue between piano and orchestra.

The exhilarating final movement is marked Presto, but the tempo Lang Lang took would best be described as tempo d' tearass. It was a dazzling display of technique and energy. Histrionics aside, Lang Lang's virtuosity was on full display as he galloped through the concerto's intricate passages

with fearless abandon.

There were four pieces scheduled for the concert. but one had been skipped after the intermission. When Lang Lang's performance concluded, a second piano was wheeled onto the stage. I had no idea what to expect. What we got was another piece by Saint-Saëns, The Carnival of the Animals. It was a perfect choice. I'm sure any TikTokers in the audience were thrilled to hear the "Swan" segment, as this piece has become something of a social media darling.

See more CLASSICAL MUSIC at SDReader.com/classical

May 10 — Keni Yarbro

Boulevard.

May 11 — Orion Song Little Italy Food Hall:

May 8 — Live Music & Wine Wednesday

May 7 — Jazz Night

Mandeville Auditorium at UCSD:

May 4, May 5 — La Jolla Symphony & Chorus: To The

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May 11, May 12 — La Jolla Symphony & Chorus: Holy Radiant Light

MiraCosta College:

May 3 — Vocal Jazz Solo Night May 4 — MOJO in Concert

Mission Bay Resort:

May 2 — Keni Yarbro

May 3 — David Shyde

May 4 — Johnny Martin

May 5 — Joanna Gerolaga

May 8 — Marelle May 9 — Keni Yarbro

May 10 — Christian Taylor

May 11 — Johnny Martin

Music Box:

May 2 — No Vacation May 3 — Beach Weather and Almost Monday May 4 — Led Zepagain and Black Crowes Revival May 5 — INZO

May 9 — G Flip My Yard Live:

May 3 — Dueling Piano Night May 12 — Mother's Day Celebration

Nick & G's:

May 10 — Matt Heinecke May 11 — David Shyde

Observatory North Park:

May 4 — X Ambassadors

Omni La Costa Resort and Spa:

May 11 — Terry Steele: Luther Vandross Tribute

Panama 66:

May 9 — Uptown Rhythm Makers

Pechanga Arena San Diego:

May 4 — FEID -FERXXOCALIPSIS Tour 2024 May 11 — Catch You On The

Rebound: The Last Tour Petco Park:

May 3 — Riley Green and Tracy Lawrence May 4 — Lane 8

Pilgrim United Church of Christ:

May 11 — Joel Rafael and Jack Tempchin

The Rady Shell at Jacobs Park:

May 3 — Indiana Jones & the Raiders of the Lost Ark In Concert

May 4 — Common Kings May 5 — Deorro

May 6 - Roger Daltrey and KT

Tunstall

May 7 — NEEDTOBREATHE and Judah & The Lion

Rancho Bernardo Library: May 4 — May the Fourth Be

with You Saints Constantine and

Helen Greek Orthodox Church: May 5 — Paicifc Coast Harmony

San Diego Civic Theatre: May 7 — SD Symphony Jacobs Masterworks: Yo-Yo Ma May 9 - Celtic Woman: 20th

Anniversary Tour San Dieguito United Methodist Church:

May 11 — North Coast Symphony: Spring Across America

San Pasqual Wine Bar and

Gallery: *May 4* — Whiskey & Burlap

Soda Bar:

May 2 — Bendigo Fletcher May 3 — Club Blush May 5 — Hooveriii May 6 — Messa

May 8 - Casper Allen and Victoria Bailey May 9 — Lawrence Rothman

May 10 — Tipling Rock May 12 — Gabacho and Valley

Soma:

May 12 - Aaron May May 18 - Gogol Bordello and Grace Bergere May 25 — Dayseeker May 26 - The Kid LAROI and

The Sound:

Glaive

May 28 — Girl in Red

Spanish Landing Park:

May 9, May 10, May 11, May 12 — Gator By The Bay Festival

Sycuan Live & Up Close Theatre:

May 3, May 10 - Flashback

Fridays May 10 — Mariachi sol de

Mexico

May 17 — Flashback Fridays May 25 — Trouble Man: A Tribute to Marvin Gaye

Tenth Avenue Arts Center:

May 16, May 17, May 18, May 19 — Ópera Á la Carte San Diego: La Bohéme

Thornton Winery:

May 3 — Santanaways May 10 — L. Young

Villa Montezuma Museum: May 20 — Songs of the Sea

Waterbar: May 2 — Ryan Hiller

May 16 — Ben Benavente

Winstons Beach Club: May 2 - Ryan Barber & the Riches May 3 — Blu Egyptian and

Sutton James May 4 — The Swedish Models

and Velvet Starlings May 6 — Electric Waste Band May 10 — Ballyhoo and Joint

Operation May 13 — Electric Waste Band

May 16 — Ras-1 and Pipe Down May 18 — Spooky Mansion May 20 — Electric Waste Band

along 13th Street downtown and East Village: May 4 — Shipwrecks Music

Festival: Block Party

San Diego Reader April 25, 2024

Rise shines

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

Rise Southern Biscuits & Righteous Chicken, y'all

Rise Southern Biscuits & Righteous Chicken, 6364 El Cajon Blvd., San Diego. Most weeks, I'm all too happy to ignore it when an out of state franchise lands in San Diego, no matter how buzzy or inexplicably successful it might be

(chicken fingers are not enough to deserve an entire restaurant, Raising Cane's!). But this week I'm going to make an exception, because it's been a minute since I've had a good biscuit.

And while there's plenty to say about the arrival of Rise Southern Biscuits & Righteous Chicken heck, there's plenty to say just uttering its name — I want to make sure one point doesn't get lost: these are excellent biscuits.

Peek back into the kitchen, and you'll see bags and bags of Rise's proprietary flour, the stuff behind its buttermilk biscuits. I would have pestered the counter staff to find out more about the stuff, except there's no counter staff.

Rise operates with a distinct self-service business model. You order from a digital kiosk, or from your smart phone, and when your order's ready, the kitchen staff loads it into a bank of heated lockers at the front of the shop. Bear in mind, on the odd occasion an item is missing from your order, you will have to waive down somebody in the kitchen to make it right. But for the most part, the locker system works. You don't even need to punch in an order number or anything - just look for your name

> door pops open, revealing a ready to grab bag of still warm biscuits.

on a small screen, tap it, and a

Or, more likely, biscuit sandwiches. Biscuits aren't enough to build an entire restaurant around either, but they do provide a perfect, flakycrumbly-chewy medium for a variety of breakfast and fried chicken sandwiches.

I skipped the breakfast stuff (eggs and cheese, plus ham, bacon, sausage, or vegan sausage), but I am here to vouch for

the signature Righteous Chicken sandwich (\$7.50). It's simply a piece of crispy, boneless fried chicken on a biscuit with pickles and "boom boom sauce," something of a spicy

> ketchup-mayo. But it's tasty enough to explain why this fast casual chain out of Durham, North Carolina has expanded into eight other states over the past several years. This San Diego location, not far from SDSU, is only the second in California, so all credit to the local franchise owner for catching on to a good thing.

> By coincidence, I passed through North Carolina recently, and revisited Bojangles, the chicken and biscuit franchise I knew from my time living there as a teen. And the difference is like comparing In-N-Out to McDonald's -Rise outshines Bojangles and it's not even close

> At Rise, I was able to further indulge my Southern cravings with a side order of cheesy grits (\$3), a biscuit sandwich of fried green tomatoes with pimento cheese (\$6.50), tater tots (\$3.30), fried okra (\$3), and country gravy (\$3). Get any of those, and an also terrific cheddar biscuit (\$2.50), and you'll wind up both full and happy enough to develop a drawl.



The "Righteous Chicken Sandwich," with house sauce and optional cheddar biscuit.



There are no conventional service counters at Rise Southern Biscuits & Righteous Chicken.



Clockwise from right: Maple bacon donut, cinnamon roll, beignets, and glazed blueberry biscuit, all made from Rise's proprietary biscuit flour.

Rise also offers decent coffee, and a surprising assortment of sweets: donuts (\$2.50), beignets (\$3.50), cinnamon rolls (\$2.75), and apple fritters (\$4). What's important to remember about these is that they're all made with that same signature biscuit flour. So the beignets are not so airy-light as you might expect, and the maplebacon donut (\$3.50) has a little more chew than most. Think of them as something to try when you get tired of biscuits.

-Ian Anderson

FOOD & DRINK EVENTS

Seven Seas Food Festival Sip and sample your way around the world of international flavors, craft beers, cocktails, and wines, and enjoy live musical performances along the way. Fridays, 12pm; Saturdays, 12pm; Sundays, 12pm; through Sunday, April 28, SeaWorld, 500 Sea World Drive. (MISSION BEACH)

Street Food Market Lane Field Park Market is a street food market showcasing 20+ food vendors, as well as boutique coffee, with live music from 12:30pm until 2:30pm. Saturdays, 10am; Sundays, 10am; through Saturday, December 31, free. Lane Field Park, 1009 North Harbor Drive. (DOWNTOWN SAN DIEGO)



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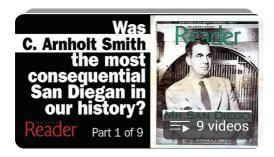


Bill Manson – author of Tin Fork, bargain food in San Diego County

New Zealand years, cheapest of the cheap, migrants from everywhere



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Peter Jensen - former editor of SD Home/Garden examines physical SD

SD towers, bridges, alleys, 100-yearold buildings, signs, courtyards, Cliff May, Pat Welsh, Russell Forester



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If you used your RV or Other Vehicle as your only form of shelter in San Diego you may be a member of the "class" and entitled to ticket forgiveness and may have other rights. To find out more information about your rights under the proposed settle ment agreement please visit: VHOSettlement.com

HANDICAPPED PARKING PLACARD Chiropractor can evaluate/certify DMV FORM, for patients with chronic pain/disability to low back/hips/knees/ ankles OR feet after exam, i war-ranted. (619) 813-0538 / georgereesedc@gmail.com

RESEARCH STUDY FOR PSY-CHIATRIC DIAGNOSIS If you have a psychiatric diagnosis. And are interested in getting paid to do a research study call (760) 468-2855. Ask for Donald

BAJA DOG RESCUE SAVES LIVES! We are a nonprofit sav-ing 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 dogs, food affice of or ocal 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

SCHIZOPHRENIA RESEARCH STUDY Research that is available for schizophrenia patients 18 able for Schizzphreinia patients ric 65 years old. Outpatient study is available. Compensation and transportation will be provided upon qualification. Must be drug free. Please call (619) 389-0550. Travis. Referral number only.

CLASSES / LESSONS



SPELL CASTING MASTERY Do

these programs and dogs in need. We are all so thankful for your support! bajadogrescue.org/



vinebubble@gmail.com **RECORDING CLASSES** Learn HECOHDING CLASSES Learn recording techniques with a professional seasoned recording engineer in a professional recording studio. Analog) digital, Pro Tools Mixing, mastering, tuning, drum recording, instrument and vocal miking. Editing melodyne, auto tune, compression (760) 855-3551 / exumrecording@ gmail.com

amail.com

tions? Interested in weaving spells that work every time? Our expert sorcerers will guide you

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and modern innovations in the realm of spellcasting. The Divine Bubble. (619) 542-9191 / thedi-

TAI CHI AND QI GONG CLASSES Meditation In Movement. First class is free. Join us outdoors Tuesday, Thursday, and Saturday mornings or indoors for Qi Gong 6pm Tuesday and Chen Taijiquan 6pm Monday and Wednesday. Taoist Sanctuary. Sign up on our website. Taoist Sanctuary of San Diego, (619) 692-1155. taoistsanctuary.org.

HORTICULTURE, LANDSCAPE **DESIGN**, redesign, troubleshooting, diagnostics on the spot. Solve your problems, improve your design, improve your main-tenance today - no guessing! Educated, trained and experienced, 6th generation native, 6th generation horticulturalist in San Diego County. No sales no installation, no maintenance Check me out at EdwordsHorticulture.com, then call (619) 402-8670.

ROOMMATES

SEEKING SENIOR FEMALE ROOMMATE Rental needed female senior independent tidy non-smoker and alcohol free. seeking to even share a bedroom with another senior lady in Mission Valley, Clairemont or

FICTITIOUS BUSINESS NAME STATEMENT

File No.: 2024-9006142

Filed with Jordan Z. Marks Recorder/County Clerk County of San Diego: 03/19/2024

Fictitious Business Name(s):
a. Evergreen Note Servicing

Located at: 615 F. Pioneer - Suite 201, Puyallup, WA 98372, Pierce County

Registered Owners Name(s): Private Lending 360, Inc.

Mailing Address: 2300 Boswell Road - Suite 215, Chula Vista, CA 91914

This business is conducted by: A Corporation. The first day of business was 06/21/2021.

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 misde-meanor punishable by a fine not to exceed one thousand dollars (1,000).)

Registrant Name /s/ Andrew Louis, CEO Corporation / LLC Name Private Lending 360, Inc. 4/11/24, 4/18/24, 4/25/24, 5/2/24

FICTITIOUS BUSINESS NAME STATEMENT File No.: 2024-9006721

Filed with Jordan Z. Marks Recorder/County Clerk County of San Diego: 03/26/2024

usized Susiness Name(s):
a. Mabel Transformations,
therapy and coaching for
individuals and familles, inc.
b. Mabel Transformations Inc.
c. Mabel Transformation Inc.
d. Ivana Sindolic LMFT, LPCC

Located at: 1902 Wright Place Suite 200, Carlsbad, CA 92008, San Diego County Mailing Address: 1902 Wright Place Suite 200, Carlsbad, CA 92008

Registered Owners Name(s): Mabel Transformations, therapy and coaching for individuals and families, Inc. This business is conducted by: A Corporation. The first day of business was 03/07/2024.

I declare that all information in 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/
Ivana Sindolic, President
Corporation / LLC Name
Mabel Transformations, therapy and coaching for individuals and families, Inc. 4/11/24, 4/18/24, 4/25/24, 5/2/24

Legals@SanDiegoReader.com ■ 619-235-3000

LEGAL NOTICES

We are a fully adjudicated publication for San Diego County.

FICTITIOUS BUSINESS NAME STATEMENT

2024-9007822

Filed with Jordan 7 Marks Recorder/County Clerk County of San Diego:

Fictitious Business Name(s): a. Hecho en Califas

Located at: 4741 Shoshoni Ave, San Diego, CA 92117, San Diego County

Mailing Address: 4741 Shoshoni Āve, San Diego, CA 9211

Registered Owners Name(s): **Gustavo Padilla**

This business is conducted by: An Individual. The first day of business was 03/15/2024

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 misde-meanor punishable by a fine not to exceed one thousand dollars (1,000).)

Registrant Name /s/ Gustavo Padilla 4/25/24, 5/02/24 5/09/24, 5/16/24

FICTITIOUS BUSINESS NAME STATEMENT

File No.: 2024-9008056

Filed with Jordan Z. Marks Recorder/County Clerk County of San Diego: 04/15/2024

Fictitious Business Name(s): a. JG Creative Home Remodeling b. JG Creative Cabinet Design

Located at: 11023 Larkridge St, Santee, CA 92021, San Diego County

Mailing Address: 11023 Larkridge St, Santee, CA 92021

Registered Owners Name(s): **JG Creative Cabinet Design** This business is conducted by: A Corporation. 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 misdemeanor punishable by a fine not to exceed one thousand dollars (1,000).)

Registrant Name /s/ Juan J. Garcia, CEO Corporation/LLC Name JG Creative Cabinet Design 4/25/24, 5/02/24 5/09/24, 5/16/24

FICTITIOUS BUSINESS NAME STATEMENT

2024-9006239

Filed with Jordan 7 Marks Recorder/County Clerk County of San Diego

Fictitious Business Name(s): a. JB Resources & Trading

Located at: 1610 San Ferdinand, San Diego, CA 92154, San Diego County

Mailing Address: 1610 San Ferdinand, San Diego, CA 92154 Registered Owners Name(s):

Anderson Jeanbaptiste 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 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 misde-meanor punishable by a fine not to exceed one thousand dollars (1,000).)

Registrant Name /s/ Anderson Jeanbaptiste 4/4/24, 4/11/24, 4/18/24, 4/25/24

ORDER TO SHOW CAUSE-CHANGE OF NAME Case No.: 37-2024-00016490-C U-PT-CTL SUPERIOR COURT OF CALLIFORNIA, COUNTY OF San Diego 330 W. BROADWAY, San Diego 92101

Petition Of: Charity Leighann Atkinsonsessler FOR CHANGE OF NAME

To all Interested Persons: Petitioner: Charity Leighann Atkinsonsessler filed a petition with this court for a decree changing names as follows: a. Charity Leighann Atkinsonsessler to Mia Charity Leighann Atkinsonsessler

a. Charity Leighann Atkinsonsessler to Mia Charity Leighann Atkinsonsessler THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING Date: 05/23/2024 Time: 8:30 am. Dept: 61 The address of the court is the same as noted above.

A copy of this Order to Show Cause must be published at least once each week for four successive weeks before the date set for hearing on the petition in a newspaper of general circulation, printed in this county: San Diego Reader

Diego Reader

NO HEARING WILL OCCUR ON THE ABOVE DATE, SEE ATTACHMENT.

Dated: 04/09/2024

Maureen F. Hallahan

Judge of the Superior Court.

ATTACHMENT TO ORDER TO SHOW CAUSE FOR CHANGE OF NAME (JC
FORM #NC-120). NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN
THE ORDER TO SHOW CAUSE. The court will review the documents filed
as of the date specified on the Order to Show Cause for Change of Name
(JC Form #NC-120). If all requirements for a name change have been
met as of the date specified, and no timely written objection has been
received (required at least two court days before the date specified), the
Petition for Change of Name (JC Form #NC-100) will be granted without
a hearing. One copy of the Order Granting the Petition will be mailed to
the petitioner. To change a name on a legal document, including a birth
certificate, social security card, driver license, passport, and other identification, a certified copy of Decree Changing Name (JC Form #NC-130) or
Decree Changing Name and Order Recognizing Change of Gender and
for Issuance of New Birth Certificate (JC Form #NC-230) may be required.
Contact the agency(ies) who issues the legal document that needs to be
changed, to determine if a certified copy is required. A certified copy of
Decree Changing Name (JC Form #NC-130) or Decree Changing Name (JC Form #NC-230) may be orbained from the Civil Business
Office for a fee. Petitioners who are seeking a change of name under the
Safe at Home program may contact the assigned department for information on obtaining certified copies. If all the requirements have not been
met as of the date specified, the court will mail the petitioner a written
order with further directions. If a timely objection is filed, the court will set
a hearing date and contact the parties by mail of a furture hearing date. Any
Petition for the name change of a minor that is signed by only one parent
must have this Attachment served along with the Petition and Order to
Show Cause, on the other non-signing parent, and proof of service mu

HENT 59 year old male looking for a room or studio or 1 bedroom in east county area under 1200\$. Please call if this sounds like a good fit (619) 405-2389 looking for a pet free place.

ROOM FOR RENT Old high Ranch room for rent. Furnished, TV, internet, AC and utilities included. No smoking, no drugs, no pets. \$1,200 per month + 300 deposit. Call Carlos at 8-(589) 997-9809

CHULA VISTA, \$900 Furnished upstairs room with view. Single occupancy. Proof of employment required. Includes utilities, cable/ Internet, new mini-refrigerator in room, microwave. Quiet neighborhood. No drugs, smoking, alcohol, pets. East of I-805. (619) 840-7299.

SHARE A GREAT CONDO Downtown La Mesa - \$1600. Includes your own bedroom, bath, utilities, beautiful view, spacious, parking, quiet, secure, clean, and fun. Text Brad (858) 775-3477

INDEPENDENT LIVING Room for rent. Independent living, Nice quiet view home. Shared room. \$850 plus Wi fi, Meals. A great place to call home. Good people! La Mesa (619) 750-4447.

TINY ROOM TO LIVE PLEASE 65 year healthy single, no family, never married non-smoker. Clean SoCal native low income full time job, male high school/college graduate. Seeking somber room in Solana Beach, Cardiff, Leucadia, Encinitas, Carlsbad. Dale Hauskins (858) 401-2973

RENTALS

DOWNTOWN \$1750 1BD+1BA. Welcome to your cozy bungalow-style duplex. Hardwood floors, gated parking for 2 cars. 1764 6th Ave. Agent: (619) 298-7724. www.allpointsrealestate.com.

NORTH PB, \$1790-2040 Weekly \$500. *Special rate \$300 OFF monthly for immediate move-in (\$1790)! Cat considered with

DOWNTOWN \$650-\$750

Classic building in downtown San Diego. Nice

sized private rooms share common bathrooms.

Property is well maintained with friendly staff.

Peaceful and comfortable building with cable

TV hookups and on-site laundry. Close to work.

MTS trolley stop very close with easy access to

the downtown free shuttle.

Southern Hotel

1159 Sixth Ave. and B St. • 619-239-3808

deposit. 1BD+1BA + den/office. 1 block to ocean. Remodeled kitchen/bath, dishwasher, garden/dual pane windows, ceiling fan, nice yard! 8xyDIAMOND@Craigslist. org. Call Lars: (858) 262-0257.

OFFICE TO RENT Private Office to Rent, \$600 per month. Right on Hwy. 94 at the Grove Street Exit in Lemon Grove. 7 mins from Downtown San Diego, El Cajon, Clairemont Mesa. Free electric, WIFI, 24/7 video surveillance. Best Office Buy in San Diego (619) 742-0497 (619) 472-4097 / tinkerboy@cox.net

TALMADGE, \$1795 1BD+1BA. Wood-like flooring throughout. Upstairs unit. Fireplace. Private balcony. Gated parking for 1 car. Water and trash included. No pets. 4416 47th St. Agent, (619) 298-7724. www.allpointsrealestate.com

ALL NEW TWO BEDROOMS AVAILABLE Brand New Two Bedroom/One Bath units available soon. Located at 1329 Marshall Rd., our units are almost ready for Move-In by early June! Starting at \$2,300. In-Unit Washer/Dryer. Private Yards plus parking. Inquire at Rentals@werevive. com Kimberlyb@werevive.com

STUDIO IN LA MESA Unfurnished efficiency studio in La Mesa. Private entrance. Parking, refrigerator, freezer, microwave, non-smoking. \$1,00a month and a \$900 deposit. Safe and secure neighborhood. (619) 463-2639

OFFICE SPACE Office Space Zoned m2 @ 950sq ft. Call Scott (760) 855-3551 / exumrecording@gmail.com

REHEARSAL SPACE 24 hour access rehearsal Space. Call Scott (760) 855-3551 / exumrecording@gmail.com

1 BEDROOM AVAILABLE NOW 1 bedroom apartment available Oø®in El Cajon beautiful garden setting with pool and gated community. For more information call Angel (619) 444-5932 please call during business hours: 10am 5pm Monday-Thursday and Saturday 9am-1pm. Rent \$1725 and deposit \$600. / angelgrneyez@ live.com

HITTITE E

CORONADO, \$2350 1BD+1BA sunny upstairs end unit. Stove/ refrigerator, hardwood floors, on-site laundry, shared courtyard with BBQ area. Move-in special: Rent by April 30th, get 1/2 off the first month! 716 F Avenue. Agent: (619) 298-7724. www.allpointsrealestate.com.

NORTH PARK, \$2650 2BD+1BA in gated community off Adams. New wood-like floors, laundry on site, 2 parking spaces. No pets. Water and trash included. Mover in special: Rent by April 30th, get 1/2 off the first month! 4678 Ohio Street. Agent, (619) 298-7724. www.allpointsrealestate.com.

SOUTH PARK, \$1795 1BD+1BA 1st floor unit near Downtown San Diego and Balboa Park. Easy 5-minute commute to work. Secured building, fireplace, hardwood floors, laundry on site, street parking only. Move-in special: Rent by April 30th, get 1/2 off the first month! 2329 C Street. Agent: (619) 298-7724. www.all-pointsrealestate.com.

OTAY MESA STUDIO no pets or smoking, laundry, desirable neighborhood, transportation close, \$1350. (619) 808-1068.

REAL ESTATE

152 LOTS FOR SALE IN SAN DIEGO Residential Development for sale... 584 acres - 152 approved single family lots. 25 mins from downtown San Diego. Views of the Pacific. dcornaby@hotmail.com

I BUY HOUSES! I buy houses fast! In any condition within the San Diego County. Call me: (619) 885-9824. Email: alimission@ yahoo.com

LOTS FOR SALE at Rancho Costa Verde. That's in San Felipe, Baja, California. I can be reached at (619) 933-6302

MUSIC

BAND PRACTICE STUDIO monthly lockout available JUNE 1st. Miramar 10:00 am-12:00am #40. Sound-proof rehearsal studio. 14Ft. x 9'Ft. "5 L secluded hallway upstairs. Fits 5-7 piece

DOWNTOWN \$590-\$900



In the heart of San Diego Gaslamp Quarter!

Newly renovated and furnished rooms for rent. Utilities included and controlled building entry. Conveniently located near public transportation, grocery stores, restaurants, shopping and more.

720 4th Ave., San Diego, 92101 (619) 233-7594 band. AC. \$525. per month. Universal Sound Inc. (858) 401-2973

MUSICIANS WANTED AVAIL-ABLE Composer seeks assistant/ copyist/ piano/ sightreading. Room / board/ stipend, composition lessons. Busco musico assistante que sepuede leer musica/toca piano. Cuarto, comidas, felia. (619) 457-8516 jebroe5@gmail.com.

REGGAE SKA POP progrock fusion professional lead/rhythm guitarist for recordings, gigs, tours. CD/Tour credits. Dale Hauskins (858) 401-2973

MUSIC REHEARSAL STUDIO Upscale facility, Kearny Mesa. All rooms have individual air conditioning, high ceilings and 24- hour access. Monthly rooms available. Adder Studios, (858) 522-9505. www.adderstudios. com.

PETS

DOODLE PUPPIES Beautiful puppies. Parents genetic tested. Amazing personalities striating at 40-3798 / john@palmerpainting.com

ADOPT YOUR NEXT DOG OR CAT FROM BAJA DOG RES-CUE! We are a volunteer-run, 100% No Kill animal rescue in Tijuana. We have so many loving pets who can't wait to complete your family! All have been treated

pets who can't wait to complete your family! All have been treated by veterinarians and ready to come home. Your rescue donation enables us to save countless lives, thank you! bajadogrescue. org/

DON'T BREED OR BUY WHILE SHELTER PETS DIE! Please don't support selfish breeders bringing countless new animals into the world while others wait in cages or get put down! You may think you need a particular breed, but I promise you will love another. Shelter animals are wonderful, just give them a chance!

SPORTS

SPORTS CARDS Extra large collection. All teams all players low prices. Call Jeff (619) 820-7965

SPORTS CARDS: ALL MAJOR PLAYERS Selling my 40 year collection. All major players: football, basketball, baseball, hockey and other miscellaneous sports stuff. Low prices. Ruth, Matthews, Mandel, Glen, McGuire, Nolan, Giffney, Brady, LaDamien, Allen, Bo, lebron, Jordan, Russell and Shaq. 2,000 cards. \$20 Call Joe (619) 562-1129.

BICYCLES

BIANCHI VELOCE ROAD BIKE: Carbon fork, light green color, made in Italy, purchased new, only ridden a few times, \$650. In Escondido, call (760) 746-7209.

CANNONDALE F1000SL MOUNTAIN Bike ultra aluminum steering fork, orange-yellow color, purchased new. Very little use, \$450. (760) 746-7209.

BICYCLE PARTS Impressa heavy duty, extra large pack my bike hooks; never used, easy to use on all tires, \$15. Bell telescoping frame pump, used once, \$10. Wrist Gage and two small bike hooks with grips, \$5. Contact (619) 380-4861

THREE BIKES FOR SALE Two Mountain one Cruiser all new. Mongoose Hondo, Huffy New Port and Huffy Superia. \$150 for all three. Call Lester (805) 946-4594

TWO STREET BIKES both for \$40. 1 man and 1 woman bike. Text only (442) 238-7382 BMC BIKE Gorgeous blue and white BMC Carbon fiber. Road frame 47 CM. Never used; in storage. Must see! (619) 237-8043

BICYCLE FOR SALE one year old, runs like new, ridden about six times. Make offer. (562) 846-9299 and ask for Steven.

MOTORCYCLES

"STINGER" MOTORCYCLE TRAILER Single rail, ride on. Near new. Folds for storage. \$1,500. (619) 928-8220 text best, hard of hearing.

2020 HARLEY DAVIDSON XL 1200, black. Cash price \$12,000. Too many extras to list. (619) 233-8300.

AUTOMOTIVE

1992 BUICK LESABRE MANU-ALS: GM Owners manual, GM service manual, GM electrical systems manual, Haynes repair manual, Chilton's repair manual, all 5 for \$100., (760) 746-7209.

JAGUAR X-TYPE ALUMINUM WHEELS: Three Original 16" wheels, I only have three, the fourth wheel was damaged by hitting a curb, I am selling all three for only \$225. Call (760) 746-7209, in Escondido

LOOKING FOR PARTS FOR A 2008 DODGE CHARGER 2.7 L V6 SP or a Chrysler 300. Call AJ (619) 250-4816

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1987 TOYOTA PICK UP 1987 Toyota pick up. Two doors, regular bed, 22 R engine, four speed, good condition, air conditioning, great car, runs good. \$4,500. (619) 576-8196.

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\$99 A WEEK Toyota Corolla Pay cash get one extra day (619) 233-8300.

12 PASSENGER VAN for rent \$100 a day \$600 a week churches get 10% discount mentioned the reader and get one day free with one weekly rental (619) 233-8300.

RENTAL CAR starting from \$17.95 per day \$99 a week 350 a month 3006 Barnett Ave. Point Loma open seven days a week trucks for rent \$300 a week Toyota four runner also minivans \$400 a week 15 passenger vans \$500 a week. (619) 233-8300

RENTAL CAR AVAILABLE also rent to own programs thousand dollars down \$500 a week inhouse financing rent to own (619) 233-8300.

TOYOTA 4RUNNER for rent \$300 a week rent to own program available (619) 233-8300.

TOYOTA CAMRY for rent \$99 a week 350 a month pay cash get one day free (619) 233-8300.

TOYOTA TRUCK for rent \$300 a week rent to own program available (619) 233-8300.

1999 TOYOTA AVALON White. Super clean. Rent to own or for sale. Cash price \$2900 (619) 233-8300.

2000 MERCURY GRAND MAR-QUIS Super clean, rent to own or for sale. Cash price \$3900. (619) 233-8300.

2000 TOYOTA AVALON GOLD Super clean. Rent to own or for sale. Cash price \$2900. (619) 2001 TOYOTA CAMRY Super clean. Rent to own or for sale. Cash price \$3900. (619) 233-8300.

2005 TOYOTA TUNDRA TRUCK Super clean. Rent to own or for sale. Cash price \$8900. (619) 233-8300

2006 TOYOTA COROLLA Super clean. Rent to own or for sale. Cash price \$6900. (619) 233-8300.

2007 TOYOTA 4RUNNER White. Super clean. Rent to own or for sale. Cash price \$9800. (619) 233-8300.

2009 MERCEDES E350W Black. Super clean. Rent to own or for sale. Cash Price \$6,900. (619) 233-8300.

2011 CHEVY CAMARO Black super clean. Rent to own or for sale. Cash price \$17000. (619) 233-8300.

HELP WANTED

SR. RESEARCH ASSOCIATE, BIOMAKER Avidity Biosciences Inc. seeks Sr.

Avidity Biosciences Inc. seeks Sr. Research Associate, Biomarker in San Diego, CA to design & perform experiments, analyze experimental data & bio samples, & more. \$90,000/year. Resume: 10578 Science Center Drive Ste. 125, San Diego, CA 92121

SERVICE ATTENDANT to assist customers with BBQ, patio heaters, forklift cylinders, and RVs. Seeking position to fill propane cylinders at two locations: 3650 Kettner Bivd. and 5596 Kearmy Mesa Rd. Will Train. Part-time. Fun job! Great customers. Benefits. Apply within or call Steve, (949) 326-3400.

JOBS AVAILABLE! Southern Caregiver Resource Center, a nonprofit in Chula Vista, is seeking employees in the fields of caregiving, fundraising, outreach, and more. Options for hybrid work available. Visit caregivercenter.org/careers for more info and to apply.

AD SPECS SALESMAN NOW HIRING! Advertising Specialties Salesman Needed. Weekly Pay. Paid Leads Available. 1,200 Promo Items To Sell. Please be an Experienced Closer and know how to Sell Promo Items. In Business 19 Years. 1099 Contractor work when you want! Call only: (858) 652-8367

HOUSE SITTER AND CLEANER WANTED Phone number (619) 415-5534

GARDENING HELP Disabled senior lady needs help in Mt. Hope. 92102. Cut bushes, ice plants and pull weeds. (619) 527 2411. Please call after 6 pm.

NOW HIRING A FEMALE CAREGIVER Active retired gentleman. needs help with daily routine. Position requires enrollment: www.sdihsspa.com. 5 hrs/day. Mon Wed Fri. Morning. \$20+/HR. SD Rancho Bernardo. AD IS not for other. Services or offers. (858) 360-0388 Text only

NEED GARDENER Need inexpensive gardener for bimonthly simple yard work - El Cajon area. Please text to (619) 252-0951 - no calls please. (619) 441-9779 / slhpm50@aol.com

HOUSEKEEPER NEEDED

Senior woman in the Mission Valley area is looking for someone with a car to clean her one bedroom condo including the windows and a little gardening outside. She also needs someone to take her to Walmart on a Thursday or Friday starting at 7:00 AM once or twice per month. Please leave your name and number (619) 488-0822

San Diego *Reader* A<u>p</u>

IN HOME SUPPORTIVE SER-VICE Do you have a in home supportive service current certificate. A nice older lady in San tificate. A nice older lady in San Diego would like to hear from you. She needs help and is offering two different shifts: Monday, Wednesday and Friday 8:00 AM to 2:00 PM. or Tuesday, Thursday and Saturday from 9:00 AM to 3:00 PM T. This is for a long term position. The tasks include help with medication, weakly shooping. with medication, weekly shopping trips, house keeping like cooking And other errands. Flexible and willing to work with you. Please call Carmen to set up an interview (619) 488-0822.

KAYAK/PADDLE BOARD **DELIVERY IN PB** Seeking athletic person with truck who lives in Pacific Beach to take bookings over phone and deliver/retrieve SUPs and Kayaks. Part time M-F. Pay is 50% of profits, in cash! Fun outside job, will learn new business ownership skills. Call (541) 517-0057, leave msg for

MECHANIC Experienced auto mechanic needed. Full time. Call Ismael, (619) 237-1043.

TRUCK DRIVERS Local transport companies are looking for truck drivers with two or more years of experience. Requirements: Binational Federal menus: Binational Federal License or CDL, Mexican Pass-port (mexican drivers), Visa B1/ B2 or Residence card, ID or INE, Birth certificate, CV/ Resume. Omega Compliance Solutions LLC. (619) 312-1545.

JOBS WANTED

FULL TIME JOB WANTED by High school/College graduate healthy 64 male southern Californian. Reliable transportation Seeking steady full-time employ-ment in Miramar, La Jolla, Solana Beach, Carlsbad, north county Dale Hauskins (858) 401-2973.

DOG SITTING/WALKING

responsible, caring, and experienced. Reasonable rates, contact (619) 380-4861.

GERIATRIC SOCIAL WORKER will drive to doctors and hospital appointments will provide companionship prepare meals and much more. Only in Point Loma and Pacific Beach area. Call Carol at (858) 731-6996.

WANTED / TRADE

CASH PAID FOR DEXCOM G6 & G7 We buy insulin pump supplies & testing supplies such DEXCOM G6, DEXCOM G7, OMNIPODS, MEDTRONIC, Sensors, Transmitters. All items must be SEALED/UNEXPIRED. Call or

INSPECTION &

ESTIMATE

EXHAUST

SYSTEM REPAIR

AVAILABLE

new home is at

Cliff Brown Automotive!

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Bluefin are back! – *Dolphin* scores on San Diego Bay halibut – Turn in your white seabass heads – Birds are angler's friends

Dock Totals 4/14 – 4/20: 976 anglers aboard 42 half-day to 3-day trips out of San Diego landings over the past week caught 1 barracuda, 3 bluefin tuna, 27 bocaccio, 61 bonito, 7 calico bass, 20 halibut, 11 lingcod, 5129 rockfish, 3 rock sole, 9 sand bass, 20 sanddab, 97 sculpin, 17 sheephead, 173 whitefish, and 7 yellowtail.

Saltwater: Though only three bluefin made it into the official counts for the 1- to 3-day range boats, there were more caught by the mid-range boats within 1.5-day range of Point Loma. The *Independence* and *American Angler* had some decent stops, and though the hook-to-land ratio was not great, the boats scored on a couple dozen fish in the 30- to 50-pound range. These aren't the big bruisers we've come to expect, though the 100- to over 200-pound fish are out there. More schools were also metered that just did not want to bite, but so far, all signs are good for the action to pick up soon. Last year, we didn't even get into them until April, so the early bite this past March was a bit of an anomaly.

Good signs of spring fishing are developing, with large flocks of pelicans working bait inside along the coast. Some of what they are feeding on might be grunion staging for runs, though there are anchovies and sardines off

northern Baja and California. Beachgoers at La Jolla were entertained by feeding pelicans in the hundreds, circling and diving as they do. It is an amazing thing to watch: the birds so thick that you must wonder how they can avoid collisions. Later in the spring, as the bait spreads out along the coast and offshore, the pelicans will separate into smaller squadrons of a few to maybe a couple dozen birds. Brown pelicans are the only one of the seven species of pelican that dive from high above to feed, crashing into the fray with their massive bills wide open, then bobbing up to the surface with a gullet full of water and baitfish.

We anglers do get excited when we see birds working, as it is a sign of predator fish pushing the bait to the surface, where they are trapped between the fish below and birds above. That said, casting into the baitball during such action is not advisable when the birds are thick, due to the unpleasantness of having to deal with a hooked or tangled pelican, gull, or cormorant. Of the three, pelicans are the hardest to reel in but the easiest to safely handle to clear the line or hook. Their large bill can inflict a bite, but if you grab that bill and gather the wings so as to not hurt them, they tend to become passive.

Once the tangle is cleared, just toss the bird softly away and it will fly off to return to its feeding. With cormorants and gulls, it is harder to control their heads and you might receive a peck, but the most important thing is to remove all line and hook. Most birds will not get hooked, but will tangle while they are flying, as the line tends to get caught up between their feathers and then wrap the wing as they flap. A cormorants will sometimes take a fly-lined bait that is swimming, but typically, a hook will often bounce off its hard beak before it can set.



The boys are back in town! Angler Bob Tressler with a nice school-sized bluefin caught while fishing aboard the *Independence*.



A second option. When the bluefin are near a good rockfish spot, sometimes it pays to drop deep for some taco meat, as exampled by this fine lingcod caught while fishing aboard the *Tribute* on a bluefin trip.

Either way, always, always free any tangled bird of all line or any hooks. Or better yet, just do not cast into working birds. Fish will be around the action but outside of the main commotion, so it is not necessary to cast into the middle of it, whether fishing from the beach or boat. Birds are the angler's friend, often mirroring in the sky what lurks below the surface and pointing the way to the gamefish we seek. Treat them as such.

Yellowtail action continues to be hot, but still well south along the high spots off Ensenada down to San Quintin. If the tuna continue to be picky, more boats will head inside for the jacks. Rockfish have been excellent, filling in the gaps and providing lots of meat for anglers, even as a secondary target for boats hunting the elusive bluefin.

The halibut bite in the bay has been excellent as well. The *Dolphin* fished inside on Wednesday for their weekly halibut derby and reported 40 caught, with 20 of them being legal size — over 22 inches. They also reported 25 shortfin corvina caught during that outing, which is a rare catch on a party boat, but they do inhabit the bay along rocky edges near sand flats. The best lures for them are crankbaits in the upper water column, so catching a good number on a halibut trip where the focus is more toward the bottom is odd. Still, for the shore-pounders working along

the riprap around the bay, it's good to know they are inside and feeding.

As spring is in full force, it won't be long before we start seeing some white seabass in the counts, especially to the north and off Catalina when squid begin showing. Here in San Diego, we see them most often caught off the deeper kelp edges along La Jolla. Just a reminder for those who catch and keep any legal-sized white seabass, the Hubbs-SeaWorld Research Institute is still collecting heads to better understand the seabass population and the impact of the Ocean Resources Enhancement and Hatchery Program. Without that program, we would have no white seabass; they were pretty much fished out along our coast by the 1980s and did not return until after the hatchery began releasing fish.

The Hubbs folks have freezers with bags and labels at landings from San Diego to Santa Barbara, and there are two conditions for donating: The head must come from a legal-sized (28" or larger) white seabass caught in U.S. waters, and the head must be bagged and labeled with your name, phone number, date and location of catch. The two locations in San Diego are at Dana Landing in Mission Bay and at the Hubbs-SeaWorld Research Institute at 2595 Ingraham Street. Since its inception in 1983, the California Ocean Resources Enhancement and Hatchery Program has released more than 2.7 million white seabass back into the wild to replenish the depleted natural stocks. Much of their work relies on the angling community, so please donate your white seabass heads.

They're out there, so go get 'em!

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Across

- 1. Greek letter after eta
- 6. Mummy's locale
- **10.** Blowfish delicacy that may be dangerous to eat
- **14.** Blowing up online
- **15.** Athletic footwear brand
- **16.** "... like ____ of bricks"
- 17. Neck warmer
- **18.** Incomplete musical about royal footwear?
- **20.** Recording material
- 22. Anti-pollution gp.
- 23. Chess or key lime, e.g.
- 24. Tattoos
- **27.** A bunch

- 29. Instigate
- **31.** Incomplete musical about someone who's into Verdi and Wagner?
- **34.** Amazon assistant
- **35.** Cheesy dip
- **36.** Ride from the airport, maybe
- **37.** Sulky expressions
- **39.** Tower-ing city?
- **43.** Abu
- 45. Gary who had a hit with "Cars"
- **46.** Incomplete play about Yogi or Boo-Boo?
- **49.** Aretha Franklin's longtime

label

- **51.** Broadway play or musical
- **52.** Org. based in Langley
- **53.** Animation sheet
- **54.** Retreating tide
- 56. Toaster-based brand
- **58.** Incomplete musical about Chucky or Annabelle?
- **61.** Keep clear of
- 65. "Garfield" dog
- **66.** Hideaway
- **67.** Giant tourist attraction
- **68.** Sweet endings?
- 69. Ready and willing go-with
- **70.** Come in

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SOLUTION TO LAST WEEK'S SUDOKU PUZZLE:

MEDIUM:

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

Down

- 1. Best Buy stock
- 2. "I drank root beer too quickly" noise
- 3. Notable period
- 4. Sour-ish
- **5.** "Our Gang" member
- **6.** "... the Lord ____ away"
- 7. Prefix before raptor
- 8. Gold source
- **9.** They're squeezed at some weddings
- __Schwarz (toy store)
- **11.** Perfect place
- 12. "Understood?"
- **13.** Erase from memory, jokingly

- 19. Causes of ruin 21. Planter's container
- 24. " _ first you don't succeed ..."
- 25. Simba's mate
- 26. Construction toy brand with an apostrophe and no silent letters
- 28. Sparkly bits
- **30.** Appear unexpectedly
- **32.** Lime and rust, for example
- 33. Baseball call
- 37. Mathematical curve
- 38. Kimono closer
- **40.** Colorful computer
- **41.** Bollywood garment
- **42.** "Put Your Head on My

- Shoulder" crooner Paul
- **44.** Couldn't stand
- **45.** Menu option paired with "Continue"
- 46. Singer Eilish
- **47.** "And ____ off!"
- **48.** Sty sitter
- **49.** "Gesundheit" prompter
- 50. Orchestra section
- 55. Say too much
- **57.** Pizzeria fixture
- **59.** Guitar innovator Paul
- **60.** ___ Uzi Vert
- **62.** Mo. with 31 days
- **63.** Addition to coffee, sometimes
- **64.** ____ es Salaam, Tanzania

the two bargain store giants is that 99 Cents Only Stores carried fresh produce: lettuce, tomatoes, celery, onions, mushrooms, avocados, and even fruit.

Online posters rallied behind what remained. "Man, Dollar Tree is the shi#," wrote Christopher D. "When I'm struggling, I can eat for three bucks. Yes, it's a necessity for people. I was without work for five months; that store saved my ass for sure." Abel Moreno suggested Stater Brothers for chips, which initially cost \$3.99 a bag but dropped to "\$1.99 when you purchase four. And download the Walmart app and scan as you buy. You will see price differences." (The Walmart app is free to download and use. Its scanner interface enables phones to read prices, some secretly on clearance.)

Walmart also features blowout carts and shelves, usually in the aisles by the eggs and milk. I've seen pastries, bread, and cereal boxes on sale for more than 50 percent off. Elsewhere in the store, some packages are deeply discounted in the meat refrigerators. Last time I went, 16-ounce sausage rolls, which



Charger Steve: "That's the only store I shop at. I may starve to

normally retailed for \$3-\$4, were 99 cents apiece. On the other side of the store, you can find Easterthemed and brand-name candies and cookies for close to 99 Cents Only prices.

John Suarez, a Chula Vista artist, has been a regular at 99 Cents Only since it launched in

1982. He shopped for cat food and snacks. "I'm now going to GTM, Dollar Tree, Dollar General, Family Dollar, the \$1.25 Store — and Grocery Outlet and Asian supermarkets to buy my produce. I wonder why 99 Cents Only Stores is closing all its stores?" By way of an answer, interim chief executive Mike Simoncic mentioned the aftereffects of Covid, changes in what consumers want, inflation, product loss due to shoplifting, internal theft, and admin errors.

According to a recent press release, the parent company that owns 99 Cents Only Stores, Holdings, Inc. filed for Chapter 11 last week and is selling its buildings and assets in an effort to recoup as much money as possible. There are 371 stores throughout California, Arizona, Texas, and Nevada slated to close down, and reportedly 17,000 employees who will be unemployed.

Charger Steve concluded, "It's pretty tough to pay bills when you're selling s#it for a buck these days. I feel the same way as I did when Blockbuster closed."

MIKE MADRIAGA

Under the radar

continued from page 3

but the method of a coordinated editorial push is new." Notes the Axios item: "Without some sort of uniform disclosure, it's unclear to readers who is ultimately deciding to advocate for a certain position — their local editorial boards or corporate executives at a massive investment company."

David Alvarez slammed by Alden Global

The Orange County Register, like the Union-Tribune owned by Alden Global Capital, is going after San Diego-based Assembly Democrat David Alvarez, an ex-city councilman here whose bid for mayor was defeated by Republican Kevin Faulconer in 2014 — though for some reason, the scathing opinion has yet to appear in the U-T.

"Give credit to Assembly member David Alvarez for his doggedness, albeit in service to a really bad idea," begins the April 15 editorial, headlined "David Alvarez's redevelopment bill is same old farce with a new name."

Bylined "The Editorial Board," the piece continues: "Last year, the Chula Vista Democrat introduced legislation that would have brought back California's redevelopment agencies similar to how they existed before Gov. Jerry Brown mercifully dismantled them in 2012. The legislation died after the powerful California Teachers' Association opposed it."

Opines the newspaper: "The entire redevelopment scam is fading from memory, but it was a locally controlled scam that floated debt without voter approval and gave cities the power and incentive to exert eminent domain on behalf of developers. It drove up debt to fund crony capitalist projects favored by city planners and, as a result, created pressure for endless tax increases."

Now, says the editorial, the Alvarez bill would enable cities to grab private property. "Critics of last year's legislation sought to have anti-eminent-domain protections inserted into the language, but that never materialized. This year's bill specifically allows agencies to 'acquire real property by eminent domain to be used in a redevelopment project."

The piece goes on to say, "Eminent-domain abuses fall disproportionately on residents lacking political power, as happened in the case of Bruce's Beach." The editorial cites a bit of Los Angeles County history to make its point: "In the 1920s, Manhattan Beach used eminent domain to take a beachside resort mainly to clear the area of Black beachgoers. Los Angeles County ultimately returned the land to the descendants of the family in 2022. Recognizing its abuses, lawmakers increasingly have included more limitations on eminent domain in some housing-related bills, but Alvarez hasn't gotten the message."

> - Matt Potter (@sdmattpotter)

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Compelling Explanation

 Larry Doil Sanders, 55, of Allen, Oklahoma, was convicted on April 17 of firstdegree murder in the killing of his friend, Jimmy Glenn Knighten, 52, in July 2022. The Ada News reported that Sanders and Knighten were fishing together when Sanders believed he saw three sasquatch-looking figures near the river. After strangling Knighten, who he thought had been acting suspiciously, Sanders told relatives that he believed Knighten was trying to summon the sasquatches so they could feast on Sanders, and he killed Knighten in self-defense. Witnesses said Sanders is a regular user of methamphetamine, which ramps up his Bigfoot rhetoric. His defense was that having used meth three or four days before the murder, he was in a drug-induced psychosis. He'll be sentenced in June.

It's a Mystery

— Jessica Daley, a toll worker along the Garden State Parkway in New Jersey, called in sick to work on April 12 because she had "a gut feeling that something was going to happen. Like something terrible was going to happen," she said. She felt the premonition was about a car accident, NBC New York reported. Sure enough, about four hours later, a garbage collector's truck slammed into a tollbooth -- the one Daley is usually in, she said. The toll collector and truck driver both suffered serious injuries. "I dropped to my knees and just started crying," she said. "I was praying for everybody involved." She was back at work the next day.

Animal Antics

- Butte, Montana, residents - no strangers to big animals - got a surprise on the morning of April 16 when they spotted an elephant strolling down Harrison Avenue, NBC Montana reported. "Pretty exciting," said Josh Hannifin, co-manager of the Civic Center Town Pump. "Man, they move fast when they just walk." The Jordan World Circus was in town, and surveillance cameras caught Viola escaping from her pen after being startled by a car backfiring during her bath time. Handlers were able to catch Viola with no trouble after about 20 minutes.

Crime Report

— On April 9, investigators caught their targets in a puzzling money-making scheme in Rochelle Park, New Jersey. NBC New York reported that Detective Nick Mercoun and his partner arrested 77-year-old Alfredo Rodriguez and 54-year-old Hector Cortes, whom they dubbed the Shopping Cart Bandits. The two had stolen at least 140 carts from the ShopRite grocery, which Mercoun believes they were selling for about \$200 wholesale. "It was about \$28,000 worth of shopping carts," he said. The Food Marketing Institute estimates that 2 million shopping carts are stolen each year. Who knew? Rodriguez and Cortes are rolling along at the Bergen County Jail.

Parenting Goals

- Lakesha Woods Williams, 29, was arrested on a felony child abandonment

count in Houston after leaving her 8- and 6-year-old children home alone while she went on a cruise, The Smoking Gun reported. Neighbors saw her leaving her luxury apartment on April 4 with "luggage and bags" and didn't see her return. When police were summoned on April 9, they found the two children in the apartment, which was "in complete disarray and had trash and leftover food all over the unit." The kids said their mom was on a cruise and they didn't know when she would be back. Officers found a webcam that Williams was using to "watch and talk to the children." When she appeared in court on April 12, the judge noted that witnesses had said it was "not the first time something like this has occurred." The kids are with their aunt while Williams is held in jail.

Mistaken Identity

A man with the Facebook name Grampian Stormtrooper was on his way to a DeeCon on April 6 at the University of Dundee in Scotland when the train suddenly stopped shortly after leaving Aberdeen station, Fox News reported. A guard approached Grampian, who was in full stormtrooper gear, and asked about his blaster. "Apparently someone reported it to the police," Grampian posted on Facebook. "Met by two firearms officers." Grampian was removed from the train, asked to return home and get a bag for the blaster and instructed not to wear his stormtrooper armor on the train. "Crazy world we live in," he noted.

Irony

- Things got a little heated at the Good Will Fire Co. Station 69A in Pottstown, Pennsylvania, on April 18, WFMZ-TV reported. The cabin of a fire engine parked in the station caught fire. Crews were able to extinguish the fire quickly, but smoke damaged two ambulances, a fire rehab unit and the truck bays. One firefighter was taken to the hospital for smoke inhalation. Pottstown fire officials are investigating the cause of the blaze.

Suspicions Confirmed

- NASA revealed on April 17 that the object that crashed through the roof of a home in Naples, Florida, was indeed space trash - specifically, garbage jettisoned from the International Space Station in March 2021. United Press International reported that on March 8, a 1.6-pound, 4-inch-long cylindrical object came through Alejandro Otero's roof. NASA said the object was what remained of a 5800-pound pallet of depleted nickel hydride batteries. "The hardware was expected to fully burn up during entry into the Earth's atmosphere," NASA said. "However, a piece of hardware survived reentry."

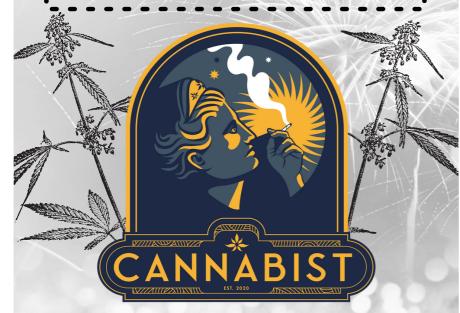
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