

SAN DIEGO WEEKLY

VOLUME 38 / NUMBER 25
JUNE 25, 2009

Reader

414
COUPONS
INSIDE

IF WE DIDN'T ADVERTISE
WE'D GO BROKE
TREATING THE POOR

“Pomerado
is my
community
hospital”



LADAINIAN TOMLINSON



June 25, 2009

NEWS & FEATURES

If We Didn't Advertise We'd Go Broke
Healthcare like burgers — sell, sell, sell. By Thomas Larson.....26

City Lights
The retirement board sticks with sad stocks;
and Under the Radar.....6
Fallbrook's potential big pit; and Stringers.....7

Letters20

Straight From the Hip
The ins and outs of the tide21

T.G.I.F.
How's it goin', everybody?.....22

Sporting Box
Medical detour at Mammoth Lakes.....23

Parties: Crasher
Put the cupcake down and back away!24

Realism Is Overrated
The daydreamer and the realist. By Elizabeth Salaam48

Off the Cuff.....121

Puzzle Wordsmiths play here.....122

Typo Patrol Results.....123

Sudoku Find fame in a numbers game.....124

Reader Pop Quiz.....130

Sheep and Goats
Spiritual combat in Santee139

News of the Weird141

Best Buys
A summer unstuck from video games and TV142

Back When
Endless summer to endless bummer143

CALENDAR

Events
Dance, Film, Food & Drink, For Kids, Galleries, In Person,
Lectures, Outdoors, Special, Sports, Museums & Public Art53

Outdoors: Roam-O-Rama
Hike or bike to hidden ponds at Daley Ranch56

What's That You're Reading?
Harry Potter and *Twilight*58

Music
Classical54
Blurt65
Club Crawler68
Meaningful, relevant, adroit Phil Bellante.....70
Hometown CDs82

Theater Review and Guide
The Fantastiks at Lamb's and *The Lonesome West*
at 10th Avenue Theatre.....89

Restaurant Review and Guide
Suzuya Japanese Barbecue: Kobe and pork cheeks.....92
Tin Fork94

Movie Review and Guide
Woody Allen stays busy in *Whatever Works*.....104



B-52s fly by Fair — see page 68

ADVERTISING

Classified Ads

Antiques & Collectibles.....140
Appliances.....140
Automotive141
Bicycles139
Business Opportunities.....120
Career Training.....114
Classes/Lessons121
Computers138
Counseling/Support123
Electronics.....140
Employment Services.....114
Furniture.....140
Garage Sales140
Help Wanted111
Massage121
Miscellaneous For Sale.....140
Motorcycles.....141
Music.....126
Natural Health & Fitness122
Natural Health Directory.....131
Notices.....123
Parent Resources.....123
Pet Central126
Photo138
Real Estate.....138
Rentals.....127
Roommates127
Services Directory.....129
Sports138
Stage Notes.....123
Tickets138
Travel & Getaways126
Wanted/Trade139
Wedding/Party Guide.....123

Display Ads

Automotive135
Career Training.....112
Getaways52
Great Escapes.....54
Health and Beauty.....34
Help Wanted111
Instruction120
Music.....126
Rentals.....132
Research Studies24
Services.....120
Singles Events.....62
Wedding Guide.....54

Pinch Yourself!
The free all-you-can-eat lobster buffet

You're not dreaming — San Diego's best buffet is for real and it's at Valley View Casino! Just join the Players Club and your first buffet is free at Valley View Casino's award-winning buffet. Indulge in all-you-can-eat steamed Maine lobster nightly plus delicious steaks, seafood, sushi and gourmet cuisine from around the globe. And save room for dessert, including decadent homemade cakes, pies, cookies, an ice cream sundae bar and more! Then play and win on San Diego's only Certified Loose slots, exciting table games and San Diego's first high-tech live poker tables. For the best casino experience (and a free lobster buffet!) visit Valley View Casino!

"It's a dream come true!"
Mark Grant
Channel 4 San Diego

FREE all-you-can-eat **LOBSTER BUFFET!** when you join the Players Club
Offer is for new Players Club members. Please present coupon when joining the club. Membership is free! Valid for lunch or dinner; lobster served at dinner only. Management reserves all rights. Expires 8/24/09 \$59

PLUS! Get \$20 MORE PLAY ... that's Free Slot Play! when you earn 10 points in a 24-hour period.

VALLEY VIEW CASINO
San Diego's Favorite.
1-866-VIEW-WIN
ValleyViewCasino.com

21 means more than just blackjack! Guests must be 21 or older to enjoy the casino, restaurants, buses and concerts. Management reserves all rights.

GREEN KROSS COLLECTIVE

3415 Mission Blvd.

SD, CA 92109

858-412-5944

Medical Grade Cannabis



thegreenkross@gmail.com

Sell & Buy



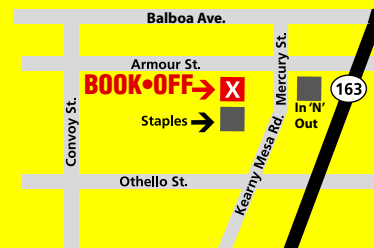
**Books, CDs,
DVDs, Games**

(We may not purchase certain titles.)

All items are clean and in good condition!

SAN DIEGO STORE
4240 Kearny Mesa Road,
Suite 128
San Diego, CA 92111
858-627-9600

We sell
Books starting at \$1.00
CDs starting at \$1.00
DVDs starting at \$3.00



BOOK-OFF®

A never-before-seen used book store!
Open 7 days a week 10 am-8 pm



Losing your hair? Recapture your youthful appearance!

Summer Stand-by Special!

Call to hear about our unbelievably low rate through July!

Free private, confidential consultations | For men & women
Only doctor in San Diego capable of performing 5,000 grafts in one session

Most advanced transplant technology —
the lateral technique controls hair direction for a fuller look

Over 29 years' experience | 12-24-month 0% financing OAC

Demand the best and get the most grafts in one session!

For further information about hair transplants, check out the video and photos on our website.

Dr. James B. DeYarman, F.A.A.C.S.

DeYarman Medical Group | 888-227-5496 | deyarmanmedical.com | 3252 Holiday Court, Suite 204, La Jolla

Now Hiring

We are currently looking for intelligent, friendly and dedicated people to work in our San Diego stores. If you or someone you know is interested in working for us, please contact:

michaelah@americanapparel.net

Retail Locations:

San Diego—Gaslamp
Now Open
840 5th St.
(Btw. E St. & F St.)
Phone: (619) 696-3409

San Diego—Fashion Valley Mall
7007 Friars Rd.
(Next to Michael Kors)
Phone: (619) 293-7180

San Diego—Hillcrest
3867 4th Ave.
(Corner University Ave.)
Phone: (619) 291-1845

San Diego—Pacific Beach
1280 Garnet Ave.
(Corner Fanuel St.)
Phone: (858) 274-2202

La Jolla—Girard Avenue
7925 Girard Ave.
(Corner Prospect St.)
Phone: (858) 456-0356

Huntington Beach—Main Street
207 Main St.
(Corner Walnut Ave.)
Phone: (714) 374-3902

American Apparel®

To learn more about our company, to shop online, and to find all store locations, visit our web site:
www.americanapparel.net



Crafted with pride in
Los Angeles, California.

UNLIMITED TANNING \$19.99 & up

TRUST YOUR TAN TO THE EXPERTS!

1 MONTH \$99
HP 360" BRONZING BED
VALID FOR ALL CLIENTS. MUST PRESENT COUPON.
EXPIRES 7/12/09. PL5TR1MONTH99

7 TANS \$7
PREMIUM LEVEL BEDS
NEW CLIENTS ONLY WITH LOCAL ID. MUST PRESENT COUPON. EXPIRES 7/12/09. PL1TR7FOR7

5 BODY WRAPS \$199
BURN 1000s OF CALORIES
REDUCE FAT - LOSE INCHES
VALID FOR ALL CLIENTS. MUST PRESENT COUPON.
CALL FOR APPOINTMENT. EXPIRES 7/12/09.
PL4TR5FOR199

5 TANS \$49
ULTRA LEVEL4 or MYSTIC
VALID FOR ALL CLIENTS. MUST PRESENT COUPON.
EXPIRES 7/12/09. PL4TR5FOR49
OR PLNTR5FOR49

iTAN SOLARIUMS
www.iTanSolariums.com

POWAY (858) 513-1444	SAN MARCOS (760) 510-1997
ENCINITAS/CARDIFF (760) 942-9632	PACIFIC BEACH (858) 581-9060
SDSU (619) 286-1554	LA JOLLA (858) 454-3873
LA COSTA/CARLSBAD (760) 431-0044	UTC/LA JOLLA (858) 455-8422
LA MESA (619) 644-5714	ESCONDIDO (760) 735-6199
OCEANSIDE (760) 941-8548	RAMONA (760) 789-0020
KEARNY MESA (858) 492-1100	SANTEE (619) 562-8991
USD/CLAIREMONT (619) 276-7205	DOWNTOWN (619) 238-7161

Affordable PPO Health Plans
For Individuals and Families

Age*	Male Rates	Female Rates	Age*	Male Rates	Female Rates
0	\$220	\$220	35	\$127	\$175
1	\$132	\$132	40	\$143	\$199
2-18	\$70	\$70	45	\$202	\$225
19	\$78	\$105	50	\$257	\$274
25	\$89	\$126	55	\$329	\$317
30	\$112	\$150	60	\$416	\$403

*Call for rates based on your age.
\$30 Co-pay Office Visit • Prescription Drug Card
\$0 Co-pay Well Woman Exam • \$30 Co-pay Preventative Care (\$200 Limit)
Monthly rates effective 7-1-09 for San Diego County. Aetna \$2500 PPO Plan.

California Healthquote Insurance Services
701 Palomar Airport Road, Ste. 300, Carlsbad, CA 92011 • 800-788-4678

Aetna
CA Insurance Lic. #s: 0712596, 0706675, 0C84228
www.cahealthquoteins.com

EDITOR
Jim Holman

SENIOR EDITOR
Matt Potter

ASSISTANT EDITOR
Heather Goodwillie

EDITORIAL ASSISTANTS
Sherrie Doren, Scott Ellis, Hector Lam, Russ Lewis, Robert Mizrachi, Robert Nutting, Chris Woo

CONTRIBUTORS
Don Bauder, Ed Bedford, Jane Belanger, Geoff Bouvier, John Brizzolara, Josh Board, Patrick Daugherty, Joe Deegan, W.S. Di Piero, Stephen Dobyns, Barbara Fokos, Ernie Grimm, Mary Grimm, Dorian Hargrove, Rosa Jurjevics, Ken Kuhlken, Thomas Larson, Deirdre Lickona, Matthew Lickona, Thomas Lux, Bill Manson, Linda Nevin, Anthony Olivieri, Jerry Schad, Duncan Shepherd, Jeff Smith, Leslie Venolia, Naomi Wise

ADVERTISING SALES DIRECTOR
John-Paul Franklin

ASSISTANT SALES MANAGER
Mercia Daughn

SENIOR ACCOUNT EXECUTIVES
Kelly Bonelli, Bill Burton, Scott Fisk, Paula Ford, Amy Grant, Amy McKibben, Randy Rice, Todd Westfall

ACCOUNT EXECUTIVES
Kristy Coday, Patricia Esperanza, Brett Flynn, Stephen Hatch, Joshua Hensley, Jeremiah Johnson, Richard Maryn, Alvaro Mendez, Woody Wilson

ACCOUNT MANAGERS
Jesus Cruz, Jr., Kaitlin Pettersen, Graeme Storey

ADVERTISING ASSISTANTS
Brian Carver, George Wargo

ADVERTISING ART DIRECTORS
Kenneth Koll, Suzan Peterson

ADVERTISING SALES MANAGER
Chris Reed

CLASSIFIEDS STAFF
Annalee Bradbury, Matthew Dickson, Chrissy Guevara, Maribel Juarez, Steve Lieber, Jeane Martinez, Patricia MacInnes, Holly Micelli, Sandi Miller, Ninoschka A. Moreno Ortiz, Carina Quintanar

PRODUCTION MANAGERS
Deborah Condit, Sandy Matthews

PRODUCTION ARTISTS
Frank Andrews, James Banerian, Rex Beckham, Mike Brown, Jeremiah Dean, Jo Fojtik-Koll, Paul Johnson, Leslie Manes, José Ramirez, Jr., Jessica Wentzel

ACCOUNTING STAFF
Kelly Ainsworth, Regina Gaither, April Isaac, Michelle Newby,

ADMINISTRATIVE STAFF
Linda Johnson, Angel Probst, Margaret Stann

HUMAN RESOURCES MANAGER
Barbara Christensen

INFORMATION TECHNOLOGY
Gavin Rattmann, Michael Wayne

PROJECT MANAGER
Fred Hagen

OPERATIONS DIRECTOR
Howard Rosen

All advertising in the *Reader* is subject to current rate card. The *Reader* reserves the right not to accept an advertiser's order. The entire contents of the *San Diego Reader* are copyright 2009, Jim Holman. All rights reserved.

NATIONAL ADVERTISING
The Ruxton Group - 1-888-2Ruxton

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

OFFICE
1703 India Street (at Date)
619-235-8200
Paid classifieds

GENERAL INFORMATION
619-235-3000

BBB

SAVE YOUR HOME MODIFY NOW!

Get started TODAY, as low as \$199*

- Reduce Your Loan Balance
- Eliminate Your Adjustable Rate Mortgage
- Lower Your Interest Rate
- Improve Your Payments
- Extend Your Mortgage Term
- Feel in Control of Your Home

HOMESTART
A division of Property Brokerage and Loans, LLC
(Lic. #00815287)
www.yourhomestart.com
Se habla español.

Call Today 858-581-1800

HOMESTART is D.R.E. licensed and approved.
We are working with your lender now; Countrywide, B of A, Citi, WAMU, Chase, Wachovia, Wells Fargo... And all the rest!
We offer a fully refundable service. Call for details TODAY.
Mention this Ad and arrange your FREE consultation.
San Diego, CA

Dan, 35
investment broker

A TYPICAL STONER

DAN WAS DIAGNOSED WITH CLINICAL ANXIETY

He's a regular user of medical marijuana. After an unsuccessful bout with anti-depressants, he found that medical marijuana helps with panic attacks, anxiety, heart palpitations, and stress. Now Dan comes to work rested and relaxed, and his symptoms are under control.

Dan never thought he was the type of person who would use marijuana as medicine, until he did - and realized that

MARIJUANA WORKS.

MediCann
A PRESCRIPTION FOR CHANGE

1.866.632.6627
www.medicannusa.com



Touchable. Envable. App-able.



NEW! enV TOUCH
Verizon Wireless 3G Exclusive

- New oversized external touch screen
- More powerful speakers and 3.5mm jack
- Can store up to 16GB with microSD

NOW \$99⁹⁹ ONLY

\$169.99 2-yr. price - \$70 mail-in rebate debit card. Requires new 2-yr. activation on a Nationwide Calling Plan.

Switch to America's Largest and Most Reliable 3G Network.

Call 1.800.2.JOIN.IN

Click verizonwireless.com
to shop or find a store near you

Visit any store

Activation fee/line: \$35.

IMPORTANT CONSUMER INFORMATION: Subject to Customer Agmt, Calling Plan, rebate form & credit approval. Up to \$175 early termination fee/line & other charges & \$1.99/MB (incl. Mobile Web ads). Offers and coverage, varying by service, not available everywhere. Device capabilities: Add'l charges & conditions apply. Rebate debit card takes up to 6 weeks and expires in 12 months. \$35 restocking fee may apply to device exchanges. All company names, trademarks, logos and copyrights not the property of Verizon Wireless are the property of their respective owners. Network details and coverage maps at verizonwireless.com. In CA: Sales tax based on full retail price of phone. Shipping charges may apply. © 2009 Verizon Wireless.

79822

UNDER THE RADAR

Burdick's back taxes Any doubts about the continuing political involvement of the *Union-Tribune* under Platinum Equity, its new owner from Beverly Hills, were erased two weeks ago with the appointment to the port commission of **Lee Burdick** — an attorney who herself arrived in town barely seven years ago — by the San Diego City Council on a 5-3 vote.



Lee Burdick

After dissing Burdick's main opponent, Environmental Health Coalition head **Diane Takvorian**, for being a "hard-line" environmentalist, "to the detriment of economic development and job creation," the *U-T* editorial went on to praise Burdick for her "unique experience both in environmental matters and business affairs."

Beyond her support for expanding the downtown convention center, the *U-T* reported little else about Burdick, a registered Democrat who joined the downtown law firm of Higgs, Fletcher & Mack in September 2008 after briefly mounting a campaign for San Diego city attorney earlier in the year.

Before that, Burdick had been counsel and government affairs director for Jim-sair, the troubled private air terminal operation that was fighting the airport authority over extending its lease at Lindbergh Field. The company sold out to Houston-based Landmark Aviation when it became apparent that it couldn't get the terms it wanted, Burdick told the *San Diego Business Journal* last July.

And that, as far as San Diegans were informed, was the totality of her résumé. "I've been practicing law for 21 years on behalf of individuals and business people who have needed to navigate their way through government processes," the *U-T* quoted Burdick as saying the day following her appointment.

But it turns out that Burdick has experienced her own navigation problems, as evidenced by a December 2002 Chapter 7 filing in federal bankruptcy court here that listed total debts of \$487,022.65 against total assets of just \$78,327.99, and \$72,064 in unpaid personal income taxes owed the State of California and the federal government.

Burdick's biggest creditor was given as **Gus Anagnostou** of Redwood City, California, to whom she owed \$376,000 in a disputed lease agreement, over which Anagnostou was suing her in San Mateo County Superior Court, according to the filing. "100 percent shares" in Lee Burdick, PC, which the filing said was "out of business," were valued at zero, as was Bur-

dick's "10 percent interest" in Prima Legal Services of Redwood City, also listed as out of business. Interviewed by phone last week, Burdick said she was forced into bankruptcy after the dot-com bust, followed by the economic aftermath of the 2001 attack on the World Trade Center, decimated the high-tech clients of her Bay Area law practice, where she had lived for nine years before moving to San Diego in 2002. As a consequence, she was forced to renege on her office lease with Anagnostou, who refused to modify the agreement's terms. "It was huge and there was no way I had the resources available to me to pay it off."

Burdick said she finally finished paying off the back taxes she owed to the State of California in March 2005 and to the IRS in November 2007. "If I were to say one thing about the bankruptcy, I think it gives me a lot of empathy for how hard it is for small business people and just your average Joe and Jane taxpayer to navigate through hard economic times. That was the lesson I learned from going through that experience. As traumatic and hellish as it was, I learned a lot, and I think I'm a better person for it."

Issa's gold Personal financial disclosure reports for members of Congress covering 2008 have been filed, and they reveal that the richest local congressman is still North County Republican **Darrell Issa**. Noteworthy transactions of the multimillionaire, who made his fortune marketing Viper car alarms, include capital gains from sales of shares in AIM International Small Company Fund, BlackRock Large Cap Value Fund, Eaton Vance Asian Small Companies Fund, and BlackRock Pacific Fund, each valued at somewhere between \$1 million and \$5 million.

Issa collected the same range of income in rents and interest from DEI, LLC, which his disclosure describes as a "limited liability corporation that owns and manages office and light industrial property" in various parts of North County, Poway, and Cincinnati, Ohio. It is valued at greater than \$50 million.

He donated an \$825 fee he earned from a February 2008 appearance on *Real Time with Bill Maher* on HBO to an undisclosed charity. The poorest local congressman is also a Republican. **Duncan Hunter**, who succeeded his father this session, reported having no assets, gifts, or outside income.



Darrell Issa

— Matt Potter

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

Sticking with Stocks

By Don Bauder

How do you rebalance when the economy is so unbalanced? That is the question facing all money managers and particularly

the fiduciaries that run pension funds for employees. Periodically — say, once a year — the pension fund boards "rebalance" their portfolios, deciding how much will go into stocks, bonds, real estate, and other investments. They try to assess the economic future and figure how various investment strategies will be optimal for the long run.

The board of the San Diego City Employees' Retirement System has just completed its annual look into the crystal ball. The board made almost no strategy changes. That could have been a mistake.

Until the mid-1990s, 55 percent of the portfolio was in bonds — a conservative

strategy. Only 35 percent was in stocks then and 10 percent in real estate. In late 1994, the pension system decided to reduce bonds to 36 percent and raise stocks to 54 percent. Despite two debilitating bear markets in stocks in the last decade, the pension system has stuck with roughly that allocation.

The fund's target, for now, is for U.S. stocks to be 38 percent of the portfolio and foreign stocks 17 percent. But for the period ended March 31, U.S.



William Sheffler

stocks in the portfolio are down 37.75 percent in the last year, down 14.81 percent in the last three years, and down 4.38 percent in the last five years. Foreign stocks are down 46.27 percent in the last year, down 14.24 percent in the last three, and down 1.03 percent for the last five. By contrast, U.S. bonds are down 7.25 percent in the last year but up 2.79 percent over three years and up 3.24 percent over five years.

The total fund looks for a yearly annual return of 7.75 percent. But over the last year, the fund has been down 27.67 percent. Over three years it has been down 7.29 percent. Over five it has been up a meager 0.14 percent and over ten years up just 4.18 percent. Those percentages will rise when second-quarter figures come out after June 30, but they won't go up by that much. Generally, the fund has been underperforming or barely keeping up with its peers, except for the ten-year return, which has been very good, compared to other funds.

While the fund was performing or barely keeping up with its peers, except for the ten-year return, which has been very good, compared to other funds.

continued on page 8



Arthur Lipper

PHOTOGRAPH BY JOE KLEIN

San Diego's Hotel Business among Nation's Worst: The largest decline in the top 25 markets ...

Whistleblower Heads to Harvard: Diann Shipione has been admitted to the Masters Program in Public Administration...

Read Don Bauder news updates like these every day at SDReader.com

Neal Obermeyer



Fallbrook's Mine — A Hit or the Pits?

By Cindy Winslow

A pristine wilderness area northeast of Fallbrook is at the center of a heated controversy, pitting local residents against

a multibillion-dollar Fortune 1000 construction company. Five years ago Granite Construction announced its plan to develop a mile-long, 1000-foot-deep open-pit mine just north of the San Diego County line, near the town of Rainbow and west of the I-15. The proposed 155-acre project, named Liberty Quarry, would extract an estimated 270 million tons of aggregate materials over a period of up to 75 years.

Now, residents of Fallbrook, Rainbow, and Temecula are fighting to stop the quarry,

residents attended a public hearing of the Riverside Local Agency Formation Commission (LAFCO), an independent, state-mandated regulatory commission. The huge crowd spilled out into the lobby and nearby streets.

The purpose of the hearing was to decide whether to allow the City of Temecula to annex nearly 5000 acres of land, including the site of the proposed quarry. Approving the annexation would have stopped the mine in its tracks, as Temecula has a preexisting land-use plan that prohibits strip mining.



All American Asphalt quarry in Corona

San Diego County, comprises 4422 acres of the river valley. At the northeastern border of the reserve, the river begins its descent through the Temecula Gorge, whose cliffs at their steepest are over 230 feet high and near vertical. The river winds through rolling terrain, creating a patchwork of riparian zones shaded by willow, elderberry, and sycamore trees and dotted with coastal wood fern. The reserve is home to

endangered, rare, and endemic species and contains unique resources that are the last of their kind in the region. "It's what Southern California looked like 100 years ago," he says.

"The research conducted at the reserve is consequential to the nation and the state," he continues, "answering important questions on climate change, fire ecology, air quality, water quality, and endangered species."

How would the quarry affect the Santa Margarita River? Rahn says he is waiting to see the environmental impact report, scheduled for release within 30 days. "Given the large scale of the proposed quarry, we may experience impacts on water, air, seismology, habitat, species, light pollution, and noise pollution," he says. "These impacts may in turn impact our research on the reserve." Another concern, Rahn notes, is that the quarry site sits within Southern California's inland-to-coastal wildlife linkage, a corridor between the coastal Santa Ana Mountains and the inland Palomar range.

Rahn says that the scope of the impact on the reserve's programs is difficult to predict. "However, I can tell you that some long-term projects are hesitant to start work here, given the stigma that now looms over the reserve."

Just north of the SDSU reserve is a 22-acre avocado grove owned by Fred Hayes. He is one of a number of avocado growers opposed to the

continued on page 10



Santa Margarita Ecological Reserve

which they say would endanger the Santa Margarita Ecological Reserve, pollute their air, and subject them to the effects of the explosions required to excavate the rock — an estimated five blasts per week.

Granite Construction, however, maintains that the quarry would provide new jobs for the area and a cheap supply of aggregate, a construction material in high demand and short supply in Southern California.

On June 4, more than 500

However, after hearing nearly ten hours of testimony, the commission voted against annexation. The Riverside Board of Supervisors will now determine the quarry's future, perhaps by the end of the year.

The quarry site is in a mountainous area southeast of the Santa Margarita River, the last fully protected, free-flowing river in Southern California. The Santa Margarita Ecological Reserve, which extends from Riverside County into

184 species of animals, including golden eagles, bobcats, grey foxes, and California's only native freshwater turtle, the western pond turtle. Managed by the San Diego State University Field Stations Program, the reserve provides protected sites for research on Southern California ecosystems.

Dr. Matt Rahn, director of SDSU's Field Stations Program, says the property is an "amazing, one-of-a-kind location." The reserve is home to

STRINGERS

Big Bones of Contention

Downtown — For the past two months, the future site of Thomas Jefferson Law School in the East Village has been the location of an orderly protest regarding labor matters. At the southeast corner of 11th and Island avenues, there is a handful of men picketing



Pickers at 11th and Island

peacefully. Across the street, on the northeast corner of the intersection, another group of men can be seen propping up a labor-dispute banner.

Emblazoned on the banner in stark red ink are the words "SHAME ON," directed toward Thomas Jefferson Law School. While the banner takes a direct jab at the law school, the protesters on the other side of the street are protesting against J.T. Wimsatt Contracting Co., Inc., a company working on the Thomas Jefferson Law School project.

When asked what they were protesting about, a man holding the banner gave a shrug and pointed toward the direction of his counterparts across the street for answers. None of the men were willing to offer an explanation of their grievances.

"All I can say is that it's over a few different issues," explains John Flott, one of the men

picketing and a member of the International Union of Operating Engineers Local No. 12. "We are gagged," added Flott, who indicated that Union District Representative Dan Hawn be contacted for an official statement on the matter. Hawn was not immediately available for comment.

Despite their labor disputes, the men on strike believe that construction at the site will continue to move forward.

Locals are anxiously awaiting the completion of an eight-story campus but have been worried about further setbacks to the project, which has already seen delays from the discovery of mammoth, grey whale, and sloth fossils.

Editor's note: Chris Saunders, communications specialist for the Thomas Jefferson Law School emailed the *Reader* on Tuesday, June 23, to say that "construction of the downtown campus is seven to ten days ahead of schedule." Work was unimpeded by the fossil finds, says Saunders, "because the construction crews were able to work around the digs."

By Nathaniel Uy, 6/22/09

No More Eyesore

Ocean Beach — The casual observer may not notice the graffiti vandalism on



the walls south of the O.B. Pier or the cigarette butts and beer bottles littering the rocky shores, but those who hike O.B.'s paths, surf its breaks, or boat and dive offshore

continued on page 16

FREE-FREE-FREE-FREE

“Really Nothing is Free”

But purchase of \$899
INCLUDES

sheet set, 2 pillows, frame,
mattress protector, delivery, removal
of old bed, setup. Up to 18 months
no-interest financing OAC!

(May not be used in conjunction with other offers.)

Major brands up to 70% below retail price!



Simmons

**Diamond • Lady Americana • Sweda Elite Collections
Stress-o-pedic & many more!**

Super Pillowtop Mattress

Twin.....\$299	King.....\$599
Full.....\$359	Queen.....\$399



Euro Pillowtop Mattress

Twin.....\$299	King.....\$599
Full.....\$359	Queen.....\$399



Luxury Firm/Plush Mattress

Twin.....\$249	King.....\$559
Full.....\$329	Queen.....\$359



Lady Americana Sweda & Elite Collection

**Prices too
low to print!**



24-month financing available!

8400 Miramar Rd. • San Diego

858-695-6670 • FirstStopMattress.com

Mon.-Sat. 10 am-7 pm • Sun. 11 am-5 pm



CITY LIGHTS

Sticking with stocks

continued from page 6

dering its allocation this year, its consultant, Callan Associates, sketched out nine different scenarios for the board to consider. Under five of those scenarios, the bond portion would be sharply raised and stocks lowered. In one, stocks (both domestic and foreign) would go down to 31 percent and bonds up to 44 percent — a conservative allocation. In all but two of the scenarios, stocks would be below 50 percent.

But the board stuck with stocks. They remain above 50 percent, and bonds have only been nudged up a bit. William Sheffler, who recently left the board, says that for most portfolios, he prefers the conservative bond-heavy route. But the City's benefits schedule is very inflation-sensitive. For example, benefits are adjusted for inflation. "If we had inflation, benefit liabilities would start skyrocketing, and bonds wouldn't keep up," says Sheffler. "We need a decent equity component." (Bond prices go down during inflation periods, but stocks are likely to suffer too. And bond maturi-

CITY LIGHTS

ties can be laddered so the instruments are maturing as workers are retiring.)

In the second half of this year, 5 percent of the fund will go into private equity. That's the purchase of assets that are not listed on exchanges or the purchase of listed companies, taking them private, loading them with debt, and bringing them public again. The board has been working on this for eight years but could be plunging in at just the wrong time. The big private equity firm Kohlberg Kravis & Roberts lost \$1.2 billion last year. The board has decided against going into commodities and against raising its 11 percent stake in real estate to 15 percent. "That's too high," says Sheffler.

I interviewed San Diego market pros about asset allocation in this miserable environment; they weren't reflecting on the San Diego City Employees' Retirement System. Some believe that the economy is not turning around. The stock market rejoices when some statistic is slightly less awful than a year ago but ignores the bad news. Del Mar's Arthur Lipper, who has been watching markets and the economy for more than 55 years, says that the government's hurling money at the problem won't boost the stock market. "I am and remain skeptical," says Lipper, questioning whether consumer and capital spending, residential and commercial real estate, and exports can get any traction. Pension funds should strive for "the preservation of capital, not the enhancement of capital." If a fund buys stocks, it should sell options against those it owns to enhance

CITY LIGHTS

income. He prefers Canadian financial instruments to those denominated in the dollar. He would go into commodities — particularly gold.

E. James Welsh of Carlsbad's Welsh Money Management notes that some government statistics are pumped up artificially, and the market is jumping on the supposedly encouraging news. For example, the Labor Department grossly overestimates jobs that have been gained in small business. Actually, the nation has lost many more jobs than have been reported. Stocks hit a low in March and then staged a rally. "That low in March was not the end of the big bear market," he says. It's possible the economy won't come back, and stocks could see those lows again. He thinks bonds are fine if their maturities are structured to correlate with retirements. He doesn't like real estate. "Commercial real estate will be down for another year to 18 months, and housing is two or three years from the bottom," says Welsh.

Michael Stolper of Stolper & Co. doesn't like real estate. "It provides far greater benefits to the people who promote it than the people who own it. It doesn't favor passive investors," he says. Private equity is risky: sometimes great but often poor. Stolper believes there will be a recovery and likes stocks. "If you can stand the heat, it's crazy not to tilt toward equities. They are much cheaper than they were 18 months ago." History says that's the time to buy, he says. He points out, however, that for many years scholars have agreed that over long periods (say, 200 years) stocks have provided a better return than bonds. Now, however, some double-domes are challenging that thesis. If bonds have done as well as or better than stocks through the years, then a rethinking is in order, he says.

Neil Hokanson of Solana Beach's Hokanson Associates likes the predictability of high-quality bonds. However, quality stocks are paying good dividends now; he wouldn't argue

continued on page 10

Busting Out?
of your bra
Bras in hard-to-find sizes from B to L.
Also swimwear, maternity, and sports bras.
The Enchantress
1400 Camino de la Reina #121
Next to Mission Valley Hooters
619.294.4544
Appointment recommended

Rack & Roll

**7582 Clairemont Mesa Blvd.
San Diego • 858-560-8877
www.rack-it.com**

- Tows up to 300 lbs.
- Folds for easy storage

Experienced Tax Attorney

Master of Laws in Taxation Solution to IRS, FTB, EDD, and Sales Tax problems. Tax preparation. Consulting. Reasonable rates. Personal attention. Atty Ronson Shamoun, 619-595-1655, IRSsolution.com.

Bankruptcy Attorney 7, 13 Stop Lawsuits & Repossessions

Call to speak to attorney. Debt Relief Agency. 858-335-1162. BankruptcySD.com.

Ex-IRS Tax Attorney

Beat any price. Problems, returns, etc. 619-234-8471.

Modify Your Loan, Save Your Home Start Today As Low As \$199* Accredited Member of the BBB.

www.yourhomestart.com. Se Habla Espanol. DRE Lic# 01815297. Call Homestart today: 858-581-1800 or toll free: 888-219-9796.

Wipe Out 2nd Mortgages File Chapter 13 Bankruptcy

All work done by attorneys with 20 years' experience. 858-335-1162.

Auto Title Loan/Bad Credit OK

Keep the car, get the cash. \$2600/up. Loan pursuant to CFL license. checkscashed4less.com. 800-896-9062.

Meet Local Singles on Lavalife Voice! Call now! Must be 18+

619-618-2320.

Divorcing? Get Your Fair Share Through Mediation!

Work out a settlement with your spouse or partner rather than spending a fortune fighting in court. See: www.afairway.com. A Fair Way Mediation Center. 619-702-9174.

Simple Divorce \$149

Affordable rates, MC/Visa/Amex. Se habla espanol. Joseph B. Carnohan, Attorney. 760-722-8200.

Bankruptcy Chapters 7 & 13 \$300 Starts Representation

All work done by experienced Bankruptcy Attorney. BankruptcySD.com. 619-321-8125; 858-335-1162.

Divorce Easy \$79-Up

Affordable Legal Assistance, 619-479-4527.

Stop Home Foreclosure Ch. 13 Bankruptcy or Loan Modification

All work done by experienced attorneys with practice limited to bankruptcy mortgage laws. 858-335-1162.

Divorce "Self- Help" From \$85

Lowest cost services since 1976— Reg. #54 Custody/Visit/Support, etc. Direct: 619-454-0994.

Low Cost Divorce— Support

\$100 starts, easy payments, online divorce available. MC/Visa. #7. www.Legal-Choices.com. 619-593-6000.

Have You Been Ripped Off?

By a loan mod company? Partly to a contract? Anyone? Aggressive and affordable attorneys can help you. We also handle family, immigration & bankruptcy/debt matters. Paul Benson Myong & Pamilla— 877/443-7267

Bankruptcy?? Only \$800 Attorney's Fees

for unsecured debt. 24 years' experience. This combo can't be beat. 619-544-0669.

Get The Bankruptcy Facts

Straight talk from experienced bankruptcy lawyers. Free consult and free bankruptcy document kit: 619-295-3322. SanDiego-Bankruptcies.com.

DUI and Criminal Defense

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

DUI Defense Attorney

Experienced. Aggressive. Avoid court. Stay out of jail. Free consult. 619-564-8877. Visa/MC/Amex.

Is The IRS After You? Help Is At www.mtax.com

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

Chapter 7

Bankruptcy

\$1099

Complete. Includes fees.

Debt relief agency • Payment plans available
Appointments M-F 8 am-8 pm, Sat. 9 am-5 pm

Call for a free consultation.
Attorney Roger Stacy
888-210-4813

SE HABLA ESPAÑOL

\$999 Chapter 7 Bankruptcy Includes Court Fees

Attorney rep. \$300 starts. Asaph Abrams, Esq. Free consultation. BankonitSD.com. 858-344-0500.

Aggressive Female Attorney

Criminal/Family Law. Melissa S. Lubin, 619-232-2900.

Car Repo'd Or About To Be?

Call now to save it! 619-544-0669.

Expired Gift Cards/ Certificates

If you have an expired gift card or gift certificate, you may have legal rights. Call 619-239-1300.

Are You Facing Eviction?

Got a 3/30/60 day notice? Sued? Fight back! Call Attorney David Wolff. 760-632-8980.

Hypnosis— All Issues!

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

Stop IRS/State Cold!

Ex-IRS officer. Contact: D.M. Wayne, Tax Consultant. 858-614-0223. taxsolutionsservices.com.

Accident/ DUI Free Consult

Ex Asst. Attorney General Dan Sochor, 760-898-0950.

Bankruptcy- Low As \$750 Free Consult- Al Gross, Esq.

888-FAIR-PRICE (888-324-7774). AskAttorneyAl.com.

Ch 7 Bankruptcy \$1099 Complete Includes Filing Fee

Debt relief agency. Free Consultation. Payment plans available. 8am-8pm, Monday-Friday, and 9am-5pm, Saturdays. Over 9 years of experience. Se habla Espanol. Attorney Roger Stacy, 619-253-8141.

Facing A Foreclosure File 7 or 13 Bankruptcy

Save your home or wipe out negative equity. Free consultation with experienced attorney. 619-321-8125, 858-335-1162. BankruptcySD.com.

Got Warrants?

Felony, Misdemeanor, DUI & Probation Case Attorneys. Abby Ertz, Esq. 619-840-4566. Summer warrants \$649!

Quick & E-Z Divorce \$69.95/up

15 years' experience. Thousands of completed divorces. Issues: Child custody, support, property. 24/7 service. QuickandE-ZDivorce.com. 619-793-6796.

Tax Problems Solved!

Current and back taxes, offers-in-compromise, more. Low flat fees. www.tbiadvisory.com or 858-454-9031.

1st Loan Interest Fee! EZ Loans & Payday Advances

Two locations! National City: 888-819-7814, San Diego: 888-830-4143. Licensed Dept. of Corporations pursuant to CA Deferred Deposit Transaction Law.

Cash In A Flash, 50K to 1M+

Business & personal. Credit problems OK. Collateral required. Zurich Financial Consulting. 760-586-7789.

Strip Junior Liens. Ch. 13

Or fresh start in Ch. 7. Experienced bankruptcy. Stop all collections. Debt Relief Agency. Raymond Schimmel, Esq., 619-275-1520.

Start Your Credit Fresh

Bankruptcy made easy. bankruptcySD.com, 858-335-1162.

Car Accident Victims!

25% fee. Why pay more? Demanski & Ellis, Attorneys at Law, 619-338-9880.

IRS Problem?

There is a solution. Let a professional handle the IRS. Free consultation. Stephen Jackman, Tax Consultant. 619-225-9854 or skjtax@earthlink.net.

Sexually Harassed at Work? Hostile Work Environment? Discriminated Against? Wrongful Termination? Unpaid Overtime?

We are experienced in representing employees and will vigorously defend your rights. All too often, employees will ignore an unfair work situation, or will wait too long after a violation has occurred. Don't let this happen to you! Call attorney Michael Sousa today for a free, no obligation consultation. 858-453-6122 x15.

Eliminate Your Debts! Chapter 7 \$1000

Plus court fee. Eliminate your second mortgage! Attorney Kenneth Cooke with 16 years of experience, honesty, and excellent service handling personal, corporate, business bankruptcies, both Chapters 7 & 13. Doing business the right way! 619-425-5231. Open Monday-Friday, 9am-8pm; Saturday, 9am-5pm.

www.bankruptcysd.com Free Attorney Consult

858-335-1162, 619-233-4415.

Bankruptcy, Fast Divorce

We answer the phone— Talk to a lawyer— 8am-7pm. Low down payments— Same day filing— Free advice. FixedPriceLegalCenters.com (sm). 800-993-1998.

www.619Bankruptcy.com

Bankruptcy law firm. Free phone/in-office consult. Weekend/evening appointments OK. 619-794-0461.

Drunk Driving Attorney

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

Bankruptcy- Ch. 7, 11 & 13

Free consultation. Honest advice from an attorney. A debt relief agency. Avatarlegal.com, 858-793-9880.

Cash Fast!

\$500-\$1000/ day returning calls. No selling. IRS approved. "My first 72 hours brought me \$11,000." LeAnne, Housewife, L.A. 888-905-5888.

Affordable Family Lawyer

Divorce, domestic partnerships/agreements, custody, child and spousal support/modification, paternity. Call 858-490-4220 or visit us at www.GruclaLaw.com.

IRS Problems Got You Down?

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

Accident? Injury?

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

Traffic Tickets?

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

Aggressive Family Attorney Experienced in Divorce

Divorce, custody, support, property, and paternity. Call 619-542-1100. www.astephenrochawalaw.com.

Auto Accident? Other Injury?

Free advice! Injury Law Center, 619-338-8230.

The Recession Busters!

401(k) in the toilet? Lose your job? Can't make ends meet? Earn a substantial income with little time invested. 2-minute recording: 858-605-9308.

Don't Let IRS Ruin Your Life!

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

Affordable Legal Services

Do you need help with a criminal or civic matter? Call Attorney Mark G. Spencer at 619-233-8610.

Divorce/Custody/Support

Contact Happ Law Group P.C. 619-906-5800.

El Cajon Bankruptcy Lawyer

Free consultation. Reasonable fees. Office in El Cajon. (619) 794-0461, www.619bankruptcy.com.

Bankruptcy? Our Fees Are Less Than Those 'TV Guys'

23 years' experience in tax, real estate, plus bankruptcy. Craig Trenton, Esq. 619-544-0669.

No Recovery Means No Fee! Contingency Attorney Can Help

If you're injured in an accident, mistreated at work or need help with a contract or insurance claim, we'll fight for you! We're experienced and aggressive. Consultation is free, so what have you got to lose? Don't hesitate, call us today: 619-239-1300, e-mail: morris@sandiegolegal.com. Morris and Associates. Personal Injury, sexual Harassment, business Litigation.

You Can Make More Money and Get a Better Job

We make it easy to get started

MEDICAL

Topics for:

- Medical Assisting
- Respiratory Therapy
- X-Ray Technology (Ltd. Scope)
- Laboratory Technology
- Pharmacy Technology
- Healthcare Administration
- Medical Coding/Billing
- Nursing Administration
- Medical Specialties
- Medical Office Administration

Preparation for Certifications/Licensure**

COMPUTERS BUSINESS & ACCOUNTING

- Financial Aid Available for Qualified Students
- Associate's, Bachelor's & Master's Degrees
- Employment Assistance for Graduates
- Preparation for Certifications and Licenses*
- Accredited Member ACCSCT
- Programs Approved for Veterans

Evening, Day & Online Classes Start Next Month!

LAPTOP COMPUTER!

Use it in college and keep it when you graduate. Certain restrictions apply. Call for details.

California College San Diego
2820 Camino Del Rio South, San Diego, CA 92108

1-800-622-2416

www.californiacollege.info

Sticking with stocks

continued from page 8

with a portfolio that is 50 percent in equities. He likes commodities. "If a committee is concerned about inflation, commodities would be one tool in its quiver," says Hokanson. He has a problem with venture capital, hedge funds, private equity funds, and the like. "The trouble is opacity. If you don't know what is going on and don't understand it, you are gambling with investors' money."

Welsh thinks a pension fund should constantly re-evaluate its portfolio — not set targets once a year or so. "We will probably be in a volatile environment for the next five to ten years. It will be so unpredictable, the only constant will be staying on your toes and being flexible — not being married to one scenario," he says. "So the fiduciary of a pension fund should look at asset allocation on a regular basis." ■

Fallbrook's Mine

continued from page 7

quarry. Hayes worries that the quarry's need for water would have a devastating effect on local growers. A report released by Granite indicates that the quarry would use up to 162,925,500 gallons per year.

"If, in fact, Liberty Quarry becomes a reality, at worst, it could virtually destroy the avocado industry in this area, and at best, it would have the probability of putting 30 or 40 producing groves out of business," says Hayes. He points out that growers are already under a 30 percent cutback in water due to the statewide drought.

Hayes attended the commission hearing and, together with Ohannes Karaoghlanian, another local grower and a member of the California Avocado Commission, made a 15-minute presentation to the board. Hayes says that the public hearing was a "mere formality," that the commission-

ers had already made up their minds.

"I was, to say the least, disappointed by the LAFCO ruling against the City of Temecula's annexation — disappointed but not surprised," says Hayes. "I had the sense that the hearing was merely to go through the motions when I saw the LAFCO staff had recommended against approval of annexation at least a week prior to the hearing," he says, referring to the staff report released to the public one week earlier. "In my opinion, the LAFCO commission hearing was a farce."

Wallace Tucker, chairman of the Fallbrook Land Conservancy, was also disappointed with the commission's decision. "They had good reasons to accept the request for annexation — local control of land use, integrity of the county-wide habitat plan — yet they punted the issue to the county," he says.

Tucker believes that the proposed quarry would destroy

the wildlife corridor and compromise a world-class research facility. "It also has the potential to adversely affect air quality for several miles around the quarry and the water quality in Rainbow Creek and the Santa Margarita River." Rainbow Creek flows east and south of the quarry site.

Another local resident at the public hearing was Jerri Arganda, who lives in Rainbow. Arganda, founder of Rainbow Against the Quarry, a citizen action group, says her group is working hand in hand with a Temecula-based group, Save Our Southwest Hills, to stop the quarry.

Opposition to the quarry has grown to "enormous proportions over these last years," says Arganda. "I would guess we have well over 35,000 signatures on petitions. We have around 400 businesses and nonprofit groups individually signed up to oppose the quarry, and we have nearly 100 medical doctors who have publicly opposed the quarry." Arganda

mentions that recently the San Diego Sierra Club, with 14,000 members, also publicly announced its opposition to the quarry project.

Arganda feels there is a lack of response from San Diego politicians, despite the public outcry and protests.

"In my opinion, Supervisor Bill Horn should be involved," says Arganda, noting that she has met with Horn at his office and spoken with his land-use planner several times. "Even though the mine is just over the county line, the effects will be devastating to San Diego County roadways," she says. "The exit and entrance to the mine is in north San Diego County, at Rainbow Valley Boulevard, and 1600 truck trips per day would enter the freeway here."

Supervisor Horn, whose district covers nearly 1800 square miles of northern San Diego County, including Fallbrook and Rainbow, has not taken a position on the quarry. According to his chief of staff,

Joan Wonsley, "There was no need to take a position, because he never had any influence on their jurisdiction." However, Wonsley says, "Supervisor Horn asked San Diego County staff to make comments that will be included in the EIR about the traffic issues related to the access road. The quarry access road does fall in our jurisdiction."

Temecula pediatrician Daniel Robbins is one of a group of 93 area physicians who oppose the quarry.

"It has been well established that gravel quarries pose health risks," says Robbins, who is especially concerned about the spread of silica dust through strong winds in the area.

"Microcrystalline silica is produced in the mining process," says Robbins. "It is a particle small enough to enter the smallest part of our lungs, the alveoli, where oxygen is exchanged. They create inflammation in these air sacs, and over time, depending on the amount

continued on page 12

**Drop 10 to 20 pounds and
Lose 3 to 5 inches each month!!!
FREE 12-Week
Body Transformation!!!**

No Catch!

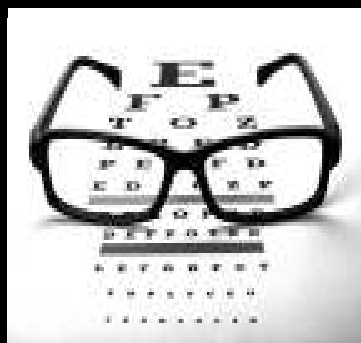
- * No Bull! This is NOT a "come-on" or a scam
- * Nutritionally supervised eating program included
- * Our facility is centrally located and freeway-close
- * Thousands have had their lives changed by Dave DePew's programs
- * It could be you – Enter today!

SPACE IS VERY LIMITED



To apply online go to:
www.90DaysFreePersonalTraining.com
or call 858-581-3090

Need Contacts or Glasses?



Expires July 10, 2009

Free Eye Exam

(With purchase of frame & lenses.)
New patients only. With no insurance. Savings of up to \$190.
Cannot be combined with any other offer. Expires 7/10/09.

**Contact
Lens Exam \$85**

Includes eyeglass prescription, fitting,
follow-ups, and solution kit.
(Toric, multifocal and gas perms slightly higher.)

New patients only. With no insurance. Savings of up to \$180.
Cannot be combined with any other offer. Expires 7/10/09.

25% Off Frames

with purchase of lenses.

Not to be used in conjunction with insurance
or any other offer. Expires 7/10/09.

We accept VSP and other insurance.

Authorized center for: Prada • Fendi • Dolce & Gabbana • Gucci • Bvlgari • Dior • Bebe
Nicole Miller • Ray Ban • FYSH • Maui Jim • Armani Exchange • Guess • Cole Haan
Gianfranco Ferré • Klik • Moschino • Dunhill • Missoni • Izod & more



Farzad Yaghouti, MD
Medical Director

1-888-666-1549

6950 Friars Road, Suite 100
Across from Fashion Valley Mall

Se Habla Español • Promo Code: RDR0625



**GLOBAL
LASER VISION
MEDICAL CENTER, INC.**

Interested in iLasik? Call 1-888-667-7698 Today!



TOP QUALITY COLLECTIVE

*Medical
Marijuana
Walk In
Dispensary*
**ASK ABOUT OUR
WEEKLY RAFFLE!**

**GRAND
OPENING**



**90-Day Flower
Afghani**

\$5 OFF

W/ THIS COUPON ANYTIME

One coupon per customer, per visit.
Coupon not valid with any other offers.

In accordance with Prop 215 S.B 420 H&S 11362.5

858-541-2001 · 7933 Balboa Ave
Between Honey's Cafe & ORW · Behind Balboa Vet
Sun-Thurs: 10am-12am · Fri & Sat 10am-2am · 18+ only
www.topqualitycollective.com

CITY LIGHTS

CITY LIGHTS

CITY LIGHTS

Fallbrook's Mine

continued from page 10

of exposure, lung damage can result.”

As a pediatrician, Robbins says he is worried about the effects on his patients. “I am concerned about the premature babies I care for who have underdeveloped lungs,” he says. “They would be especially at risk.”

Robbins notes that at least ten schools in south Temecula are close to the mine site. “These children will be outside playing during blasting times and while the wind is blowing,” he says.

Attendees at the commission hearing also included representatives of Granite Construction and supporters of the quarry project.

Granite Construction was pleased with the outcome of the hearing. “This is a big win for economic stimulus, local jobs, lower construction costs, improved traffic conditions,

and better air quality,” says Karie Reuther, director of community relations for the company.

“There is a lot of support in the area for the proposed Liberty Quarry, based on the extensive outreach we have conducted in the last two to three years,” Reuther says, noting that the company has offered tours of similar facilities in Indio, held town hall meetings, and provided technical information on its website.

According to Reuther, Liberty Quarry would create 100 new local jobs and provide \$2.2 million a year in new revenue to Riverside County. Air quality would be improved, she explains, by having aggregate locally available rather than hauled in from distant locations.

Reuther feels that the opposition to the project “stems from a lack of understanding or a failure to even bother with the facts.” She says that all of the relevant issues that have been raised by the community and regional agencies will be

examined.

“These issues are being studied in extensive detail, and mitigation measures will be proposed to minimize any impacts, but the opposition is making claims that are not substantiated by scientific fact or independent studies,” she says.

Legal battles over quarry sites are not uncommon. According to Reuther, Rosemary's Mountain Quarry in Fallbrook took 23 years to permit.

Fallbrook resident Richard Brady, a Liberty Quarry supporter, has worked in the sand and gravel business for many years. Brady feels that San Diego County's construction industry needs the quarry. “San Diego County, as well as Southern California, has a serious shortage of aggregate,” he says.

Temecula resident Vince Davis also supports the quarry. He joined a pro-quarry advocacy group, Friends of the Liberty Quarry, about a year ago. Davis says he had been

continued on page 14

“Compassion and Quality above the rest!”

DO YOU SUFFER FROM?

- Cancer
- Depression
- Anorexia
- Anxiety
- Glaucoma
- Anxiety
- AIDS
- Chronic Pain
- Insomnia
- Arthritis
- Spacticity
- Auto Accidents
- Sports Injury
- Or other pain.....

Then you qualify for medical marijuana! -ask us how!



Wes + Coast WELLNESS
SOCAL'S PREMIER CAREGIVER

Little Italy
2215 Kettner Blvd.
San Diego, CA 92101
8am-8pm Mon thru Fri
10am-8pm Sat and Sun
Phone: 619.238.3538

College Area
6956 El Cajon Blvd.
San Diego, CA 92115
9am-9pm Mon thru Fri
10am-9pm Sat and Sun
Phone: 619-238-3538

College location opening June 1!

Free gram with every new patient!

Free pre-roll with every donation!



FRANK HYUNDAI **#1 HYUNDAI DEALER IN SAN DIEGO**

\$7995 Net cost
10 at this price.

THE ONLY **HYUNDAI** CAN SAY SALES EVENT

2009 HYUNDAI ACCENT
Sale price \$8495
Military rebate \$500
Net cost \$7995

\$119 /mo.

24-hr. credit approval hotline
877-LOANTODAY (877-562-6863)

2009 HYUNDAI SONATA GLS

\$189 /mo. 6 at this payment.

MADE IN USA
SONATA IS MADE IN AMERICA

America's Best Warranty[®]
10-Year/100,000-Mile Powertrain Limited Warranty

HYUNDAI Assurance

HYUNDAI

3150 National City Blvd., National City "Mile of Cars" • 619-474-5502

All prices exclude government fees and taxes, any finance charges and dealer preparation charges, and any emission testing charge. Incentives subject to change by Hyundai Motor America. Expires 7/5/09.

MERCATO



**LITTLE ITALY
FARMERS' MARKET**

Visit the Little Italy Mercato
at Date & India Streets
9 am to 1:30 pm Saturdays
year-round, rain or shine.

www.littleitalymercato.com

Sweet and juicy Valencia Oranges 5lb. bag - \$3.00

Regular price \$4. Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



**Schaner
Family Farms**
Family owned and operated
since 1982. No herbicides,
chemical fertilizers or sprays.

FREE whole live urchin

with purchase of 3
Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



San Diego Kelp Products

FREE smoked salmon spread/dip

with \$15 purchase
Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



**Omega
Me Well**
San Diego's Best
Gourmet smoked salmon

1/2 off organic coffee with purchase of 2nd bag at regular price (of equal or lesser value)

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



Café Virtuoso

We are dedicated to
providing fresh Specialty
Certified Organic Coffees
while promoting social and
environmental responsibility.

FREE treats or FREE can of food with purchase of a bag of dry pet food

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



Natural Pet

\$2 off sea salts with minimum \$15 purchase

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



She Sells Sea Salts

We have Black Truffle Salt & peppercorns, too.

\$1 off a bottle of Avocado oil

(regular or lemon-flavored)

Regular price \$8.

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



\$1 off the purchase of 2 Paninis

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



**Seb's
Paninis**

\$1 off any curry or stir-fry meal

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



**The
Black Thai**
Authentic Thai Food

5% off advance orders

Order at the Mercato
or e-mail dave@heafner.org

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



Da-Le Ranch

www.Da-Le-Ranch.com

Free shot of organic Espresso

Add to any drink or enjoy on its own.

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



JOES ON THE NOSE
THE SEASIDE ORGANIC
COFFEE TRUCK.

We are on the corner
of Date & State.

1 pack of pita bread for 99¢

with purchase of 2 hummus!

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



**Baba
Foods**

Makes the finest Mediterranean cuisine.
Our foods are made with all-natural ingredients
and no preservatives.

Organic white nectarines

\$1.99/lb.

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



Lone Oak Ranch

\$2 off w/minimum \$12 flower purchase

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



**Maldonado
Growers**
at the corner of
Date & India

FREE lemon bar w/purchase of 1 pint of "Almost Famous" Turkey Chili

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



**Montana's
Savories
& Sweets**

FREE salmon dip and FREE ceviche

w/\$20 purchase

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



**World Famous
Smoked Fish
Company**

\$1 off a \$5 minimum purchase

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



**Polito
Family
Farms**

Citrus, avocados,
fresh juice

Buy 1 BBQ Sandwich, get one 1/2 off!

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



Ranchwood Deli & Catering

\$2 off 1 lb. of mixed olives

Reg. price \$8/lb.

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



Lisko Imports

at the corner
of Date & India

FREE loaf of bread with purchase of 2 loaves or FREE scone

with purchase of loaf of bread
Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



**Belen
Artisan
Bakers**

10% off fresh roasted chilis! Your Hatch chili connection!

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



**Richie's
Roasted
Products**

3 fresh cream-filled cannolis for \$8

Filled while you wait!

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



Lisko Imports

at the corner
of Date & India

Save \$4 on a fresh pasta & 1 pesto, only \$11

Valid Saturday, June 27, 2009 only.
One coupon per customer per booth.



**Lisko Imports
at the corner of
Date & India**

Fallbrook's Mine

continued from page 12

approached to sign a stop-the-quarry petition outside a grocery store two years ago and wanted to look into the issue.

"I wanted to do my own homework, so I went to an open house put on by Granite Construction. They brought in a team of experts to answer questions about the quarry. They had the dust guy, the sound guy, the traffic-study guy, the biologist — it wasn't a lecture but a chance to come and get your questions answered," says Davis.

Davis believes that the construction company has addressed all the potential problems. "Let's take some of the issues — noise and silica dust, for example. All of these are legitimate issues, real issues. My question was, have they found a way to solve the problem?" says Davis. "The people on the opposite side of the issue don't realize that with all of

the new technology, all of the problems with dust and noise are solved."

As to the benefits of the quarry, Davis responds, "The benefits to me personally, probably nothing, but the benefits to the community would be great. We need aggregate to make concrete, and San Diego has a shortage of it. Right now, they're importing it from Corona and beyond. The quarry would be a lot closer to the target market," he says. "When you build Petco Park, for example, you need a ton of construction materials. Downtown San Diego needs new asphalt for its streets. Having a closer source of these materials is going to save costs."

Responding to quarry protesters, Davis says, "It won't be a scar that is the eyesore people worry about. None of the quarry will be directly visible from the surrounding area, because of the hillsides," he adds. "The only way you would know there's a hole in the ground would be to fly over

the area with a helicopter."

Davis thinks that there is no other place they could put the quarry. "If they move the location, there would still be protests but with new names and new faces."

O.B. Johnson, chairman of the Friends of Liberty Quarry, says that support for the quarry continues to grow weekly. "Over 1000 individuals have submitted Friends of Liberty Quarry registration cards," he says.

According to Johnson, "As many take advantage of the tours of the Indio quarry and take the time to delve into the facts as to how the quarry will impact our area, they become enthusiastic supporters."

In the upcoming months, Granite will be holding informational meetings at various locations to educate the public about the benefits of having a quarry in the area.

"However," says Johnson, "I know that no manner of education or information will convince our hard-core opponents that a quarry is needed." ■



Considering Laser Vision Correction?

Compare what we offer to what other San Diego surgeons offer.

	West Coast Eyecare	Other Eye Surgeons
■ Is your doctor "I Lasik" certified?	Yes	?
■ Will your exam, surgery and follow-up care be provided by the same doctor?	Yes	?
■ Do they use the new "Iris Registration Tracking Device" for a safer, more effective procedure?	Yes	?
■ Do they offer 4th generation FS Intralase to create a safer, faster, more controlled, bladeless all-laser procedure?	Yes	?
■ Do they have hidden prices or add-on fees?	No	?
■ Will they diagnose your vision needs and recommend the most appropriate refractive surgery (LASIK, CK, PRK, Multifocal Implants/Restor, etc.)?	Yes	?

Call Angela for a free consultation

Refractive procedures from \$999 per eye*
Free \$500 Gift Card with Custom Intralase*



"Having the LASIK procedure has completely changed my life. I never thought I'd be so excited to wake up and be able to see my alarm clock! As nervous as I was to have this procedure done, Dr. Katzman and his staff were extremely comforting and explained everything as it was happening. I'd go back and do it a million times to keep my vision as perfect as it is now."
 - Marisa K.

Dr. Barry Katzman voted one of San Diego's "Top Doctors" by San Diego Magazine

"America's Top Ophthalmologist"

from Guide to America's Top Ophthalmologists from Consumer Research Council of America.

West Coast Eyecare has helped San Diego see clearly for over 25 years.
 Six Locations: College Area/La Mesa • El Cajon • South Bay
 Clairemont/Mira Mesa • Escondido/Vista/RB • Alpine

WestCoastEyeCare.com • 1-800-631-4590

*See office for details. Cannot be combined with other offers.



Go Green... Recycle Your Jewelry! Buyers of Gold, Jewelry and Estates!



Rock-n-Gold Creations
 Fine Jewelry Design Centre
 8199 Clairemont Mesa Blvd. H
 San Diego 92111
 858-571-4560

Appointment recommended.

Dealer 3711.1891
www.rockngold.com

Recommended by & Featured on



REDESIGN · REPAIR · RECYCLE



Hurry! Andy President of Car Audio Heaven is delirious with the worst case of swine flu on record. He's giving away product for up to 70% off

UNGO Car Alarm Blowout
Starter Kill, Light Flash Shock Sensor with a warnaway, code hopping, status LED light, (1) 5 button remote with LED display to show you which zone is violated graphically. Alarm Pages you when triggered. optional REMOTE START!
 Model SR6000 installed **\$199**

VIPER® Car Audio Heaven announces an incredible promotion on top-of-the-line Viper car alarms. VIPER®

Buy one of the fantastic Viper car alarms below and save up to \$150 by receiving a gift card you can apply towards your purchase instantly.

VIPER® Car alarm
 Starter kill, lights flash, door protection, impact sensor with warnaway and code-hopping technology. Limited lifetime warranty.

Purchase price	\$199
- Gift Card	-\$10
You pay	\$189

Receive a **\$10 Instant Gift Card with this item.**
 As calculated in box at left.

VIPER® Paging Car Alarm Blowout!
 New technology car alarm pages you when your car is tampered with or alarm is triggered. Bright LCD display shows you which zone has been violated. Includes installation.

Purchase price	\$399
- Gift Card	-\$150
You pay	\$249

Receive a **\$150 Instant Gift Card with this item.**
 As calculated in box at left.

VIPER® Blowout Deal on a New Technology Extended Range (up to 1 mile) Paging Car Alarm with Remote Car Start
 New technology car alarm pages you when your car is tampered with or alarm is triggered. Bright LCD display shows you which zone has been violated. Includes installation.

Purchase price	\$499
- Gift Card	-\$150
You pay	\$349

Receive a **\$150 Instant Gift Card with this item.**
 As calculated in box at left.

KENWOOD In-dash stereo



200-watt AM/FM, detachable-face CD, iPod jack, and RCA output to add amplifier. Authorized Kenwood dealer. Installation charges not included.

\$69

ECLIPSE

New for 2009 - Introducing a fantastic new in-dash navigation unit with a 4.3" color touch screen TomTom portable unit which snaps into the front panel of this unit. Leave it in dash or take it with you for portable navigation. Also includes AM/FM/CD/MP3/DVD and iPod control. Navigation features voice guidance and 2.98 points of interest. This unit has built-in Bluetooth for hands-free calling. You can also add an optional backup camera or satellite radio.



Hurry! only \$799

Authorized Eclipse dealer. Installation charges not included.

Clarion 200-watt AM/FM/CD/MP3/Wma Player with Detachable-Face, Wireless Remote Control and iPod Control



Save 70% off MSRP of \$169

- 3 sets of preamp outputs for 3 amps
- Front USB input for iPod and front input for portable MP3 player
- Optional satellite radio or CD changer

\$99

Authorized Clarion dealer. Installation charges not included.

ECLIPSE

New for 2009 - Introducing a fantastic new in-dash navigation unit with a 7" touch screen color monitor, DVD, CD, MP3 with iPod Control (cable optional), Built-in Bluetooth for Hands-free Calling. Navigation has turn-by-turn voice guidance, 12.3 million points of interest & icons for specific landmarks. Optional satellite radio, HD radio and rear-view camera, 6-channel 5v preamp outputs for connecting multiple amplifiers.



Free standard installation. Install parts extra.

\$1299

Authorized Eclipse dealer.

AUTOPAGE

Super Sale on a Remote Controlled Car Alarm



Two (4) Button Remotes, Shock Sensor with a Warnaway, Flashing Parking Lights, Panic Feature, Code Hopping Technology

Includes install **\$99**

AUDIOVOX

Rear-View Backup System with Rear-view Camera and Mirror with Screen



Automatically activates when you back up.

Save \$100 off MSRP **\$99**

KENWOOD New Double - Din



200 watt AM/FM CD MP3 player. Fits Ford, Honda, GM, Toyota, Chrysler, Chevy, Dodge, Jeep, and more. Wireless remote Control, 3 band eq, Model Dpx 302

Optional iPod Control, Satellite Radio, HD Radio, Bluetooth for Hands-free Calling, Front Aux-in for iPod or MP3

\$199

Authorized Kenwood dealer. Installation charges not included.

KENWOOD Huge Blowout on a 200-watt AM/FM/CD/MP3 Player Includes built-in Bluetooth with microphone



Front-panel USB iPod input. Built-in Bluetooth for hands-free calling. Optional satellite radio. Includes wireless remote, iPod control.

\$199

Authorized Kenwood dealer. Installation charges not included.

MTX Blowout Deal on (2) 900-watt Peak Dual 12" Woofers in a Box and a 600-watt Class D MTX Jack Hammer Amp!



Hurry! Save over 44% on both for only \$249

Authorized MTX dealer. Installation charges not included.

Item of the Week!



The World's Leader in Mobile Speaker Technology Comes to Car Audio Heaven. We are celebrating by offering this unprecedented special:

Buy one pair of speakers at our everyday Low Price and get the second pair of Equal Value speakers or less speakers at **50% off**. Hurry for best deals !!!!!



Avoid a backup accident

This package will warn you with an audio signal if you are too close to an object when backing up. Also has an LCD distance-warning display. Installation charges not included.

\$79

iPod wired directly to your stereo



Apple iPod Solutions will add sound directly to your radio. No noisy FM modulator. JVC, Kenwood, Pioneer, Alpine, GM, Chrysler, Nissan, Ford, Honda, Mercury, VW, Toyota, Audi and Acura. Installation charges not included.

Call for price!



Our Window Tint Department has tripled in size with outstanding quality. Rear 3 windows some cars \$99

There are shade limitations for this special

KENWOOD Huge Blowout on a 200-watt AM/FM/CD Player with Front-Panel iPod Input



Includes (4) 120-watt 6.5" Speakers
 Save over 50% off MSRP **\$149**

Authorized Kenwood dealer. Installation charges not included.

Car Audio Heaven

- El Cajon City** 619-444-2021
1225 Broadway
- Sports Arena** 619-574-0770
3713 Rosecrans Street
- Kearny Mesa** 858-505-9099
8199 Clairemont Mesa Boulevard
- San Diego** 619-287-4422
4951 El Cajon Boulevard

STRINGERS

continued from page 7

notice the eyese.

Which was why on a recent overcast Saturday morning, an ad hoc group of volunteers scrambled over the slippery rocks, hauling in power generators, air compressors, and painting supplies and hauling out bags of trash. Organized online via OBRag.org and social networking sites, the volunteers from O.B. and surrounding communities, such as Jon Carr, an independent video journalist, and Ed Baier, and professional painter Luciano Alexandre, joined together to take a first pass at sprucing things up. "I never realized how unsightly it was, and I walk these cliffs every weekend," says Shawn Conrad, an O.B. resident and volunteer. "It's not representative of O.B."

By Steve Perez, 6/2

State's TB Scare

San Diego State — A San Diego State University student who attended classes during the spring 2009 semester has been diagnosed with active, infectious tuberculosis. The student is considered to have been contagious between March 1 and May 21.

According to Dr. Gregg Lichtenstein, Medical Director of SDSU Student Health Services, due to confidentiality reasons, the student's gender or other potential identifying information cannot be divulged. University officials have been working to notify approximately 1000 individuals who were in contact with the student. In email and letter notifications, the university is recommending prompt tuberculosis skin testing to determine whether or not infection has occurred.

By Cindy Winslow, 6/20

La Policia Scare the Pants Off Prostitutes

Tijuana — Two hundred and fifty heavily armed and armored police from three branches of Mexican law enforcement raided several nightclubs, hotels, and pleasure emporiums in Tijuana's Zona Norte nightclub district on Friday night, according to Tijuana dailies El Mexicano and Frontera. The commando-type raids included members of the municipal police force, the Federales, and immigration enforcement.

During the pandemonium, theft and debauchery under color of authority ran rife. Several exotic dancers, go-go girls, sexoservidores (prostitutes), and their patrons were physically assaulted and forced to undergo body searches. Several complaints were filed by accosted females, citing



Tijuana's Zona Norte nightclub district

inappropriate groping and robbery foisted upon them by the attacking horde of lawmen, clad in bullet-proof vests, riot helmets, and body armor and brandishing high-powered automatic assault rifles and pistols. The abusive assaults were caught on security video cameras and were turned over to local news media. Booty stolen by the badge-bearing bandits included money, cell phones, radios, cameras, perfume, and even women's underwear.

One irate courtesan complained of being robbed of \$900 U.S.

Cesar Sanchez, president of the Asociacion de Empresarios Turisticos, said the raids and subsequent forced body searches were made without obtaining the proper court-ordered warrants and only succeeded in scaring patrons and diminishing international trade and tourism on Tijuana's famous strip-club strip located on Coahuila Boulevard.

By T.B. Beaudreau, 6/18/09

Comments

1. You left out the part where over 100 people were arrested and failed to note that prostitution is illegal in Mexico. Also, it's shooting fish in a barrel when you're permitted to conclude that all Tijuana cops are thieves without fear of slander. And it's lovely to see that no name is attributed to this piece of crap sensationalistic garbage.

By refriedgringo 3:35 p.m., Jun 18

2. Yeah I like how we're suppose to keep coming to Mexico but not be afraid to get kidnapped and shot. Oh well, still rather go to Zona then meet the ladies off adult craigslist.

By boner213 3:30 p.m., Jun 18

3. What time and what bars were raided? I was in Chavelas, Hongkong, and Tropical all evening Friday. Didn't see anything. They do periodically check the bars to ensure the women have their work IDs. That is a good thing as most of the bars will allow women to work without them. I think Hong Kong and Adelitas are the exceptions.

By Poncho Villa 4:15 p.m., Jun 18

4. There's more to story than this, guys. A lot of these girls also do side-work. Sometimes they run cash down south, drug money paid to the cartel(s) when it can't be banked. Cell phones are often checked routinely for this reason. The cops routinely shake down part of Zona Norte for that reason alone.

By refriedgringo 4:22 p.m., Jun 18

5. This is not anywhere near a piece of valid journalism. Opinion and hyperbole is not a substitute for attributable facts. There could have been a news story here

continued on page 18

NATIONAL UNIVERSITY GOLF ACADEMY
 Opening in September 2009

- Online or on-campus programs
- State-of-the-art swing lab
- Financial aid available
- Associate of Arts with a concentration in Professional Golf Management
- Bachelor of Arts in Sport Psychology
- Plus, certificate and high school programs

ENROLL TODAY!
 877-NUGOLF-1
 WWW.NUGOLFACTHEDMY.ORG

NATIONAL UNIVERSITY GOLF ACADEMY

© 2009 National University 7674-7826
 705 PALOMAR AIRPORT ROAD, CARLSBAD, CA 92011

soft contacts
\$116 complete
 2 pair

Includes exam & follow-up. Daily or extended wear. Bausch & Lomb SL38. Some power restrictions.

Eye Exam Special \$143 complete
 Includes exam, spring-hinge metal frames, S.V. plastic lenses.

Eye Exam Plus \$176
 Eye exam, one pair of glasses & two pair of contact lenses.

Colored Contacts \$45 3 pair
 With prescription.

Dr. Phillip Levy, O.D., Family Optometrist
 5020-B Baltimore Dr., La Mesa (Next to Starbucks)
1.877.209.8142

Offers do not include previous purchases, other discounts, specials, or 3rd-party plans. We accept most union and insurance plans. Single-vision plastic lenses. Restrictions apply.

FREE LEGAL GUIDE

CALL 619-233-9797 NIGHT OR DAY 7 DAYS A WEEK

AT THE PROMPT PRESS THE 4-DIGIT EXTENSION OF THE CATEGORY THAT INTERESTS YOU.

OR VISIT OUR WEBSITE: SDREADER.COM/LEGAL

■ EXTENSION 1000 ■

PERSONAL INJURY



Sponsored by
Julia E. Haus
Law Firm
550 West C Street
Suite 620, San Diego
619-234-1100
www.hauslaw.com

- 70 MOTOR VEHICLE ACCIDENTS
- 71 WRONGFUL DEATH/CATASTROPHIC INJURIES
- 72 MEDICAL MALPRACTICE
- 73 TRAUMATIC BRAIN INJURIES
- 74 PREMISE LIABILITY/SLIP & FALL
- 75 EMPLOYMENT LAW
- 76 DEFECTIVE PRODUCTS
- 77 ABOUT JULIA E. HAUS LAW FIRM

■ EXTENSION 1019 ■

SOCIAL SECURITY AND DISABILITY



Sponsored by
Anthony J. DeLellis & Associates
1545 Hotel Circle South
Suite 150, San Diego
619-278-0900
www.delellis.com

- 20 OVERVIEW OF SOCIAL SECURITY
- 21 FILING A CLAIM
- 22 RETIREMENT BENEFITS
- 23 SURVIVORSHIP BENEFITS
- 24 LUMP SUM DEATH BENEFITS
- 25 FAMILY RELATIONSHIPS
- 26 DISABILITY BENEFITS
- 27 HIV AS A DISABILITY

■ EXTENSION 1007 ■

TENANT/LANDLORD

- 80 EVICTING A TENANT
- 81 CAN I BEAT MY LEASE?
- 82 WARRANTY OF HABITABILITY
- 83 RENTAL AGREEMENTS
- 84 SECURITY DEPOSITS
- 85 ENFORCEMENT OF THE LEASE
- 86 30-DAY NOTICE

■ EXTENSION 1001 ■

CRIMINAL LAW



Sponsored by
The Law Office of Douglas Holbrook
850 25th Street
Suite 100, San Diego
619-232-2020
www.douglasholbrook.com

- 20 WHEN DO I NEED AN ATTORNEY?
- 21 WHAT IF I'M WRONGLY ACCUSED?
- 22 SHOULD I ANSWER QUESTIONS?
- 23 MUST I SUBMIT TO A SEARCH?
- 24 COULD I RESIST AN ARREST?
- 25 WHAT IF I FAIL TO APPEAR?
- 26 CAN MY RECORDS BE CLEARED?
- 27 ALCOHOL, DRUGS, HIGH CRIMES

■ EXTENSION 1002 ■

BANKRUPTCY/CREDIT LAW

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



Sponsored by
Deborah L. Raymond
445 Marine View Ave.
Suite 505
Del Mar
858-481-9559

- 30 NEW BANKRUPTCY LAWS
- 31 WHAT IS CHAPTER 7 BANKRUPTCY?
- 32 WHAT IS CHAPTER 13 BANKRUPTCY?
- 33 WRONGFUL CREDITOR FEES & ACTIONS
- 34 COLLECTION AGENCY HARASSMENT
- 35 VEHICLE REPOSSESSION
- 36 FORECLOSURE ON YOUR RESIDENCE
- 37 INACCURATE CREDIT REPORTING

■ EXTENSION 1018 ■

EMPLOYMENT/LABOR LAW



Sponsored by
Latorno & Graves
San Diego
619-234-3323
Escondido
760-741-7544
www.latornograves.com

- 10 ADMINISTRATIVE HEARINGS
- 11 EMPLOYEE HANDBOOKS/POLICIES
- 12 EMPLOYMENT AGREEMENTS
- 13 HOSTILE WORK ENVIRONMENT
- 14 NON-COMPETITION AGREEMENTS
- 15 SEVERANCE AGREEMENTS
- 16 WAGE AND HOUR

■ EXTENSION 1005 ■

FAMILY LAW



Sponsored by
William M. Henrich
Certified Specialist, Family Law, the State Bar of California Board of Legal Specialization
4849 Ronson Court
San Diego
858-576-4484

- 60 DIVORCE - AN OVERVIEW
- 61 WHAT WILL IT COST?
- 62 CHILD SUPPORT - HOW MUCH?
- 63 CHOOSING A PARALEGAL
- 64 MILITARY FAMILY ISSUES
- 65 PREPARING FOR DIVORCE
- 66 MEDIATION AND THERAPY
- 67 WILLS AND TRUSTS

■ EXTENSION 1003 ■

INSURANCE CLAIMS



Sponsored by
The Law Office of Robert Bruce Arnold
2529 India Street
San Diego
619-233-1096
www.arnoldlawoffice.com

- 40 INSURANCE BAD FAITH
- 41 DUTIES OF INSURANCE CO.
- 42 FIRST PARTY CLAIMS/HEALTH/UM/UIM/AUTO/PROPERTY
- 43 TIME LIMITS
- 44 DISPUTES WITH INSURANCE CO.
- 45 DEPT. OF INSURANCE HELP LINE
- 46 DO I NEED AN ATTORNEY?

■ EXTENSION 1010 ■

IMMIGRATION



Sponsored by
John A. Quinn
3444 Camino Del Rio N.
Suite 200, San Diego
619-284-8811
Fax: 619-284-8822

- 20 WAYS TO BE LEGAL
- 21 SPOUSES & CHILDREN
- 22 BUSINESS VISAS
- 23 EMPLOYMENT VISAS
- 24 INTERNATIONAL STUDENTS
- 25 CHANGING & EXTENDING VISAS
- 26 VISA DENIALS & DEPORTATION

■ EXTENSION 1004 ■

WORKERS' COMPENSATION

Any person who makes or causes to be made any knowingly false or fraudulent material statement or material representation for the purpose of obtaining worker's compensation benefits or payments is guilty of a felony.



Sponsored by
The Law Office of Gerald D. Brody & Associates
5465 Camino del Rio S.
Suite 440, San Diego
619-528-9800

- 50 YOUR WORK-RELATED INJURY
- 51 WORKERS' COMP BENEFITS
- 54 THIRD-PARTY ACCIDENTS
- 55 UNSAFE WORKING CONDITIONS
- 56 WRONGFUL DISCHARGE
- 57 HARBOR & LONGSHOREMAN'S ACT

■ EXTENSION 1015 ■

SEXUAL HARASSMENT / WRONGFUL TERMINATION



Sponsored by
The Law Offices of Joel C. Golden
Old Town Professional Bldg. 2556 Moore Street
Suite 201, San Diego
619-246-8449

- 70 SEXUAL HARASSMENT
- 71 DISCRIMINATION
- 72 WRONGFUL TERMINATION
- 73 EXECUTIVE TERMINATION
- 74 WHISTLEBLOWER-RETALIATION
- 75 FRAUD AGAINST THE U.S. GOVERNMENT (FALSE CLAIMS ACT)
- 76 LEGAL FEES

■ EXTENSION 1008 ■

TAX & ESTATE PLANNING

- 90 FILING TAX RETURNS
- 91 CRIMINAL TAX ISSUES
- 92 TAX LIENS
- 93 STATE TAXES
- 94 FEDERAL TAXES
- 95 AUDITS & APPEALS
- 96 TAX PLANNING
- 97 ESTATE PLANNING

The attorneys and law firms who provide this information are solely responsible for its content. This information does not address all legal situations, nor is it intended to replace legal counsel. It is provided free, although if calling from outlying areas you may incur toll charges on your telephone bill.

STRINGERS

continued from page 16

if you hadn't been so lazy and written it all from your head. Are we to infer that you were one of the "patrons" shaken down by the police? I can't think of any other reason why you'd write trash like this.

By Burbclaver
2:26 p.m., Jun 19

Hauling Butt

Imperial Beach — Sheriff deputies are investigating a violent three-car accident that sent two drivers to the hospital.

At 9:10 a.m., Wednesday, June 17, at the intersection of 13th Street and Holly Avenue, a red Nissan Pathfinder was making a left turn to go north on 13th Street when it was hit broadside by an older white Buick LaSabre headed north on 13th Street. The Pathfinder was

knocked onto its left side and collided with a dark gray Toyota that was behind it.

The female driver of the Toyota and the elderly female driver of the LaSabre were rushed by ambulance to the hospital. The female driver of the Pathfinder refused medical attention and said she was cited for failure to yield. "A lady came out of nowhere and hit me," she cried to neighbors who came to her aide.

Fifteen-year-old eyewitness Anthony L. backed up her claim. He had been outside across the street and saw the Pathfinder turning. "There were no other cars, and in three steps — bam! The white car came out of nowhere."

Anthony's Mom, comforting her son, said of the white car, "She was hauling butt. People are always speeding through;

they need a four-way stop sign here."

By Peter C. Salisbury,
6/17/09

Comments

1. With all the school kids that cross at this intersection it is a surprise we have not had a child killed here. There has been at least six major accident in the past year, multiple hit & runs, Several DUI related accidents. What I see the most is people going across 13th without stopping & the speed on Holly & 13th.

By cashmann
6:56 p.m., Jun 18, 2009

2. There is a need for 4-ways in Imperial Beach and a longer transition of the lights at Imperial Beach Blvd. & 9th. Every day I see speeders bolting through heading east and west! Someone is going to die here!

Shouldn't citizen

safety come before decorations at the beach??

By Dvollar
11:01 a.m., Jun 19, 2009

Rabbits Run Amok in Mira Mesa

Mira Mesa — On Wednesday, June 17, the ever-growing rabbit population in the Tampico Community, a residential area of Mira Mesa overlooking Black Mountain canyon, lost two members.

In isolated incidents, one rabbit was hit by a car driving down a residential driveway, while another was discovered lifeless lying on a patch of grass less than ten feet away from the other carcass.

The City of San Diego Environmental Services was contacted and dispatched someone to the scene for the removal of the dead animals.

Residents have seen more and more rabbits thriving around their

homes, and some have voiced concerns about the safety of the animals. Others have been more concerned for the safety of drivers who have to swerve out of the way of rabbits in the road.

When asked if the city is doing anything to control the rabbit population in the area, a city employee replied, "No. [The rabbits] can pretty much do whatever they want."

By Nathaniel Uy, 6/17/09

Lights, Camera, Cuts

Chula Vista — Still upset over last week's decision to include car allowances for top-level management into their base pay and looking for new ways the City can save money, despite already passing a balanced budget, Chula Vista councilmember John McCann brought forward additional budget reforms to the Tuesday, June 16, city council meeting.

McCann moved to cut his colleagues' salaries, eliminate funding for travel, and force his colleagues to pay into their own retirement fund.

"A motion by Mr. McCann regarding items A, B, and C," mayor Cheryl Cox called out.

The council was silent. "Motion dies for a lack of a second," said Cox.

After the motion failed, councilmember Rudy Ramirez commented on McCann's efforts. "With regard to car allowances, when we became aware that we were in a serious financial crisis, over a year ago, I took my car allowance out."

Councilmember McCann responded to Ramirez' comments. "We can have all the hyperbole and the lip service and everything. I've taken a ten percent pay cut. I haven't taken my car allowance. I haven't taken my travel. But, it's not

BAD KITTYPHOTOGRAPHY
619-589-6494

We specialize in
Intimate Photography
for Women, Men
Couples, Maternity &
Bachelorette Parties!

www.badkittyphotography.com

Lowest prices on parts in California

AES is your provider of quality new and rebuilt products and experts in auto, marine, industrial and truck electrical service. We are the manufacturer of:

Starters	as low as \$35
Alternators	as low as \$38
Rack & Pinion	as low as \$90
Gear Boxes	as low as \$110
Power Steering Pumps	as low as \$60
Water Pumps	as low as \$30
Window Motors	as low as \$45
Axles	as low as \$25

Installation Available!

We sell and deliver after-market, O.E.M. and our own new and rebuilt products.

Call now and compare the AES pricing to what you are currently paying.
(619) 282-3207 or (760) 754-9919
4364 Twain Ave., San Diego (just off Mission Gorge Rd.)
We are recycling to save our church, the earth.

Buy/Sell Fast Cash!

THRIFT Trader
• make • make • make on •

Clothing • CDs • DVDs • LPs • Books
(reg. \$5.99)

The Bribe
1 FREE ITEM!

No purchase necessary. Choose from our special selection. One free item per first-time customer only for entire event. Must present ID & email. With ad. Expires 7/2/09.

3939 Iowa St. North Park (off University) (619) 282-SAVE (7283)	1416 Garnet Avenue Pacific Beach (858) 272-CASH (2274)	1035 Broadway El Cajon (619) 444-CASH (2274)
--	--	--

Bankruptcy \$750* and up	Small claims \$95* Document filing
Prenuptial \$650 and up	Divorce \$650*
Trust \$850 Revocable living trust and pour over will	Landlord evictions \$650*

Document Preparation, Felony & Misdemeanor Expungements, LLCs, and Partnerships. Visa and MasterCard welcome.
*Court filing fees extra.

A Gary Whitehead & Associates, LLC.

Gary Whitehead, MBA
Accountant - Paralegal
Professional Services of Southern California
El Patio Building
7946 Ivanhoe Ave., Ste. 214
La Jolla, CA 92037
(858) 429-8800

Lose 6 to 20 inches!
Lower Body Fat - Lower Weight

\$30 OFF 1st Mineral Wrap
TRY our NEW Body Lift & Sudatonic Wrap \$189 - \$70 off

Student & Military Discounts
www.SegueBodyWraps.com
888-251-9436

Lasting results • Compresses fatty tissue • Detox
Burn up to 1800 calories

CITY LIGHTS

about me, it's about policy."

By Dorian Hargrove, 6/17/09

Train Travel Shake-up

Solana Beach — An earthquake occurred at 6 p.m. Friday evening, June 19, off the coast of Southern California. The USGS website reported the quake as a 4.1 magnitude event with its epicenter 45 miles west-southwest of Ocean-side, CA, in the Pacific Ocean. There were no reports of damage or injury; however, train travel was interrupted in San Diego County. Train officials were concerned about possible bluff failures along the train tracks in Del Mar. A train dispatcher of the Metrolink San Diego subdivision directed Coaster train number 661 and Amtrak train number 582 to proceed at restricted speed through the bluff area. Amtrak train 582 incurred a delay of 27 minutes into San Diego. The train order remained in place until shortly after 8 p.m., and three other passenger trains incurred minor delays.

By Steve Horvath, 6/22/09

Vintage Religion

Inspired by religions & cultures of the world.
Collectibles • Fine art • Jewelry
Apparel • Accessories • Statuary

www.vintagereligion.com

3821 32nd St.
Near University Ave.
North Park
619.280.8408

CITY LIGHTS

Try, Try Again?

Imperial Beach — Eleven days after a man from Mexico was arrested in Imperial Beach for allegedly trying to smuggle 25 pounds of marijuana on



a surfboard, two more men were arrested for trying the same trick. Border Patrol agents saw two men paddling surfboards and towing a third board around 11 p.m. on Thursday, June 18, about 200 yards off the Imperial Beach shore. The surfers started to float out of sight, so a U.S. customs and border protection helicopter was called in to find the men. Using a high-powered searchlight, they were able to direct the agents in the

CITY LIGHTS

right direction. The agents dragged the surfboards in to shore and discovered that the third board was packed with marijuana. Duct tape and a black tarpaulin were used to cover the surfboard and hide six packages of marijuana stashed underneath the surfboard, which had been painted black. The surfers, aged 27 and 30, informed agents that they were Mexican nationals and illegal immigrants. According to Border Patrol spokesman Ralph DeSio, the two suspects were handed over to the San Diego Sheriff's Department. The marijuana came to a total weight of 141 pounds and was worth \$84,600, DeSio stated.

By Peter C. Salisbury, 6/22/09

Become a Stringer. Earn up to \$75 for your neighborhood news story, \$10 for photo, \$15 for video. See guidelines at SDRReader.com/stringers.

Contact Lens Exam \$79

Includes two pairs of soft lenses, eyeglass prescription, fitting, 90 days of follow-up care, instruction and care kit. Some restrictions apply. Astigmatism, RGP, monovision and bifocals slightly more.

We have the latest lenses for dry eyes, Toric lenses, gas-permeable, and bifocal contacts.

Eye Exam \$49

Exam for glasses includes glaucoma and cataract check.

JCPenney Fashion Valley Mall

Dr. Marshall Skolnik, O.D., APC • 619-692-1248

Most insurance accepted. Weekend appointments available. Use your JCPenney card or major credit cards. Offers good thru 7-27-09 with this ad.

100% FINANCING • 12 MONTH 0% INTEREST • INSTANT CREDIT

AUDIO SPORT
AUTO CUSTOMIZING

**We'll beat any advertised price!
20% student & military discounts**

BEST PRICES IN TOWN! GIVE US A CALL!

WINDOW TINTING \$59
• Never fades to purple
• Computer-cut technology
• Same-day service

20" RIMS & TIRES FROM \$59 PER MONTH! OAC
RIM & TIRE PACKAGES
17"...\$499 • 18"...\$699 • 20"...\$899 • 22"...\$1299 • 24"...\$1599 Limited quantities.
TIRE SALE 17"...\$59 • 18"...\$69 • 20"...\$99 • 22"...\$129

AM/FM CD Player iPod-ready
• 45 watts x 4
• High power
• Detachable face
From **\$39**

Stereo + Bass System KENWOOD CD player
• 12" subwoofer
• Speaker box
• 2-channel amp
\$179

Stereo + Speaker Package SONY
• CD/MP3 player
• 4 6.5" speakers
\$109

KENWOOD CD Player iPod-ready
• AM/FM radio
• 200 watts
• CDR playback
From **\$59**

Custom Made Step Bars
\$199

In-dash 7" DVD Player
• Touchscreen • Motorized face
From **\$199**

SONY MP3 \$59 #GT130

Custom Front Grille
Both starting at **\$199**

Two 7" Headrest Monitors
• Clear picture
• Display format
• Includes remote, headphones, and DVD player
From **\$139**

KENWOOD CD MP3 Aux iPod (R) #KDC138 **\$79**

2000 Watts Bass System
Two 12" subwoofers + 12" Box + 1800 watts amp **\$249**

Pioneer CD MP3 USB #DEH P3100 UB **\$99**

Pioneer 900BT
• Touchscreen DVD player
• Sat/iPod-ready
• Navigation
• Built-in Bluetooth
From **\$459**

ALPINE MP3 • Aux • USB #CDE102 **\$139**

CODE/ALARM Car Alarm I
• Shock sensor
• 2 remotes
• 6-tone siren
• Flashing parking lights
\$59

Flip-down Headrest DVD Package
• 15" flipdown monitor • 2 7" headrest monitors
• 2 wireless headphones • FM surround sound
As low as **\$39** per mo. OAC

PRESTIGE BY AUDIOVOX Car Alarm II
• Shock sensor
• 2 remotes
• 6-tone siren
• Flashing parking lights
\$149

3000-watt JVC or EXPLOR Sound Package
• JVC AM/FM CD Player • 2 5/4 speakers • 2 5/7 speakers
• 12" custom box with light • 2 12" subwoofers
• 2-channel amp • Tweeters
As low as **\$49** per mo. OAC

Viper Alarm
The most trusted name in vehicle security
• 2 remotes
• Doubleguard shock sensor
• ESP 2 interface
• Clone safe
• Code hopping
• #350HV
\$199

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

Pictures are for illustration only. Regular prices only. Some cars require extra parts and labor at additional cost. Carryout prices are higher. We do not honor warranties on carryout items. Prices subject to change without notice.

Do You Need A Lawyer?

(800) 464-1529

Monday-Friday 8:30 am- 5 pm
Or visit www.sdlawyerreferral.com

LRIS LAWYER REFERRAL & INFORMATION SERVICE

SAN DIEGO COUNTY BAR ASSOCIATION

Protect Yourself Under California Law!

If you suffer from: AIDS, Chronic Pain, Depression, Migraines, MS, Nausea, Insomnia, Bipolar and many other medical disorders.

Licensed physician on-site.

24-hour online verifications at www.MC2SD.com



New patients \$175
\$50 off! New patients only.
 Mention this ad.
All renewals \$99

FAST, SIMPLE AND CONFIDENTIAL
 ASA certified. Patient ID cards included.
619-297-3800, by appointment only.
2667 Camino Del Rio S. #315 • Mission Valley
 The least expensive clinic evaluations in San Diego.
www.MC2SD.com Visa | MasterCard | Debit

Travel tips from Tierrasanta.

Tell us in 100-200 words your favorite travel destination, place to stay, eat. Anecdotes, prices, directions, mileage – precise details important.

We want to read about places near (SD County, Imperial County, Baja, AZ, NV, SoCal, NoCal, etc.) and far (Baghdad, Belize, Bangladesh, etc.).

\$25 for story
\$10 for photo
\$10 for video

Starting Thurs., July 9, we will publish in “Gather No Moss” section of the Reader and on the Reader website.

Follow these easy steps:
 Go to SDReader.com/Travel
 Click on “Submit a Travel Story.”
 Upload your story, photo, and/or video.



LETTERS

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

Crossword Crack

The crossword puzzle in today’s issue is weird. The numbers are off or something. I can’t figure it out. This is my “crack,” so I’m going through withdrawals...help!

Name Withheld
via email

Due to an editorial error, the puzzle’s grid and clues were mismatched in last week’s Reader. — Editor

Beyond Review

You missed the local faves in Carlsbad (Cover Story, June 18): New York Pizzeria (mynewyorkpizzeria.com), Lola’s Market, the French Pastry Café, Pollos Maria.

These gems really don’t need any reviews; they have been rockin’ with business since they opened many years ago.

John Taylor
via email

Rude Beyond Belief

I live in Campo and am amazed at how well you

review the Campo Diner; you neglect to tell people about the lousy service that this place has and the ridiculous wait time in order to eat (Cover Story, June 18). The staff is rude beyond belief. I have gone in this place twice, and both times there were maybe two or three people in there. Place was half empty when we were seated. That’s great. Then we proceeded to sit there for more than 20 minutes before the waitress came out of the back. When we asked if we could have some water, she was hostile and snapped, “Can you wait?” How much more time does she need? I’ve already been sitting 20 minutes. Needless to say, I got up and left.

I have not gone back to this place. I have yet to see you send someone over to the El Rancho Bar and Grill located on Oak in Campo. That place has better service and a more friendly atmosphere than the Campo Diner.

Your reviewers of restaurants would do better to interview people in the community to find a great place to eat than try to review places to eat on their own. They consistently give poor reviews to the point that they are quite possibly turning people off from trying new places based on their one-sided perspective. I have learned over the years that if a critic hates it, the place must be great and I must try it. You definitely screwed up with the Campo Diner, though. Bad atmosphere will never make for good food eating anywhere.

Nancy
via email

Willy-Nilly Dog Walkers

Never had I had such an urge to write in! This is in response to the people who break the law by allowing their dogs off-leash in a “leash-only area” (“Stomp Off-Leash Park Romp,” “City Lights,” June 18).

Several years ago, thanks to a jerk who was breaking the law, my dog was bitten while we were on our walk. My dog was on-leash, and that moment made her leash-aggressive. (She is fine off-leash.)

There are several areas we walk, including our neighborhood, where many people break this law. Not only does this jeopardize my dog and your dog, half of the time your dogs are walking willy-nilly and crossing streets, so cars are an issue too. I just love it when you yell, “It’s okay, my dog is friendly!!” Mine isn’t, so when your dog gets to mine, there will be a big problem, and you will be responsible for both vet bills.

There are so many places to take them off-leash. Please be responsible and take them there. The weirdest thing about this problem, the person with the loose dog is the one that gets upset when I say put them on a leash. It’s the law, people. I love my dog more than anything, and the fact that you put yours and mine in harm’s way is disgusting. (I have worked in shelters and vet clinics and seen the aftermath of such carelessness — being hit by cars and dogfights, both of which are easily avoided.) Be smart, people, and pick one

continued on page 50



200 watt • AM/FM • Detachable Face • iPod Jack & RCA Output

Kenwood CD Player
\$59*

Car Alarm

\$98 installed

- 2 Remotes • Starter Kill • LED
- Shock Sensor • Door Protection
- Parking Lights • Valet Switch

Window Tint

\$98

Any Car. Back 3 Windows.

Offers expire 7-27-09 with this ad.

Stereo Outlet

2710 Garnet Ave., Pacific Beach
 858-581-2434

For more specials visit:
sdstereo.com

*Additional parts may be required.
 Carryout price slightly higher.

NAVIGATION • BACKUP SENSOR • MOBILE VIDEO • IPOD ADAPTER

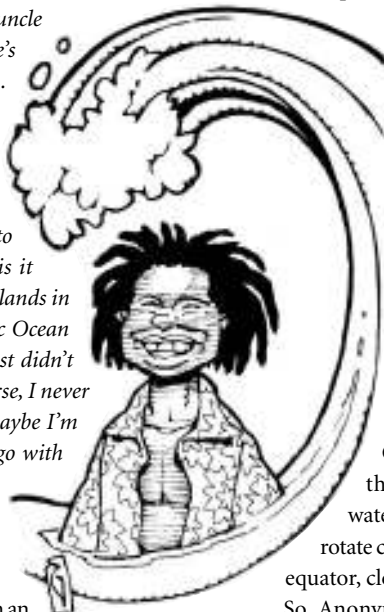
STRAIGHT FROM THE HIP

BY MATTHEW ALICE

Dear Matt:

My parents and aunt and uncle just got back from the Caribbean on vacation. We all got together to look at their pictures, and in the middle of everything, my uncle pipes up about how there's no tide in the Caribbean. The water just stays the same all the time. I should tell you that my uncle is full of facts that might not really be facts, so I wanted to check on this one. How is it possible that a bunch of islands in the middle of the Atlantic Ocean could have no tides? It just didn't make sense to me. Of course, I never told my uncle that. Or maybe I'm just mad that I couldn't go with them.

— Sir Anthony
Anonymous, via email



Anybody who's sat through an evening of other people's vacation pix, highlighted by a know-it-all uncle, deserves our full attention immediately. Thank you for writing to us. We feel we can help you. Just lie down and relax. We'll make this as painless as possible, considering all you've been through, and break this to you as gently as we know how.

Every know-it-all is right every once in a while. It's just a matter of statistics. Throw out enough "facts" from your personal soup pot of wisdom, and one of them is bound to stick. Well, your uncle's no-tide fact was just gooey enough to adhere. Who knows where he got it, but he got it right. Anyway, the Caribbean is one of a dozen or so areas around the world that has near-zero to zero tide. The sea just sits there. Doesn't rise, doesn't fall, despite the high and low tides circling around it along Atlantic coastlines.

Maybe that's all you want to know. Maybe you don't care why there's no tide. But there's a chance that knowing why will give you a leg up on unk, so maybe it's worth the effort.

Tide stuff is complicated. (That's how I cover my butt in case you don't understand my explanation when I'm through.) Let me take a shortcut through some of the maze and ask you to imagine sitting at an outdoor café, staring into your coffee and swirling it around in your cup. This creates a small blip of coffee that rotates around the edge of the cup. Think of the cup as a big oceanic basin — the North Atlantic, for instance. The coffee blip is the progress of high tide times as they circulate around the Atlantic coasts (the cup). High tide rotates around a point in the center of the coffee

cup where the level of the coffee never rises or falls. Same happens in an ocean basin, and the center point of no tide is called the amphidromic point. It's most often compared to the center point of the spokes of a bike wheel.

When you add up all the tidal influences — earth rotation, moon, ocean coast and bottom, and Coriolis effect — you end up with about a dozen amphidromic points around the globe. One of these happens to be right at the edge of the Caribbean Sea, making Uncle Genius correct. Coriolis effect, by the way, is the "force" that makes large water masses (high-tide masses) rotate counterclockwise north of the equator, clockwise south of it.

So, Anonymous, while you're resting, go over the fine points of this answer, drink them in, and at some dramatic silence during the next family gathering maybe ask the Factmaster if he knows why he never got wet above his ankles in two weeks in the Caribbean. Then lay it on him. Even if it doesn't shut him up, it should give him a new respect for his sort-of-intelligent nephew.

Wazzup, Matt?

What is the difference between being a killer, a murderer, and an assassin? Is it the number of people you cause to die, the notarioty [sic] of the victim(s) or the method you use to cause death? By association, how wealthy, famous, or politically connected do you have to be to be assassinated instead of murdered or just plain killed? I don't recall a headline about teens being assassinated in a gang-related drive-by or multiple people murdered by a terrorist car bomb.

— Just Curious, Not a Killer, via email

I'll take your word for it, but we are a little suspicious. So, "kill." Plain vanilla word meaning you've taken someone's (or something's) life. 'Nuff said. "Murder" a little trickier. The crime of killing someone, especially with malice aforethought. Kind of a legal spin. Assassinations are sudden or secret attacks — especially killings for political reasons. The person is usually "prominent." "Prominent"? Widely and popularly known. "Popularly"? Relating to the general public. Perhaps a small-town newspaper could talk about the assassination of its small-town mayor, since he'd be popularly known and maybe even related to everybody. Enough. Stop me, Merriam-Webster.

ILLUSTRATION BY RICK GEARY

A searchable archive of past columns is available at SanDiegoReader.com

Got a question you need answered? Send an email to heymatt@cts.com or fax to 619-231-0489 or mail to Matthew Alice, c/o the Reader, Box 85803, San Diego, CA 92186.

Storage... Delivered!



don't waste time storing your stuff the OLD way

Enjoy the **LOW PRICE** of conventional storage but **none** of the headaches.

- Have one or more "Big Boxes" delivered to you
- Load it at your leisure
- It'll be stored in our secure, indoor facilities
- Access your belongings 24/7
- Forget having to rent, load & unload a truck

Call now. Join over 10,000 delighted customers!

888-253-5671

www.bigbox.com



"FREE DELIVERY & PICKUP" with 3 month minimum

SAVE NOW! BEAT THE LICENSE FEE INCREASE.



2009 Jetta

California Edition
Automatic, Bluetooth, 17" alloys,
rear spoiler, care-free, no-charge
scheduled maintenance,
much more.

**Lease
for \$99**

Plus tax. 24-month lease.
10K per year.
\$3999 down payment.
Excludes tax, title,
options, dealer fees.
1st payment and
\$575 acq. fee.
Requires tier one approval with VCI. 20¢ per excess mile.
VIN #9M066944

**Any new VW
convertible**



\$5,000 off
MSRP. After rebate
in lieu of 0% APR

0%
APR

36 months

Except TDI & Routan.
On approved credit.

2009 Routan
VIN #9R554460



\$10,000 off
MSRP. In lieu of 0% APR

South Bay Volkswagen

Family-owned business. #1 Volume Dealer in San Diego County.
3131 National City Blvd. (on the "Mile of Cars") | 1-888-259-3551 | www.sobayvw.com

All ad prices exclude government fees and taxes, any finance charges, any dealer document preparation charge.
Subject to lender's tier one approval. Offers expire 7/2/09.

NEVER PAY FOR MEDS AGAIN!
 Consultation for the Cannabis Industry and
 Learn How to Grow Your Own Meds at the

C102
 Your Rights
 420 Law Class

C104
 Dispensary
 Start Up

C106
 Optimal Indoor
 Grow Class

C108
 Advanced
 Grow

Five
 points
 ACADEMY
 Medical Marijuana Training Center

949-379-4198
 or register online at www.thefivepointsmmtc.com


Rx MEDIMAR Rx

Protect yourself legally with a recommendation
Medical Marijuana
New Evaluations \$99
Renewals \$75


If you suffer from:
 Depression • AIDS • Glaucoma • Anxiety • Migraines • Cancer • Nausea • Chronic Pain
 or "any other illness for which marijuana provides relief" – Prop. 215

Locations in **San Diego**, Venice Beach, Los Angeles **858-270-5040** 4901 Morena Blvd. #105
 San Diego, CA 92117

Who's on Reader Radio?
THIS WEDNESDAY, JUNE 24th FROM 7-7:30 PM



Thomas Larson
 shares an inside look at the marketing departments of local hospitals.



Don Bauder
 discusses his "City Lights" piece on San Diego City's Employee Retirement System.

AM 600 KOGO
 SAN DIEGO'S NEWS & TALK STATION

The Jack Rice Show
Call 1-800-600-5646
Every Wednesday from 7-7:30 pm

Miss the show? All Reader Radio shows available in podcast form at www.kogo.com

T.G.I.F.

BY JOHN BRIZZOLARA

"I'd like to get on a plane. It's the weekend so I couldn't go to Spain. Maybe Hawaii."

June has had damp cool about it. The sky, for most of the month, scallop and oyster clouds. Congealing bruises showed at intervals beneath the marine layer, a kind of lividity: the chill skin of spring's cooling corpse. June gloom and May gray merged with each other seamlessly, informing the county with a kind of perverse, hypermanic cheeriness to belie the weather, the economy, the unemployed hours. It is what we do in San Diego. Everything's okay, America. It's all good, right?

Are the weekends any different? You feeling a sense of release? A license to indulge? But your budget constrains your golf game to municipal courses. Your entertainment: 50-cent borrowings at the library for movies you've already seen. BBQ hot dogs, not sirloin. Smile getting strained? Toothy? When asked, how's it goin', does your now stock answer — "If it was goin' any better, I'd have to be twins" — come out with a constipated and rictus grin?

A random and unscientific polling of San Diegans over the weekend brought to mind the phrase "plucky in the face of adversity."

Gayle says she's 35 years old, but I think she's lying because I told her she could. She is waiting for the Sprinter at Palomar College with her friend Glenn. "I just want to see a comedy tonight. I need a comedy because there's a lot of stress in my life. Something where I can laugh my heart out and not think about what's going on right now. There's a lot of stress in my life. I can't mention what it is — a lot of personal stuff. I'm gonna try and go to a movie theater, but whatever I can find... I'm gonna try to have a good day, go to lunch, Japanese food, maybe go shopping. I'm not working now, but when I do I'm an LVN."

Is it a function of the economy that she's not working? "Yes. Yes it is."

Her friend Glenn is also out of work as a welder/fabricator and living on disability insurance. He is 54 years old. "I like to go to coffee houses with, like, a free open-mic night. I don't know of one though. I don't get out much." I recommend Escondido Joe's.

I ask Gayle, "What do you like to do Friday nights, the weekend?"

"I'd like to get on a plane. It's the weekend so I couldn't go to Spain. Maybe Hawaii. No, New York. Yeah, I'm from New York, so I'd go there. Do all the things I couldn't do when I was a child. Party, see the city, go to clubs."

Bobby is 40. Shaved head, long goatee, kind eyes. He and friend, Andrew, at a North County bus stop. "Can't do what I used to do. What I'd like to do. Gotta save money for bills. I'm in flooring, and I'm out of work. Looking. I'll just stay home, watch TV, movies, whatever." A more-than-common response this weekend in mid-June.

Andrew is 21, bed-head, punk hair, quick smile. "I work sometimes. I worked Friday. I test radios for Sony. There are 15 of us, and we walk around Ran-



cho Bernardo, space ourselves and report in our positions." Walkie-talkies he means. "Radios, headsets. It's a one-time thing that might progress into a long-term video-game-testing gig."

"Good luck." I mean it. It's the only hope for my son's employment outlook if such a job exists.

Micah Saiz is 27 years old and looking for work as a waiter. He's checking out Craigslist job listings at a computer in a coffee shop.

Free with a \$1.70 cup of Calabria joe. "About two months I've been looking. No luck so far. I watched a movie over the weekend, *Office Space*. That was pretty much it." Saiz has lowered his employment expectations recently. "I'm gonna start looking at smaller restaurant businesses, like Sizzler. When your neighbor's out of work it's a recession. When you're out of work, it's a depression."

Three very shy 18-year-olds in front of Palomar College. None of them want to talk, although one of them allows that she's studying criminal justice. I tell her I think it's a sensible choice, given the times. As if in precognition of the next brief interview, I say, "A lot of people might turn to crime before things get better."

Anthony is 38, tattooed, ginger sideburns, and visibly weary. "I've been looking for work. Anything. I was in construction; I can't even find a house-painting job right now. I might have to jack a convenience store." He grins to let me know he's kidding. His smile fades as he looks away beyond the Vista Transit Center. "I promised myself I wouldn't do that any more."

For more stories by this author, go to sdreader.com.

SportingBox

BY PATRICK DAUGHERTY

Sent to Sea Level



Mammoth Mountain

You sit there with a machine that pumps an Albuterol mist into your lungs.”

I ask, “Did you have a mask on?”

“No. It’s like a pipe.” Speaking is a woman I’ll call Margaret, an old friend. She, her husband, and I are at table in the Base Camp Cafe, a tourist restaurant in Mammoth Lakes, California. Aforesaid restaurant and town are set 8,000 feet up in the sky.

Margaret is telling me about her trip to the medical clinic. She awoke to high altitude sickness yesterday morning, specifically: 24-hour headache, lethargy, difficulty breathing, difficulty walking, and difficulty climbing stairs. Margaret continues, “And you breathe in and you breathe out. This expands the bronchial tubes in the lungs.”

“Does that test your oxygen level?”

“No. After I did that for about 20 minutes,” Margaret says, “that’s when they came in and checked the oxygen level of my blood again. They put a clip on the end of your index finger. Then they had me stand up and blow into that little thing that looks like a horn. It’s called a peak flow meter.”

Margaret arrived with an oxygen level of 83. “How high was it when you left?”

“It was up to 94,” Margaret says. “It’s supposed to be 98. If it hadn’t gone up, and gone up quickly, they were going to send me back to sea level.”

This unscheduled medical detour cost \$1,000 — \$500 for doc, \$500 for prescriptions. What’s strange is that my friends are experienced hikers, have trotted around at high altitude on many occasions, and never had a problem. This trip we three experienced symptoms. Hers were serious.

The idea was to frolic at the Mono Basin Bird Chautauqua. It’s a three-day birding event headquartered in Lee Vining, a sweet, undeveloped

town next to Mono Lake, 30 miles north of here. And yet, somehow, the weekend went in another direction.

A waitress, tall with biker-blond hair, comes by our table waving a coffee pot. Asked if a lot of people get altitude sickness, she replies, “A lot, a lot of people do.”

* * *

I am standing in the emergency room of Mammoth Hospital talking to Lori Baitx, RN. She is the ER manager and has been working here for 26 years. Baitx is five-foot-eight, with shiny bob-cut silver hair, country smile, perfect tan, dressed in a blue hospital smock and sneakers.

Baitx says, “We don’t see a lot of people [with altitude sickness]. We do see it regularly, but I wouldn’t say a lot of people.”

“About how many in a typical week?”

“More like one or two a month.”

“Is there a profile? Are people with altitude sickness of similar age, sex, physical condition...?”

“No, and that’s one of the interesting things about high altitude illness,” Baitx says. “Someone can come up here 99 times and it’s the 100th time they get sick. And they might not get sick again when they come back up. It’s just one of those weird, freak things — for some reason people get sick.”

“There are probably tons of people who have headaches and shortness of breath, but we don’t see those people. We generally see the worst, which include high altitude pulmonary edema, where the lungs begin to fill with fluid. That’s a life-threatening thing. The only cure for it is to get out of the altitude.”

“There’s also high altitude cerebral edema, where your brain begins to swell. That’s the kind of thing you’ll see up at Everest, but occasionally we see it here. We can do temporary measures — put them on oxygen and do some other things — but we need to get them out of here as quickly as possible. That’s the treatment.”

“Is there any danger in going down too fast?”

“No. What we usually do is send them down on oxygen. We put them on high-flow oxygen for the trip down to Bishop. Once they hit Bishop, they get checked again to see if their oxygen saturation has come up. Usually they’re cured by the time they get there.”

“What’s the elevation of Bishop?”

“Four thousand.”

I ask, “Is there a point with [cerebral or pulmonary] edema where you’re just out of luck?”

“People die of high-altitude pulmonary edema and cerebral edema,” Baitx says. “It could get to the point that going down in altitude [doesn’t help, because] things have progressed too much and people die. We usually have, maybe, one death a year from high altitude pulmonary edema.”

“And that could be a 35-year-old guy or a 70-year-old guy or anything in between?”

“That’s the thing that’s so weird about it.”

Find Sporting Box online at SDReader.com



MedicalTransport

PROFESSIONAL DOOR-TO-DOOR NON-EMERGENCY MEDICAL TRANSPORT

Our drivers are fully trained in First Aid and CPR.

VEHICLES ARE EQUIPPED TO HANDLE YOUR WHEELCHAIR AND SPECIAL NEEDS.



We are committed to providing high-quality local or long-distance medical transportation for doctor’s appointments, clinics, hospitals, dialysis, dental appointments, nursing facilities, airport transfers, private residences and more!



619-284-RIDE (7433)

TLCmedicaltransport.com

Need contacts?



Complete contact exam & trial pair **\$74** Only

Includes eyeglass prescription and solution kit. Bifocals, Torics and gas-permeables \$99.

Exam & 7 pairs Biocurve disposables **\$113.90**

HURRY! Offers expire 6/30/09!

Call now! 858-566-4110

Dr. Nick Selby, O.D.

9516 Miramar Rd.

(off I-15 at Miramar Rd. and Black Mountain Rd.)

Open Monday-Saturday



BUY • SELL • TRADE
GUILT-FREE Fashion

Buffalo EXCHANGE
New & Recycled Fashion

PACIFIC BEACH: 1007 Garnet Ave. (at Cass) 858-273-6227
HILLCREST: 3862 5th Ave. (at University) 619-298-4411

BUFFALOEXCHANGE.COM

Crasher

THE LAKERS VS. LUNA LLENA

by Josh Board

I drove up to Oceanside for a surprise party that Wayne was throwing for his wife's birthday.

I squeezed into a spot on the street, slightly blocking the driveway of a nearby neighbor.

I could hear the band playing from down the block. Two percussionists and a trumpet player were blasting Latin rhythms into the neighborhood.

I walked through the front door and toward the backyard, where I could see the party was going on. While in the house, I saw a Latina watching the Lakers. Dang! I had completely forgotten about the game. It had just started. I said to her, "I'm a big basketball fan, so I'll probably be joining you in a few minutes." She didn't acknowledge me. Her eyes never left the screen.

The band started playing "La Bamba," and a crowd was dancing on the back patio. When I hear that song on the radio I switch the station, but something about hearing it live worked for me. Maybe it's because the band was tight. I couldn't take my eyes off the talented drummer. Or the cute trumpet player.

I met Wayne and asked him how he pulled off the surprise



Left: Wayne in the middle, Luna Llena singer waving; Right: The young ladies heading out to another party

party. He said that it was difficult. I asked his wife if she was surprised or if she had a clue that there was a party being planned. A sly smile came upon her face when she said, "Well, there were a few things that made me suspicious..."

"Those are nice friends to have at parties, the ones who volunteer to go on alcohol runs."

and ways they were trying to get me out of the house. My sister kept telling me to hurry up and take a shower. Things like that."

Wayne laughed when he told

me, "I'd take tables out and set them up, and she'd come back, so I had to go put them away. It was a bit hectic."

He insisted I get in line for some of the street tacos being prepared. There were ten people in front of me, so I grabbed a juice box out of a large cooler nearby and jumped in line. The singer of the band Luna Llena announced, "Get food, get drunk. We're going to take a break, but we'll be back."

The trumpet player ended up behind me in the food line. Her name was Elizabeth Meeker, and she's been playing for 20 years. Aside from being in this band, she teaches music.

She's been with this Afro-Cuban band for almost two years, and I asked if she had any ear problems from playing. "No. My arm is hurting a little, though."

A girl walked by at that moment telling her friend that her feet hurt from dancing so much. I wondered if musicians liked hearing that at a party they're playing. Or if they liked it more that the people throwing the bash provided food.

The guy making the street tacos handed me a couple tortillas with his bare hands. Part of me thought it was gross that he touched them, but part of me also thought that that added some authenticity to street tacos. And for some reason at parties, you don't seem to care if someone hands you a burger or taco like that. If a waiter did it at a restaurant, though, you'd be livid.

There was a guy slinging drinks from behind a bar. I asked if the glass container had margaritas in it. "No," he said. "That's Tuscan lemonade. It tastes similar, though." I grabbed a glass. The bartender told Wayne the lemonade was running low and asked him if he should go pick up some more at Costco. A guy leaned in and said, "Those are nice friends to have at parties, the ones who volunteer to go on alcohol runs when you start to run out."

There didn't seem to be a shortage of booze, though. One

cooler was filled with a variety of wine bottles. Another cooler had lots of beer. And there was a cooler of soft drinks.

After finishing my lemonade and a glass of wine, I was a bit buzzed. My girlfriend commented that the food they were serving was tasty.

When I leaned over to respond, the balloons tied to the back of the chair kept getting in my face. I saw one guy take the balloons off his chair and put them somewhere else, but one got away from him and sailed off. I noticed all the low-hanging telephone wires and wondered if anything could happen with a balloon getting tangled in one. Maybe I'll throw that by Mathew Alice in the hallway at the Reader office.

The band started up again, but I went inside to check on the Lakers. There was a crowd watching the game. The score was close, and it was near the end of the game. Two guys behind me kept complaining about the referees. The older Latina was in her same place without an expression on her face. I stared at her for a few minutes, and I don't think I saw her blink.

As I went back outside, I saw three cupcakes sitting on the kitchen counter. I brought one

BOTOX®
as low as **\$7/unit**

\$25 off
When you bring a friend.

BOTOX injections take as little as 15 minutes and last 3 to 9 months. **\$8 per unit** for first area, **\$7 per unit** for additional areas (25 units per area). Results may vary.

Medical Marijuana Evaluations

- Free verification card provided with every recommendation.
- Appointments available 7 days.
- In-office verification service.
- New 24-hr. 7 days/week online verification service.

Legitimate and affordable. Dr. Sterner has **10 years' experience** working with medical marijuana patient needs.

Schedule an appointment today: 888-263-0318

24-Hr Recorded Info
Call: 619-442-4215
www.medicalmarijuana-sandiego.com

\$100 off Fridays
Follow-up patients only. Discounts for SSI, Disability & Unemployment.



Lose up to 12 lbs. a month!

We have new and innovative **medications** and regimens to help you lose weight without depleting your body of the nutrients it needs and help you feel satisfied: **bioidentical hormones & HGH**, lifestyle and nutrition training and **vitamin B-12 injections** are important contributors to your well-being and helpful in increasing your energy, heightening your metabolism and feeding your nervous system. Let Dr. Sterner develop an individualized program just for you.

All visits with Dr. Sterner. Call: 888-263-0318

Central Location
Near Airport

ANTI-AGING ARTS
www.antiagingarts.com

Medical Center & Weight Control Medical Clinic
1516 W. Redwood St., Ste. 105
San Diego 92101

Robert F. Sterner, Jr., MD
Harvard 1978/UCLA 1982
Serving San Diego Since 1984

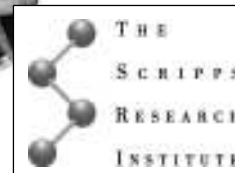


Heavy drinkers not seeking treatment

Investigators at The Scripps Research Institute are currently seeking volunteers who consider themselves to be heavy drinkers and do not have any desire to stop drinking. The purpose of this research is to study the effect of potential medications on factors related to drinking.

Earn money for completing 4 study visits that take place over 3 weeks.

This study does involve taking a medication or placebo for one week.



To find out if you qualify for study participation, please call 858-784-7867 or visit our website at: www.pearsoncenter.org for more information.

out to my girlfriend, who snapped at me. "Those aren't for us to eat! You don't grab food out of someone's kitchen! The food *outside* is for the guests...."

She wouldn't touch the cupcake, so I ate it. I said, "Hey, it's a party. If I see cupcakes, I'm eating one. I'm not going to go into someone's refrigerator and grab food, but it was on the counter. And there were only three. That leads me to believe there were more, but they had been

eaten earlier." She was having none of it.

Luna Llena took another break, and belly dancers came out. One of them was male, and I joked that he looked like Adam Lambert of *American Idol*. Maybe it was the eyeliner.

One of them was twirling fire, which was fun to watch.

All the kids at the party were well behaved. I heard a nearby table of them thanking the adults and being very polite. One

teenager told her friends that she was leaving the party to go see her friend's band. I asked her about it, and she said, "My mom was trying to make me feel guilty I was leaving her party for another one. But, she knows I love her. I mean, I felt bad, but these are a bunch of older people. And my friend's band is having a CD-release party."

I asked her the band's name, and she said they were called Without Warning. (I told her I'd give them a shout out in the column.)

The belly dancers wrapped things up, nothing got burned from the fire they were throwing around, and as expected, the Lakers won.

As we were heading out, they were preparing

the birthday cake. I overheard yet another woman say her feet were sore from dancing.

These were all signs of a good party. ■

Crash your party? Call 619-235-3000 x421 and leave an invitation for Josh Board.

For more stories by this author, go to sdreader.com.

cut, color, blow, beauty... repeat

DIMENSION A SALON

1578 Garret Ave. | Pacific Beach
858.490.6272
DIMENSIONASALON.COM

\$5 Off Medical Marijuana
 One coupon per customer. Expires August 7, 2009.

Nonprofit Collective Free memberships! Open 9 am-9 pm daily MasterCard / Visa accepted.

Herbal Health Options
 619.463.HERB (4372)
 9612 Dale Ave., Ste. 2
 Spring Valley, CA 91977
 (94 East to Kenwood Dr. right, left Dale)

In compliance with Health & Safety Code 11362.5, Prop 215, SB 420

mobile window tinting
 Competitive prices. Lifetime guarantee. 18 years' experience.

We come to your home or office.
 619-892-2263

North County's medical marijuana delivery service.

Delivery hours: 9 am-9 pm daily
 Call or fax your pre-verification information.
 Phone: 1-888-379-9681 • Fax: 760-730-1309

GRASS OF THE EARTH
www.grassoftheearth.com

In compliance with Health and Safety Code 11362.5, Prop 215, Senate Bill 420

Cracked windshield?
 We install all types of auto glass!

Windshield Replacement \$149.95 installed + tax Work guaranteed!
 Most automobiles. Must present coupon.

Serving all of San Diego and North County.

5803 El Cajon Blvd. (West of College Ave.)
 We come to you! **1-888-434-7302**
mywestcoastautoglass.com

NEW! Renee's Garden Seeds
 Organic, non-treated & GMO free seeds

TIME TO PLANT

Beans
 Soy Beans
 Beets
 Carrots
 Chard
 Corn
 Cucumbers
 Gourds
 Melons
 Pak Choi
 Pumpkins
 Salad Greens
 Stir Fry Greens
 Summer & Winter Squash
 Watermelons
 Zucchini

1811 Health Commerce Dr. | El Cajon, CA 92020
GROWaLOT
 Hydroponics, Organics, & Garden Supply
 (619) 749-6777

Your resource for fish, corals, aquarium & pond products

- Hand-Selected Corals, Fresh & Saltwater Fish
- 28,000 Gallons of Fish and Invertebrates
- Full Line of Aquarium & Pond Products
- 1000's of Healthy, Colorful Koi
- Experts in Filtration Systems
- Everyday Discount Pricing

THE POND & AQUARIUM SOURCE

WHOLESALE - OPEN TO THE PUBLIC
 2599 State Street • Carlsbad • 760-729-4300
www.thepondsource.net



CLINICAL RESEARCH

SCHIZOPHRENIA • DEPRESSION • BIPOLAR DISORDER

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

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

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

To learn more, call the Sharp Mesa Vista Hospital Clinical Research Center at **(858) 694-8350**.

Clinical Research Center
SHARP Mesa Vista Hospital



IF WE DIDN'T ADVERTISE WE'D GO BROKE TRYING

Many of us watched the Chargers' season-ending run this past winter and, amid the cheers and groans, saw a 30-second TV ad starring LaDainian Tomlinson. Well-dressed and calm, he's holding a postgame news conference.

A reporter asks, "L.T., what got you the win today?"

"There's three things you got to have to be successful," L.T. says.

"There's planning, teamwork, and constant communication."

Cut to designers huddling over architectural plans.

"What's the key to team success?"

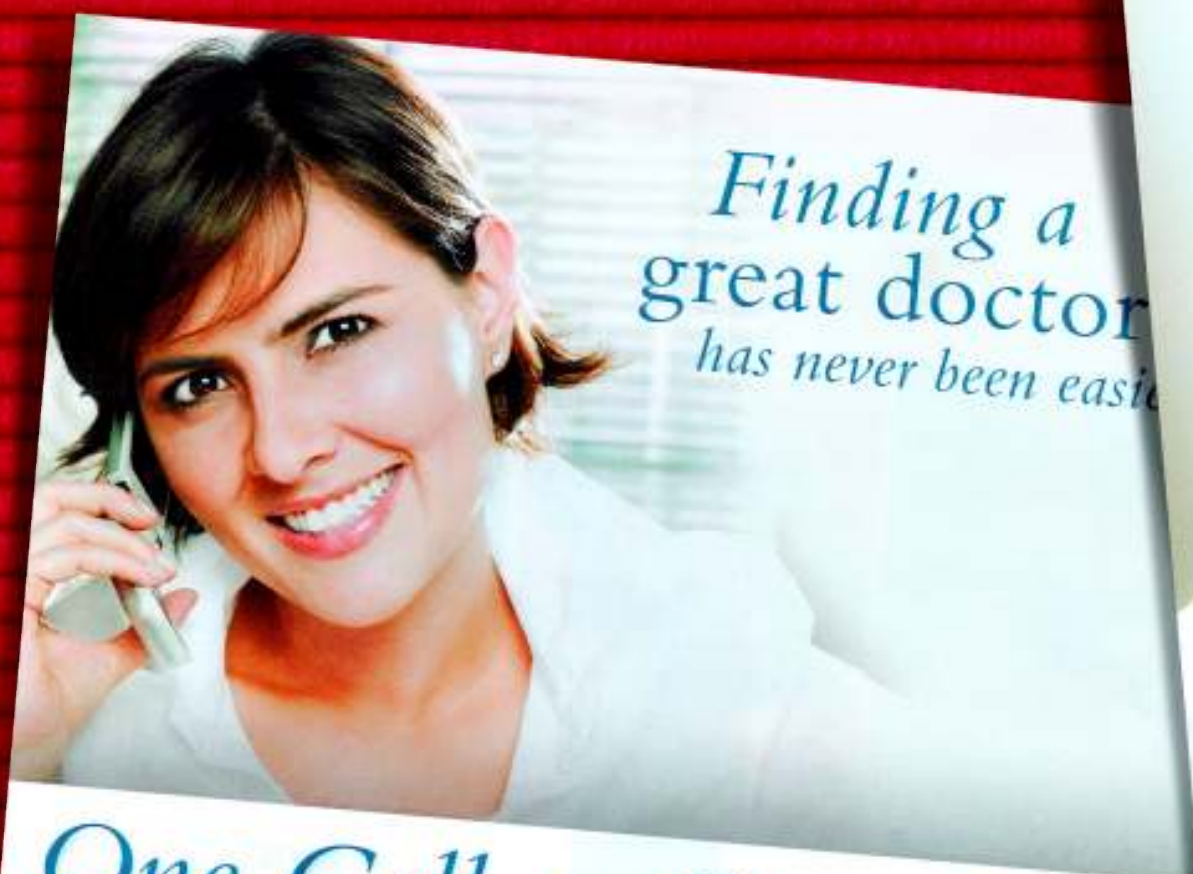
"Well, you got to start with the right foundation. That'll get you through the season and beyond."

Cut to hard hats pointing at blueprints and standing before a giant pit and an earthmover hoisting a shovelful of dirt.

"So, L.T., what do you see looking forward?"

"Great things are happening. You just got to execute the plan."

continued on page 28



*Finding a
great doctor
has never been easier*

*One Call or One Click
2,600 Physicians. 50 Specialties.*

Just call **1-800-SCRIPPS** or visit www.scripps.org for immediate access to more than 2,600 physicians in over 50 specialties. With the latest medical innovations, ground-breaking clinical trials and personalized, compassionate care, it's no wonder more than 500,000 patients each year trust their health care to Scripps.

So, what are you waiting for? Call **1-800-SCRIPPS** or visit www.scripps.org/caring to find the doctor who's right for you.

 **Scripps**
A World of Healing

ARTISE REATING THE POOR

Listening.

This Is The Sharp Experience.

Personalized care. Clinical excellence. Advanced technology. Treating patients the way we would want to be treated. This is the difference we call The Sharp Experience. It begins when you choose an affiliated physician at 1-800-82-SHARP (1-800-827-4277) or www.sharp.com

SHARP



©2008 SHARP INC.

WE ARE



THE ORTHOPEDIC SPECIALISTS

INNOVATIVE, EFFECTIVE TREATMENTS
FOR YOUR SPECIFIC ORTHOPEDIC NEEDS.

San Diego's most comprehensive orthopedic surgical group, we offer in-depth experience and expertise second to none. Each member of our group is a specialty-trained physician focused on a specific orthopedic discipline. That means you'll be treated by a specialist in your particular disorder. Our orthopedic specialists are providing the most advanced care available today - and discovering breakthroughs of tomorrow.

> COMPREHENSIVE ORTHOPEDIC
SPECIALTIES

- Sports Medicine
- Hand, Elbow & Shoulder Surgery
- Foot & Ankle Surgery
- Spine & Back Surgery
- Joint Replacement
- Arthritis Surgery
- Bone and Muscle Cancer
- Physical Medicine

For more, visit UCSDmedicalcenter.com
or call 1-800-926-UCSD (8273).



UC San Diego
MEDICAL CENTER

discover the **POWER** of academic medicine

Where is your focus? ...on your overactive bladder?

Overactive bladder makes it difficult to perform daily activities. You do not know when the sudden, strong urge to urinate will happen.



The Women's Overactive Bladder Study is a research study testing the safety and effectiveness of a new delivery method of an overactive bladder medication for women. Qualified participants:

- are women age 18 and older
- are experiencing overactive bladder symptoms with urgency for over 6 months
- have not had three or more urinary tract infections in the past year

Qualified participants will receive study-related exams, lab tests and study drug at no charge.

For more information please call

**Medical Center for Clinical Research
619-521-2841
mccresearch.com**

Out pops L.T.'s million-dollar smile, and a companion glint flickers off his diamond ear stud.

Cut to a graphic artist's computer rendering of a giant new building.

An athlete putting his name on stuff is hardly surprising. What is surprising is where the ad ends. The heraldic music rises to a crescendo to deliver the last five-second punch: "Palomar Pomerado Health. Specializing in You."

A hospital? Not a car or jewelry or shoes or Viagra or ESPN's *SportsCenter*. But a hospital. Why does a hospital have to advertise?

When I phoned Don Stanziano, public relations director for Scripps Health, and asked that question, he turned it back on me: *Why wouldn't we?* As in,

doesn't everybody? As in, the only way to distinguish your product and service (as well as your brand) in the competitive health-care world is to aggressively market what you

way-linked, a person living in Rancho Bernardo does not feel obliged to go to Palomar hospital in Escondido but can shoot across Highway 56 to a heart program at Scripps Green on

These days the hospital is (sold as) a homey institution, located on a campus, sporting a park and workout track.

have and who you are. Who would know we exist if we didn't advertise?

The short answer to why hospitals must market is roads. Gone are the days when a hospital served only its immediate geographical area. Now, free-

the coast. Facing knee-replacement surgery — as expensive as it is painful — the smart patient goes hunting. Some insurance providers allow her to shop for nonemergent care, and shop she will, getting second and third opinions,

RESEARCH STUDIES



Participate in Our Research Studies

Do you suffer from Bipolar Depression?



You may be eligible to participate in a clinical trial for the treatment of Bipolar Disorder.

Excell Research is currently enrolling for both inpatient and outpatient study.

Participants must be 18 years of age or older.

Compensation of up to \$1000 will be provided for time and transportation.

CALL US FOR MORE INFORMATION: 760-806-9200

Do you have a history of depression?



Are you currently taking antidepressants that don't seem to be working?

You may be eligible to participate in an inpatient or outpatient clinical research trial for treatment-resistant depression.

Compensation of up to \$1900.

CALL US FOR MORE INFORMATION:
760-806-9200



BOARD-CERTIFIED PSYCHIATRISTS PROVIDING
EXCELLENT PATIENT CARE AND QUALITY RESEARCH
3998 Vista Way, Suite 100, Oceanside, CA 92056

seeking the most competent doc and one with whom she's most comfortable. For choosy consumers, it's a feast of movable options.

To attract the choosy, hospitals must market. To survive in the competitive health-care field, they must fill their beds, which means selling their services, which means branding their names with catchphrases and slogans. UCSD: "The Power of Academic Medicine." In addition, hospitals are held captive by health-care consumers' expectations. Reacting to the publicity new hospital programs generate in the media, San Diegans want what they believe is already available elsewhere. We should have the new prostate-cancer treatment that New Yorkers have. What's more, consumers

require that their health system offer fast, accessible, topflight care, no matter the ailment, no matter the cost.

Because health care also seeks the elective-surgery crowd, it must finance fancier offerings and charge customers extra. When I was young, a hospital was a place where the sick lay bedridden amid the drab purgatory of beige walls and industrial views. These days the hospital is (sold as) a homey institution, located on a campus, sporting a park and workout track. The contemporary medical center may include the resort's fitness room, the spa's Jacuzzi, and the luxury suite's state-of-the-art TV, video conferencing, toilets for the disabled, and beds whose built-in computers monitor the patients' vital signs.

RESEARCH STUDIES

MEDICAL MARIJUANA

Did you know? Californians can use and possess Medical Marijuana legally? We can help...

Medi-THC Clinics

Low cost, 100% confidential recommendation from Licensed MD

24/7 verification

Carlsbad
1-888-207-3198



Research Opportunities

Do You Have Type 2 Diabetes?

Sunder Mudaliar, M.D., and his associates at the Center for Metabolic Research at the VA San Diego Healthcare System are currently looking for patients for a research study of an investigational drug to determine if adding it to your current Type 2 diabetes medicine can provide better control of your blood sugar.

You may qualify if you are:

- Male or female 18 years of age or older, with Type 2 Diabetes
- Currently taking a stable dose of type 2 diabetes medication
- Have poor blood sugar control
- Have a fasting blood sugar less than 240 mg/dL at office screening
- Have an HbA1C between 7.5% and 9.5% at office screening

Participants will receive a medical screening at no cost by board-certified physicians. Compensation up to \$440 will be provided to participants who qualify for this study.

If interested please contact our Research Recruiter

Catherine DeLue at: 858-552-8585 ext. 6740



Impulsive behavior? Hyperactive? Hard time paying attention? Trouble sleeping?

These are symptoms of Attention-Deficit/Hyperactivity Disorder (ADHD)-Associated with Insomnia.

If you or someone you know is:

- Male or female • Between the ages of 6 and 17
- Experiencing sleepless nights while spending the day feeling overly hyper with impulsive behavior and having a hard time paying attention
- In overall good health

If you answered yes to all of these questions, you may be eligible for our research study! If you qualify and choose to participate, you will receive investigational study medication, study-related physician consultations, study-related medical examinations, laboratory evaluations and follow-up visits all at no charge. Compensation for time and travel is provided.



If you are interested in learning more about this study, please contact:

(619) 688-6565

See our website: www.ari-inc.com



Is your current Schizophrenia medication not working?

Are you:

- Currently taking one of the following: Seroquel, Zyprexa, Risperdal, Invega or Abilify for the treatment of Schizophrenia?
- Between 18 and 65 years of age and diagnosed with Schizophrenia before the age of 35?

If you answered yes to all of these questions, you may be eligible for our investigational drug research study. If you qualify and choose to participate, you will receive physician consultations, study-related medical examinations, laboratory evaluations and follow-up visits at no charge. You may receive study medication to be used in addition to the Schizophrenia medication you are currently taking. Health insurance is not required and compensation for time and travel is provided.



If you are interested in learning more about this study, please contact:

(619) 688-6565

See our website: www.ari-inc.com



Are you living with Depression?

Women from across the United States are joining this study to help researchers look for better ways to treat depression.

You may qualify for this study if you are:

- A woman 18 to 64 years of age
- Diagnosed with major depression

Participants will receive:

- An initial evaluation of past and current mental and physical health
- Access to a team of medical professionals, available for consultation
- Study-related medical care and monitoring of health
- Investigational medication or placebo
- Potential compensation for time and travel.



If you are interested in learning more about this study, please contact:

(619) 688-6565

See our website: www.ari-inc.com



Forgetting simple tasks? Memory fading? Can't seem to complete projects?

If you or someone you know is:

- Male or female • Between the ages of 45 and 90
- Experiencing memory loss? Unable to organize or plan? Forgetting simple tasks?
- In overall good health

If you answered yes to all of these questions, you may be eligible for our research study! If you qualify and choose to participate, you may receive an investigational study medication. You will also receive physician consultations, study-related medical examinations, laboratory evaluations and follow-up visits all at no charge. Health insurance is not required and compensation for time and travel is provided.



If you are interested in learning more about this study, please contact:

(619) 688-6565

See our website: www.ari-inc.com



Too Shy?

Trouble with dating? Parties?
Public speaking?
Starting conversations?
Speaking to authority figures?
Always worried about what
other people think of you?

Confidential help is available.
You may be eligible to

Receive Free Treatment

with computerized therapy as part of a
research program. No medications!

Call: **619-229-3740** or e-mail:
SDSU.CUTA@gmail.com
http://nas.psy.sdsu.edu

CENTER FOR UNDERSTANDING
AND TREATING ANXIETY

6386 Alvarado Court
Suite 301, San Diego

Catering to our expectations and keeping pace with their competitors, hospitals now and those planned for the future, specialty clinics and cancer programs, weight-loss centers and robotic-surgery units are all muscling themselves into our consciousness, marketing the likes of LaDainian Tomlinson as well as patient video testimonials. If you haven't noticed the extent to which hospitals are slipping slick radio ads into your drive time and infomercials onto your late-night TV, then you've been hunkered down in the backcountry far too long.

San Diego's Big Four
Along with Palomar Pomerado Health, San Diego's big hospital systems are Sharp HealthCare, Scripps Health, and

UCSD Medical Center. But note: these systems have two or more hospitals, medical groups, and specialty clinics. Two, Sharp and Scripps, are comparable in size, budget, and market share, each having about a quarter share of the market. Together, these four serve 66 percent of San Diegans and their medical needs.

At Sharp HealthCare, there are four acute-care hospitals, three specialty hospitals (among them Mary Birch Hospital for Women, which sets the annual California record for births), two affiliated medical groups, three skilled nursing facilities, 2600 affiliated physicians, and more than 14,000 employees. Sharp is the largest private employer in the county. Most San Diegans know Sharp Chula

Vista, Sharp Coronado, Sharp Memorial, and Sharp Grossmont, the largest with 481 beds. The Sharp Health Plan has 45,000 members, one of which is the City of San Diego.

Scripps Health has five acute-care hospital campuses, ten Scripps Clinic locations, and nine Scripps Coastal Medical Center locations. The Scripps Mercy trauma center, located in Hillcrest, is placed south of I-8, where almost half of the county's trauma occurs. Scripps employs 12,000 and has 2600 affiliated physicians.

The Palomar Pomerado system comprises Pomerado Hospital with 107 beds in Poway and Palomar Medical Center with 319 beds in Escondido; there are also outpatient centers and satellite sites, like the PPH expresscare clinics operating inside Albertsons in Rancho Peñasquitos and Escondido. Palomar Pomerado employs 3700 and has 700 doctors. The service area for Palomar Pomerado is 800 square miles, much of it in the county's sparsely populated backcountry.

Finally, UC San Diego Medical Center includes schools of medicine and pharmacy on the University of California campus as well as two hospitals, whose employees total 5200. One medical center, Thornton Hospital, is on the UCSD campus, and the other is in Hillcrest. Both are served by one faculty medical group, some 800 physicians, most of whom practice, focus on research, and teach at the medical school. There are a few primary-care and specialty clinics, like the Eating Disorders Clinic, the Shiley Eye Center, and the Moores Cancer Center.

Inpatient discharge data, compiled by the California Office of Statewide

RESEARCH STUDIES

Do you have Type 1 or Type 2 Diabetes?

The Profil Institute for Clinical Research is conducting a research study to evaluate an investigational device for continuous glucose monitoring.

To qualify, you must be:

- Diagnosed with Type 1 or Type 2 Diabetes and currently on insulin therapy
- At least 18 years old or older
- Otherwise healthy with no major medical conditions

One in-clinic session for up to 72 hours may be required. You may be compensated up to \$1170 for time and travel.

To learn more about this study,
please call **1-866-245-5919**.



Are you or someone you know diagnosed with any of the following conditions?

- Schizophrenia**
- Bipolar Disorder**
- Major Depression**
- High Blood Pressure**
- Diabetes**
- Fibromyalgia**

Qualified candidates may be eligible to participate in a clinical research study to receive:

- Study-related medical care at no cost
- Reimbursement for time and travel
- Evaluations by Board-Certified Psychiatrists and Internists for both inpatient and outpatient programs

**Convenient new location
in Downtown San Diego!**

Please call:
CNRI-San Diego, LLC
(619) 481-5252



PSORIASIS?

Therapeutics Clinical Research, a center of excellence in psoriasis care, is conducting a clinical research trial of an investigational medication for people with chronic plaque psoriasis.

We need participants:

- 18-65 years of age
- With chronic plaque psoriasis

Qualified participants will receive:

- Study-related examinations by a Board-Certified Dermatologist and study medication at no cost
- Compensation for time and travel

No insurance required

— THERAPEUTICS —

CLINICAL RESEARCH

Call us at: 858-279-SKIN (7546)

Or e-mail us at: psoriasis@therapeuticsresearch.com
www.therapeuticsresearch.com



One in six people struggles with a FREQUENT URGE TO URINATE

We're working to expand treatment options for the future

If you experience a frequent urge to urinate, difficulty preventing leakage or other problems with urinating you may be able to participate in a clinical research study.

We're conducting a clinical research study of an investigational drug designed to treat overactive bladder. If you participate, you will receive study-related care, monitoring, and study drug at no cost. To learn more, just call us.

Medical Center for Clinical Research
619-521-2841
mccresearch.com



Seeking Relief from Eczema?

Therapeutics Clinical Research is conducting a clinical research trial of an investigational medication for eczema (also known as atopic dermatitis).

We need participants:

- 18 years of age or older and in general good health
- With active, chronic eczema

Qualified participants will receive:

- Study-related examinations by a board-certified dermatologist and study medication at no cost
- Compensation for time and travel

No insurance required. Confidentiality maintained.
Conveniently located in Kearny Mesa.

Call us at: 858-279-SKIN (7546)

— THERAPEUTICS —

CLINICAL RESEARCH

E-mail: eczema@therapeuticsresearch.com
Website: www.therapeuticsresearch.com

Pain from Endometriosis?

A 16-week clinical research study is underway to evaluate a non-hormonal, injectable, investigational medication versus placebo for the relief of pelvic pain caused by Endometriosis. Have you tried a variety of hormonal medications without success over the years of dealing with Endometriosis cramps and pain? This study is for women who have a surgically confirmed diagnosis in the last 8 years.

To possibly qualify for the study, must be:

- 18-49 year old females, regularly having periods
- Surgical confirmation of Endometriosis in the last 8 years (operative report must be available)
- Moderate to severe period cramps and pelvic pain

Qualified participants may receive:

- Exam and consultation with a board-certified gynecologist
- All study-related labs, EKG, and study medication
- Compensation for your time and travel

MEDICAL CENTER FOR CLINICAL RESEARCH

619-521-2841

www.mccresearch.com



Health Planning and Development, is used to measure market share among hospitals. As one marketer told me, "We watch it like hawks." In 2007, Sharp applied for — and won — the Malcolm Baldrige National Quality Award, given by the president to recognize "performance excellence" in health care, education, and business management. In the application, Sharp reported comparative market shares

for San Diego health systems. As of 2005, Sharp had the largest market share at 27.27 percent, followed by Scripps at 22.18, Palomar Pomerado at 10.68, UCSD at 6.51, and all others at nearly 34, including Kaiser at 9.62 percent. Kaiser is a member-based health-care organization that has almost 3.3 million subscribers in Southern California as well as 22 hospitals, clinics, and medical offices in San Diego

County.

Compared to the thousands of doctors and nurses and administrative staff, the marketing and communications staff in each health system is small, at best, a few dozen employees. Marketing, as defined by the American Marketing Association, is an activity that creates, communicates, delivers, and exchanges "offerings that have value for customers, clients, partners, and soci-

ety at large." The four marketing departments focus their "offerings" on advertising, web design and operations, customer strategy, media relations, multicultural relations, physician liaison, and more. Not counting call-center personnel, Sharp employs 55 people, 15 of whom design and run its website as well as produce its videos, perhaps the biggest new thing in hospital marketing. Scripps marketing has 51 employees, Palomar Pomerado has 11 full- and part-time people, and UCSD has 20 employees. Their marketing budgets are also small, in the range of \$1 to \$2 million, much less than the usual 3 to 5

percent of profits spent on marketing at multibillion-dollar companies such as Budweiser and Home Depot.

Revenues of the four health-care systems are huge, ranging from \$1 billion to over \$2 billion annually. All profits from any not-for-profit hospital are reinvested. None of it goes to award shareholders, owners, and executives as it does at for-profit hospital chains. The three largest hospital systems are defined as not-for-profit corporations. Only Palomar Pomerado is a non-profit community hospital with a publicly elected board, financed through taxes, bond issues, patient

revenues, and donations. The not-for-profits are self-supporting: patient revenues, foundations, and donations from estates and annual parties or balls sustain them. They must, as one marketer told me, "attract a favorable payor mix." Payor money comes from patients, insurance companies, and Medi-Cal and Medicare reimbursement and has to compensate hospitals for those they serve who can't pay.

Tomlinson Scores Big with Palomar Pomerado
The guy who signed up L.T. with Palomar Pomerado is Gustavo Friederichsen. He's also the marketing guru behind the

RESEARCH STUDIES

Live in an apartment in the city of San Diego?

Free \$5 Gift Card

with a 2-minute phone survey!

(Starbucks, Jamba Juice, and other choices available.)

Quantities limited.

619-890-4149 or 858-688-2182

Funded by Prop 99



RESEARCH STUDIES



Do you have heartburn related to Gastroesophageal Reflux Disease (GERD)? Do you take medication twice a day for it?

Local physicians are participating in a research study that will help determine if an investigational medication can control your heartburn related to GERD. If you have GERD-related heartburn that is controlled by taking medication twice a day, you may qualify for this study.

To learn more, call: Ritchken & First, MDs • (858) 292-0108 x207
4282 Genesee Ave. #103, San Diego 92117

If you qualify, you will receive study care and study medication at no cost. Financial compensation for time and travel may be provided.



Hand Eczema?

Therapeutics Clinical Research, a center of excellence in dermatological care, is conducting a clinical research trial of an investigational medication for hand eczema (also known as hand dermatitis).

We need participants:

- 18-75 years of age
- with hand eczema lasting at least six months

Qualified participants will receive:

- study-related evaluations by a board-certified dermatologist and study medication at no cost
- compensation for time and travel

No insurance required.

Conveniently located in Kearny Mesa.

Call us at: 858-279-SKIN (7546)

E-mail: info@therapeuticsresearch.com

Website: www.therapeuticsresearch.com

THERAPEUTICS
CLINICAL RESEARCH

Do You Suffer from Excessive Shyness?

Have you experienced intense fear of being embarrassed or evaluated negatively by others in a variety of social and performance situations such as:



- Meeting new people?
- Talking in front of a group?
- Going to parties?
- Interacting with those you are attracted to?
- Dealing with authority figures?
- Eating or writing in front of others?

You may be eligible for a research study at UCSD Department of Psychiatry.

If you are 18 years of age or older, and are interested in this research program, please call:

1-877-UCSD-SHY (1-877-827-3749)

or e-mail: veryshy@ucsd.edu

CPAP

Unique Research Study for Users

CPAP users who experience daytime sleepiness may suffer from a type of condition that can make them feel fuzzy-headed or more short-tempered than they would like. Our study examines the effectiveness of a currently FDA-approved medication that activates a part of the brain that may help overcome these effects.

To qualify, you must be a CPAP user with excessive daytime sleepiness and be consistently using your CPAP every night. Participants will sleep over in our sleep lab to confirm proper CPAP pressure and daytime sleepiness. Once in the study, you will have an MRI (brain imaging – not an x-ray), to record your brain activity. After receiving study medication, you will have a second MRI while performing simple mental tasks, to see if we can record any improvement or changes in brain activity.

The study is two weeks long and will require 3-4 office visits, 1 overnight stay, and 2 MRIs. We think this offers a really interesting opportunity to look at sleep and brain function in a new way – how it affects mood and behavior. Qualified participants will receive up to \$1,500 for being generous with their time and to assist with travel expenses.

PRN PACIFIC RESEARCH NETWORK

Call: 619-294-4302 • www.prnsc.com

Clinical Research Study Seeking Type 2 Diabetic Volunteers Not Using Insulin

Profil Institute is seeking Type 2 Diabetic volunteers to participate in a clinical research study to evaluate the effects of an investigational drug.

You may qualify if you are:

- At least 18 years old
- A Type 2 Diabetic
- Treating your diabetes with Metformin alone or in combination with other anti-diabetic medications (no actos or avandia)
- Otherwise healthy

If you qualify and choose to participate, you may be compensated up to \$3,475 for time and travel. Six overnight stays may be required.

For more information, call Profil Toll Free
@ 1-866-245-4569

 **profil**
ANSWERS FOR DIABETES
AND OBESITY



Tired of Restless Legs?

When trying to sleep do you have:

- Discomfort or pain in your legs, which worsens when resting
 - A strong urge to move your legs for relief
- Tugging, burning, creepy-crawly or pulling in your legs

A research study is being conducted to help treat Restless Legs Syndrome, or RLS.

Call today to see if you qualify:

1-888-651-3958

www.rls-study.com

Participants will receive free study-related exams and study medication.



Promotional Offers:

- All-Porcelain Crowns \$450**
- Root Canals \$490**
- Simple Extractions \$95**
- Fillings starting at \$75**
- Porcelain Veneers \$740**
- 4 Veneers \$2800**
- 6 Veneers \$3900**
- Free X-Rays**

Promotional offers cannot be used in conjunction with insurance.

Same-Day Emergency Appointments Available • Immediate Pain Relief

Open Weekends • Expanded Weekday Hours

Straightforward, Hassle-Free Business Practices
Discounted Menu for Cash Patients
PPO Dental Insurance Accepted

Root Canals • Extractions including Wisdom Teeth
Removable & Fixed Prosthodontics
Implant Placement and Veneers

5210 Balboa Avenue, Suite A-2, San Diego 92117
(west of Rite-Aid at Balboa & Genesee)

858-279-3455

www.BalboaDentist.com

Joseph Tucker, D.D.S., with comprehensive experience in Endodontics, Fixed Prosthodontics, Oral Surgery and Implant Placement, is now accepting new patients.



system's "Hospital of the Future," coming to Escondido in 2011. The 50ish Latino possesses abundant energy, talks inveterately, and is, in his words, "involved with everything." Before he got to Palomar Pomerado in 2004 as chief marketing and communications officer, he was the marketing head at Scripps and Sharp, five years at each.

On board, Friederichsen was expected, he says, to campaign for "community health improvement, prevention, education." To understand his client base, he began with focus groups and in-house interviews. He found three concerns: the managers were "too conservative" and the marketers "risk-averse," the latter doing little more than profiling doctors poring over X-rays in magazine

ads; too few in the community had a clear idea of what the hospitals did, where they were located, and how to pronounce the name; and the foundation wasn't bringing in enough money.

What troubled Friederichsen was that the system had "zero brand equity. If I put us against Sharp or Scripps, we lose every time." Focus groups said they wanted a spokesperson with whom to identify. They recommended that "I get a face, an image, a something." He remembers one person saying, "I don't know what you stand for."

His solution: brand the hospital.

So, in 2007, Friederichsen sought the superstar running back of the Chargers, coming off his greatest year ever. Friederich-

sen persuaded the season's most valuable player to become the hospital spokesperson for five years. "It's not just a strict endorsement deal, where he's just pitching. He's doing a whole lot more."

L.T. is paid \$400,000 per year — the hospital's marketing division pays him \$200,000; human resources, \$100,000; and the foundation, \$100,000. In turn, L.T. raises money, hosts TV and radio spots, recruits new doctors and nurses, visits patients, and talks to kids at schools about health. Friederichsen says that the reason L.T. signed up was, "He gets it. He has a family history of illness — stroke, heart disease, diabetes. Mother, father, grandmother." Kids love him, he's got a famous San Diego face, and he's amenable.

HEALTH AND BEAUTY

HAIR LOSS PREVENTION

LASER COMB

- FDA-approved
- Clinically proven to grow thicker, fuller, healthier hair



FOLLIGEN THERAPY

(Shampoo & conditioner)

- Stimulate hair growth
- Reduce hair loss
- Improve scalp health



TOPPIK

Hair-building fibers

Propecia • Rogaine



My Dearest Dr. Khan,
I cannot begin to thank you enough for the change you have made in my life. You have given me a renewed confidence in what I love doing most of all, singing country music. You have taken years off my appearance by your masterful and artistic touch.

YOU HAVE TRULY CHANGED MY LIFE FOREVER.

With all my heart and soul, thank you.
— Lance



Actual Patient



HAIR RESTORATION

HAIR TRANSPLANTS

- For men and women
- Permanent and painless
- One-day procedure



3000 HAIRS

\$2499

Reg. \$6000

3000 grafted hairs is the equivalent of 1200 grafts.

Offer expires 7-27-09.

FREE FINANCING

2 years 0% interest, OAC



Visit **ILHT.com**

Call for FREE private consultation:

1-866-751-2182

ILHT • 7930 Frost Street, Suite 203, San Diego • Open Saturdays

With over 25 years' experience Dr. Shagufta Khan, M.D., trained cosmetic/plastic surgeon, practicing in San Diego since 1995, is an expert in the field of Hair Transplantation, world renowned for creating a natural hairline and maximum density.

The health system's gala fund-raiser is called Night of Nights. Friederichsen says that L.T. has to raise "half a million dollars every year, minimum; it's in his contract, recession or no recession." He's especially proud that the event with L.T. last year brought in \$642,000; the highest total for a previous fund-raiser had been \$30,000. This, as well as all the other educational things the running back does, justifies his salary. Yes, he says, "There's a culture here that thinks we can't pull the LaDainian thing off." This is the old guard, who says to every (costly) innovation, "We can't afford it."

In short, Friederichsen needs to justify the L.T. expense.

How? He's selected a number of standards for measuring the campaign. One is the number of diabetes patients admitted to the emergency room. L.T. talks to the public, mostly fifth-graders at school, about diabetes; he'll present information about lowering their risk and changing their diet. After 24 months, Friederichsen will look at whether the number of diabetes patients coming into the emergency room has dropped. If it has, he'll use the data as proof (mostly to the board) that his marketing strategy has legs. Already, he says, he's gotten a call from a nutritionist who is treating "her first 300-pound Latino fifth-grader."

I asked Friederichsen how an ad campaign might reverse the eating patterns of Latino boys, who many surveys suggest are addicted to fast food and soda. He says it's not *that* ambitious, although he believes prevention is the way hospitals will care for patients in the future.

Friederichsen ran the 30-second L.T. spot, called "You just got to execute

the plan," during the play-off games (one win, one loss, and out) for \$20,000 (he got two free runs when one of the games went to overtime). He's mum about the cost of his other ads,

which include other 30-second TV and radio spots, *Union-Tribune* and *Chargers Media Guide* ads, signage in Qualcomm, movie theater and online videos, transit posters, and bus

tails (people stuck in gridlock need to look at something). He won't discuss costs because "I've got a lot less [money] to work with than Scripps and Sharp do. I wouldn't want

a competing health-care system to know what Gustavo is spending on TV, radio, and print." It's all negotiable and, he says, suddenly cheap in a recession. If his negotiated price

is exposed, Scripps and Sharp will renegotiate theirs. Ad venues don't like that, he says.

He is spending more than the annual \$250,000 that his predecessor spent

HEALTH AND BEAUTY

Laser SKIN CARE



JUNE SPECIALS - FINAL WEEK!

FREE TREATMENT!**

Laser Hair Removal for Women

Lip or Chin	\$39
Brazilian	\$125
Full Legs	\$269
Full Face	\$179
Underarm	\$59

NOW OFFERING: NO PACKAGE PURCHASE NECESSARY!

FREE TREATMENT!**

Laser Hair Removal for Men

Full Back or Chest & Abdomen



\$275

TWO WEEKS ONLY!

BOTOX® \$179

Wrinkle reduction treatment. Price per area with purchase of 3 areas. Regular price \$199 per area (forehead or glabellar or crow's feet).

IPL® Photofacial

For rosacea, redness and flushing.

\$145*
full face

Facial Treatments

Vivité Peel	\$99	Cosmelan	\$595
Microdermabrasion	\$75*	Cosmelan acne	\$595
Jessner's Peel	\$250	Skin Refresher Peel	\$150

Wrinkle Fillers

Juvéderm™ For fuller lips & deep wrinkles. First syringe \$369	\$339 for your second syringe
Restylane® To smooth away facial wrinkles. First syringe \$369	\$339 for your 1cc second syringe
Perlane® Corrects deeper lines and wrinkles. First syringe \$399	\$359 for your 1cc second syringe

Laser Collagen Rejuvenation

Regain skin firmness, lessen fine lines and improve acne scars. No downtime.

\$259* per session

Includes 5 free microdermabrasion treatments with purchase of package.

Latisse™

The only FDA-approved treatment for longer, thicker lashes. **Available now.**

1-866-BEST-LOOK

(1-866-237-8566) • www.GlobalLaserCosmetics.com

6950 Friars Road, Suite 100 • Across from Fashion Valley Mall

Se Habla Español • Promo code: RDR0625



Farzad Yaghouti, MD
Medical Director

*Price per treatment with purchase of package of 5. **Pay per session or purchase 5 treatments and receive one additional treatment free. Applies to same area only.

GLOBAL LASER COSMETICS, INC.



July 4th Specials! 

SAFE MEDICAL

Weight Loss

\$14.99* STARTING AT
PER WEEK

Lose 3-5 lbs. per week!

All patients seen by the doctor.

Includes FDA-Approved Phentermine/Fastin® or Phendimetrazine/Bontril®, M.D. consultation, diet and exercise program. No contract. No lab. 4-week minimum. Over 60,000 satisfied patients.

Burn fat. Try B12/B6/lipotropic injections. Free B12 Injection with this ad (\$10 value)

*New patients only, with this ad. Expires 7/8/09. Walk-ins welcome.

Viva Wellness
Medical Groups

Se habla español
vivawellness.com

 **BBB**
MEMBER
SAN DIEGO

3740 Rosecrans, Ste. C
Point Loma • San Diego, CA 92110
(Exit Rosecrans off I-8/I-5)
619-222-5433 (LIFE)
Call for hours.

We consider competitors' coupons for equivalent services.

on “showcasing physicians surfing or playing golf because their campaign stressed they were ‘normal’ folks.” His budget, he says, teasing me with a near figure, is 30 to 40 percent less than what his competitors at Sharp and Scripps spend.

Sharp Hospitals and the Sharp Experience

On Sharp’s website is the real-life video clip “Emergency Heart Attack at Sharp Grossmont.” A woman is being helicoptered onto the Sharp hospital roof. Though she’s suffering grueling chest pains, once in the emergency room she’s quickly stabilized. Soon, she’s on her way to the cath lab for angioplasty, one of the most common surgical procedures in medicine today. In the short procedure, her artery, which

had a blockage, is ballooned opened, and she’s out of danger.

The video resembles an episode of the television show *ER*, with much of the frenetic activity but minus the actors and the fiction. It’s all real, the family arriving and looking bewildered, the husband wiping back the tears, the fast unfolding of the cath procedure, the doctor and nurses and technicians speaking to the camera during the procedure. A nurse says, “I feel so grateful to do what I do every day.” A doctor testifies that “every day I know I’ve made a difference; every day you’ve touched a life.”

Later, the woman’s recovery is filmed with triumphal musical flourishes. Son kisses mother. “She was going to leave us.” He cries. The doctor smiles.

Love, like a glass of wine, is raised all around. A viewer can’t help but be touched by a tragedy undone.

Part of the savvy behind these spots is six-year Sharp veteran John Cihomsky, senior vice president for public relations and communications. He’s a youthful-looking, smartly dressed executive whose rapid-fire marketer’s tongue is endemic to the biz. In 2000 and 2001, just before Cihomsky began, Sharp conducted more than 100 focus groups to assess patient preferences. Cihomsky says that though responders expected superlative care at all San Diego hospitals, they rated each hospital the same: average. “Sharp is okay. Scripps is okay. UCSD is okay. They didn’t feel any difference with health-care providers. And, they said,

HEALTH AND BEAUTY



Botox from \$69
per area
Or \$8 per unit.* Experienced cosmetic surgeon. Winner 2007/2008 Botox Gold Award. Featured on NBC 7³⁰ and Channel 10 & 15 news.

New! **Latisse™ Eyelashes 10% off**

Beautiful Lips with Juvéderm™ or Restylane®
from **\$249**

5-Minute Nose Job
from **\$499**
As seen on National TV. See photos on vivawellness.com.

Photofacials (IPL) \$199

Laser Tattoo/Hair Removal 1/2 off

Sculptra treatments from \$299

Portrait® H.D. Full Face Resurfacing \$1999
Regularly \$3500

Mesotherapy/Lipo-Dissolve \$179
per area with package of 5
For love handles, body sculpting, neck and jowls and fat reduction – a non-surgical alternative to liposuction. **No Downtime.**

Venus Medical Group Michael Tachuk, M.D., AACS
3740 Rosecrans, Ste. C • Point Loma • San Diego, CA 92110
(Exit Rosecrans off I-8/I-5) • 619-758-9875

 **BBB**
MEMBER
SAN DIEGO

All patients seen by the doctor. All offers valid with this ad. First-time patients only. Expires 7/8/09. *With purchase of vial.

\$1,000 Off Any Surgery
Call office for details. Cannot be combined with any other offer.

- Breast Augmentation
- Liposculpture
- Smart Lipo
- Tummy Tuck
- Botox and Fillers
- And much more...

Free Latisse™
Text “Juvéderm” to 686868 for details.




Jeffrey A. Umansky, MD
Certified by the American Board of Plastic Surgery
4150 Regents Park Row
Suite 260, La Jolla 92037
888.260.8576
www.drumansky.com

Fellowship trained by Harvard Plastic Surgery Professors
Affordable financing options available

 **AMERICAN SOCIETY OF PLASTIC SURGEONS**



Featuring Sleep Sedation Dentistry "Sleep through your procedure"

Visit our website: www.softtouchdental.com

Close spaces, correct crowding and brighten your smile with Empress Veneers!

Porcelain Empress Veneers \$749

per tooth (Reg. \$1100 per tooth)

Limited time! Ends soon!

FREE Cosmetic/Implant Consultation
FREE Orthodontic/Invisalign Consultation
FREE 2nd Opinion Consultation

\$0 down 0% interest

For 18 months OAC. No insurance needed.



Invisalign and Invisalign Express

from \$2,000-\$3,500

Exam and cleaning \$49

in the absence of gum disease.

Same-Day Emergency Appointments Available!

ZOOM! Advanced Power™

Whiten your teeth up to 8 shades lighter in one hour!

\$249

Elsewhere \$600. As seen on ABC's *Extreme Makeover*.

Free custom bleaching trays with ZOOM! Advanced Power™



BEFORE ACTUAL PATIENT



AFTER ACTUAL PATIENT

VENEERS



BEFORE ACTUAL PATIENT



AFTER ACTUAL PATIENT

PORCELAIN CROWNS

Soft Touch DENTAL

www.softtouchdental.com
888-262-0673

Dr. Fakhimi, DMD

Family and Cosmetic Dentistry and Orthodontics

3735 Clairemont Mesa Blvd. (at Clairemont Drive) • Visit our website for a virtual tour!
Most insurance accepted • Financing available • Military discounts • Senior discounts
Discover, MasterCard, Visa, American Express, ATM

MEMBER ADA,
SDCDS, BBB
GRADUATE OF
LVI
LAS VEGAS INSTITUTE
for
ADVANCED DENTAL STUDIES



Free ZERONA Body Contouring

Seminar & Live Demonstration
Tuesday June 30th

Save \$500 on ZERONA
RSVP: 888-206-4352

ZERONA

Exclusively in San Diego at LibertyMD

www.LibertyMDSanDiego.com

Medical Director:
Julie Doyle, MD



Reveal Your True Shape in 2 Weeks

ZERONA has been featured by:
The Doctors, FOX, CBS, NBC, Extra and Allure

*"I went from a size twelve to a size six in
just two weeks. I'm on top of the world!"*
— L.W., Jacksonville, FL

ZERONA is the only non-invasive, painless, body slimming, low-level laser with proven results. The ZERONA™ protocol utilizes the Erchonia® LipoLASER™, the safest and most researched low level laser in the world. FDA Cleared.

By following the ZERONA 2 week treatment plan you can:
Dramatically reduce cellulite / Drop 2 to 7 pant or dress sizes
Lose 3 to 9 inches and reduce stubborn fat from:
Tummy, Back, Hips, Thighs, Buttocks, Love Handles, Chin, Neck and Arms

Patient lost 7 inches off her waist in 2 weeks



BEFORE AFTER

Unretouched patient photos. Results not guaranteed and may vary. (Photo Credit: Thomas Barnes, MD)

FORMERLY
GLOW MD
SKINCARE

Achieve Your Freedom!
LIBERTYMD™
Body Sculpting Cosmetic Center

Liberty Station, Point Loma

888-206-4352 www.LibertyMDSanDiego.com

Melt Fat. No Pain ≈ No Surgery ≈ No Recovery

"The state of health care isn't so great. People said they weren't treated as a person, didn't feel their pain was well-managed, didn't feel their loved ones were kept in the loop. We learned," Cihomsky says, "that we have a lot of room to improve."

The upshot was to launch the Sharp Experience. "Stories of the Sharp Experience" profile "real people, real experiences." Short clips, like "Emergency Heart Attack," are strung together into 28-minute-long hospital infomercials, shown on late-night TV. The idea is "to capture our people in action" who are "role-modeling behavior." Is this information- or image-based? Cihomsky sees little distinction between the two. No matter the ad, there's always "educational infor-

mation embedded in those segments."

"The Sharp Experience" is a phrase printed on most every marketing item Sharp produces. Cihomsky says that he knows the cam-

about what brand of soda to buy. We're talking about relationships. A relationship with a caregiver over a long period of time."

In attaining its top market share, Sharp, like all

To be effective with men and their prostates, "You don't talk to men; you talk to the women in their lives."

ampaign is working well when people call or email to say, "I want to tell you about my Sharp Experience." It's a brilliant marketing ploy. Is this too slick? Cihomsky says no. "It's very personal. We're not talking

hospital systems, targets women more actively than it does the two other main audiences: seniors (65-plus) and Spanish speakers. Most health-care choices are made by women who consult with family

HEALTH AND BEAUTY

Hillcrest Compassion Care

Medical Cannabis Non-Profit Collective

In compliance with health and safety code 11362.5, Prop 215, SB 420
Valid doctor's recommendation and California ID required. Must be 21 and over.



On the corner of
University & Richmond

1295 University Ave., Suite 10 • San Diego, CA 92103
619-291-4420

Monday-Saturday 9 am-10 pm, Sunday noon-9 pm

Free membership and free parking!

www.sandiegomedicalmarijuana.com

\$99 for all Laser Treatments



Laser Hair Reduction	Reg.	Now
Underarms (2 treatments)	\$150	\$99
Bikini & Underarms (2 treatments)	\$198	\$99
Lip & Chin (2 treatments)	\$158	\$99
Brazilian Bikini (1 treatment)	\$179	\$99
Upper or Lower Legs (1 treatment)	\$149	\$99
Upper or Lower Back (1 treatment)	\$149	\$99
Chest or Abdomen (1 treatment)	\$149	\$99
IPL FotoFacial (1 treatment)	\$249	\$99
Microdermabrasion (2 treatments)	\$130	\$99

Additional Services Available:
Sports Chiropractic
Acupuncture
Posture Solutions
Naturopathic Physician

Prices good until July 2 for new and existing patients.

Now featuring Dysport (Botox competitor)
Botox \$150 • Restylane \$449/1cc



Institute for Aesthetic Medicine

616 Stevens Avenue, Suite D, Solana Beach, CA 92075
P. Scott Ricke, M.D., Medical Director

858-678-0220 • SDBodyImaging.com

- Free consultations • Saturday and evening appointments available
- The California Institute for Aesthetic Medicine, a Medical Corporation.

NEW LOCATION!

and friends about their options. (One marketer told me that to be effective with men and their prostates, "You don't talk to men; you talk to the women in their lives." Another marketer wrote an ad claiming the sexual advantages of a healthy prostate *for the wife*.) The entry point to hospitals for most women, Cihomsky says, occurs just before childbirth. Prenatal care is so important for women that given a good experience, "We are very likely to hold on to that entire family as patients. If they don't have a good experience, we won't, and they will tell ten friends."

For female consumers, Cihomsky fashions English- and Spanish-language programs as well as two annual health conferences focused on education, with keynote speakers and local physician presenters. To measure their interest, Sharp surveys attendees' satisfaction: a complimentary gift often assures a response. And yet, measuring outcomes is difficult and complex for any marketer. Cihomsky says that since women face a bewildering array of "access points — getting into the system — it's very challenging to chart a woman who registers for an event and then shows up six months later in Dr. Smith's office."

Scripps — A Venerable Name Playing Catch-up to Sharp
"Just think about the name 'Scripps,'" says Jean Hitchcock, Scripps' corporate vice president for marketing and communications. She's a 28-year veteran of marketing whose bluntness is enjoyable in the sometimes hemming-and-hawing world of marketing-speak. The "Scripps" brand conjures up the trust of science and medicine, the

New Patient Special

Exam, X-rays & Teeth Cleaning

\$85
Save \$170!
(Regularly \$255)

Discounts available for uninsured patients.



Actual patients with the Smile Designer Team **invisalign®** has awarded **Smile Designers with Premier Provider status, ranking us among top 5% clinicians in the nation!**

Perfect smile in one day!

Permanently straighten and whiten your teeth in one visit with porcelain veneers and crowns.



invisalign®
\$2500-\$3500
as low as \$85/month



Based on individual case. O.A.C. Payment plans available.

White Smile. White Now!

As seen on *Extreme Makeover*

ZOOM! Advanced Power Plus

\$250 Save \$250 after discount (reg. \$500).

Full-Service Dental Clinic
White Fillings • Root Canals • 1-Day Crowns
Emergencies Seen Promptly

Smile Designers

Family & Cosmetic Dentistry

Leila Khansari, D.M.D. • Reza Rafie, D.M.D.

3365 Rosecrans Street, Suite C

888-327-9914

sdsmeledesigners.com

(Located in the Circuit City/Henry's Shopping Center)
Members of American Association of Cosmetic Dentistry and American Dental Association
Offers expire 7/9/09. Credit cards and CareCredit® accepted.

Call Now For FREE CONSULTATION!

1 - 888 - 255 - 2128

doctor@plasticsurgerysaver.com

www.plasticsurgerysaver.com

Breast Augmentation above muscle w. saline **\$3,490**

Breast Augmentation below muscle w. saline **\$3,990**

Breast Augmentation above muscle w. silicone **\$4,490**

Breast Augmentation below muscle w. silicone **\$4,990**

Breast Augmentation and lift w. saline **\$4,990**

Breast Augmentation and lift w. silicone **\$5,990**

Liposuction 2 Areas (Upper and Lower Abdomen) **\$3,990**

Additional Area **\$990**

Tummy Tuck **\$4,990**

Rhinoplasty **\$4,990**

Vaginal Labialplasty **\$2,490**

Prices include: 1) Certified American Board Plastic Surgeon. 2) Board Certified Anesthesiologist. 3) Certified Operating Room. 4) Implants (Breast Implants and Chin Implant). 5) Pre- & post-op care. 6) Follow-up visits. *Garments not included.

JUNE SPECIALS!

Father's Special

Body Balance Energy ~~\$142~~ ~~\$135~~ **\$109**

Includes: 1/2-hour reflexology foot massage, 1/2-hour stress release back massage and 1/2-hour head and neck acupressure, plus spa pedicure & manicure.



Mini Day Spa (valued at \$117) **\$90**

Includes: 1-hour facial with 15-minute head and neck acupressure and back massage, alpha hydroxy peel (smooths and softens skin texture and appearance), European facial, plus spa manicure and pedicure. A natural face-lift that helps cleanse the skin, removes fine lines, freckles and blemishes.

Escape a Day Away (valued at \$210) **\$159**

Includes: microdermabrasion, 1-hour full body massage, manicure, pedicure, and your choice of one spa body therapy.

Total Body Wellness (valued at \$185) **\$144**

Includes: European facial, 1-hour full body therapeutic massage, manicure, deluxe spa pedicure, and your choice of one spa body therapy below: hydroactive mineral salt scrub, enzymatic sea mud wrap, detox hydro pack wrap for slimming, detox herbal linen wrap.

Pamper Yourself Package (valued at \$145) **\$124**

Includes: Deep pore cleansing facial, 1-hour full-body therapeutic massage, manicure and pedicure.

Myotonology/Mini Face-Lift ^{\$95/hour}

Series of 3 **\$270** • Series of 6 **\$475**

Microdermabrasion ^{\$80/hour}

Series of 3 **\$220** • Series of 6 **\$400**

Permanent Makeup

Eyeliner ^{\$200} (€300 value)

Eyebrow ^{\$200} (€300 value)

Lip-liner ^{\$200} (€300 value)

Full Lip ^{\$400} (€500 value)

Eyelash Extensions ^{\$130}

New Japanese technique. Lasts 4-8 weeks. All natural.

Series Discount

Any 6 spa services for the price of 5



About You | *day spa and salon*

www.aboutudayspa.com • Visa/MC accepted

Miramar • 9484 Black Mountain Road, Suite D
(858) 586-6626 • (858) 586-6245
Mon.-Sun. • Open 7 days a week

North Park • 3942 1/2 Illinois Street
(619) 297-3073
Mon.-Sun. Open 7 days a week

oceanographic institute, the publishing family descended from E.W. Scripps, the Scripps Howard news syndicate, the 1924 establishment of Scripps Memorial Hospital, even the family home, Scripps Ranch, which became a bedroom community. "We have an excellent brand," Hitchcock says. "We tested it. People say that it's high quality, very respected, and traditional in the sense of the pillars of health care — research, education, and treatment."

What are the marketing priorities at Scripps? Hitchcock says it's a question of "appealing" to different audiences, whether it's selling Scripps' bariatric surgery programs to obese people on diet websites via "search-engine optimization" or its obstetrics care. (Hitchcock is "incredu-

lousness" that young women will shop for a hospital "based on ambience and gifts, not if there's a neonatal unit.") Scripps concentrates on obstetrics because the program faces

Young women will shop for a hospital "based on ambience and gifts, not if there's a neonatal unit."

stiff competition from providers and brings lifetime loyalty from women.

She says that even in a new hospital, "where each bed costs about \$3 million" to build, the hospital still loses money. It loses

money even when every bed is full.

Consequently, Hitchcock's focus is on marketing programs and services in which Scripps has "clinical experience"

and which "make money." She is quick to add that although Scripps makes "money in trauma, we don't want people to be traumatized." Advertising a trauma center, she notes, is not easy. Marketing is a

HEALTH AND BEAUTY

CREATING BEAUTY... ONE FACE AT A TIME

Introducing *Latisse*™ — FDA-approved treatment to grow longer, thicker eyelashes!



Model

Face Lift

Little downtime.
No general anesthesia.

Call today for your custom consultation.
We will tailor a plan to suit your specific needs.

Mario S. Yco, M.D., F.A.C.S.

BOARD CERTIFIED BY THE AMERICAN BOARD OF FACIAL PLASTIC & RECONSTRUCTIVE SURGERY

Gretchen Taylor, M.D.

BOARD CERTIFIED OTOLARYNGOLOGIST

Sarina Brumley, PA-C

477 N. El Camino Real, Suite A-210, Encinitas

760-944-4211

Active FX CO₂ laser ^{\$1,500} full face Isolaz™ Acne Treatment

Painless laser treatment for acne. Includes Blue Light. Call for acne packages.

\$225 per treatment

\$200 each when pre-purchasing a series of 3 (\$600)

\$175 each when pre-purchasing a series of 6 (\$1050)

PD2 Photo Dynamic Therapy ^{\$400}

Botox® ^{\$10} per unit

(One area usually requires 20-25 units)

Restylane® ^{\$399} 1cc • **Perlane**® ^{\$420} 1cc

Juvéderm Ultra® ^{\$399} 1cc

Juvéderm Ultra Plus® ^{\$550} 1cc

Laser Hair Removal

Upper lip \$45, Chin \$45, Underarm \$45,
Bikini line \$99, Brazilian \$150

Thermage - Call for prices

The only FDA-approved skin tightening for face, eyelids and body.

Radiesse ^{\$420} 1.3cc

IPL Photofacial Full Face ^{\$199}

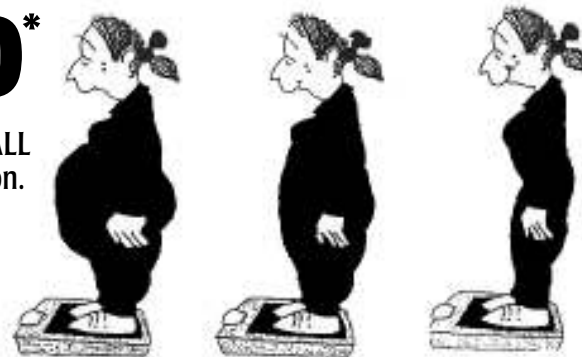
Fat Transfer - Call for prices



Losing Weight Doesn't Have to Cost a Fortune!

\$80*

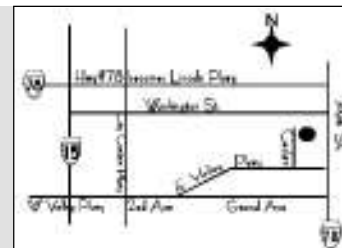
Includes ALL medication.



- Proven prescription medication
- Convenient monthly appointments
- No contracts • Physician supervised
- Effective use of leading appetite suppressants

760-745-8431
Luc Fontaine, MD
430 North Cedar #C • Escondido

*Offer valid with coupon only.
Initial consultation only. Regularly \$95.
Includes all medications. Expires 7/2/09.



NEW!
Galvanic Mini Face-Lift

Immediate results! Gives skin a visibly younger appearance, smooths wrinkles & rejuvenates your complexion. Ageloc gel will reverse your skin's aging.

*First trial only.

\$49* (reg. \$99)



• **Eyelash Extension** from \$59 to \$99
Lasts up to 6 weeks. 5 years' experience.

• **Semi-Lash Extension** \$35
Lasts up to 2 weeks. Feels as light as your natural lash. Fuller, longer, natural look.

• **Eyelash Perm** \$35 Natural curl for 2 months.

• **Wax Services:**

Bikini \$18 (reg. \$25)

Brazilian \$28 (reg. \$40)

We specialize in bikini and Brazilian, and use less-painful blue hard wax. Great for men & women.

• **3 Sessions of Microdermabrasion or 3 European Facials** \$119 (reg. \$180)

• **Green Herbal Skin Peel** \$199

Deep Peel (Home care and follow-up facial not included.) 100% based on herbs and plants.

• **Mole Removal**

Sun and age spots, skin tags and warts. Free consultation. Free trial.

We specialize in pink & white gel design and natural manicures for healthy nails.

1/2 OFF Microdermabrasion or Female Brazilian Wax

Tuesdays only.

Spa Treatment Packages

Package #1 \$55 (reg. \$75)

Deep-cleansing facial, manicure, and spa pedicure. (1 1/2 hours)

Package #2 \$80 (reg. \$115)

1-hour European facial, deluxe pedicure and manicure. (2 hours)

Package #3 \$140 (reg. \$180)

Rejuvenating facial plus microdermabrasion and double collagen masks. 1-hour massage, spa pedicure, manicure, and paraffin wax for both. (3 hours)

Poshé Skin & Spa
858-278-2786



www.poshesalonsandiego.com

4411 Mercury St. #109, Kearny Mesa 92111

Open Monday-Saturday

All offers for first-time clients only. Offers expire July 9, 2009.

Special prices on Botox® and Fillers

Botox® \$10/unit

Juvéderm and Restylane \$495

Artefill Permanent Filler \$995

Offers expire 7/31/09.

Mini Face-lift

Miniature price, maximum result!
Call for details.

Cosmetic Procedure Specials

Breast Augmentation • Tummy Tucks

Call for special prices!

• Multiple lasers at reasonable prices

• **Smartlipo**

• **Laser Body Sculpting**

• **VelaShape Body Contouring**

Call for prices.

William M. Flynn, M.D., F.A.C.S.

351 Santa Fe Dr., Suite 1
Encinitas | 888.270.0921
www.DrBillFlynn.com

Gift certificates available!



“very delicate dance you have to do, legally and ethically.”

After working in Chicago, where she saw up to 20 hospitals advertising in the Sunday papers, she sees San Diego as “a little sleepy giant. The competition here is mild compared to other big cities.” Why so sleepy? “We’ve been the poster child for managed care,” she says. Originally, San Diego, like most health-care markets, was “underbedded and under-physicianed. If you built a bed, you filled it.” Things changed about 1989, when the HMOs arrived and hospitals needed to court them. Joe the Health-care Consumer picked not a hospital or a doctor; he picked a system. He got everything at Scripps, for example, because by then Scripps was full-service. From this one-stop-shop approach to medicine came the for-profit hospital chains that built their empires on the systemic idea: an HMO or hospital system would negotiate the best contract for each group.

A new program Scripps and other big hospitals are marketing is robotic surgery. Hitchcock says the secret to advertising this program is not to “market its technology, because technology is only as good as the people who know how to use it.” She’s speaking of the \$1.4 million da Vinci robotic system, a surgical technique that uses micro incisions. Each big hospital bought a da Vinci robot “to be competitive with each other. We’re not selling the robot, but some people are.”

As for where to advertise robotic surgery, Hitchcock rules out TV and newspapers: “There’s too much overlap, and they’re too expensive. TV’s [costs are] obscene.” She says TV rates here are as high as in

BAJA HEALTH & BEAUTY DIRECTORY

SAFE & PROFESSIONAL SERVICES DON'T HAVE TO BE EXPENSIVE!

BOARD-CERTIFIED PLASTIC SURGEONS
BY MEXICO'S BOARD OF PLASTIC SURGERY



Juan Carlos Fuentes, M.D. Corresponding member of the American Society for Aesthetic Plastic Surgery, Dr. Fuentes and his bilingual staff provide first-quality results in all fields of Plastic Surgery, performed in a state-of-the-art surgical facility. For more information please call us: 619-428-4803, or visit us online.

www.juanfuentesmd.com



Francisco Bucio, M.D. 20 years of experience in Cosmetic Surgery for Face, Breast and Body. State-of-the-art clinic in the Grand Hotel Tijuana. High-tech Medi-Spa, Laser Center. IPL Photofacial, ACCENT non-surgical Skin Tightening, **CO2 FRACTIONAL LASER for skin resurfacing for rejuvenation, ONE-TIME TREATMENT.** Visa, MasterCard, American

Express. 619-946-2158; 011-52-664-686-4588

www.franciscobucio.com



For a fabulous NEW IMAGE, get to know BOARD-CERTIFIED **Jaime Campos-Leon, M.D.**, highly skilled in the most Advanced & Effective Plastic Surgery Techniques and Laser treatments. **New SmartXide DOT Fractional CO2 Laser**, Skin Tightening, LASER LIPOSUCTION, IPL Photorejuvenation, Thermage **NXT**, Spider & Varicose Vein removal with Laser, Peels, Botox® & many more. Free consultation. Visa & MasterCard.

1-866-58-SHAPE; 619-240-8681; or visit: www.tjliipo.com

CERTIFIED DENTISTS



TRUST Dental, Dr. Cirenía, 5 Specialists and 4 Dentists experienced in Superior Quality **Cosmetic Dentistry.** Save **70%** on **Implants, Crowns, Root Canals, Veneers, Zoom 3!, Dentures.** Strict **OSHA** sterilization. **USA** lab materials. Financing, credit cards accepted. **FREE** Digital X-Rays, Oral Camera and checkup. 1/4 mile

to border. **Free Shuttle.** 1-800-342-8419

www.DENTISTatTIJUANA.com



Ricardo Alvarez, D.D.S. 25 years of experience and constantly updated on Esthetic Dentistry, Prosthodontics, Occlusion, Implantology and Rehabilitation. **Master Studies at Loma Linda and Harvard.** Visa and MasterCard. **Free consultation.**

Toll-free number 1-877-653-9021

www.dentalalvarez.com



Erico Carreño, D.D.S. 20 years of experience. UCLA, Loma Linda University, IAO-Certified Senior Instructor, Europe- and USA-trained, warranted quality and ethical dentistry. Top-of-the-line private office. The only Waterlase in Baja. Dental lab in San Diego. American Academy of Cosmetic Dentistry, ADA, HDA, WLCI, AAFD, IFUNA, IAO

member. Insurances welcome. 619-308-7082; 011-52-664-684-8133.

www.drerico.com • www.biolase.com



Pacific Dental Tijuana, PREMIER dental office. Save 60%. English-speaking staff. **USA LICENSED (USC, LOMA LINDA, HARVARD).** CAD CAM technology, Implants, extreme makeovers. LUMINEERS, root canal. All treatments guaranteed. Featured on CBS & NBC as the Best Dental office in Tijuana. Offering service in EASTLAKE (USA prices apply). All credit cards. Financing. 1-866-804-1877, 619-739-4110.

tijuanamexicodentist.com, mexicotijuanadentist.com



PRODENT, Alfonso Gracia A., D.D.S. Simply the best just across the border. Gentle, Ethical, Antiseptic, Affordable. **Implants**, Cosmetic Dentistry, Porcelain Veneers, Ceramic Crowns, Root Canal Treatments, Oral Surgery, Sedation. Visa and MasterCard.

Also in Rosarito at Hospital Bonanova.

619-308-7845, 1-877-215-1516

www.dralfonsogracia.com



TJ Dental Clinic Pay Less, Expect More. All dental treatments in one state-of-the-art clinic. Cosmetic Dentistry, Laser Whitening, Digital X-rays, Intraoral Camera, Implants, and free estimates. Most U.S. dental insurance accepted. Visa and MasterCard welcome. You don't need to drive - we are just one block from the border. 619-270-8672

www.sdoro.com/tjdentalclinic



Summer Event!

One day only: **Wed., July 1**
9:30 am-6:30 pm

BOTOX \$8⁹⁹** per unit (reg. \$11)
No dilution. Wrinkle reduction. New clients only. Offered daily.

JUVÉDERM™ ULTRA
\$389**

per syringe. New clients only. Offered daily.

MEDICAL-GRADE CHEMICAL PEEL

\$300** (reg. \$750)

Treats wrinkles, pigmentation, sunspots and facial scarring, for face, neck, chest, hands and arms.

Purchase Botox®, Juvéderm®, and a Medical-Grade Chemical Peel during the same treatment at our Independence Day Event and receive a FREE* box of Latisse.®



4765 Carmel Mountain Road, Suite 207
San Diego • Torrey Hills Center
(Conveniently located off the 5 or 56 freeways)

888.220.9435

www.Laser-Clinique.com

Log on to see your procedure in 3D.

Now Offering
EVOLENCE® \$550

per syringe. Newest collagen-based dermal filler.

ACTIVEFX™/DEEPEFX™
\$1000 Off

Laser resurfacing for lines, wrinkles and acne scars.

VEIN TREATMENTS

Starting at \$300 per leg.

MESO-SLIM™ \$359 /area

Patented fat and cellulite reduction.

LASER HAIR REMOVAL

Full Legs \$300 • Bikini \$99

Full Back \$300 • Underarms \$70

Chest \$155 • Upper Lip \$49

ACNE THERAPY

Starting at \$99



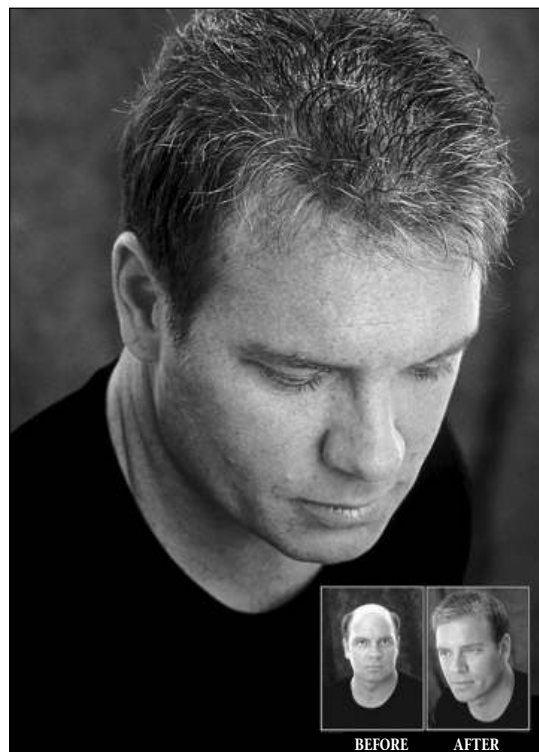
P. Alexander Atali, M.D.
Medical Director

All our services are offered to men and women and are administered by a physician in our state-of-the-art facility. All offers expire 7/9/09.

* Some restrictions apply.

** For new and existing clients.

More Hair Today In Less Than 2 Hours!



If you are currently a client of another company, come and see why UHD was voted #1 salon in California. **Your first service will be on us. That's right, FREE!** We want to earn your business!

100% satisfaction or your money back!

"I've been wearing hair replacement systems for 15 years now and without a doubt this is the nicest looking and most comfortable system I've found. The staff is knowledgeable, friendly and willing to help in any way possible. Aside from just looking better with hair it makes a big difference in how I feel about myself as well as more comfortable around others. It makes a world of difference! Thanks again."

- Lonnie M.



Ultimate Hair Dynamics of San Diego

2221 Camino del Rio South, Suite 108 • 888-667-7703

Easy financing available • Accepts Visa - Mastercard - AmericanExpress - Discover

Fourth of July Special

Restylane \$295 (plus \$25 rebate), Perlane \$345 (plus \$25 rebate),
Juvéderm \$295, Juvéderm Plus \$345, and Radiesse \$395

For 2 weeks only.

Laser Hair Removal Prices with Purchase of 4 Treatments:
Brazilian Bikini \$99 • Both Underarms \$49 • Regular Bikini \$69
Full Legs \$235 • Full Back & Shoulders \$235
Full Chest & Abdomen & Shoulders \$235 • Latisse® \$95



Dr. Parvin Mani is a
Platinum-Plus Award Winner for Botox
Platinum-Plus Award Winner for Juvéderm
Pinnacle Award Winner for Thermage Skin Tightening
Platinum Award Winner for Restylane
Platinum Award Winner for Perlane

- > **Microdermabrasion** \$70 each with package of five.
- > **Cellulite Treatment with Velasmoth** \$95 each with package of 10.
- > **Labioplasty** \$1495 by board-certified gynecologist.
- > **Vaginoplasty "Vaginal Rejuvenation"** \$2500 by board-certified gynecologist.
- > **Photodynamic Therapy (PDT)** \$295 per treatment. For severe acne.
- > **IPL Photo Rejuvenation with Lumenis One** \$145 each with a package of four.
- > **Cosmelan RX Peel** \$595 Skin depigmentation for brown spots.
- > **Blu-U Light** For acne removal. \$400 for 8 sessions.
- > **Liposuction** \$2,500 per area
- > **Mesotherapy Fat Reduction** \$125 each with a package of four.
- > **Botox** \$10 per unit Plus a \$25 gift certificate.

State-of-the-art Thermage Technology with advanced tips for skin tightening and contouring.

- > **Face** with 900 STC Tip \$1,495
- > **Eyes** with 450 STC Tip \$1,195
- > **Abdomen, thighs or arms** with 1200 DC Tip \$1,795
- > **Fraxel II** for smoothing and resurfacing skin, acne scars and brown spots. Special Package - 4 treatments for \$1,960 While supplies last

Parvin Pam Mani, M.D., F.A.C.O.G.

5555 Reservoir Drive, Suite 208 (by SDSU, off Alvarado Road) • 619-583-7555 • www.sdcosmeticlaser.com
Call for a **free consultation**. Facial products and gift certificates available. Saturday appointments available on request. Payment plan available. Se habla español. Offers expire 7/31/09.



Magic Eyelash Extension \$95

Jan Marini Skin Research Age Intervention Eyelash

Now available. Helps develop fuller, thicker lashes naturally. 20% off.

Spa Treatments

Head-to-Toe Package \$145

3-3 1/2 hours. Package includes:

- European facial
 - Complete 1-hour therapeutic body massage
 - Manicure & pedi-spa
 - Choice of any body spa treatment
- Add \$35 for Microdermabrasion

Summer Package \$110

European facial, facial massage including head and neck acupressure, back facial with 15min. back massage, and body detox wrap.

Hyperpigmentation Facial Treatment or Acne Facial Treatment

One treatment \$70
Series of 8 treatments \$400

Aroma Facial with Pedicure \$60

Signature Facials \$85 (reg. \$120)

The computerized technology.

- Facelift: a new advanced non-surgical technique. Rapid full firming and lifting of single muscle—you can see the difference before and after.
- Slimming facial for double chin and reshaping of the full-moon face
- Lymphatic facial or body: physiological removal of edema, cellulite & swelling
- Age-smart facial: prevention of premature aging—wrinkles, skin aesthetic dysfunction
- Acupuncture facelift

Energy Balancing Plan \$85

- 45-minute reflexology foot massage
- 30-minute head, neck, acupressure, and back massage
- Pedi-spa

Cosmetic Procedures

Eyeliner \$300 (reg. \$400)
Lip Liner \$300 (reg. \$400)
Eyebrows \$300 (reg. \$400)
Full Lip \$600 (reg. \$800)

Scar Removal

- Acne scars
 - Surgical scars
 - Skin graft scars
 - Hypertrophic scars
- Specializing in removal of freckles, age spots and sun spots

Microdermabrasion with Free Rejuvenation Facial 4 for \$235

4 Free Microdermabrasions with purchase of
4 Series IPL (Photofacial) \$600
• Increases collagen and elasticity

Sonya of London
DAY SPA &
FULL-SERVICE SALON

3924 Park Boulevard, Hillcrest • 619-291-2728

Open 7 days • www.sonyaoflondon.com

We use PCA and Dermalogica products.

Visit our website for more information.

Gift certificates available

the Chicago and New York markets, way out of line for hospital-ad budgets. As for the Tomlinson TV spots, Hitchcock says, "Shame on them. Those were tax dollars. They didn't ask the people they taxed if it was okay to spend \$2 million on him." Scripps, she says, has taken care of four San Diego Chargers who "offered their services for free, but we had to pass because of L.T." Other "free" celebrities include Tony Hawk and George Winston, the piano soloist, who does an annual concert at Scripps Encinitas for the patients. Neither man is paid and neither wants his appearance advertised, though mentioning them here exposes both.

Hitchcock likes billboards and radio "because people are in their cars so much," and she likes the web and its social networks, Facebook, Twitter, MySpace. She says Facebook has become the number one place to look for new hires, especially nurses, who are always in demand. A viral site like Facebook spreads an ad via the profession's social network.

Should a health-care marketer build brand or business? Name recognition or clientele? Hitchcock, who teaches a class in marketing at UCSD Extension, says, "I always say that in not-for-profit health care, you better do both or else you're wasting money." Still, the "tightness" of her budget precludes anything but following the dictates of the "strategic plan," something every health-care organization is tied to. For Scripps, it's ramping up a new heart program and a new cardiac center — not a surprise — new doctors, new technology, new facilities. She's spending the marketing dime on attracting patients to heart programs because Scripps "already

serves almost half the heart patients in the county. If you already have the market and you're doing really well and you're recognized for your clinical strengths, of course you're going to put

your effort there."

One of Hitchcock's primary jobs, besides offering external programs meant to "educate consumers," is an internal one: to make physicians happy.

"It's the physician-relationship thing," Hitchcock says, echoing Bush 41. "You've got to have happy docs to have happy patients." The doctors need to know "where we're going as an

organization," so Hitchcock spends lots of dollars on talking directly to Scripps' physicians about how they can navigate the system and why it's important to support the

technology.

Hitchcock says her core marketing focus concentrates on the quality of the patient experience. Patients evaluate not the health-care building or technol-

HEALTH AND BEAUTY



Award-Winning Skin Care

#1 Thermage provider in Southern California



Dr. Mani and La Jolla Cosmetic Laser Clinic are the recipient of three **Thermage Awards**. She is the *only physician in San Diego* to receive a Thermage award **three years in a row** – in **2007 and 2008 the Thermage Pinnacle Award** and in **2009 the Thermage Black Diamond Award**. Awardees have achieved excellence in patient results with Thermage Skin Tightening Treatments.

2009 BOTOX Platinum Award Winner!



Before Thermage Cellulite Treatment (Actual patient)



After Thermage Cellulite Treatment (Actual patient)

Summer Specials!

Artefill® permanent filler is back at La Jolla Cosmetic Laser Clinic!
\$1000 per syringe (reg. \$1200)

New! Dysport® (Alternative to Botox) \$5 per unit

Botox Special! \$9 per unit June 26-July 3 only!

Sun Damage – Vein Treatment Package \$750 (\$300 savings)

3 IPL Treatments + Broken Capillary Vein Treatment

Free Laser Hair Removal Treatment!

Bikini, underarm, or upper lip. With \$500 purchase.

Thermage Face and Eyes + 20 units of Botox and \$25 mail-in gift card \$2975

2 Juvéderm Ultra and 1 Cosmoderm \$1000

*Offers expire 7/31/09.



Nasrin Mani, M.D.
FOUNDER & MEDICAL DIRECTOR

1111 Torrey Pines Road, Suite 102 | La Jolla, CA 92037

888-270-0923 | www.LAJOLLALASER.COM

Monday-Friday 9 am-7 pm, Saturday 8 am-5 pm • Se habla español.

Now offering
Latisse
patented ophthalmic solution 2009

Thermage®
ActiveFX / DeepFX Co2 Laser
Fraxel II Laser
Photofacials (IPL)
Photodynamic Therapy (PDT) with Levulan™
Laser Hair Removal
Laser Leg Vein Treatment
Sclerotherapy

BOTOX®
Fillers (Temporary & Permanent)
Cellulite Treatment
Lipo-Dissolve with Mesotherapy
Melasma Skin Lightening
Acne BLU-U®
Microdermabrasion
Visia™ Complexion Analysis



model

2009 *Sexy Summer!*

Let us reveal a better you!

Specializing in TUBA, Transumbilical Breast Augmentation. No scars on the breast!

All approaches offered.
Silicone and Saline Implants.



Summer Specials:

\$1000 off breast augmentation • \$200 off any Facial Filler
\$750 off any other surgical procedure • \$100 off Botox®

- Breast Augmentation
- Liposculpture / Tummy Tuck
- Nose Reshaping & Revisions
- Face, Neck and Brow-lift
- Eyelid Beautification • Laser Resurfacing
- Botox®, Restylane®, Juvéderm®, Radiesse®
- Skin Care Services & Products

Robert A. Shumway, MD, FACS

9834 Genesee Ave., Suite 225
Scripps La Jolla Campus

888.291.9843

Complimentary Consultation

www.ShumwayCosmeticSurgery.com

www.abetterbreastaug.com



ogy but the person: “The nurse responded to the bell. The doctor listened to my call. The real simple things turn it. Some health-care systems have gotten away from the basics.” She says she can’t help but “get bristly when I see people promoting buildings and technology. What does the patient get out of it?”

In each of the last five years, Hitchcock says, her budget has either held steady or gone down a bit “because we’ve been at capacity.” The way she’ll “grow market share” is by acquiring more facilities and more physicians. Like the other big three, she won’t get into numbers except to say, “We’re not a drop in the bucket” of Scripps’ \$2.2 billion annual revenue. Hitchcock says that recently she spoke to a colleague in Columbus,

Ohio, at Ohio Health, a highly competitive organization in a highly competitive market, who said just one of her TV ad campaigns cost \$1 million. “That’s more than my entire budget for advertising.”

The Academic Brand at UCSD Medical Center

If there’s a field on which the three big county health systems play, UCSD and its two medical centers have yet to join the league. While UCSD has a much smaller market share than Sharp and Scripps, it spends roughly the same amount on ads as its competitors. So says Pam Bylen, who’s headed UCSD marketing for 13 years. Bylen notes that because UCSD concentrates on research and teaching, “our marketing is not geared to what the other hospitals are doing

but to our own needs.”

Bylen and her staff market UCSD’s academic credentials. “To advance research and education, to provide leading-edge patient care, we offer specialized services that aren’t offered by other hospitals.” The Moores Cancer Center is one of 41 comprehensive cancer centers in the country and the only one regionally. She concentrates on testimonials from patients “who want to share the care they’ve received.” Launching a new campaign, she will place such testimonials — “the patients are our spokespersons” — in print, on radio, and on the website.

Because health care is so competitive, UCSD has to, Bylen says, “educate consumers so that when they’re choosing, they make informed choices.” Does

HEALTH AND BEAUTY

FREE Zoom! Teeth Whitening

(Advanced) with completed treatment over \$1500

New Patient Special \$39

Includes exam & x-rays
Discounts available
when you mention this ad.

Invisalign®

\$89

Per month.
Call for details.

Veneers & Lumineers

from **\$695***

20% Off Implants



SUNSHINE DENTISTRY

4230 30th St. • 1-888-230-4856 • sunshinedentistry.com

Interest-free financing OAC. Most insurance accepted.

Free consultation on any dental procedure. *Call office for details. Expires 7-27-09.

UCSD Medical Center have a brand? "Yes, we use a tagline that says, 'The Power of Academic Medicine.'" What does this suggest to consumers? "Academic medical centers are typically on the forefront of research and clinical trials. So when a patient experiences treatment at an academic medical center, they are being treated not just by a physician but by groups of physicians and researchers who look to the best course of treatment for that patient. They're collaborating all the time with colleagues, not only within UC San Diego but with other colleagues all over the country in other academic medical-center settings."

Does Joe the Healthcare Consumer know this? Do you have to sell him the idea?

"It's why we advertise.

There may not be an overwhelming knowledge base. We do find that people who move here from the East Coast are more aware than San Diegans "of the benefits of going to an academic medical center." Places like New York City or Boston or Chicago, Bylen says, "have five academic medical centers, and people are aware of the benefits."

Bylen notes that "because we care for 38 percent of the indigent in San Diego County," she needs to market to the insured customers, i.e., the paying customers, to get their business. "It's critical for our financial solvency that we have the right patient mix. To maintain our buildings and facilities and to actually grow and serve the community?"

Outcomes are meas-

HEALTH AND BEAUTY

Tan for the 4th of July!

4 TANS FOR THE PRICE OF 2

Always Tan

AlwaysTansd.com

Mission Valley • 619-298-8266
 South County • 619-475-8267
 Mira Mesa • 858-578-6113
 (Formerly Hawaiian Tan)

Buy 2, Get 2 Free

High performance tanning beds, Mystic tan & airbrush.
 One coupon per customer. Expires 7/15/09.

GET YOUR BIKINI BODY!
ready for summer!

AGELESS+BEAUTIFUL
 SPA AND COSMETIC SURGERY
 DR. SEAN DANESHMAND
The Complete Approach

THERMALIPO® PACKAGE
Purchase Vaser Ultrasonic Lipo and Thermage Skin Tightening
Receive \$1000 Off
Cannot be used with any other promotions. Patient must be seen for a FREE consultation. Financing with Approved Credit.

THE ADVANTAGES

- ✓ Local Anesthesia
- ✓ Low to Minimal Bruising
- ✓ Smooth Contouring
- ✓ Tissue Selective Due to Ultrasonic Technology
- ✓ 1-2 Days Downtime

Model Before Vaser Liposuction
 Model After Vaser Liposuction
 Actual Patient Before Vaser Liposuction
 Actual Patient After Vaser Liposuction

plastic cosmetic surgery

Breast Augmentation and Lift

Tummy Tuck Fat Transfer

Face & Neck Lift Sclerotherapy

weekly specials

* Cannot be used with any other Discounts, Coupons, or Gift Certificates.

botox® mondays \$10 a unit all day	fill your face tuesdays® \$50 off any filler treatment	activefx anyday Full Face \$1000
photofacials (IPL) \$250 for 2 treatments. <small>Plus a Free Microdermabrasion.</small>	acne Blu-U® Destroys Acne Bacteria. \$399 10 treatments.	mesotherapy \$150 per area with the purchase of a package

beauty package \$995

\$250 Savings Cannot be substituted for any other treatments.

Juvéderm Ultra® 2 syringes	Botox® 20 units	Latisse™ Eyelash Growth	a+b Facial 45 minute
--------------------------------------	---------------------------	--------------------------------	--------------------------------

Latisse™

We now have Latisse!
 THE ONLY FDA-APPROVED eyelash growth formula made by Allergan, the makers of Botox and Juvéderm.
Purchase 2 for \$200
 Introductory Offer!



laser hair removal^a
 Buy 5 Sessions and receive the **6th Session FREE!**
 Back & Shoulders \$299
 Bikini \$99, Brazilian \$159
 Lower Leg \$159, Full Leg \$299
 Underarm \$79
 Upper Lip or Chin \$59

injectables
 Botox® \$11/unit
 Juvéderm Ultra® \$399*
 Juvéderm Ultra Plus® \$499*
 Restylane® \$499^b
 Perlane® \$499^b
 Sculptra® \$899 (per ml)
 Radiesse® \$695 (per syringe)

(888) 803-5375 • www.AgelessandBeautiful.com

1080 University Ave., Ste. H201
 San Diego, CA 92103
 Uptown Shopping District

Spa Hours
 Monday - Friday 9 AM - 5 PM
 Saturday 9 AM - 5 PM

Special Financing
CareCredit
 (Up to 12 Months Interest-Free!)

Medical Director: Dr. Sean Daneshmand, M.D., FACOG

*Prices below reflect the purchase of 5 sessions. * First-time clients only. * Prices only effective with mention of the Reader Ad specials.

Lose Up to 7" Off Your Waist in 2 Weeks

Non-surgical Liposuction
 • FDA approved
 • No downtime

San Diego's only official
 Zerona site

**NEW IMAGE
 COSMETIC SURGERY**
 of San Diego, Inc.

Dr. Jeffry B. Schafer, M.D., F.R.S.M.
 230 Prospect Place #350, Coronado
 800-689-0545
www.sandiegolipo.com/reader

*Restrictions apply. Call for details.



model

ured when she looks at calls made to an 800 number, inquiries that come into the website, and the number of new patients. "The volume growth of new patients" tells her when she's being successful. She says that "patient satisfaction does not drive marketing. The strategic plan drives the marketing." In a follow-up email, I asked for details about the "strategic plan." "This plan is an on-going plan," she replied, "and is proprietary information, [and] therefore is not available."

Bylen believes that "our marketing is successful" because UCSD has "a payor mix that allows us to be solvent. When I first joined the university 13 years ago, the medical center was about to lose money. That has completely turned around. In 1996, UCSD

Medical Center was \$20 million in the hole. That debt is gone."

UCSD is also going the way of the personal-testimony video clip. A new one shows a young woman who needs her gall bladder removed but doesn't want embarrassing stomach scars. "We are one of the few hospitals," Bylen says, "who remove gall bladders through the vagina or through the mouth." This procedure should bring in lots of paying customers.

As Palomar Pomerado's Gustavo Friederichsen noted, hospital marketers prefer not to disclose media purchases. Payments made to advertisers are "trade secrets," in part, to preserve competitive advantages. Nevertheless, the *Reader* filed a Public Records Act request for

media-purchase records from Palomar Pomerado and UCSD, institutions that receive public funds. Both complied, but Palomar Pomerado redacted what they paid for their media buys.

UCSD Medical Center's marketing department pays Sexton Communications to produce ads for radio, TV, billboards, and print. Media-buy records show that a purchase order issued to Sexton in 2005, with "change orders" in 2006, totaled \$2.4 million. One email dated December 3, 2007, says that UCSD has been "averaging about \$90,000 each month with Sexton on ads." For 2007 and 2008, the total was \$1,808,557.

Among the most costly invoices were ones for the June 2008 radio campaign promoting "The Power of

HEALTH AND BEAUTY

Breast Augmentation \$4250*

"I would recommend Dr. Pietraszek to anyone considering cosmetic surgery. I am so happy with my results!"

Eyelid Lift \$2995*
Tummy Tuck \$7950*

THE LA JOLLA INSTITUTE
 OF PLASTIC SURGERY
James Casimir Pietraszek, M.D.
 Board Certified Plastic Surgeon
 25 years of plastic surgery experience

Free consultation
858.450.3377
 Financing available.
plasticsurgery.lajolla.com



*Restrictions apply. Call for details.
 Offer expires 7/27/09.



Actual patient

\$35 Dental Exam & Cleaning

Reg. \$204. Complete initial exam, periodontal exam, limited x-rays, oral cancer screening.
Sedation (sleep dentistry) available. New patients only. May not be used in conjunction with insurance.

Same-Day Implants & Crowns • Veneers in 1 Week

\$199 ZOOM! 2
1-hr. Whitening

Does not apply to patients needing periodontal treatment.

\$1100 Off invisalign

Plus FREE bleaching upon completion of treatment.
 Does not apply to patients needing periodontal treatment.

Straighten & Whiten Your Teeth in 1 Week!
 (No shots, no drilling, no grinding, no pain)



EXTREME SMILE MAKEOVER

Dr. A. Shojania
 5927 Balboa Avenue (Behind Bank of America)
858-751-5733
 Monday-Saturday & Evening Appointments Available
 Major credit cards accepted



Academic Medicine” at \$53,253 and the October 2008 print ads in the *Union-Tribune*, *San Diego Magazine*, the *La Jolla Light*, the *North County Times*, and other coastal and inland North County newspapers at \$40,342. Other ads included “Salute to Nurses Week,” “UCSD Healthy Heart Expo Campaign,” and the “Lap-band Campaign,” an ad for a new weight-loss surgery in which an adjustable band around the stomach helps control appetite. I counted 16 lap-band invoices for radio ads in 2007 and 2008; the cost was as low as \$2400 for November 2008 and as high as \$19,337 for February 2007.

Marketing Public Health

One marketer who has thought a lot about the morality of marketing is Justin Campfield, the founder of Campfield Public Relations, a marketing and communications company in Vermont. Impressed by his recent article “The Ethics of Hospital Marketing,” of which he is a coauthor with William Nelson, I phoned Campfield and asked him why, when I asked the marketers about ethics, they seemed reluctant to comment. “In a lot of cases,” he said, hospital marketers “weren’t doctors and nurses to begin with. They’ve been a marketer their whole career and been in industries completely different from hospitals. Who knows where they came from? They’re marketers first before they’d view themselves as a health-care professional.” Marketers, Campfield said, need to be reminded of the creed of the American Marketing Association: “honesty, fairness and avoiding conflicts that promote the organization’s interest over consumer needs.” He also

noted that the association issues strict ethical guidelines for ads: no “unsubstantiated, false, deceptive, or misleading” claims.

I asked Campfield whether hospital marketers,

in general, put the health of the organization over the health of the community. He said they sometimes get “too zealous” with their time and money on advertising specialized

care. But, for Campfield, the marketer’s job is vital to the community’s health. New hospitals, more beds, more technology, more public awareness, more control over indigent and

emergency-room costs, more diversity in the payor mix — all of it, Campfield said, enhances public health. Whatever enhances public health, he noted, must be sold to the com-

munity through whatever means the public can understand. “Sometimes that means using a football player as a healthy role model.” ■

— Thomas Larson

HEALTH AND BEAUTY



Turn Back the Clock on Aging! MEDICAL SPA HAPPY HOUR Thursday, July 2 • 3:30-7:30 pm

Sente Bella Day Spa is happy to announce that we are having another Medical Spa Happy Hour event in July to celebrate the summer season. Join us in a relaxed and festive environment and enjoy amazing discounts on the listed services. Appointments are filling up quickly, so be sure to schedule yours today!

Sente Bella Day Spa
220 West G Street
San Diego • 619-235-6865
www.sentebellaspa.com

BOTOX \$169
(25 units, no dilution)

RESTYLANE \$359
(1cc)

LASER HAIR REMOVAL \$69
(small areas only)

FOTOFACIALS \$154

Appointments are required for all services.



Complimentary Consultation!

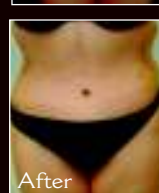
Model & Actual Patient

GET YOUR BELLY TONED, TUCKED & TIGHTENED!

Ask about our other services, including:

- **COOL-LIPO** Body Sculpting
- Botox, Juvéderm & Restylane
- VelaSmooth – FDA-approved cellulite treatment
- Laser hair removal
- Breast enhancement and lifts
- Fotofacial™ (improves sun-damaged skin and rosacea without downtime)
- Facials, peels, waxing
- Lunch-hour mega peel
- Full line of skin care products
- Face & eyelid lifts
- Tummy tuck
- Now carrying Latisse™ (FDA approved for eyelash growth)
- Facial & spider vein treatment

Actual patient



Specials good through June 30th

Breast Augmentation (Garment & lab additional) \$3,995
Liposculpture* (1st area) \$1,995
Tummy Tuck* \$4,995

*Some weight restrictions apply. Garment & lab additional.

Vein & Liposculpture CENTER

Certified by the American Board of Surgery

8881 Fletcher Parkway, Suite 241, La Mesa ~ 619-697-1325

www.veinlipocenter.com ~ Financing Available

Realism Is Overrated

My husband and I rent a condo in City Heights. We have 812 square feet, two bedrooms, and a bath and a half to

share between ourselves and our two children. The baby sleeps in the closet. It's time to expand,

and it has been for a long time.

Back before the recession sucked the life out of our financial stability, I used to drag my husband around on walks through South Park and Golden Hill to look at houses and daydream about owning one. We'd wander from street to street commenting on this Craftsman bungalow or that Spanish-style stucco, and every time we saw one for sale I'd say, "Let's get it!"

He'd chuckle sarcastically and say,



Author: Elizabeth Salaam
Neighborhood: City Heights
Age: 35
Occupation: Writer/
program coordinator

Editor's note: This is the winner of May's \$100 third-place prize for our monthly neighborhood-essay contest.

Deadline for the next contest is June 30, midnight.

To post your entry, go to SDRReader.com/neighborhoods, find your neighborhood or campus, and follow the instructions to create a blog.



"Sure, honey. Why don't I just cut a check right now?"

"Seriously," I'd say. "It's got everything. A yard, four bedrooms, two full baths. And look how cute it is. I bet the neighbors are really nice."

"Uh, Lizzie? Did you look at the price?"

"Yeah, six hundred thousand.

Why? Is that high?"

He'd shake his head and tell me that if I was serious about buying a house, we needed to take our walks in City Heights.

And that was back when we both had jobs.

My husband is a realist and a planner — a by-the-books kind of guy.

HEALTH AND BEAUTY

Take Control of Your Acne with comprehensive treatments customized for you



Treatment packages
start at \$599

Call today for your
FREE consultation

INTRODUCING

Matrix RF / ematrix

The latest fractional technology for acne scars

Isolaz

The only painless laser for acne

Photodynamic Therapy

For resistant and severe acne



As seen on



All medical procedures and consultations
performed by Dr. Chang, M.D.

"The doctor's always in"



Beatitude
AESTHETIC MEDICINE & ACNE CENTER

1-888-220-9476

AERIA CHANG, M.D.

9040 Friars Road, Suite 500

Conveniently located in Mission Valley
2 blks. west of Costco

www.beatitudemedspa.com



Over 100 invisalign cases successfully treated!



Zoom! Advanced

Most recent version and
easiest on sensitive teeth.

\$249 (Reg. \$500)

Sunday Special: \$199

New Patients 20% off

Invisalign not included.

Exam, X-rays, and Cleaning \$35

New patients only.

invisalign

\$3500 full case

Payment plans
available.



Free Invisalign consultation.
Some restrictions apply.

Dental Implants

as low as \$999. Crown extra.

All offers expire 7/16/09.
Must present this ad.



Cosmetic & General Dentistry

Houman Hivand, D.D.S.

888-205-8793

Now Open SATURDAYS

Evening appointments available

1707 Grand Ave. (at Jewell St.)

Pacific Beach 92109

Gentle Dentistry • Flexible Payment Plans
Student/Senior/Military Discounts

I'm the kind of girl who will dip into next month's rent in order to make a quick trip to New York because my best friend needs me. My personal philosophy is that it will all work out in the end. There's no place for such a philosophy in this economy.

I understand this, and therefore I've adopted a more realistic attitude and begun checking out houses in City Heights. There is certainly no shortage of them. I think every third house is for rent or for

sale. Some of them are even in a price range that would lower our monthly expenses. The problem is that the fine print often reads something like: "4 bed, 2 bath, 350 sq ft."

The biggest problem with our current home is that it's tight and getting tighter. But I love the canyon views, and the neighbors have grown on me. For a while there I had my hopes set on our landlord selling our place to us dirt cheap and then the place next door sell-

ing for dirt cheap, too, so we could knock down the wall between them and put in some wood floors in place of this dusty old carpeting.

My husband rolls his eyes whenever I remind him of that possibility. In fact, these days he rolls his eyes whenever I bring up buying a home at all. Ever the realist, he reminds me that it's harder than ever to get a loan these days, especially with just one income. (I'm home with the baby, and in this

economy there's just no telling.) I know he wishes I'd be more of a realist myself. But you know what? I gotta be me.

My most recent fantasy is purchasing the house across the street. It's right smack between my two favorite neighbors: Mr. Super-Extra Friendly and the Do-It-Yourself Guy (who's not so baby-faced with a full beard). It really can't get more perfect. As a two and one, it ought to be in our price range, even though the square

footage is more than what we have now. Plus it has a huge yard and plenty of space to build another bedroom or two, another bathroom or two, and maybe even expand the kitchen.

Imagine. Our 11-year-old wouldn't have to switch schools, and the baby would grow up to be a City Heights native.

The catch is that even though the house is empty and has been for a long time, it's not actually for sale. I see that as a plus. It means

that no one else can snatch it up while I track down the owners and feel them out.

My husband told me not to get my hopes up because there's probably a reason it's not on the market, and even if they would sell it at a price we could afford, there's probably a reason they haven't done so yet. I commend him for his persistence in trying to get me to think the way he does. But I'm holding on to the belief that it'll all work out in the end. Even in this economy. ■

HEALTH AND BEAUTY



Eyelid Surgery only \$2499*

Upper or lower eyelids. Limited time offer.

Look like yourself, just better!

- Natural looking
- Minimal recovery time
- More youthful appearance

*When you book surgery by July 8, 2009.

Free consultation **1-888-696-1478**

Mark V. Garbutt, MD
Eyelid Surgery Specialist

230 Prospect Place, Suite 310
Coronado, CA 92118

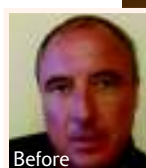
- Former Visiting Assistant Professor at the prestigious Jules Stein Eye Institute at UCLA
- 20+ years' experience
- Harvard/UC San Francisco
- Board-certified Ophthalmologist

Hair Transplant Incentive

1200 Grafts 3000 Hairs = \$3600 (reg. \$6000)

6 Reasons Why We Should Be Your First Choice
For Hair Restoration Surgery:

- Our Follicular Units are "Natural" – No Graft "Splitting."
- We Measure Your Hair Loss Area
- Greater Hair Density
- Natural Looking Results
- Minimum Scarring
- No Hidden Fees/No Extra Charges



New LookMD

La Jolla/Scripps Hospital
9834 Genesee Ave., Suite 428
La Jolla, CA 92037

Oceanside
2103 El Camino Real, Suite 101
Oceanside, CA 92054

www.NewLookMD.com

Call Today:
888-290-6526

LETTERS

continued from page 20

area, on- or off-, but don't break the law.

Name Withheld
via email

Put It In A Pipe

Re "Keep on Truckin' That Gas," "City Lights," June 11. Did anyone check with SDG&E about connecting to their natural gas lines? If the refined digester gas is methane, it should be the same as natural gas. What a shame to truck it through neighborhoods when pipes are already in place.

There are many sources of digester gas in San Diego County: chicken ranches, dairies, food processors, etc. What a fine idea to con-

nect them to our natural gas supply.

Mike Fry
Poway

Do The Math

The 38-ton gas transport trucks will exit the Point Loma treatment plant over a road 8 feet from the edge of a 90-foot-high bluff ("Keep on Truckin' That Gas," "City Lights," June 11). The road shoulder is crumbling 8 inches per year into the ocean below. Over time, the road will fall into the sea, helped by the heavy trucks.

Name Withheld
by Request

Belated Thanks To Brizz

I wanted to let you know how much I enjoyed reading John Brizzolara's article about Escondido ("T.G.I.F.," June 11), find-

ing its wit and personality especially recognizable because I worked with John at Hunter's Bookstore in La Jolla in 1989. As a naïve 22-year-old fresh out of Christian college and an 18-year upbringing in a conservative Christian home, I found John equally alarming and fascinating in those days. Having gained some life experience, I look back on those hours when he was in the bookstore as enlightening and lots of fun. Best of luck, John, and thanks for standing up to that customer who yelled at me for putting her books in a plastic bag instead of paper.

Julie Randolph
Poway

Don't Get Upset, Boys

I love the way Naomi got it right on barbecue (Restau-

rant Review, June 11). Not every barbecue restaurant is a good restaurant. If you serve food that needs added flavor or spices, then this should be a message to the cook. Don't get upset, boys, everyone can barbecue at home, but when you go out you want your mouth to pop with flavors. Don't get upset, just revise your recipes; otherwise, we can all barbecue at home. Make people want your food.

Name Withheld
via email

Pulled-Pork Expert

I consider myself a pulled pork expert because I've been smoking my own pork overnight, pulling it, and saucing it for years. I always try a new barbecue joint to taste and compare their offerings. And I've always admired Naomi Wise's literate and discerning food critiques.

After reading her scathing review of House of BBQ on June 11, and the emotional rebuttals on June 18, I just had to go and judge their food for myself. I got the pulled pork sandwich with coleslaw — it's huge, with succulent pork bits well dressed in a mild sauce on a soft bun, and the most perfect coleslaw I've ever had. And a really good pickle wedge. On a scale of one to ten, it's definitely a ten! And I came to it with an open mind.

I think a mea culpa from Naomi Wise would serve everyone in this case so the matter could be put to rest.

I'll allow she's entitled to a mistake once in a while.

Judy Mayberry
via email

Seven-Day-A-Week Restaurant

I disagree with the Naomi Wise review of Chicago House of BBQ (Restaurant Review, June 11). My wife and I have visited Pete and Carol's place three times in the last two months, and here is our finding. Pulled pork sandwich is tender and rolled with just the right amount of house barbecue sauce. What I like about their sauce is the well-balanced blend; it's not overpowered with vinegar like some sauces or drowned in tomato base. The sauce gives me the choice to add more or reach for the spicier house blend. The Greek salad was dynamite: cucumbers, tomato, onion, olives, and top-tier dressing. I tried the ribs and found them just as balanced, tender, and flavorful as the pulled pork. Last week I had the Greek chicken dinner, which left me speechless.

This week I had the char-grilled hamburger, which I found to be the best in San Diego. I found the coleslaw truly fresh and very well-balanced. Pete makes that coleslaw fresh every morning and balances it with just the right hint of vinegar. The hospitality was such a blessing. Pete and Carol talk with each and every customer, get to know them, and welcome them back with a friendly handshake and even a hug.

As an active-duty service-

man of 15 years, I have traveled the world. I have served on five continents and visited 27 countries. I have tasted many different foreign and American dishes all over the world and in the continental United States. The hardest part of my service is that it won't be long until I move again; I usually find a restaurant with the flavor and hospitality I like just before I have to move again; therefore, I am grateful I found Pete and Carol's Chicago House of BBQ, since I won't be moving until summer 2010. Carol is a hands-on manager and very supportive of our servicemen and women, providing a discount or coupon to demonstrate support. I have found my seven-day-a-week restaurant.

Shane
via email

Comments from Reader Website

Comments are not edited for spelling, punctuation, or grammar.

Cover Story Published June 17

Posted by Fred_Williams on June 19, 9:19 p.m.

From now on whenever I make a restaurant reservation I'm going to use the name of a restaurant reviewer. My date will be so impressed... thanks for the idea, Naomi!

Posted by SDaniels on June 20, 12:55 a.m.

To further obfuscate Naomi's identity: I once impersonated her for part of an evening to chefs and

Health & Beauty Guide

Free 24-hour hotline for frequently asked questions: **619-233-9797**

Call anytime and enter a four-digit extension, or visit our website: SDReader.com/health

Extension 7070

Botox

- 1 What is Botox?
- 2 Botox & wrinkles
- 3 Effects of Botox
- 4 How much does it cost?



Venus Medical
3740 Rosecrans,
Suite C, Point Loma
619-758-9875
venusmedical.com

Extension 7030

Laser Hair Removal

- 1 What is it?
- 2 How does it work?
- 3 How is it performed?
- 4 What does it feel like?
- 5 Best candidates?



Farzad Yaghouti, MD
Global Laser Cosmetics
6950 Friars Rd., Suite 100
Mission Valley
866-237-8566
globallasercosmetics.com

Extension 7100

Cosmetic Dentistry

- 1 About our office
- 2 Implants, dentures & partials
- 3 Invisalign, the clear straightener
- 4 Veneers & teeth whitening
- 5 Crowns, bridges & surgeries



Dr. A. Shojania
Extreme Smile Makeover
5927 Balboa Avenue
Clairemont
858-751-5733

Extension 7050

Weight Loss

- 1 What should I eat?
- 2 How much can I lose?
- 3 Body Mass Index (BMI)
- 4 Is the Atkins Diet safe?
- 5 Exercise: How much?



Viva Wellness
Medical Group
3740 Rosecrans,
Suite C, Point Loma
619-222-5433
vivawellness.com

Extension 7040

Breast Surgery/ Augmentation

- 1 Breast augmentation
- 2 What type is right for you?
- 3 Breast lift
- 4 Breast reduction
- 5 Male breast surgery



Kian J. Samimi, MD
711 Fourth Ave. #200
Downtown
7300 Girard Ave. #101
La Jolla
888-215-7896
revivamed.com

Extension 7080

Laser Eye Surgery

- 1 About LASIK
- 2 Who is a candidate?
- 3 Your eye exam
- 4 Surgery
- 5 After surgery



Farzad Yaghouti, MD
Global Laser Vision
6950 Friars Rd.,
Suite 100
Mission Valley
800-438-5274
globallaservision.com

Other categories available for sponsorship include: Acupuncture, Cosmetic Fillers, Hormone Therapy, Permanent Makeup and Eyelid Surgery. Call 619.235.3000 to speak with a sales representative.

The professionals who provide this information are solely responsible for its content. This information does not address all medical situations, nor is it intended to replace a medical consultation. It is provided free, but if calling from outlying areas, you may incur toll charges on your telephone bill.

HEALTH AND BEAUTY



Dental Implants
\$895
AS LOW AS

Free consult/exam. Crown not included.

Implant Crown
\$699

Free consult/exam.

Bridges • Braces • Crowns • Root Canals • White Fills

Smile Design Center A Dental Practice
232 Third Ave. • Chula Vista, CA 91910
619-827-0770 • www.smiledesigncentersd.com

servers at a swank eatery—easy to do and hard to resist doing, as I was “alone” sitting near the bar, and big pharma footed the bill for a steady river of cocktails, wines by the glass, entrees, appetizers. My status earned me a glass or three from a special bottle produced from the kitchen. Upon revealing that I was not in actuality Ms. Wise, I confided in a hush that she was a slightish, unassuming woman of Asian appearance. I hope that slightish Asian women have consequently been getting the best of service around town the last couple of years.

**Reader Puzzle
Published June 17**

Posted by sdagahan on June 18, 8:25 a.m.

I picked up the Reader this morning (6/18/09) and tried to work the Puzzle. Am I going cross-eyed or is this Puzzle messed up?

How do we work this puzzle if the numbers are all wrong, Across and Down?

Do we get a pass this week?
Posted by Willie_McGee on June 18, 2:09 p.m.

OK! I nailed it. I have all the clues answered! Please fax the boxes to put them in.

**Cover Story
Published June 3**

Posted by AmigoKumeyaay on June 7, 7:43 p.m.

Dear Mr. Marcos:
“It looked like the area might have supported a large tribe” Perhaps Kumeyaay? The nearby town of Jacume (Mexico) translates to ‘In the middle of the water’ in the Kumeyaay language.

You need to study up on NAGPRA Law when handling indigenous artifacts -http://www.nps.gov/history/nagpra/TRAINING/Discovery_Fed%20_Lands.pdf

“I thought it ironic that a Latino would be out here trying to keep other Latinos from illegally entering the United States.”

Agent Ramirez is serving the U.S.A. with honor, to prevent the entry of dangerous people (terrorists, MS-13, Surenos, other criminals) and dangerous items (explosives, radiation devices, drugs).

Quite often the Border Patrol Agents save the lives of those that have underestimated the difficulty of the terrain.

About 52% of the Border Patrol Agents identify themselves as Hispanic-Americans. Nothing ironic about good jobs for motivated persons.

“We ditched the lousy tent, sleeping bag, and ground cloth, leaving them for some lucky passerby.” Could be littering, but maybe you were focusing upon your survival by then?

Well, I’m glad you survived your expedition into Pinto Canyon. You have some studying to do before attempting another.

Posted by robertmarcos on June 8, 10:31 p.m.

Hi this is Robert Marcos. I’ve read the comments above, and I agree with some of them. However my article was an honest account of my experiences. If some of the facts sound ridiculous then

chalk it off as ignorance. I never claimed to be an environmentalist or an expert hiker. We did not remove the old indian pot from its place in that small cave. I regret ditching my cheap-ass gear out in the windy wasteland of Davies Valley, but I was physically exhausted. If you can’t relate it’s probably because you haven’t wandered far from home.

Thanks for taking the time to write!

Robert Marcos
Posted by SpaceCowboy on June 9, 3:59 p.m.

Robert,
Don’t sweat the small stuff.

If you’re looking for more hikes in the immediate area, check out the topo map. Between the east and west bound I-8 lanes, you’ll see there’s an Island of land that’s been isolated for years. If you look there, you’ll see a Jeep Trail going down Devil’s Canyon. This is the old Freight Route, and it hasn’t seen a Jeep on it for thirty years.

(www.desertusa.com/mag99/july/stories/dcw...) Cool stuff all along it. Going north underneath the first bridge (if you’re walking east) takes you into the backside of the ABDSP. Nice hike, some tight spots.

If you’re looking for petroglyphs, cruise up to Moon Valley, walk east until you can’t, then turn north, and you’ll come across a trail. All along it there’s more of what makes Pinto Canyon petroglyphs so creepy. The lads had to have been smoking some good stuff, I tell you. The only question is, are these the real deal or some stoners from the ‘70’s who had some spare time on their hands.

Posted by robertmarcos on June 10, 3:48 p.m.

Thanks to everybody for their comments. Something quite interesting has happened since the article came out. I received a call from Maggie Platt at the SD Maritime Museum. They wanted

**Lose pounds & inches
FAST! FAST! FAST!**



Rodex Forte
Vital link for energy and metabolism!
Call for details!

Our doctors and nurses have changed thousands of lives for the better, which is why our program has been #1 in San Diego. We can help you take off those extra pounds and keep them off. Make that call now, and you will be on your way to a slimmer, trimmer you. We’ll show you how.

**Free Consultation
plus \$50 Off Initial Fee.
Bring a Friend!
Get 2 Free Weeks
for Both of You!**

With this ad. Hurry! Good through 7-9-09.

A DOCTOR’S WEIGHT LOSS CLINIC
Clairemont (858) 279-7060
Carmel Mountain Ranch (858) 673-8889
El Cajon (619) 440-8171
Oceanside (760) 721-7088 • Chula Vista (619) 476-0060
Murrieta (951) 894-7737 • Riverside (951) 784-5336
4weightclinics.com

*Individual weight loss may vary.

HEALTH AND BEAUTY

Sex FOR LIFE!

Want Stronger and Longer Lasting Erections?

Using The Boston Method™, our physicians provide personalized treatments to help men achieve and maintain a full erection, even when Viagra® or Cialis® fail.

- See Results During Your First Visit
- Satisfy Your Partner With Confidence
- Private, Confidential, and Affordable!

Don't Let Sexual Performance Problems Affect Your Relationship Another Day!

BOSTON MEDICAL GROUP
www.BostonMedicalGroup.com

1-866-725-9026

*Results may vary

Immediate tooth replacement!

Free consultation for implants

With immediate-function dental implants, patients receive **immediate results never before available** with other implants. **The only implant approved by the FDA for immediate load. No waiting period.** Tooth placed on the implant the same visit and you can eat immediately.

Delayed Load Implant as low as **\$700** (excludes crown)

Immediate Load Implant \$1900 (excludes crown)

With this ad. Expires 7/9/09.

Complete dental care:

- Exams/Cleanings
- Root canals in one visit
- \$250 anterior tooth
- Have an attractive smile with Lumineers
- Non-invasive sinus floor lift & bone grafting

Dr. S.T. Sawa 619-401-0444
407 W. Madison Ave. • El Cajon

Visit us online:
immediatetoothreplacement.com
instantdentalcare.com
sargondentalimplants.com

Before After

Win Tickets to Watch the July 4 Fireworks From the USS Midway Museum Flight Deck!



"Proud to be An American" Photo Contest!

Two Categories!

**Best photo of the USS Midway Museum or
of people aboard the USS Midway!**

**Best photo of someone you know showing how
they are proud to be an American!**

Winners will receive 6 tickets each for the night of July 4!
Entries must be received by June 30 • Winners will be contacted July 1

HOW TO ENTER:

- Email digital photos (300 dpi) to smcgaugh@midway.org
- Drop photos off at Midway's ticket booth (open 10-4 daily)
- Mail to: Photo Contest/Marketing, USS Midway Museum
910 N. Harbor Drive, San Diego 92101

All entries must include: name, address, phone and email.



USS Midway
MUSEUM
Live the Adventure. Honor the Legend!



Entries cannot be returned & will become the property of the USS Midway Museum. Photos may be used for future promotional purposes.

Open Daily 10 a.m. - 5 p.m. - Last admission at 4 p.m.
910 N. Harbor Dr. (Downtown San Diego)

(619) 544-9600 • www.midway.org

to know more about the image of a sailing ship which I mentioned was etched into the rocks near the bottom of Pinto Canyon. They want to try to identify the type of vessel, probably Spanish, and include it in an upcoming exhibition.

Another man emailed me about an old tale which claims that a Spanish vessel - searching for pearls in the Sea Of Cortez, (historically accurate since the city of La Paz was established for this purpose), sailed up the Colorado River and became landlocked somewhere west of Mexicali. The abandoned galleon became the stuff of legend. Sighted by both the Yuman Indians and white businessmen, it was last reported seen in 1833, as reported in Los Angeles newspaper.

Finally here is a website dedicated to the tale of a Viking ship which some say sailed up into the inland sea, (now just the Salton Sea):<http://www.insidetheice.com/ghost-ship-de...>

Here are more of my photos:<http://robertmarcos.com/pinto-canyon>

Posted by AmigoKumeyaay on June 13, 10:56 p.m.

Mr. Marcos,

Excavations of remains of the indigenous Tongva (north of San Diego County) have revealed necklaces with glass beads determined to have originated in Venice, Italy in the late 1800's.

No doubt the ancient local populations witnessed seafaring "explorers" from time to time, then explained the sighting to others in petroglyphs (no Polaroids back then).

Your article helps to keep interest of the first people in San Diego alive. They "had to be" environmentalists and expert hikers, being in tune with their surroundings to survive generation after generation.

Be safe out there,

Posted by robertmarcos on June 14, 12:20 p.m.

Yesterday I accepted a request from Maggie Platt (of San Diego Maritime Museum) and her husband, to lead them to the petroglyph site at the bottom of

Pinto Canyon. As I mentioned earlier they're very interested to see if the ship that's depicted is that of Juan Cabrillo's San Salvador, which first sailed into San Diego bay in September of 1542.

So Maggie, her husband Ted, my friend Chris and I met yesterday in Ocotillo. Our plan was to drive our 4x4's eight miles further south on Clark Lane, to the bottom of Pinto Canyon. But it turned out the the BLM has installed a locked steel gates across the road. So we got nowhere.

Still seeking adventure, we made u-turns and drove 14 miles north of Ocotillo to Indian Hill, to hike to to the colorful "Blue Sun" petroglyphs that are hidden in a small cave.

Here're my photos...
<http://robertmarcos.com/indian-hill>

best wishes -
Robert

City Lights, by Don Bauder Published June 10

Posted by SurfPuppy619 on June 10, 12:17 p.m.

I agree with the research that shows the numbers don't add up.

This is a no go because of the economic climate anyway-bonds cannot be sold in this credit environment, unless you're going to pay 15% interest, of course then it makes even less sense.

Posted by dbauder on June 10, 2:08 p.m.

Logically, the convention center expansion should be a no-go at this time. The first thing the task force should do is order an audit by an objective third party to see if the center's statistics are legitimate. As Heywood Sanders says, they are not. Then the task force should look at the hotel situation in San Diego. Would the subsidy of another upscale hotel be a good investment five years from now, when the facility would be coming online? Unless the economy takes off, it will not be — not even close. And the City should not be subsidizing a hotel anyway. It is in horrible financial shape, and will probably be

in 2014. But this is San Diego..... Best, Don Bauder
Posted by fangirl on June 11, 1:11 p.m.

Of course Comic Con's the main reason that the convention center needs to expand. As Comic Con's contract extends through the next couple of years, as their attendance figures continue to grow annually, and as they've repeatedly shown little interest in moving their tradition of 40 years, very serious consideration should be made before dismissing this convention and its contributions to our downtown development and our community as a whole.

It's the largest and longest-running international comic book convention, and the idea that it's just books and action figures (or that it can't sustain itself) is ludicrous. Each year tickets and hotel rooms sell out quicker. Each year more and more vendors cram into the show floor, sharing booths if they have to - some are even turned away once it's filled up. Attendees don't skip the convention if they have less disposable income - they share hotel rooms, carpool, eat their own food, trade/sell stuff, and shop around and/or buy less merchandise. The panel rooms always fill quickly because there are more and more of them devoted to TV shows, film, and other pop culture phenomena (all of which, by the way, will not cease to exist just because tourism is declining in most other instances). Fans of this industry are anything but fickle, we're devoted fanatics who tolerate the long lines and over-crowding because we know the experience as a whole is well worth it.

In a time of economic recession and general depression, people need to enjoy an escape from reality more than ever! Depriving over 125,000 people annually of that outlet (and its genuine needs) is not the right answer.

Your Week

AND WELCOME TO IT

Thursday | 25

BEER AND SAKE FESTIVAL

Sock it to me, sake! The Japan Society of San Diego and Tijuana presents Japanese culinary experts as they display their food-prep prowess.

Sushi chefs will also compete in the SushiMasters California regional competition to challenge their “mastery of sushi art and style.”

See **FOOD & DRINK**, page 56.

ELMO'S GREEN THUMB

It's “tickle me ecosystem” as Elmo and friends search for a new spot for Sunny the sunflower to flourish. Big Bird joins the fun as the crew learns about ecosystems, patience, and overcoming fear during these Sesame Street Live shows.

See **FOR KIDS**, page 56.



Friday | 26

SPANISH ARTS FESTIVAL 2009

Flamenco, tapas, and a *juerga* (jam session) are just some of the ways to celebrate Spanish culture. Luthier (stringed-instrument maker) Monica Esparza of Monica's Guitars will display her work, and mezzo-soprano Janelle DeStefano will perform Spanish classics. See **SPECIAL**, page 61.

Saturday | 27

LET THE (SCOTTISH HIGHLAND) GAMES BEGIN!

See caber tosses, bagpipes, sheepdog trials, drumming, highland dancing, and more during the 36th-annual San Diego Scottish Highland Games and Gathering of the Clans. See **SPECIAL**, page 61.

EXPLORE A HISTORIC CEMETERY

Calvary Cemetery, one of San Diego's oldest (created in 1875), was converted to a public park in 1970. Grave markers were removed, but the bodies were left underground. Walking Historic San Diego leads a tour of the park in Mission Hills and discusses the controversy surrounding the graveyard's conversion. See **OUTDOORS**, page 60.



Sunday | 28

SNORKEL WITH SHARKS

Tread (water) lightly.... The Birch Aquarium-Museum hosts an expedition into La Jolla Shores, where you can swim with leopard sharks, guitarfish, and smoothhound sharks. See **SPORTS**, page 62.



SATURDAY, JUNE 27: LET THE (SCOTTISH HIGHLAND) GAMES BEGIN!

DISCOVER MINGEI! TREASURE HUNT

An exhibition-related treasure hunt encourages families to explore the museum. Prizes given for completing the hunt.

See **FOR KIDS**, page 56.



Tuesday | 30

IT'S PAPER THEATER TIME!

During the Victorian era, families would use kits to create scale models of popular theaters, complete with paperdoll players. See replicas of these paper theaters, plus modern versions of the toy. See **SPECIAL**, page 61.

Wednesday | 1

COSMIC FIREWORKS: THE BIG BANG

Who needs man-made pyrotechnics when there's a light show in the sky? Take a digital tour of the night sky during the “Sky Tonight” planetarium show, and then see the real stuff through telescopes. See **SPECIAL**, page 61.



Monday | 29

WHAT YOU MUST KNOW BEFORE YOU GO

During this divorce-planning panel, the soon-to-be divided can learn some of the basic steps of disentanglement. See **LECTURES**, page 58.



Great Escapes

619-235-8200 TO PLACE AN AD



Big Bear Cool Cabins

Cabin or luxury home on or near the lake. Fireplace, BBQ, DVD, kitchen, hot tub and more. Professional housekeeping, towels, and linens are included. Pet friendly available. Check rates and book online. www.bigbearcoolcabins.com or 800-550-8779.



Cupid's Castle B&B

Romantic Getaway. Fairytale castle near Harrah's Casino. Jacuzzis, balconies, TVs, breakfast. Voted most romantic getaway. Near wineries. Wedding facility. Game room/billiards. www.adreamcastle.com. 760-742-3306.



4th Of July Specials! 2 Nights, Standard Room, \$189. Upgrades Include:

2 nights: Ocean-view room, \$209. 2 nights: Beach Grand Studio \$289. 3rd night is free! Packages include: daily dinners from our Getaways menu, welcome margaritas, children's activity room, historical hotel tour, 25% discount in Xploration Studios. Rosarito Beach Hotel, 866-Rosarito. www.rosaritobeachhotel.com.

In-Room Jacuzzis

Hiking, massage, fine dining, cabins. Near Golden Acorn Casino. Air conditioning & HBO. Breakfast/dinner packages, \$129. See display ad. Live Oak Springs Resort. Call us, 619-766-4288, or visit www.liveoaksprings.com.



Labyrinth At Sacred Rocks

See the amazing Spring Bloom and retreat to our 163-acre nature playground. Comfy vacation cottages \$98/night. Swim, hike, write, camp, photograph, meditate, sleep late, see wildlife. 619-766-4480. www.SacredRocksReserve.com.

Reduce Your Stress!

For a relaxing getaway, we have cabins from \$74 plus tax! Southern California's 2nd best kept secret — 6200' in the sky! 11 individual log cabins, fireplaces, kitchens. Reservations: Edelweiss Lodge, 951-659-2787, www.1cabin4u.com.

Calendar LOCAL EVENTS

HOW TO SEND US YOUR LISTING: Contributions must be received by 5 pm Friday the week prior to publication for consideration. Do not phone. Send a complete description of the event, including the date, time, cost, the precise address where it is to be held (including neighborhood), a contact phone number, and a phone number (including area code) for public information to **READER EVENTS**, Box 85803, San Diego CA 92186-5803. Or fax to 619-881-2401. You may also submit information online at SDReader.com by clicking on the events section.

CLASSICAL MUSIC

"Theodora" Bach Collegium San Diego presents Handel's "rarely performed oratorio" with soprano Mireille Asselin, mezzo-soprano Jennifer Lane, countertenor Darryl Taylor, tenor Robert MacNeil, and bass John Polhamus. Ensemble led by guest conductor Richard Egarr. 619-341-1726. Saturday, June 27,

OUT & ABOUT

TUX 'N TENNIS GALA
Gladys Knight and San Diego Symphony, Saturday, June 27, Embarcadero Marina Park South.

(SEE CLASSICAL MUSIC)



7pm; \$27-\$62. Balboa Theatre, 868 Fourth Avenue. (DOWNTOWN)

Brassy! Participant ensembles from international summer brass workshop hosted by Westwind Brass in concert at School of Music and Dance. 619-501-3562. Saturday, June 27, 12pm; free. Smith Recital Hall at SDSU, 5500 Campanile Drive. (COLLEGE AREA)

Civic Organist Carol Williams in concert. 619-702-8138. Sunday, June 28, 2pm; free. Spreckels Organ Pavilion, 2211 Pan American Road. (BALBOA PARK)

Mandolin Music The Acquavella and Meyers Duo in concert. 858-513-2900. Sunday, June 28, 3pm;

free. Poway Library, 13137 Poway Road. (POWAY)

Organ Concert Civic organist Carol Williams performs. 619-702-8138. Sunday, June 28, 2pm; free. Spreckels Organ Pavilion, 2211 Pan American Road. (BALBOA PARK)

Summer International Organ Festival 2009 Hector Olivera, an internationally known organist from Argentina who began playing the organ at age three, takes stage for series. 619-702-8138. Monday, June 29, 7:30pm; free. Spreckels Organ Pavilion, 2211 Pan American Road. (BALBOA PARK)

Tux 'n Tennis Gala San Diego Symphony's Summer Pops series

gets underway when symphony is joined by Gladys Knight. Make it fun, funky, or formal. Evening concludes with fireworks. 619-235-0804. Saturday, June 27, 8:30pm; \$35-\$65. Embarcadero Marina Park South, 206 Marina Park Way. (DOWNTOWN)

DANCE

"Let Freedom Swing" Fourth of July-themed swing dance party boasting live music by Hal's Devils. Introductory lesson: 8-8:30pm (included in tickets); music for dancing (8:30-11:30pm). Costume contest. Tickets: \$15 general, \$12 if you dress in red, white, and blue ("must wear all three colors"). Reservations: 858-395-6060. Wednesday, July 1, 8pm; \$12-\$15. Firehouse Swing Dance, at San Diego Women's Club: 2557 Third Avenue. (BANKER'S HILL)

"The White Dresses" Betzi Roe and Dancers joined by La Diego Dance Theatre, Somebodies Dance Theater, and members of Coronado Dance Company for dances exploring themes using dresses as metaphors for feminine complexity. 619-225-1803. Friday, June 26, 8pm; Saturday, June 27, 8pm; \$10-\$15. Sushi Performance & Visual Art, 390 11th Avenue. (DOWNTOWN)

Argentine Tango Class Introductory Argentine tango classes, ongoing, 9-10pm (free). No partner required. Social dancing follows, 10pm-1am (\$7). 619-393-1974. Fridays, 9pm; free. Pattie Wells' Dancetime Center, 1255 West Morena Boulevard. (BAY PARK)

Belly-Dance Show Mimi the belly dancer entertains. 858-784-0515. Saturday, June 27, 7:30pm; free. Ali Baba Restaurant, 421 E. Main Street. (EL CAJON)

Contra Dance Martha Wild calls, Nobody's Business provides music for dance hosted by San Diego Folk Heritage at 8pm. Beginners' dance workshop: 7:30pm. Optional potluck supper at 6:30pm; bring some food/beverages to share. Wear soft-soled shoes. 619-283-8550. Saturday, June 27,

MODELING CENTER

FREE MODEL WORKSHOP

Wed., July 1, 7-8 pm

Learn the business side of the modeling industry.

Get ready to shine!

Limited Seating – Call to RSVP

KIDS • TEENS • ADULTS

Voted "Best in Style '09" – Riviera Magazine

3746 6th Ave. • Hillcrest • 1-888-426-9148

modelingtrainingcenter.com



To place your ad in the Wedding Guide, call 619-255-8200.

Wedding Guide



Affordable Customized Wedding Ceremonies

Church services or barefoot on the beach. Call 858-350-1053. See www.personalizedweddings.zoomshare.com. E-mail, sjwallace1053@yahoo.com.

Best Quality, Best Prices Your Bridal Jewelry Store

Large selection of gold & diamond wedding sets. We specialize in custom designs. 619-670-0700. Kenz Jewelers, 2522 Jamacha Road.

Bridal Bazaar Sunday, July 19

San Diego Convention Center, Hall H. 10am-4pm. Over 250 exhibitors with everything for your wedding. Info, coupons, www.bridalbazaar.com.

Classical/Spanish Guitar

Professional guitarist will play at your wedding/special event. Classical, Spanish, Flamenco guitar. Audio samples and more at www.williamwilson.com. Contact William, 619-300-6284.

Photo, Video, DJ & Planning Services For All Occasions!

Affordable, high quality services for any event, for any budget. www.azulproductions.com. 619-246-0915, 760-224-8287.

Photography By Calvin

Professional service, beautiful photos. 619-253-4245. 24 years' wedding experience. Discounts available—non-Saturday dates and military. www.visualcelebrations.com.

We Love What We Do! Brides & Grooms Like You

have trusted Kellerman Photography to capture their special moments for over 20 years. We are personable, experienced & affordable! Big discounts: \$500-\$1,000 off all packages. 760-505-8900, 858-775-2601. SanDiegoWeddingPhotography.com.

6:30pm; \$7. Trinity United Methodist Church, 3030 Thorn Street. (NORTH PARK)

English Country Dancing Terri Akin calls for English country dancing. Beginners' instruction at 6pm. 858-676-9731. Sunday, June 28, 6pm; \$6. Jean Hart Academy of Dance, 12227 Poway Road. (POWAY)

Latin Heat Dance Party DJ plays Latin, salsa, and requests for dancing. For singles and couples of all ages. Cha-cha lesson with Dan Gibbons: 8pm (\$10). 619-275-3533. Saturday, June 27, 8pm; \$4-\$8. Pattie Wells' Dancetime Center, 1255 West Morena Boulevard. (BAY PARK)

PASACAT Philippine Dancers Enjoy folk dances of the Philippines. 619-588-3718. Saturday, June 27, 2pm; free. El Cajon Library, 201 East Douglas Avenue. (EL CAJON)

Tribal Fusion Belly-Dance Show Sabrina Fox and Cassie perform tribal fusion belly dance to music by Middle-Earth Ensemble. Open dancing and mini-belly-dance lesson included. 858-488-4200. Sunday, June 28, 8pm; \$10. The Turquoise, Café-Bar Europa, 873 Turquoise Street. (PACIFIC BEACH)

FILM

"Page and Stage: The Power of the Iliad Today" Series continues with screening of Oliver Stone's 1986 film *Platoon*. Discussion moderated by classics scholar Charles Chamberlain of UCSD. 619-236-5821. Sunday, June 28, 2pm; free. San Diego Public Library, 820 E Street. (DOWNTOWN)

The Trap BBC documentary by English filmmaker Adam Curtis screens for Activist San Diego film

series. Film "traces where the contemporary idea of market-driven and market-defined freedom came from." 714-595-6912. Saturday, June 27, 7pm; free. Joyce Beers Community Center, 4065 Vermont Street. (HILLCREST)

Elegy Isabel Coixet's 2008 film starring Penelope Cruz and Ben Kingsley screens for Film Forum. 619-236-5800. Monday, June 29, 6:30pm and 6:30pm; free. San Diego Public Library, 820 E Street. (DOWNTOWN)

The Tale of Despereaux Enjoy Kate Dicamillo's tale interpreted by director Sam Fell when Movies in the Park series continues at Viejas Outlet Center. 619-659-2070. Tuesday, June 30, 8pm; free. Viejas Casino, 5005 Willows Road. (ALPINE)

From Silent to Sound Saps at Sea Tent of Laurel and Hardy fans

SKYDIVE!

Scenic views of the ocean, downtown, the mountains & more!



San Diego's oldest, largest operation

619.216.8416 | SkydiveSanDiego.com

Other conditions may apply.

Must be 18 years of age and weigh less than 230 pounds.

Bring this ad for FREE VIDEO of your skydive on Sunday!

Expires 7/21/09.

BALLOON RIDES
\$149/Person

Restrictions apply. Small gondolas for unobstructed views. No mileage restrictions.

- Sunrise & sunset flights over Temecula wine country or Del Mar
- FAA-certified pilots • Perfect safety record
- Member of S.D. Chamber of Commerce

Panorama Balloon Tours
(858) 688-7276 • www.gohotair.com

Have Fun! Learn to Dance!

First private lesson only \$10
New students only

Arthur Murray

330 W. Felicita Ave. Escondido
dancestudioescondido.com 760-747-0684

Gunther von Hagens'
BODY WORLDS
The Original Exhibition of Real Human Bodies
& The Brain—Our Three Pound Gem

Buy 3 tickets to *BODY WORLDS*
get 4th ticket FREE!

Tickets are valid for admission after 4 PM through the exhibition closing date.
Offer ends July 5, 2009. Go to www.sdnhm.org for details.

Purchase at the Museum or by phone: 1.877.946.7797.

SAN DIEGO NATURAL HISTORY MUSEUM
www.bodyworlds.com

ROAM--RAMA | A Guide to Unexpected San Diego and Beyond | by Jerry Schad

The "ponds tour," suitable for hikers, runners, and mountain bikers, serves as a fine introduction to the City of Escondido's Daley Ranch — a sprawling, 3000-acre open-space preserve in the hills north of town. The pint-sized bodies of water are actually old stock ponds left over from the ranch's dairy and cattle-grazing days. Get an early-morning start on this serene trek, so as to take advantage of the best bird watching and the cool comfort of the morning air.



Old stock pond, Daley Ranch

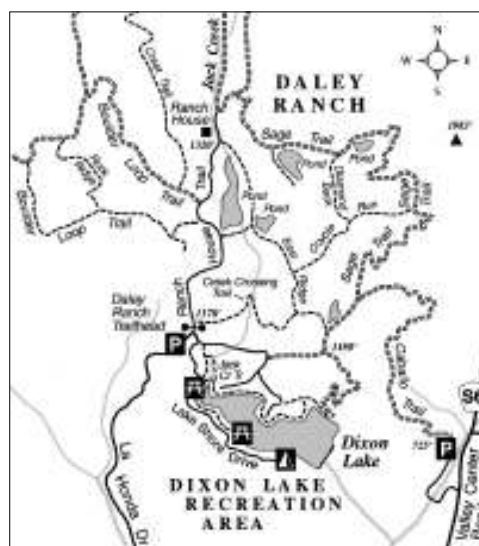
To get to Daley Ranch, exit Interstate 15 at El Norte Parkway in north Escondido. Drive three miles east and make a left turn (north) on La Honda Drive. Drive one mile uphill to the end of the road, where you will find the large parking lot/staging area for Daley Ranch on the left, just short of the Dixon Lake entrance.

Step around the Daley Ranch gate north of the parking lot and travel uphill, rather steeply, on the paved access road

(closed to car traffic) called Ranch House Trail. After 0.4 mile the road starts descending into live-oak woods and you get a glimpse of the largest of the several ponds on the old ranch property. This one's shoreline is guarded by tall cat-tails. As time goes on, all of the ponds are silting up and being invaded by dense riparian vegetation and trees.

After 1.2 miles, pavement on Ranch House Trail ends and the quaint redwood Daley ranch house lies to the left. Descendants of Robert Daley, who settled in this valley in 1869, erected the house in 1928. The pioneering Daley family controlled large tracts of land around rural San Diego County and was prominent in the construction industry.

Continue north another 200 yards past various out-



buildings to the beginning of the dirt-road route signed "Jack Creek Meadow." Take the road to the right, continue 200 yards, and then turn right

on the steeply ascending Sage Trail. After 0.4 mile you reach a secluded upper pond. Venture out along the dam (west edge of the pond) and look

TOUR OF THE PONDS AT DALEY RANCH

Hike or bike to hidden ponds in the hills above Escondido.

Distance from downtown San Diego: 36 miles
Hiking/biking length: 3.5 miles
Difficulty: Moderate

down on the valley of Jack Creek, dimpled with the two other ponds you'll visit on your return route.

From the upper pond, return to the ranch house, but from there, take the East Ridge Trail southeast, between the two ponds. Be still, and your ears may catch the comical, deep-throated groans of a bullfrog, the buzz of a hummingbird's wings, or the warbling song of a redwing blackbird.

Ahead, continue southeast on the East Ridge Trail

up a steep grade, and then turn right (west) on the Creek Crossing Trail to get back to the Daley Ranch entrance, which is where you started.

This article contains information about a publicly owned recreation or wilderness area. Trails and pathways are not necessarily marked. Conditions can change rapidly. Hikers should be properly equipped and have safety and navigational skills. The Reader and Jerry Schad assume no responsibility for any adverse experience.

gather for films *Wrong Again, Unaccustomed as We Are* (duo's "very first all-talking film"), *Men o' War*, cartoons, more. 619-417-9032. Saturday, June 27, 7pm; \$6. Trinity Presbyterian Church, 3902 Kenwood Drive. (SPRING VALLEY)

FOOD & DRINK

"Farmers' Market Sustainability Celebration" Dinner in celebration of "sustainable food." Regional farmers, purveyors, winemakers will set up on ocean-front Windsor Lawn; guests may sample their offerings, learn about eco-friendly food production. Dinner served, created with "freshest ingredients straight from the farm." Fee includes wine pairings, tax, gratuity. Required advance reservations: 619-522-8490. Tues-

day, June 30, 6pm; \$95. Hotel del Coronado, 1500 Orange Avenue. (CORONADO)

Art and Wine Night Local artists display art for evening. Tickets include glass of wine, appetizers. Subsequent wines available for purchase. 760-757-1037. Saturday, June 27, 6pm; \$10. 21 and up. Vine to Glass, 210-A N. Coast Hwy. (OCEANSIDE)

Author Happy Hour Jane Green discusses and signs her new novel *Dune Rd.*, during book event and Happy Hour. The \$35 fee includes signed copy of book, light appetizers, beverage. Reservations: 858-454-0347. Thursday, June 25, 6pm; \$35. Vigilucci's Seafood, Steak & Chop House, 909 Prospect Street. (LA JOLLA)

Beer and Sake Festival Japan Society of San Diego and Tijuana announces seventh-annual event bringing "experts from the Japan-

ese culinary and sake traditions together to showcase their knowledge and talents." Also planned: SushiMasters California Regional Competition, in which sushi chefs take part in "live competition that challenges their mastery of sushi art and style." 858-467-1727. Thursday, June 25, 6pm; \$40-\$60. 21 and up. San Diego Marriott Del Mar, 11966 El Camino Real. (CARMEL VALLEY)

Red, White, and Brew Beer Dinner Enjoy "four courses with four beers." Select items "From the Sea," "From the Land," "From the Farm," and "Sweets from Mother Nature." Required reservations: 858-456-6279. Monday, June 29, 7pm; \$26. La Jolla Brew House, 7536 Fay Avenue. (LA JOLLA)

Taste of Adams Avenue Fare from 30 restaurants, pubs, eateries along Adams Avenue on offer during self-guided walking tour. 619-

233-5008. Sunday, June 28, 11am; \$25-\$30. Adams Ave., 32nd Street & Adams Avenue. (NORMAL HEIGHTS)

Taste of Slow Food Urban San Diego Stagecoach Days event is held in plaza of Old Town State Park. Over 20 local restaurants, artisan food makers, breweries, wineries on hand with samples of their cuisine honoring early food traditions of area. 619-994-1931. Sunday, June 28, 1pm; \$45. Old Town State Historic Park, 4002 Wallace Street. (OLD TOWN)

Warwicks Cooking Club Event designed with S.D. chef Isabel Cruz showcases recipes from Adam Schell's new book *Tomato Rhapsody: A Fable of Love, Lust and Forbidden Fruit*. Enjoy food, wine, author talk by Schell, signed copy of book. Fee is \$55 per person or \$90 per couple (with discount for couples willing to share book). Reservations: 858-454-0347. Friday, June

26, 6pm; \$55-\$90. Isabel's Cantina, 966 Felspar Street. (PACIFIC BEACH)

FOR KIDS

"Discover Mingei! Treasure Hunt" Family program promises exhibition-related treasure hunt with clues encouraging participants to explore museum's exhibitions. Prizes awarded for completing treasure hunt. Admission: \$5 for families, \$3 for individuals. 619-239-0003. Sunday, June 28, 12pm; \$3-\$5. Mingei International Museum, 1439 El Prado. (BALBOA PARK)

"Elmo's Green Thumb" Elmo and friends search for a new spot for his sunflower named Sunny to flourish. Abby Cadabby, Elmo, Zoe, Telly, and Big Bird learn lessons about ecosystems, patience, and overcoming fears during these Sesame Street Live shows. All seats

on opening night: \$13. Ticketmaster (619-220-TIXS). Thursday, June 25, 7pm; Friday, June 26, 10:30am; Saturday, June 27, 10:30am and 2pm; Sunday, June 28, 1pm and 4:30pm; \$13-\$37. San Diego Sports Arena, 3500 Sports Arena Boulevard. (MIDWAY DISTRICT)

Big Joe's Fireworks Celebrate 4th of July, sing along with Uncle Sam and Yankee Doodle. 619-544-9203. Wednesday, July 1, 11am, 1pm and 2:30pm; \$3-\$5. 4 and up. Marie Hitchcock Puppet Theatre, 2130 Pan American Road West. (BALBOA PARK)

Mulan, Jr. San Diego Junior Theatre presents this musical re-telling of an ancient Chinese legend. Performance on Saturday, July 11, is ASL interpreted. Reservations: 619-239-8355. Fridays, 7pm; Saturdays, 2pm; Sundays, 2pm; through Sunday, July 12, \$8-\$13. 6 and up. Casa del Prado Theatre, 1650 El Prado, Suite 208. (BALBOA PARK)

NOW OPEN!

THE DA VINCI EXPERIENCE

at the San Diego Air & Space Museum in Balboa Park

A special exhibition featuring remarkable reproductions of Leonardo da Vinci's most famous artwork and interactive replicas of his mechanical devices created more than 500 years ago.

www.sandiegoairandspace.org



LARGEST REPTILE SHOW & SALE IN 2009 OPEN TO THE PUBLIC
1,000's of Lizards, Turtles, Frogs, Supplies & More!

REPTILE SUPER SHOW

JUNE 27-28 2009
SAT 10-6 & 11-5 SUN

SAN DIEGO CONCOURSE
Civic Center
202 C st. @ 3rd and B st.
San Diego, Ca. 92120

\$1.00
off Adult
Admission

\$8.00 ADULTS
\$5.00 KIDS (12 & under)

For INFO call (619) 234-7367 or visit us online at www.ReptileSuperShow.com



Puppet Circo Gaston's Puppets present "zaniest, funniest circus you'll ever see with surprise endings to the acts." 619-544-9203. Thursday, June 25, 11am, 1pm and 2:30pm; Friday, June 26, 11am, 1pm and 2:30pm; Saturday, June 27, 11am, 1pm and 2:30pm; Sunday, June 28, 11am, 1pm and 2:30pm; \$3-\$5. Marie Hitchcock Puppet Theatre, 2130 Pan American Road West. (BALBOA PARK)

Young Adult Fantasy Author Melissa Marr signs *Fragile Eternity*, in which "a mortal turned faerie queen struggles with her love for a mortal boy." 858-268-4747. Saturday, June 27, 2pm; free. Mysterious Galaxy Books, 7051 Clairemont Mesa Blvd., Suite 302. (KEARNY MESA)

GALLERIES

"Essential Water" Reception for exhibition of underwater and landscape images by Steve Gould. Music by Ranting Banshee. Closes Monday, July 6. 858-232-9860. Sunday, June 28, 2pm; free. Spanish Village Art Center, 1770 Village Place. (BALBOA PARK)

"Passages" and "Sirens" Opening reception for exhibition of photographs by Jacques Garnier and Liz Cockrum. Closes Saturday, July 25. 760-436-1440. Saturday, June 27, 6pm; free. Eric Phleger Gallery, 828 N. Coast Hwy. 101. (LEUCADIA)

Gallery Opening Celebrate opening and exhibition of work by

West African artist Abbey Onikoyi, who records "day-to-day African history from the viewpoint of a compassionate artist." 805-598-3212. Friday, June 26, 4pm; Spirits of Africa, 4993 Niagara Ave., Suite 105. (OCEAN BEACH)

Grand-Opening Art Show Reception for this one-day group art show, with music by Project: Out of Bounds, afterschoolspecial, Terry Matsuoka. 858-354-6294. Saturday, June 27, 7pm; free. Thumbprint Gallery, 3925 Ohio Street. (NORTH PARK)

IN PERSON

"Caught in the Act" Twelve storytellers each "deliver a true, five-minute story on the theme...after which audience judges will select a winner," hosted by So Say We All. Audiences of all skills and interests



SouthBay Limousine

Experience Luxury

Full service for weddings, concerts, wine tastings, and special events. San Diego to Los Angeles trip packages. Complimentary bar with champagne and beverages (based on 3-hr minimum).

We'll beat any rate... Call now!!!

877-789-8769

www.SouthBayLimo.net TCP 24270-P

invited to tell their stories onstage, judge performances, support local artists. 619-887-2856. Saturday, June 27, 8pm; \$5. Twigg's Bakery Coffeehouse, 4590 Park Boulevard. (UNIVERSITY HEIGHTS)

"M*A*S*H Bash!" Activist and actor Mike Farrell is guest of honor for La Mesa-Foothills Democratic Club summer meeting. He'll discuss his new book *Of Mule and Man*. 619-741-1994. Wednesday, July 1, 6pm. La Mesa Community Center, 4975 Memorial Drive. (LA MESA)

"One Mike...San Diego: One-Year Anniversary Comedy Show" Starring A.G. White (from *BET Comic View*), Dsean Ross, and Aida Rodriguez. RSVP for free admission: 619-708-7975. Sunday, June 28, 7pm and 9pm; free. 21 and up. The Comedy Palace, 8878 Clairemont Mesa Boulevard. (KEARNY MESA)



Crack the Code & Win a Million!

Now through July 15

Would You Like to be a Millionaire?

- Now's your chance! Come to the \$1,000,000 Viejas Vault any time through July 15.
- Show your V Club card and a valid ID for a chance to enter a 6-digit PIN.
- If your PIN opens the vault, you win \$1,000,000!
- Best of all, you can enter a new PIN every day you play at Viejas!

\$1,000,000 prize awarded as a 40-year annuity.



FREE BUFFET: July 1-31

Sign up for your FREE V Club card and earn 5 V points with your play to receive a complimentary meal at the Harvest Buffet! Offer valid for new accounts only.

GREAT TIMES, GREAT VALUE!

VIEJAS
CASINO

JUST OFF I-8 AT WILLOWS ROAD
619-445-5400 • VIEJAS.COM

Visit any V Club booth for official rules. Management reserves all rights. Please play responsibly. For help with problem gambling, call 1-800-429-2537. © 2009 Viejas Casinos. Open GK

FRED ASTAIRE
FRANCHISED DANCE STUDIOS

FIRST
LESSON
just
\$10



Tony Dovolani & Elena Grinenko from
"Dancing With The Stars"

Let's Dance

Learn Social & Ballroom Dancing

- Private & group classes
- Wedding programs

Enjoy the Benefits of Dancing

- Exercise in a friendly environment
- Enjoy social interaction & relieve stress

Succeed With Our Unique System of Teaching

- Developed by Fred Astaire himself
- Taught by our certified instructors

FRED ASTAIRE fredastairesd.com
FRANCHISED DANCE STUDIOS

858-499-0180

8303 Clairemont Mesa Blvd.

760-757-1700 (Now Open!)

845 S. Coast Hwy • Oceanside

BY SONIA ELIOT

What are you reading?

"I just started the first book of the *Twilight* series. My sister has been telling me to read them. I'm actually a *Harry Potter* fan — I just finished all seven books in two months, and I honestly never read until I started them. My sister is a reader — she reads everything — and she bought me the first book for Christmas. I couldn't stop after that."

Tell me about the *Harry Potter* story.

"It's about a wizard — he finds out he's a wizard when he's 11 years old. He goes to this wizard school, and the whole story is pretty much him trying to fight the wizard who killed his parents."

Any favorite characters?

"Probably Sirius Black. He's supposed to be this bad guy in the third book, but then Harry finds out he's a good guy — he's actually Harry's godfather. It's amazing how he takes care of Harry and is always there for him. He's like the father figure that

Harry probably needed."

Who is your favorite author?

"I really just started reading. Even in school, I wouldn't read the book — I would copy other people's homework. I was never a reader — I couldn't get into books. I like fantasies and magical stuff, stuff that doesn't happen in real life, and I tried reading books like that. I even read a book, *The Water Mirror*, by Kai Meyer. There was a girl in it; she was an orphan and she went to live in Venice with this person who made mirrors, and these mirrors led to other worlds. There was a talking lion in a cage, and a bunch of weird stuff that I don't remember — it was a few years ago. I tried reading *The Chronicles of Narnia*, but I couldn't get into them. I tried reading the first one. The characters were younger; it was really childish. The first two *Harry Potter* books were pretty childish, too,

What's That You're Reading?

NAME: JESSICA DAVIS | **AGE:** 21 | **OCCUPATION:** STAY-AT-HOME MOM
NEIGHBORHOOD: LA MESA | **WHERE INTERVIEWED:** COIN LAUNDRY IN LA MESA



but I think the author noticed that her readers were getting older and started writing for older readers. And the characters were getting older, having relationships and stuff like that."

So now you're reading *Twilight*.

"I just saw the movie, so I figured I'd start reading the series. The second movie in the series hasn't come out yet, so after reading the first volume, I'm going to read the second one and hopefully get into it. I can't really relate to the characters — Bella is really quiet and dark, and the other main character, Edward, is just the same. I'm really a brighter person. But it's interesting to me how the kids at her new school are fascinated with her. Because she's from Arizona, she's supposed to be this sunny, bright girl with a tan — they look at her as this amazing, gorgeous girl, and she's really not."

What magazines or newspapers do you read?

"None. My mom has CNN as the first page you get when you click on the Internet, so I get my news there."

Do you talk to your sister about what you're reading?

"All the time. The first thing she told me about *Twilight* was that I might not like the books because the writer is writing weird. In the beginning of the book, I noticed that she was using words like 'inconsequential' and 'omnipresent' when she could have used different, smaller words. I even asked my mom, 'What does that mean?' I don't know, it just wasn't necessary to use them. But as I'm reading more, I find she stops using them. In *Harry Potter*, I understood everything. There were words you'd never heard of, because it was about a different world, but the book explained them."

For more stories by this author, go to sdreader.com.

"Sacred Sounds of the Spheres" Concert by founder of holographic sound healing Paul Hubbert. Bring your own drum, bowls, and other instruments to join in. 619-491-3087. Thursday, June 25, 7:30pm; \$20. 10 and up. San Diego Center for Spiritual Living, 1009 G Street. (DOWNTOWN)

Author Meet and Greet Jacqueline Carey discusses, signs her two most recent books, *Santa Olivia* and *Naamah's Kiss*. 619-295-2201. Wednesday, July 1, 7pm; free. Borders Books and Music - Mission Valley, 1072 Camino del Rio North. (MISSION VALLEY)

Beyond The Spiderwick Chronicles Fantasy author Holly Black signs *Spiderwick: A Giant Problem*, her newest magical adventure. 858-268-4747. Wednesday, July 1, 7pm; free. Mysterious Galaxy Books, 7051 Clairemont Mesa Blvd., Suite 302. (KEARNY MESA)

More Cups of Tea Greg Mortenson, inspiring author of *Three Cups of Tea*, will discuss building relation-

ships as a part of an overall strategic plan in Afghanistan and Pakistan, on board USS *Midway* Museum. Proceeds benefit Central Asia Institute. 303-674-7940. Wednesday, July 1, 7pm; \$25. San Diego Aircraft Carrier Museum, 910 North Harbor Drive. (DOWNTOWN)

Real-Life Drama Journalist Brian Eule discusses, signs his new book *Match Day: One Day and One Dramatic Year in the Lives of Three New Doctors*. "On Match Day, a complicated computer algorithm pairs students with hospital residencies in nearly every field of medicine." 858-454-0347. Monday, June 29, 7:30pm; free. Warwick's Bookstore, 7812 Girard Avenue. (LA JOLLA)

See and Shanghai Girls Lisa See — author of *Peony in Love*, *Snow Flower and the Secret Fan*, *Flower Net*, *The Interior*, *Dragon Bones*, *On Gold Mountain* — discusses, signs her new book, set in California and Shanghai in 1937. Book will be available for purchase. 619-236-

5821. Sunday, June 28, 2pm; free. San Diego Public Library, 820 E Street. (DOWNTOWN)

Squeaky-Clean Comedy! Family-friendly shows for all ages. 858-433-1457. Saturdays, 7pm; \$5. Naveed's Comedy Club at Bella Roma Pizza and Restaurant, 6830 La Jolla Boulevard #103. (LA JOLLA)

LECTURES

"Closing the Gender Gap in Business and Politics" Laura Liswood — cofounder of Council of Women World Leaders — addresses Run Women Run political action committee. 619-578-1943. Sunday, June 28, 1pm; \$25-\$50. Mingei International Museum, 1439 El Prado. (BALBOA PARK)

"Engage-Embrace-Unite: Equity in the 21st Century" Women's Equity Council of United Nations Association hosts Congresswoman Susan Davis, anchor-

woman Carol LeBeau, attorney Lilia Velasquez, who will share their stories of growth, success, determination required "to be taken in supporting women's equity in the 21st Century." 805-403-4773. Tuesday, June 30, 5:30pm; \$25-\$35. San Diego Women's Club, 2557 Third Avenue. (BANKER'S HILL)

"Insects and Pollination" Michael Wall, head of entomology at San Diego Natural History Museum, speaks for Pollinator Awareness Week. Children welcome though lecture is geared towards adults. 760-804-1969. Thursday, June 25, 7pm; free. Agua Hedionda Lagoon Discovery Center, 1580 Cannon Road. (CARLSBAD)

"Lucky Lady and Victory Girl" Learn the "History of Military Fighter Plane Nose Art" during illustrated talk. 619-232-6203. Saturday, June 27, 1pm; free-\$8. Museum of San Diego History, 1649 El Prado. (BALBOA PARK)

"Perspectives on Mid-Century California Design" Symposium

focusing on "Masters of Mid-Century California Modernism — Evelyn and Jerome Ackerman" exhibition. Presenters include exhibition curators Jo Lauria and Dale Carolyn Gluckman; gallery owner Gerard O'Brien; Objects USA website co-founder Dave Hampton; Heath Ceramics owners Catherine Bailey and Robin Petravic. Required reservations: 619-239-0003 x405. Saturday, June 27, 12:30pm; \$25-\$35. Mingei International Museum, 1439 El Prado. (BALBOA PARK)

"The Presidio de San Diego: Abu Ghraib, Guantanamo Bay, or Citadel of Civilization?" Local historian, archaeologist, author Richard Carrico discusses colonial system implemented at Presidio de San Diego from 1770 to 1810. "Did the legal and moral system practiced at the Presidio include torture?" This San Diego County Archaeological Society program will be outdoors; bring your own seating. 858-538-0935. Saturday, June 27, 8pm; free. Los Peñasquitos

Ranch Adobe, 12122 Canyonside Park Drive. (RANCHO PEÑASQUITOS)

"Toss the Turf: Less Water, Less Grass, More Fun!" Vickie Driver presents short course in turf removal. Tips for evaluating soil, tuning up irrigation system, ideas for "a beautiful low-water landscape in lieu of lawn." Registration: 619-660-0614 x10. Saturday, June 27, 9am; \$20-\$30. Water Conservation Garden, 12122 Cuyamaca College Drive West. (CUYAMACA COLLEGE)

Beyond "Art and Remembrance" Bernice Steinhardt and Helene McQuade, daughters of Esther Nisenthal Krinitz, will display a number of images in "Fabric of Survival" exhibition, share memories, observations of their mother's work, and discuss their organization "dedicated to using the power of storytelling and art to illuminate the effects of war, intolerance, and social injustice." Book signing follows. 760-435-3720. Sunday, June 28, 2pm; free.

SoCal Adult Softball

Opening for teams: Coed 3-pitch, men's slo pitch and women's 3-pitch. **14 weeks of play plus playoffs.** Compare to 10 weeks with VAVI.

Starting mid-July at: Serra Mesa Rec., Standley Park, Doyle Park, Nobel Park, Robb Field-Women

Starting late August/early September: Carmel Valley and surrounding fields

Call now for details.
Pete: 858-752-9757
pmcna80@gmail.com



Party Buses
\$89/hour

TCP 23646-B

Brewery tours From \$199

Kids' birthday special From \$250

Roller coaster & pizza party.

Temecula wine tours From \$299

Plus: Birthdays, Bachelor(ette) Parties, Concerts, Corporate Events and more!

BLACKONYX, INC.
Russos & Balagis

619-588-4009 • www.russoslimo.com
Toll-free: 866-562-8301

RECESSION HELP EXPO SCHEDULE SPEAKERS AND WORKSHOPS

9:00AM OPENING SESSION AND WELCOME

9:30AM **FEATURED SPEAKER:** Scott Silverman 'One Chance To Make a First Impression', **ONE HOUR WORKSHOPS:** Job Search Boot Camp from Jobing.com
No Problem Can Be Solved With The Same Level of Consciousness That Created It - Francis J. Przechacki, The Road To Self Employment- Michele Bergquist,
Fresh Govt. Financial Aid For Your New Career Education, Consumer Credit and Debt Elimination Workshop- bring your balances, calculator, and pencil-(2 hours)

10:30AM **FEATURED SPEAKER:** Marcy Morrison '5 Tips For Finding A Job You'll Love', **ONE HOUR WORKSHOPS:** Think Beyond Money-Plan With Passion!
Car Insurance for \$265. a year, Feed a Family of Four On \$50. a Week-Thrifty Kitchen, Understanding Real Estate In Mexico, Troubled Property Solutions
The Long Term Big Picture-Paul d'Heilly,

11:30 AM **KEYNOTE SPEAKER: MR BART ALLEN BERRY 'How We Will Endure'**
LIVE MUSIC FROM THE ATM BAND THROUGHOUT THE DAY

GROUND ZERO For Dialogue About The Recession

12:30PM **VIP RECEPTION - GOVT LEADER SPEECHES ON THE RECESSION & THE SAN DIEGO RECESSION FIGHTER AWARDS**

1:45PM **KEYNOTE SPEAKER MR BRIAN TRACY, World Famous Success Motivator 'Succeed Now!'**

2:30PM **FEATURED SPEAKER:** Jennifer Remling 'Transform Your Life In The Recession' **ONE HOUR WORKSHOPS:** How to Save On Water/Phone/Power,
How To Be a Small Business Vendor for The Big Utilities-Public Utilities Commission, Practice Your Job Interviewing Skills-Appreciating U, Troubled Property Solutions
i-Learning Global Business Learning Skills Portal, Guias Familiares para Sobresalir de esta Recesion-Blanca De La Torre, Boost Your Online Sales-Sm Planet Mktg.

3:30PM **FEATURED SPEAKER:** J.T. Foxx- 'Get Rich or Die Poor', **ONE HOUR WORKSHOPS:** Reverse Mortgage as a Retirement Option, Green Jobs Are Here!
New Obama Micro-Finance Loans for Small Business-SBA, 8 Assistance Programs You Might Need-Neighborhood House, A Million Foreclosure Questions and
a Few Real Answer-Ted Rosenberg, Alternatives For Stress and Pain Relief-Dr. Mario Mancini

4:30PM **KEYNOTE SPEAKER MR LANNY GOODMAN, Strategic CEO Advisor 'Start Paddling and Surf This Wave!'**

5:15PM **LIVE MUSIC FROM THE ATM BAND TILL 6:30PM**



RECESSION HELP EXPO

ALL DAY FREE SUNDAY JUNE 28 8:30am - 6:30pm

Keynote Speaker

BRIAN TRACY

World Famous Success Motivator



Keynote Speaker

LANNY GOODMAN

Strategic CEO Advisor



Keynote Speaker

BART ALLEN BERRY

Organizational Change Agent

Downtown Embarcadero Across From The Star Of India Holiday Inn

32 Recession Help Workshops On The Bay

1355 North Harbor Dr.

150 Recession Help Agencies and Exhibitors

Assistance Programs
Jobs and Work
Household and Family

RECESION
AYUDAR
EXPOSICIÓN

Finance
Education
Save Your Home
Investing Now

Survival and Protection
Sustainability
Retirement Options

Efficient Transportation
Staying Healthy
Low Cost Fun

Hispanic
Small Business
Staying Positive

Please Join Us In Honoring five San Diegans who have repeatedly demonstrated Leadership, Advocacy and Actions to provide help, support and aid for those affected by the recession. 1:00pm

Councilwoman **Martie Emerald**
Second Chance Program Founder **Scott Silverman**
San Diego Urban League's **Maurice Wilson**
Jobing.com's **Rosanna Indie**
The Princess Project



Job Search Boot Camp

Individual
Career Coaching
Mortgage Help
Resume Reviews
Job Interviews

Business Opportunities
Small Business Financing
Low Cost Car/Health Insurance
and more.. all to help you!

LIVE MUSIC

The ATM Band



Kids Free
On The
Star Of India

In Depth
Consumer
Credit
and
Debt Elimination
Workshop
-Bring Your Bills

Exhibit Spaces
Still Available
760-815-4527

Help For Everyone Affected By The Recession



RECESSIONHELPEXPO.COM

Calendar

LOCAL EVENTS

Oceanside Museum of Art, 704 Pier View Way. (OCEANSIDE)

Breast Cancer 3-Day Season Nears "Get Started Meeting" planned, with information and inspiration. Ready to lace up your shoes to "walk 60 miles in three days in the fight against breast cancer"? Learn about training, fundraising. The 2009 San Diego Breast Cancer 3-Day is November 20-22. 888-805-8911 or 800-996-3329. Saturday, June 27, 10:30am; free. Mission Valley Library, 2123 Fenton Parkway. (MISSION VALLEY)

Cyber Security Exploring Ethics lecture series continues with "Cyber Security: Can We Share Electronic Information without Losing Our Privacy?" RSVP: 858-822-2647. Wednesday, July 1, 5:30pm; free. Reuben H. Fleet Science Center, 1875 El Prado. (BALBOA PARK)

Do "Health" and "Fitness" Differ? Find out during health and fitness workshop with speakers Mario A. Mancini and Tyler Merrill. Learn "how to burn fat faster, the science of nutrition," more. RSVP: 619-287-4005. Thursday, June 25, 6:30pm; free. WellStrong Fitness, 10300 North Torrey Pines Road. (LA JOLLA)

How to Live Happily Ever After with Your Dog Open-forum workshop covers topics such as house training, socialization with

people and other animals, calmness in home, communication with your dog, basic nutrition, more. For people only. Required reservations: 619-299-7012 x2247. Tuesday, June 30, 6:30pm; \$35. San Diego Humane Society and SPCA, 5500 Gaines Street. (LINDA VISTA)

Meditation for Turbulent Times "Yoga of Meditation" lecture series presented by Swami Tejomayananda — described as the spiritual head of Chinmaya Mission — expounding on "essential teachings" from the Bhagavad Gita. 858-549-2908. Monday, June 29, 7pm; Tuesday, June 30, 7pm; Wednesday, July 1, 7pm; free. Lawrence Family Jewish Community Center, 4126 Executive Drive. (LA JOLLA)

Meet a Rescued Crow The reintroduction of rescued animals into their native habitats is topic for Friends of Hellhole Open Space Preserve annual meeting. Project Wildlife volunteer Carol Crafts will focus on repopulating Hellhole Canyon with rescued animals. 760-749-5320. Saturday, June 27, 10am; free. Valley Center Library, 29200 Cole Grade Road. (VALLEY CENTER)

What You Must Know Before You Go During divorce-planning panel, "develop an easy way to move though the necessary, and often overlooked, steps along the way." 858-863-3380. Monday, June 29, 6pm; \$35. 18 and up. Carmel Valley Library, 3919 Townsgate Drive. (CARMEL VALLEY)

What's in Your Pet Food? San Diego author/clinical nutritionist/holistic health care consultant Kymthy Schultze plans seminar. "Know what is in your pet's diet." Learn to "choose the best food or how to make your own at home." Registration: 360-509-7577. Saturday, June 27, 9am; \$60. Courtyard San Diego Old Town, 2435 Jefferson Street. (OLD TOWN)

OUTDOORS

Cobbled Shorelines are greeting some beachgoers early this summer season, as in past years. North County beaches tend to suffer most, as the natural sand replenishment in the area is disrupted by dams blocking the flow of sediment down the larger streams and rivers. Some sand scooped up from dredging operations is being moved onto the beaches to mitigate this problem. South County's beaches fare better. The widest beach of all, Coronado, is protected from sand loss by the jutting Point Loma peninsula; it catches some sand drifting on currents northward from the mouth of the Tijuana River.

Colorful Foliage along San Diego's coastline lingers, despite the comparative lack of rainfall, and the onset of warmer, drier days. In the older, landscaped neighborhoods of Coronado, Point Loma, Pacific Beach, and La Jolla you'll find oleander and hibiscus blooming in many shades,

and colorful bougainvillea creeping over garden walls. Look for the magnificent clusters of red flowers adorning the crowns of the flame eucalyptus (red-flowering gum) trees. With mandatory restrictions on water usage looming this summer, some vegetation — especially water-thirsty lawns — may appear less green than usual this season.

June Bugs are emerging as summer's warmth is finally upon us. The green June beetle, only one of some 300 species of scarab beetles found in Southern California, flashes a metallic green underbelly as it buzzes about erratically. The mature scarabs flying about have spent at least a year underground in larval form munching at the roots of lawns or your favorite ornamental plants.

Latest Sunset of the Year, 8 p.m. Pacific Daylight Time in San Diego, occurs this Saturday, June 27 — a week after the summer solstice (our longest day). From now until late July there will be little change in the time of sunset, even though the total length of daylight will steadily shorten.

"Dragons and Damsels" Experience beauty of San Diego River, historic Padre Dam, and natural ecosystem it now supports during trail guide-led interpretive walk. Look for damsel and dragonflies, songbirds, lizards, butterflies. 619-668-3281. Saturday, June 27, 8:30am; free. Kumeyaay Lake Campground entry station, Two Father Junipero Serra Trail. (SAN CARLOS)

Audubon Society Bird Walk Bring binoculars and drinking water to explore Tecolote Canyon. 858-581-9944. Saturday, June 27, 9am; free. Tecolote Nature Center, 5180 Tecolote Road. (CLAIREMONT)

Basic Birding Tom Troy leads basic birding program with emphasis on identifying birds by sight and sound and using binoculars, spotting scopes, field guides. Directions: 760-967-6915. Saturday, June 27, 8:30am; free. Buena Vista Audubon Society Nature Center, 2202 S. Coast Hwy. (CARLSBAD)

Birding in Lakeside Join Audubon Society birders. 858-755-7133. Saturday, June 27, 8am; free. Lindo Lake, 9841 Vine Street. (LAKESIDE)

Desert Garden Tour Bizarre trees, cacti, succulents showcased when Offshoot Tours hosts its monthly hour-long guided stroll through desert garden. 619-235-1122. Saturday, June 27, 10am; free. Balboa Park Visitors' Center, 1549 El Prado. (BALBOA PARK)

Discover Magnificent Beauty! Nature walks led by trained naturalist. "Marvel at the reawakening vegetation throughout the reserve and be enchanted by fabulous flowers along the trails." 760-436-3944. Saturdays, 10am; free. San Elijo Lagoon Ecological Reserve, 2710 Manchester Avenue. (CARDIFF)

Discovery Hike Become a nature detective when you join trail guides on an interpretive walk in search of "native beauties, bugs, and beasts, or evidence of them." 619-668-

3281. Saturday, June 27, 9:30am; Sunday, June 28, 9:30am; Wednesday, July 1, 9:30am; free. Mission Trails Regional Park, One Father Junipero Serra Trail. (SAN CARLOS)


Explore a Historic Cemetery During tour led by Walking Historic San Diego, examine history of Calvary Cemetery, one of S.D.'s oldest cemeteries (1875-1960), discuss controversy of its conversion to a community park, as well removal and dislocation of tombstones mostly shipped to Mt. Hope Cemetery. 619-574-6247. Saturday, June 27, 11am; \$10-\$15. Pioneer Park, 1501 Washington Place. (MISSION HILLS)

Finding Feathered Friends Learn five simple steps for identifying birds at a glance, how to use a field guide (bring yours if you have one) during birding basics class. 619-668-3281. Saturday, June 27, 1pm; free. Mission Trails Regional Park, One Father Junipero Serra Trail. (SAN CARLOS)

Mission Beach Meander Explore walkways around north and south Mission Beach during moderately paced walk with Walkabout adventurers. 858-456-7864. Friday, June 26, 10am; free. Santa Clara Point Recreation Center, 1008 Santa Clara Place. (MISSION BEACH)

Mystery Walk Naturalist Kathleen Flanagan leads fast-paced, strenuous walk of about seven miles based on makeup of the group. Expect "a lot of map reading." Bring a minimum of two liters of water, layer your clothing.

Dance lesson only \$10*



**Latin and Ballroom
Jitterbug and Swing
Salsa and Merengue**
Classes still open.
No contracts!

**\$32 for 4 weeks
with this ad**

**Pattie Wells
Dancetime Center
619-275-3533
www.dancetime.com**
*1-hour introductory class

**San Diego Scottish Highland
Games and Gathering of the Clans**



June 27 & 28 • 9 am-5 pm
Massed Bagpipe Bands
Scottish Athletics (including Caber Toss)
Highland Dancing Competition
Bagpiping & Drumming Competition
Sheep Dog Trials
Scottish Food, Drink & Merchandise

ENTERTAINMENT
Highland Way • The Wicked Tinkers • Peter Daldry
Browne Sisters & George Cavanaugh

SPECIAL CHILDREN'S EVENTS:
Kids' Athletics • Storyteller • Face Painting & Caricatures

Bregle Terrace Park • Vista, CA • 1200 Vale Terrace Dr.
Information at: 619-425-3454 & 760-726-3691
sdhighlandgames.org • Inquiries: sdshgchief@earthlink.net

1 Free Hour!
With purchase of 3 hours



**Weddings • Birthdays • Wine Tours
Casino Specials • Quinceañeras & more**

**619.401.7200
flamingolimo.com**

**Flamingo
LIMOUSINE**
TCP #24186

Cruise Mission Bay on the Fourth!
on the elegant
William D. Evans

BOARDS AT 7:30PM
DEPARTS AT 8:00
CRUISES UNTIL 10:30
BOARD AT THE BAHIA RESORT HOTEL
NO STOPS

**MUSIC, DANCING, AND FIREWORKS!
AMERICAN BUFFET AND APPETIZERS**
\$45 ADULTS • \$20 CHILDREN*
858.539.7635 • WWW.STERNWHEELERS.COM
*Must be 21 years of age or older, or accompanied by an adult.

Tickets can be purchased in person at the Café Bahia, Bahia Resort Hotel, or by phone.

The BAHIA BELLE will also be cruising between the Bahia Resort and the Catamaran Resort Hotel and Spa.
(No advance tickets sold.)

\$15 ADULTS
\$10 CHILDREN**
**Must be 21 years of age or older after 10:30.

Mountain Getaway



Overnight price **\$129**
for two people

Includes dinner for 2 and breakfast for 2 in our restaurant.

In-room Jacuzzi, fireplace
110-acre resort
Near the Golden Acorn Casino
AC, HBO, microwave, refrigerator

Special prices good through July 2 only.
www.liveoaksprings.com

Live Oak Springs Resort
37820 Old Highway 80
(60 minutes east of downtown San Diego, 2 miles south of I-8)
619-766-4288

760-839-4680. Friday, June 26, 6:30am; free. Daley Ranch, 3024 La Honda Drive. (ESCONDIDO)

Take Back the River! Help remove trash and debris from San Diego River east of Qualcomm Stadium during river cleanup. Tools, supplies provided. Dress in clothes that can get dirty, closed shoes. Volunteers meet in parking lot. 619-297-7380. Saturday, June 27, 9am; free. 24 Hour Fitness, 885 Rancho Mission Road. (MISSION VALLEY)

Trash Pickup in López Canyon Help clean trash out of natural areas in López Canyon. 858-538-8066. Sunday, June 28, 9am; free. López Ridge Park, 7245 Calle Cristobal. (MIRA MESA)

SPECIAL

"2009 Cannon Invitational"

Exhibition features work by Joseph Bennett (assemblage), David Fobes (duct tape), Tara Smith (paintings), and Duke Windsor (paintings). These artists were selected from the 26 artists featured in "2009 Juried Biennial" exhibition by Karen McGuire. 760-602-2021. Sundays, 1pm; Tuesdays, 11am; Wednesdays, 11am; through Sunday, August 16, free. William D. Cannon Art Gallery at Carlsbad Library, 1775 Dove Lane. (CARLSBAD)

"ARTrism" Learn about United Nations' Millennium Development Goals during UN Charter Day events on lawn of International Cottages. Art by a variety of

artists; music by Paul Hanna. On offer: food, drinks, dance lessons, interactive painting event. Bring one nonperishable food item for "SuperFood Drive." 619-665-6156. Saturday, June 27, 2pm; free. House of Pacific Relations, 2125 Park Boulevard. (BALBOA PARK)

"Art Rocks!" Reception for exhibition of paintings by Joan Hansen, who says "interwoven through my work are threads of organic line and luminous color." View through Friday, July 10. 619-668-3289. Saturday, June 27, 2pm; free. Mission Trails Regional Park, One Father Junípero Serra Trail. (SAN CARLOS)

"Art of Being and Seeing" Experience, photograph "spiritual grounds" during "photo safari" and workshop with photographer Lori Brookes. Expect "two photo sessions and a group review of the moments that were captured." Bring walking shoes, digital camera, sun protection. Fee includes lunch. 619-766-4480. Saturday, June 27, 9am; \$75. Sacred Rocks Reserve and RV Park, 1331 Shasta Way. (BOULEVARD)

"Cosmic Fireworks: The Big Bang" Take "digital tour" of night sky during "The Sky Tonight" planetarium show, then view real sky through telescopes after show (weather permitting). 619-238-1233. Wednesday, July 1, 7pm and 8pm; \$9-\$10. Reuben H. Fleet Science Center, 1875 El Prado. (BALBOA PARK)

"Evening on the Nile" Commemorate National Refugee Day during Nile Sisters fundraiser with presentations by Tony Young of San Diego City Council, Sudanese refugee and Nile Sisters founder Elizabeth Lou, question and answer with "founder" of Lost Boys of Sudan. African cuisine promised, along with entertainment from Senna Africa, music, dance. 619-230-1190. Saturday, June 27, 6pm; \$35. WorldBeat Cultural Center, 2100 Park Boulevard. (BALBOA PARK)

"Find Your Treasure Here!" Sattan Dance Party plays for Technomania Circus "pirate show." Expect performance and circus acts of "nautical nature," including "puppets, illusion, fire, experiments," more. Prizes for pirate apparel! Wear warm clothing for outside performance. 619-231-1950. Saturday, June 27, 9pm; \$10. 3 and up.


The Center for Amusing Arts, 2438 Commercial Street. (LOGAN HEIGHTS)

"Music Mania!" San Diego County Fair promises numerous competitions and exhibits, including fine arts, livestock, children's art, gems, minerals, home arts; fun zone with rides, games; commercial exhibits; food; contests (bubblegum blowing, pie eating); many concerts. 858-793-5555 or 858-755-1161. Thursdays, 11am; Fridays, 10am; Saturdays, 10am; Sundays, 10am; Mondays, 11am; Tuesdays, 11am; Wednesdays, 11am; through Sunday, July 5, free-\$13. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard. (DEL MAR)

"The Art of Puppetry" Discover this ancient art form as you make hand puppets using cloth, papier-mâché, found objects. Participants will build a puppet theater, present impromptu skits. Snacks provided. All ages. Fee: \$40 per month

Largest Climbing Gym in San Diego

Intro lesson \$38
2-for-1
(Advance reservation required)



VERTICAL HOLD
CLIMBING GYM

Military Sundays
50% Off Day Pass
(Excludes lessons. Call for details.)

9580 Distribution Ave. • San Diego
858-586-7572 • verticalhold.com

Self-defense techniques for girls and young women

866-593-0009 | Learn to fight back against predators and sexual assault!



Girls and young women have the right to live their lives without fear of assault or abduction. Teenage girls face a 1 in 4 risk of sexual assault, there are 114,000 attempted abductions a year in the U.S., and that's unacceptable.

Since 2006 we have empowered more than 1 million girls in 44 countries.

justyellfire
Saturday, June 27
10:30 am-noon


DREAM Wellness • 1976 Garnet Ave.

Instructor: Chad Von Dette
of Viper Academy

Special price: \$35/person (reg. \$100)

Class size is limited to 25, so register to reserve your spot soon! For more information, visit us on the web:

www.viperacademy.com/events

Advertisement sponsored by:  South Bay Volkswagen

we have a lot of fun in 92107!

30TH ANNUAL
OCEAN BEACH STREET FAIR & CHILI COOKOFF FESTIVAL

2009

JUNE 27
10AM - 8PM

NEWPORT AVE OCEAN BEACH 92107

5 STAGES . CHILI COOK-OFF . FOOD, FOOD & MORE FOOD VENDORS GALORE! . 2 BEER GARDENS & LIQUORLAND ARTISTS ALLEY . COMMUNITY ART MURAL . RAFFLE WONDERLAND FOR KIDS . PONY RIDES . CARNIVAL SKATEBOARD EXHIBITION . RIDES . THE BEACH

SHUTTLES
Trolleys running all day from the parking lot at the corner of Sea World Drive at Pacific Hwy (Just off I-5) to the fair every HALF-HOUR on the HALF-HOUR.
ALSO, Trolleys run from the entrance to Rabb Field at W. Point Loma Blvd. and Bacon Street to the Fair every HALF-HOUR.

Another FREE community event!
Information: 224.4906
OBStreetFair.com
OceanBeachSanDiego.com












Calendar

LOCAL EVENTS

or \$25 per class. RSVP: 619-593-2205. Wednesdays, 5pm; through Wednesday, July 29. Sophie's Gallery, 109 Rea Avenue. (EL CAJON)

Ask the Designer Professional landscape designer Linda Whitney offers personalized 45-minute landscape design consultation. Bring photograph of your area, ideas from magazines, project dimensions for practical advice and suggestions for creating a low-water landscape. Required reservations: 619-660-0614 x10. Friday, June 26, 10:30am; \$60-\$75. Water Conservation Garden, 12122 Cuyamaca College Drive West. (CUYAMACA COLLEGE)

Bayside Showcase Community celebration, dedication of mosaics created by Society of American Mosaic artists; hundreds of people helped finish the three mosaics displayed in lobby. Open house (9am-5:30pm), followed by dedication with mosaic artist Elizabeth Raybee (5:30), dance (6:30-9pm). 858-278-0771. Thursday, June 25, 9am; free. Bayside Community Center, 2202 Comstock Street. (LINDA VISTA)

Belly Dance and Drumming Study Sonia's newest drum solo choreography, accompanied by drummer Issam Houshan. Belly dance, 1-4pm; drum workshop with Houshan 4-5pm. Tickets: \$65 for dance, \$25 door for drum workshop. 760-703-1487. Saturday, June 27, 1pm; \$25-\$65. Mission Valley YMCA, 5505 Friars Road. (MISSION VALLEY)

Lucky 7 Match

SPEED DATING

Thursday, July 9
Ages 25-37, 38-48 & 48-62
Keating Hotel, Sway Lounge

Wednesday, July 29
Ages 24-34, 33-45 & 45-58
Keating Hotel, Sway Lounge
Check-in 7 pm, event 7:30 pm
Advance registration required.

See website for details.
www.lucky7match.com
(619) 890-7117

Books to Good Homes Book sale sponsored by Friends of the Serra Mesa Library. 858-573-1396. Saturday, June 27, 9:30am; Sunday, June 28, 12:30pm; free. Serra Mesa-Kearny Mesa Branch Library, 9005 Aero Drive. (KEARNY MESA)

Concentration, Visualization, Meditation Learn techniques for stress reduction, relaxation during free meditation classes, as well as advanced breathing techniques and "essence of yogic philosophy." 619-640-4438. Tuesdays, 7:30pm; through Thursday, December 31, free. Pilgrimage of the Heart Yoga, 3301 Adams Avenue. (NORMAL HEIGHTS)

Doggie Café Take your friendly, on-leash dog to socialize with other canines. Trainers offer training tips on keeping dogs calm, civilized around distractions. One dog per human handler. Donation: \$10. Reservations: 619-299-7012 x2230. Friday, June 26, 6pm. San Diego Humane Society and SPCA, 5500 Gaines Street. (LINDA VISTA)

Escondido's Green Scene Arts Partnership exhibits art from recycled materials; guests may create papier-mâché art projects. Solar cooking demonstration, alternative fuel vehicles, booths from organizations working to preserve habitats, animals, and "built environment." Enjoy live music, information, freebies, recycling opportunities (cell phones, batteries, small appliances, computers, TVs). 760-743-8207. Saturday, June 27, 1pm; free. Grape Day Park, 321 North Broadway. (ESCONDIDO)

Herb Festival Many varieties of culinary, medicinal, tea herbs, vegetables, drought-tolerant plants showcased. Lavender wand and basket classes (\$15); soap-making class at 11am (\$35). Beer-making demonstration with Diane's hops by Shannon Ulmer on Saturday (noon). No pets please. 760-728-1251. Saturday, June 27, 10am; Sunday, June 28, 10am; free. Diane's Herbs, 3642 South Mission Road. (FALLBROOK)

House of Sweden Lawn program with dance, music, cultural costumes at International Cottages. 619-234-0739. Sunday, June 28, 2pm; free.

OUT & ABOUT

"THE WHITE DRESSES,"
Sushi Performance
& Visual Art,
Friday and Saturday,
June 26 and 27.

(SEE DANCE)



PHOTOGRAPH BY MANUEL ROTENBERG

House of Pacific Relations, 2125 Park Boulevard. (BALBOA PARK)

International Gourd Art Festival Gourd art exhibits, gourd crafting area, gourd art competition, live entertainment, demonstrations, classes, more. "Over 50,000 dried gourds for sale." Tickets: \$8 in advance, \$11 at door. 760-728-4271. Saturday, June 27, 9am; Sunday, June 28, 9am; \$8-\$11. Welburn Gourd Farm in De Luz Canyon, 40635 De Luz Road. (FALLBROOK)

It's Paper Theater Time! Exhibit showcases replicas of Victorian-era paper theaters as well as modern versions of the toy. During Victorian era, theatrical playhouses printed fine posters showing architectural elements of their theater; families then created scale models of specific theaters. Condensed scripts were included in poster kits, paper doll players acted in productions. Live paper-theater performance July 11 at exhibit site. Exhibit continues through July. 858-822-5758. Thursdays, 7:30am; Fridays, 7:30am; Saturdays, 10am; Sundays, 10am; Mondays, 7:30am; Tuesdays, 7:30am; Wednesdays, 7:30am; through Friday, July 31, free. UCSD Arts Library, Geisel Library, 9500 Gilman Drive. (LA JOLLA)

Let the (Scottish Highland) Games Begin! Caber tossing, bagpiping, sheepdog trials, drumming, highland dancing, kids' athletics, much more promised dur-

ing 36th annual San Diego Scottish Highland Games and Gathering of the Clans. 760-726-3691 or 619-425-3454. Saturday, June 27, 9am; Sunday, June 28, 9am; free-\$14. Brengle Terrace Park, 1200 Vale Terrace Drive. (VISTA)

Meeting of the Minds "Thinkers' Gatherings" planned. Draw a topic out of hard hat or bring your own theories and hold court. 619-523-5540. Mondays, 5pm; free. Reds Espresso Gallery, 1017 Rosecrans Street. (POINT LOMA)

Middle-Eastern Drum and Belly-Dance Class Doumbek drumming class for all levels taught by Frank Lazzaro (6-7pm), followed by tribal belly-dance class taught by Sabrina Fox with live drumming (7-8pm). \$12 per class. 760-703-1487. Mondays, 6pm; \$12. WorldBeat Cultural Center, 2100 Park Boulevard. (BALBOA PARK)

Open Cockpit Days Climb aboard four historic aircraft at this Marine Corps aviation museum. 858-693-1723. Saturday, June 27, 9am; Sunday, June 28, 9am; free. Flying Leatherneck Museum, Miramar Road (Marine Corps Air Station). (MIRA MESA)

Pollinator Festival Week 2009 Explore critical issues facing "our unsung heroes, the pollinators," including bees, insects, bats, and birds. Demonstrations, hands-on activities, crafts for kids, face painting artist, beekeeper talks (Saturday). 760-804-1969. Friday, June 26, 10am; Saturday, June 27, 10am; free-\$2. Agua Hedionda La-

goon Discovery Center, 1580 Canon Road. (CARLSBAD)

Read, Discuss, Change Your World You don't have to be an alumnus to join the UCSD Alumni Book Club, a "forum for discussing political issues ignored by mainstream media." This month: Daniel Silva's *Moscow Rules* is up for discussion in UCSD Bookstore coffee shop. "Books are selected from the federal government's book list...they are strikingly more factual than the government and media lead one to believe." 858-534-7323. Wednesday, July 1, 6pm; free. University of California San Diego, 9500 Gilman Drive. (LA JOLLA)

Recession Help Expo Organizers promise 32 recession-help workshops, speakers (Lanny Goodman, Brian Tracy), government leaders, 150 exhibitors, live music, more. 760-815-4527. Sunday, June 28, 8:30am; free. Holiday Inn on the Bay, 1355 North Harbor Drive. (DOWNTOWN)

Sight and Sound Preview night with performances by the Apes of Wrath, "provocative song and dance" by Caburlesque Kittens, and didgeridoo master Mitchell Walker. Live painting by Brent Tilton. Proceeds benefit Autism Research Institute. Complimentary beverage with paid admission before 8pm. 619-846-7180. Saturday, June 27, 7pm; \$5. 21 and up. Planet Rooth Gallery, 3811 Ray Street. (NORTH PARK)

Spanish Arts Festival 2009 Spanish culture highlighted through visual and performing arts, wine, and post-show *juerga* (jam session). Luthier Monica Esparza of Monica's Guitars will display, sell her guitars (June 26-28). "De Gracia y Pasión" features mezzo-soprano Janelle DeStefano performing classical Spanish guitar pieces by Bizet, de Falla, Albéniz (June 26).

Flamenco dancers from Juanita Franco Academy of Flamenco take stage June 27. Enjoy "Encuentro," a musical ensemble performing blend of traditional flamenco and world music (June 28). 619-274-0023. Friday, June 26, 8pm; Saturday, June 27, 8pm; Sunday, June 28, 6pm; \$20. Luce Loft, 1037 J Street. (DOWNTOWN)

Taken with Tractors? California-made tractors and engines showcased during 33rd spring tractor show. Antique equipment

parades (1pm), 50 acres of fun including working antique equipment demonstrations, model trains, weaving demonstration and sales, tractor games, wagon rides, blacksmithing, food, vendors. Entertainment by Virtual Strangers (June 27), Nitro Express (June 28). Fee for family of four: \$25. Camping available by reservation (\$50 for weekend). 760-941-1791. Saturday, June 27, 9am; Sunday, June 28, 9am; free-\$9. Antique Gas and Steam Engine Museum, 2040 North Santa Fe Avenue. (VISTA)

What Is Love? Join P&R Discussion Group to focus on this question for the ages. 619-370-1027. Thursday, June 25, 7pm; free. Filter, 4096 30th Street. (NORTH PARK)

Wild Gardens Naturalist and historian Martin Hale presents 2 of his 13 television documentary shows about wildflowers in Southern California. Learn about local deserts, foothills, mountain areas. Included in regular admission. RSVP appreciated: 760-436-3036 x206. Thursday, June 25, 7pm; free-\$10. Quail Botanical Gardens, 230 Quail Gardens Drive. (ENCINITAS)

SPORTS

Low-Tide Ride and Stride Bicyclists start at 8am, runners and walkers step off at 8:05am, finish at Sunset Park (at intersection of Ocean Boulevard and Ocean Drive in Coronado). The 8.2-mile course goes north along ocean beachfront of Silver Strand. Event is held at low tide on hard-packed sand, passing through Naval Amphibious Base beaches, in front of Hotel del Coronado. 619-435-8334. Sunday, June 28, 8am; \$10-\$30. YMCA Camp Surf, at Seacoast Drive and Carnation Avenue. (IMPERIAL BEACH)

Mystery Riding Expect to be surprised when Knickerbikers head out for 26-mile biking adventure with unknown destination. Lunch isn't a secret — enjoy food from the Philippines at Goldilock's. 858-243-4662. Saturday, June 27, 9:30am; free. Morley Field sports complex, 2221 Morley Field Drive. (BALBOA PARK)

No Brakes, No Gears! Tuesday night bicycle racing season continues with racing in many categories. Racing is open to all riders with an

SINGLES

TRY FOR **FREE** CODE 2744

More local singles
858.713.7268

Hundreds of Local Numbers: 1.800.210.1010

1.800.905.6789 99¢ / min • livelinks.com 18+



Big beautiful women!
AND THE MEN WHO LOVE THEM

LADIES FREE!
Instant fun for Plus-Sized Ladies
and the men that adore you!

Talk to real people in your area in minutes!

Browse and record ads FREE!

Talk privately and connect in the chat room.

619-270-4411
858-764-2609
760-494-2597



appropriate track bike and sufficient track racing experience. Free for spectators. 931-233-5749. Tuesdays, 6:30pm; through Tuesday, September 29, free. San Diego Velodrome, 2221 Morley Field Drive. (BALBOA PARK)

Padres vs. Astros San Diego Padres host the Houston Astros. Games broadcast on radio station XPRS (1090 AM), XEMO (860 AM) in Spanish. Tickets: 619-795-5000, 877-374-2784. Monday, June 29, 7:05pm; Tuesday, June 30, 7:05pm; Wednesday, July 1, 7:05pm; \$7-\$57. Petco Park, 100 Park Boulevard. (DOWNTOWN)

Run for Fun Locate new routes in the city, "test-drive" latest Nike footwear, run with motivated people. Runners, walkers of all levels meet to run their choice of three-, five-, and seven-mile routes, starting from Nike Fashion Valley. 619-294-9385. Wednesdays, 6pm; free. Fashion Valley Mall, 7007 Friars Road. (MISSION VALLEY)

Running Clinic in the Park Explore "Top 10 Strategies for Successfully Completing Your First Marathon" during "laid-back" educational clinic hosted by exercise physiologist, coach Dr. Jason Karp. For runners of all abilities. Classes begin in Morley Field, at picnic tables near baseball fields. 619-546-8386. Thursday, June 25, 6pm; \$10. Balboa Park, Park Boulevard at Presidents Way. (BALBOA PARK)

Snorkel with Sharks! Adventures among harmless leopard sharks, guitarfish, and smooth-

hound sharks during outing hosted by Birch Aquarium-Museum. Reservations: 858-534-7336. Sunday, June 28, 8am; \$30. 10 and up. La Jolla Shores, 8200 Camino del Oro. (LA JOLLA)

Time to Bike Enjoy flat, 55-mile ride to Coronado Ferry, Imperial Beach, and back with San Diego Bicycle Touring Society. 619-243-8617. Saturday, June 27, 8:45am; free. Doyle Park, 8175 Regents Road. (UNIVERSITY CITY)

Up for a Century? Join San Diego Bicycle Touring Society riders to peddle 100 miles through Camp Pendleton to San Clemente and back. Bring driver's license for entry on base, money for lunch. 619-561-3846. Sunday, June 28, 8:45am; free. Doyle Park, 8175 Regents Road. (UNIVERSITY CITY)

MUSEUMS & PUBLIC ART

Black Historical Society Museum of San Diego African American History 740 Market Street. (DOWNTOWN)

Bonita Museum and Cultural Center "Past Tents: The Way We Camped" provides "photographic romp through the great outdoors, exploring camping in California from post-Gold Rush times to the mid-1900s," on view through Saturday, August 15. Through exhibit themes "Round the Campground," "Hitting the Trail," and "Open Roads, Open Fires," visitors view

rare historic photographs of camping from collections of California Historical Society and Bancroft Library.

Museum features exhibits of local history and fine arts, striving "to preserve and celebrate the spirit of Bonita in its two spacious galleries." Stories of Bonita's 100-year history are told with artifacts, photographs. Displays include Native American culture, lemon orchard period, events of the flood of 1916, and transformation of family life by technology. 4355 Bonita Rd., 619-267-5141. (BONITA)

Campo Railroad Museum Campo Railroad Museum, showcasing more than 130 years of American railroad history and technology through static and operating exhibits, the museum includes cabooses, steam and diesel locomotives, track motorcars, 1880s "Jim Crow" segregated passenger cars. Interpretive 1.5-hour train rides offered each weekend (11am, 2:30pm) over portion of the San Diego and Arizona Eastern Railway. 31123-1/2 Highway 94, 619-465-7776. (CAMPO)

Centro Cultural Tijuana Center includes Museo de las Californias, cultural and artistic exhibits. "Buda Guanyin: Treasures of Compassion" continues through December. Currently screening in the CE-CUT Omnimax: *Vamos a la Luna and India, El Reino del Tigre*. 011-52-664-687-9650. Paseo de los Héroes and Mina Street. (BAJA)

Chinese Historical Society and Museum "Magnificent Chinese

Boxes of the Past" offers collection of finely crafted boxes from Qing dynasty. These utilitarian treasures were uniquely crafted for a specific use: to carry a workingman's lunch, a lady's makeup, a scholar's calligraphy tools, or any number of treasures great or small. Exhibit features boxes crafted from carved wood, lacquer, bamboo, leather. Through June.

See artifacts from San Diego's Chinese and Chinese-American history, culture, and art. Current museum artifacts include a 1920s warlord's bed, exhibits on Chinese footbinding and Chinese-American veterans. The museum is in a building originally built in 1927 for the Chinese Mission. Adjacent to the building is an Asian garden with koi pond and waterfall. 404 Third Ave., 619-338-9888. (DOWNTOWN)

Chula Vista Heritage Museum The museum features glimpses of Chula Vista's past; exhibits feature lemon packing-crate labels, photographs of downtown Chula Vista, doors and adobe blocks from the original *Star* newspaper building, and relics from the Otag Watch Company. 360 Third Ave., 619-427-8092. (CHULA VISTA)

Craftsmanship Museum The Joe Martin Foundation hosts this museum and machine shop with

displays of projects in metal and wood at the small end of the size-scale, including working miniature gas and steam engines, aircraft models, cars, trains, clocks, miniature tools and guns. Machinist mans the shop (Tuesday-Friday) for machining demonstrations. Museum is also open on first Saturday each month (10am-3pm). 3235 Executive Ridge, 760-727-9492. (VISTA)

Creation Museum A museum contrasting the evolution and creation worldviews. 10946 Woodside Avenue North, 619-448-0900. (SANTÉE)

Embarcadero Urban Trees 5 public art exhibit of 31 "urban trees" along North Embarcadero on Harbor Drive (between cruise ship terminal and Hawthorn Street) continues through July. Artists were supplied with a 12-foot-tall pole placed in a concrete planter to serve as tree's base; artists alter the pole by attaching materials to create their sculptures. 619-686-6200. Along Harbor Drive. (DOWNTOWN)

Gemological Institute of America Museum Permanent

exhibits include displays depicting science and art of gemstones and history, lore and cultural significance of jewelry. Reservations are required. 5345 Armada Dr., 800-421-7250. (CARLSBAD)

Heritage Walk Museum The museum includes the restored Victorian house, the city's original Santa Fe Train Depot, a railroad car with model train, working blacksmith shop, and a barn. Find Heritage Walk in Grape Day Park. 321 North Broadway, 760-743-8207. (ESCONDIDO)

House of Pacific Relations International Cottages are open every Sunday, noon-4pm, presenting history and traditions of 30 ethnic groups. On fourth Tuesday of each month, *Children around the World* videos screened in Hall of Nations, select cottages open. 2125 Park Blvd., 619-234-0739. (BALBOA PARK)

J.A. Cooley Museum An eclectic collection of items — including displays on phonographs, clocks, electric trains, and 20 other types of collections — is featured at the museum. The current featured attraction is an "Industrial

SINGLES

Singles Parties for 30+

Come socialize with other singles to meet that special someone.



Thursdays 7-11 pm

Characters Bar & Grill, La Jolla Marriott

Saturdays 8 pm-1 am

4 Pts Sheraton Hotel, 8110 Aero Dr., Skies Lounge

Tuesdays 7-11 pm

94th Aero Squadron, 8885 Balboa Ave.

DJ & Dancing • \$11 admission to all parties

Hotline: 858.259.6166 • SinglesInSanDiego.com

Hosted by Darlena

MEET LOCAL SINGLES

MORE FREE FEATURES
than any other dating service

San Diego
619.295.5550
858.707.7777

FREE CODE
9917

El Cajon	619.387.0317
La Mesa	619.388.0770
Chula Vista	619.734.0083
La Jolla	858.713.5545
Mira Mesa	858.860.0177
Encinitas	760.516.0011
Oceanside	760.405.0899
Escondido	760.708.2199
Vista	760.509.1010
Other Cities	(888) MegaMates

Dateline for Men Seeking Women & Women Seeking Men



Made by 7P © 2009 PC LLC

lavalife
VOICE

THE HOTTEST LOCAL SINGLES!



TRY MobilePay!

Text "LAVA" to 25552

10 mins for \$9.99 +std msg fees

Billed to your mobile phone

T&Cs: <http://clickbyphone.com/mobilepay>

STOP to cancel

CALL NOW!

619-618-2320

SAN DIEGO

LA JOLLA..... 858-866-8705
NORTH COUNTY.. 760-536-8890

COLLECT CALL BILLING! 1-866-607-5282
1-900 PRICING OPTIONS! 1-900-622-1100

DIAL #CLICK (#25425)
79c/MIN. SPRINT, BOOST, AT&T

18+ *Charges may apply to certain features.

Calendar LOCAL EVENTS

Product Collection," with examples of the historical progression of auto technology from 1886-1915, "some classics and a concept car." 4233 Park Blvd., 619-296-3112. (UNIVERSITY HEIGHTS)

Museum of Contemporary Art San Diego, Downtown "Jane Hammond: Fallen" is an installation "about both accumulation and loss." Piece features a field of leaf forms, each bearing name of a U.S. soldier who died in Iraq. When piece was first shown in New York in 2005 it comprised

1511 leaves; for its S.D. presentation, the number exceeds 4000. Leaves are fashioned from archival paper, printed with colored inks on both sides before being further hand worked, inscribed by Hammond. Closes Sunday, June 28.

Through painting, drawing, and printmaking, Sandow Birk explores contemporary social issues using styles often appropriated from iconic art-historical works. Prints combine traditional woodcut techniques with modern imagery including Jeeps and concrete bunkers; imagery is brutal, grotesque. Closes Sunday, June 28. 1100 and 1001 Kettner Blvd., 858-454-3541. (DOWNTOWN)

Museum of Photographic Arts "Ansel Adams: A Life's Work"

including over 80 photographs by the master, celebrates Adams as an artist and conservationist. Exhibit features an overview of Adam's work from his early years in Sierra Nevada and Yosemite Valley to his work in Japanese internment camp at Manzanar, along with his well-known masterpieces. Closes Sunday, October 4.

The interface between nature and urban technological culture is explored in "Jo Whaley: Theater of Insects." Over the last 25 years, Whaley's photographs have ranged from allegorical nudes to a revision of the "vanitas" still-life tradition to fusion of natural history and environmental issues. Pieces juxtapose organic and man-made elements to reflect issue of environmental degradation in an imaginative manner. Through Tuesday, October 13. 1649 El Prado, 619-238-7559. (BALBOA PARK)

Museum of San Diego History "100 Years of Art," continuing through March, showcases a century of artwork by San Diego artists. "Place of Promise: Stories of San Diego" lets visitors "literally walk on San Diego"; a map of county extends from wall to wall across the floor. Also featured in ongoing exhibit are two large 1930s murals by artist Charles Reiffel and a 1910 San Diego streetcar. Stories of San Diego are interpreted through images, artifacts, oral histories from society's collection. The museum is located in the Casa de Balboa building. 1649 El Prado, 619-232-6203. (BALBOA PARK)

New Americans Museum in NTC Promenade "Immigration and Caricature: Ethnic Images from the Appel Collection" examines history of immigration and its social impact in the late 19th and early 20th Centuries as viewed through popular media of that time. Items in exhibition consist of a variety of print media such as cartoons, postcards, trade cards, and prints and lithographs. Through Sunday, July 5.

Also on view: "A Community between Two Worlds: Arab Amer-

OUT & ABOUT

MORE CUPS OF TEA

Author Greg Mortenson, Wednesday, July 1, USS Midway.

(SEE IN PERSON)



icans in Greater Detroit," using historical and contemporary photographs to chronicle story of Arab-American community in Southeast Michigan, and other large Arab-American populations in this country. Closes Sunday, July 5. 2825 Dewey Road Suite 102, 619-255-8908. (POINT LOMA)

Reuben H. Fleet Science Center Through Sunday, June 6, 2010: "Motion Mania: Move Your Mind," focusing on "every kind of motion from those that underlie the solar system (circular motion) to pendulum motions, upward motion, motion illusions, and more." Exhibit introduces visitors to universal laws applying to everything that moves through 30 activities.

Decades of NASA research and color photography from robotic spacecraft illuminate "Giant Worlds: A Voyage to the Outer Solar System," a three-dimensional, interactive exhibition continuing through Monday, September 7. Exhibition consists of 20 individual exhibits filled with interactive experiences, models, and murals revealing "the grandeur of these amazing planets."

Ongoing exhibitions include "So WATT! An Illuminating Look at Energy," "Aging for All Ages," "Kid City" (for preschoolers). "Escape from Dino Island" is theme for motion simulator ride. Films shown daily in IMAX theater. 1875 El Prado, 619-238-1233. (BALBOA PARK)

San Diego Air and Space Museum "The Da Vinci Experience" reveals how Leonardo Da

Vinci's conceptual designs for many technological wonders were centuries ahead of their time. "For the past 50 years a group of Florentine artisans have pored over Da Vinci's notes and drawings in an attempt to faithfully create replicas of his many inventions, relying solely on materials that were available in 15th-century Italy. The result is over two dozen fully functional models, 11 of which are full-sized." The interactive models are displayed with a facsimile of relevant Leonardo Da Vinci drawing. Closes Sunday, January 3, 2010.

Concurrently, see "The History of Commercial Aviation in America." A section of exhibit celebrates 40-year history of PSA, with original graphics, a re-creation of the airline's first ticket booth at Lindbergh Field, uniforms and memorabilia donated by former employees. Ongoing.

The museum offers exhibits of over 65 aircraft, including an RQ-1K Predator UAV (unmanned aerial vehicle) on indefinite loan from the National Museum of the United States Air Force at Wright-Patterson Air Force Base, which "saw action over the Balkans in the late 1990s"; a replica of *Spirit of St. Louis*, a Fokker Scourge (or Fokker Eindecker E-III), a World War I Spad VII, flight deck of the USS *Yorktown*, and a Lockheed Blackbird spy plane; 1400 scale models, 10,000 aviation-related items, and memorabilia from Montgolfier hot-air-balloon era to Space Age, along with an International Aerospace Hall of Fame. 2001 Pan

American Plaza, 619-234-8291. (BALBOA PARK)

San Diego Museum of Man "Skull Stories: The Art of Ancient Surgery" marks "the first time the museum will use an entire collection of its own artifacts for an exhibit display." Trephining, or removing a piece of bone from the skull, is oldest surgical procedure known from antiquity; skulls exhibiting different degrees of healing after trephination will be displayed, as well as skulls that have been trephined using different techniques. Trephination tools, instruments such as obsidian blades, tumis, chisels also displayed.

The "Retablos" exhibit features retablo art of Peru, originating as a popular religious art form during the Romanesque period. Retablos are small portable altars. Exhibition shares information about people who make them: how the events and traditions around them have influenced their lives, specifically featuring Andean artist Nicario Jimenez Quispe. Closes Sunday, January 24.

"Gods and Gold: Ancient Treasures from Mexico to Peru" showcases museum's collections of Mexican, Central American, and South American archaeological objects. Rare gold and jewelry, exotic figurines, intricate stonework, and pottery from the ancient world are on display, as well as a crystal skull, on loan from a private collector. Through Sunday, September 13.

Permanent anthropology exhibit "Footsteps Through Time: Four Million Years of Human Evolution" features "more than a hundred touchable replicas of early humans, primates, and futuristic cyborgs (part human, part machine)." 1350 El Prado, 619-239-2001. (BALBOA PARK)

San Elijo Lagoon Ecological Reserve Nature center's building is a "green" facility made from recycled materials, using solar panels, irrigated roof plants, recycled water. Facility features an array of interactive exhibits exploring the natural and cultural history of the San Elijo Lagoon, one of the few remaining coastal wetlands in our area. Guided nature walks offered every Saturday (10-11am). 2710 Manchester Ave., 760-436-3944. (CARDIFF)

San Marcos Historical Society Museum 270 West San Marcos Blvd., 760-744-9025. (SAN MARCOS)

Timken Museum of Art "Palekh: Icons to Souvenir Boxes to Icons" is exhibition of works steeped in "rich cultural tradition of the Russian village of Palekh, one of the great icon centers of the 18th and 19th Centuries." Show displays traditional icons and folk handicraft of decorated papier-mâché black lacquer boxes. Through Sunday, October 4.

Permanent collection includes European old master paintings, 18th- and 19th-Century American paintings, and Russian icons. *Saint Bartholomew*, the only Rembrandt painting on public display in San Diego, is featured. 1500 El Prado, 619-239-5548. (BALBOA PARK)

\$30 off tiki products!

With \$100 purchase.
9-foot Palapa Structures \$690
Largest tiki store on the West Coast! • Bamboo Furniture
Thatch • Tikis • Masks • Tropical Decor
Nautical Chair

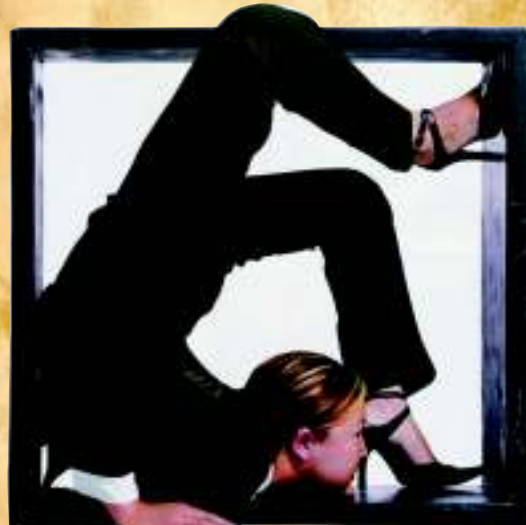


Party rentals available!



Mainlanders
6195 University Avenue
(at College)
(866) 384-4479
www.tropicaltikis.com

Free seminar for Alternative Health Practitioners and Earth-Conscious Businesses



With everything new in business... things can seem a little contorted. Your Internet Marketing shouldn't be.

Find new clients on the web!

With 135 million websites, don't get lost. Join us for a FREE presentation on how to attract, engage and retain new clients...contortion-free!

When: Thursday, July 9, 2009 at 6:30 pm
Where: Gaia Day Spa, 1299 Prospect St., La Jolla
Space is limited - Reserve your seat today!
The National Institute of Alternative Health Care
Call Maureen: 619-606-2133, Maureen@niahc.com
www.althealthconnect.com

Theodora

An Oratorio in Three Parts

George Frideric Handel

Richard Egarr, Conductor

Music Director of the Academy of Ancient Music, London



Mireille Asselin	<i>Theodora</i>
Jennifer Lane	<i>Irene</i>
Darryl Taylor	<i>Didymus</i>
Robert MacNeil	<i>Septimius</i>
John Polhamus	<i>Valens</i>

A rare performance of Handel's last great Oratorio.

Saturday 27 June 2009 7 pm

The Balboa Theatre • 868 Fourth Avenue

Tickets: 619.570.1100 / 619.341.1726

www.bachcollegiumsd.org

bach collegium san diego
A Vocal and Period Instrument Ensemble
Ruben Valenzuela, Music Director



Unfair Fair? The theme for this year's Del Mar Fair is "Music Mania." Chris Behar of reggae band High Tide thinks that's false advertising. "The fair is supposed to be all about music this year. They are leav-

Maxi Priest, Eek-A-Mouse, and the Wailing Souls. This year there are no reggae headliners.

"This is an all-age event that is supposed to have something for everyone," says

ban against reggae shows, he now says that those anti-drug groups "had no bearing" on the Fair's talent-booking policy this year. "It was a scheduling problem," he says. "We tried to get [a headliner], but we couldn't line up their schedule with ours." Fennell says he could not remember which artist it was that the Fair was trying to book.

Why couldn't the Fair have hired local reggae bands such as Stone Senses, Tribal Seeds, or High Tide to play the Fair?

"I'll have to get back to you on that," says Fennell. "I'm busy trying to keep the Fairgrounds from getting sold."

blurt the inside track

ing out one of the most popular genres, reggae music."

After a Ziggy Marley concert at the Fairgrounds last August, local groups such as the San Dieguito Alliance for Drug Free Youth complained to the Fair's board of directors that the state-owned facility is no place for reggae concerts because they foster open smoking of marijuana in an all-age setting. At an October board meeting, general manager Tim Fennell said he would consider forbidding all reg-

Eric Castaneda, lead singer of Stone Senses. "It's as if they are discriminating against one style of music because of a stereotypical image they have



BEFORE THE BAN (ZIGGY MARLEY)

gae shows at the Del Mar Fair. In the past, the Fair has hosted grandstand headliners like Steel Pulse, the Wailers,

of reggae. Reggae is much more than smoking pot."

Although Fennell said in the past he would consider a

Tim Read, director of operations for the Del Mar Thoroughbred Club, which hosted the Ziggy Marley con-

cert last year, says staging reggae bands at its 4 O'Clock Friday and Saturday shows is good business. "San Diego has always been a huge market for reggae." He says the Thoroughbred Club will host Steel Pulse August 22, free with admission to the races.

Read says that in response to the dustup over pot smoke, his organization has forbidden all smoking in the concert venue during the show. He says he was reluctant to second-guess the Fair's decision to veto all reggae bands this year. "They are our landlords...But I think reggae will eventually come back [to the Fair]."

— Ken Leighton

Puttin' On the Hits

Canes Bar & Grill in Mission Beach has been an obstacle in Randy Wood's attempt to revive his success of the 1980s. At least, that is, according to Wood, who in his heyday created a televised lip-sync contest called *Puttin' On the Hits*, which ran from 1984 to 1988. Wood launched his new venture, America's Lip Sync Star, at Canes on Tuesday, June 2.

"When I first talked to Pamela, the person who books all the bands and does all the promotions [at Canes], I told her this was a long-term deal," says Wood. "Once you put the money up, you want to run this for eight weeks, and then do another eight-

week cycle, and then another. The return on investment is much greater when you do many eight-week cycles."



LIP SYNC STARMAKER RANDY WOOD

Wood was told that Canes, which would open its doors on a typically closed Tuesday night, expected to take in at least \$2000. "I thought, no problem." Wood, who had partnered with *Cybersports Today* (a show on ESPN 800), Shot Spirits Corporation (the makers of ShotPak, an adult beverage served in a disposable pouch), and Long Hard Ride (an "action and sports lifestyle brand"), agreed to make up the difference if his show didn't bring in the full amount.

On the first night of the contest, fewer than 20 people arrived at Canes, a venue that holds 800. Five of them were contestants, a few were friends of contestants, and the rest were employees of the bar. "We only took in

\$600," explains Wood. At the end of the night, Wood was informed he owed \$1400, plus the \$300 he had agreed to pay for security. Wood handed over all the cash he had remaining after he paid the contest winners (\$100 for first place, \$50 for second) and was left owing \$1523.

"Now Pamela says if we want [the venue] by Tuesday, we have to pay or no contest," says Wood. For two weeks he tried to negotiate with Canes, but now Wood is rethinking his choice in venue. "The bottom line is, when I originally talked to Pamela about this, I told her we wanted to run this as a long-term deal, and what I found out after the fact is that they're losing their lease in October, and they're gone."

A call to the club's owner was not returned. However, a Canes employee divulged, "We're not going anywhere. The lease is up in September, and the owner is in negotiations with the landlord." The same employee confirmed that if the lease is not renewed, the club's moving downtown could be an option. As of now, the contest is still on hold.

— Barbarella

Border-Crossing Cyber Sessions

With two of the six members of Spanish alt-rock band Marquez! living in Jalisco, Mexico, three living in San Diego, and one living in

(Continued on page 66)

THURSDAY • JUNE 25 8PM
The Gaslamp Comedy Show: \$10
Patrick DeGuire / Eddie Pence / Mal Hall

WEDNESDAY • JULY 1 8PM
Dylan Cannon / Snooze Button / RDG / Guitar Jones

THURSDAY • JULY 2 9PM
Jacqueline Grace / Anna Troy

WEDNESDAY • JULY 8 8PM
Shant / Code / SO3

BACKSTAGE

Home of the Famous
Black Martini

THURSDAY • JULY 9 0PM
Rare Form Live / Tori Roze / Zank

WEDNESDAY • JULY 15 8PM
Michael McGinty / Holding Air Hostage / Dave Perskie

THURSDAY • JULY 16 12PM
Elaine Faye / Jaden / Megan Combs

WEDNESDAY • JULY 22 8PM
Paul Cannon / Moontucky Risin

770 5th ave. • www.myspace.com/backstagesd • Booking Information > backstage@thebitterend.com

Tijuana, the band has had to find creative ways to record their debut full-length.

"We are recording the album ourselves at Hacienda El-Ivis," says multi-instrumentalist Paolo Cesar Zuñiga of the recording space located in Ciudad Guzman, Jalisco, where he and singer Jared Wardle-Armijo record. "The

bers living in San Diego — Chad Tuthill, Colin Tuthill, and Edgar Alminar — as well as Luis Lopez in Tijuana.

"Everyone usually gets updated emails as the songs progress," says Zuniga. "Then we get together in Skype and talk about mixing ideas and whatnot."

From there, after the band members decide on their parts, they wait until the band gets together to lay down the final tracks. "We have all had to travel back



A BAND WITHOUT BORDERS (MARQUEZ!)

hacienda has been in my family for years, so we simply set up our own studio in one of the rooms. It is a small city with great vibes and even better food!"

Once the demos are recorded, Zuniga and Wardle-Armijo log onto video-conferencing and internet-telephone provider Skype to go over the songs, exchange ideas, and work on preproduction with the three mem-

and forth during this recording process," says Zuniga.

When asked if Zuniga and Wardle-Armijo are willing to leave the laid-back life at Hacienda El-Ivis to come play music and live in San Diego full-time, Zuniga responds, "Maybe. San Diego is a great city, but we'll just have to see how things work out with this album. If not, it's back to playing cantinas!"

— Dorian Hargrove

OVERHEARD IN SAN DIEGO: UNIVERSITY AVE. SANFORD/NADOLSKY



OVERHEARD? EMAIL JAS2669@AOL.COM - IF WE USE YOUR TIP, YOU GET THE ARTWORK

WWW.MYSPACE.COM/JAYALLENSANFORD

The Penguin and the Rock Star Which former San Diego County resident looms largest in popular music? Zappa? Waits? Jewel? A case can be made for Eddie Vedder, who went from struggling SD musician to front man of grunge monsters Pearl Jam, one of the planet's biggest rock bands, which Vedder has helmed for almost two decades now.

There's no debate, however, over which former San Diego County resident is all-time tops in ice hockey. Mira Mesa High School grad Chris Chelios, 47, is the oldest active player in the NHL. He's won the Norris Trophy as top defenseman thrice over his 25 seasons there. He's played in more NHL playoffs than any other player in history and in more games overall than any current league player and any American-born player ever. He won an NCAA champi-

onship in college and Olympic medals and world tournaments playing for Team USA. (Last Friday, Chelios almost won his second Stanley Cup in a row and fourth overall when his Detroit Red Wings were bested by the Pittsburgh Penguins in Game 7 of the NHL championship series.)

And, Chelios has a "me and Eddie Vedder" story. They're pals. During the allotted time Chelios got to lug around the Stanley Cup last summer, he even brought the trophy onstage at an Eddie Vedder solo show in Chicago.

As the defenseman explained to David Amber on *ESPN.com* in 2006: "[W]e

grew up surfing in the same place in San Diego, and I actually knew Eddie before he was 'Eddie Vedder the rock



HOCKEY ROCKERS CHELIOS AND VEDDER

star." Decades had passed, as Chelios tells it, and then "one night he is out with Dennis Rodman in Chicago at a

restaurant, and we're staring at each other, and he says, 'I know you,' and I said, 'What's your name?' He says, 'Eddie,' and I say, 'I think I know you from San Diego.' He didn't know me as Chris Chelios the hockey player, and even at the restaurant, I didn't realize he was Eddie Vedder from Pearl Jam. I am a Pearl Jam fan, but his hair was different, and I never imagined Eddie Vedder being that small. He's probably about five foot four. So, one of the security guards comes up and says, 'That's Eddie Vedder from Pearl Jam.' I was, like, 'Jesus, now I remember, we worked at the gas station[s] across the street from each other.' It was really a crazy situation how we met after all those years."

— David Stampone

CONTRIBUTORS

William Crain, Dave Good, Larry Harmon, Ken Leighton, Bart Mendoza, Jay Allen Sanford, David Stampone

<p>Thursday, June 25 etix</p> <p>ULI JON ROTH'S SKY ACADEMY</p> <p>Guitar Seminar 11 am-4 pm Concert 8 pm</p> <p>DEEPER PURPLE (Deep Purple Tribute)</p>	<p>Friday & Saturday, June 26 & 27</p> <p>"EMERGENZA FESTIVAL" For bands & show info visit Emergenza.net</p> <p>Sunday, June 28 NSD</p> <p>EDUCATE • ENO • RESERVOIR OFFICIAL BOYS • BILLY G</p> <p>Tuesday, June 30 (every Tuesday) Schuga River presents</p> <p>TONGUE IN CHEEK Stand-up, sketch, animation & musical comedy</p> <p>Wednesday, July 1</p> <p>JOSH KEAS • THE RNR's BLUES & GREENS</p> <p>Friday, July 3</p> <p>"INDEPENDENCE BASS" Ricky Force • Jason • Ronni Ridda • Knottyboy Intrigued • MC Werd</p> <p>7/17 Fear • D.P.I. • 7/18 John Corbett Band • Alex Woodard • 7/19 Acoustic Alliance 7/29 Jimmie Van Zant Band (perf. hits from Lynyrd Skynyrd) • 8/6 Diana (finalist of Rockstar Supernova) 8/8 FM Revolver • River Runs Red 8/15 Amanda Overmyer (Season 7 finalist on American Idol), Travis Larson Band 8/22 Cream Tribute (ft. Mike Keneally & Kofi Baker), OHM (ft. Chris Poland of Megadeth)</p>	<p>Tuesday, July 7 etix</p> <p>ANTI NOWHERE LEAGUE</p> <p>DUANE PETERS COBRA SKULLS ASHERS JAKKED RABBITS</p>
<p>Thursday, July 2 etix</p> <p>JUNIOR REID</p> <p>HIGH TIDE WITHOUT PAPERS</p>	<p>Friday, July 10 etix</p> <p>An evening with THE MERMEN</p> <p>Saturday, July 11 True Stance Records presents THE REKONING CALL TO GLORY INMOST • THE ARDENT VINTAGE BLACK</p> <p>Wednesday, July 15 NSD</p> <p>Skinny Magazine presents "BATTLE OF THE BANDS FOR VANS WARPED TOUR"</p>	<p>Thursday, July 9 etix</p> <p>ONYX</p> <p>"THE BLACK ROCK TOUR" (First tour in 10 years)</p>

LEXUS
presents
**HUMPHREYS
CONCERTS**
by the bay

JUST ADDED! ON SALE SATURDAY 10 AM

FRIDAY!



FRIDAY, JUNE 26

SUNDAY!



ANI DIFRANCO
SUNDAY, JUNE 28



YES with special guest **ASIA**
WEDNESDAY, JULY 8



HEART
featuring Ann & Nancy Wilson
THURSDAY, JULY 9



EARTH, WIND & FIRE
WEDNESDAY, JULY 29



TRACY CHAPMAN
TUESDAY, AUGUST 18



JOHN LEGEND
WEDNESDAY, SEPTEMBER 16

JUNE

Friday, June 26 • 7:00
ROCK ROYALTY
featuring **The Zombies,**
The Yardbirds &
The Spencer Davis Group

Sunday, June 28 • 7:30
ANI DIFRANCO
with special guest
Todd Sickafoose's
Tiny Resistors

JULY

Wednesday, July 8 • 7:00
YES
with very special guest **Asia**

Thursday, July 9 • 8:00
HEART featuring
Ann & Nancy Wilson

Friday, July 10 • 8:00
JOAN BAEZ

Sunday, July 12 • 7:30
INDIGO GIRLS
with special guest **Common Rotation**

Tuesday, July 14 • 7:30
GREGG ALLMAN

Wednesday, July 15 • 7:30
COWBOYJUNKIES / SON VOLT

Thursday, July 16 • 7:30
TORI AMOS
with special guest **One Eskimo**

Friday, July 17 • 8:00
GABRIEL IGLESIAS

Sunday, July 19 • 7:30
JEWEL

Monday, July 20 • 7:30
TEARS FOR FEARS
with special guest **Wainwright**

Tuesday, July 21 • 8:00 **SOLD OUT!**
THE MOODY BLUES

Wednesday, July 22 • 7:00
HAPA / LEDWARD
KA'APANA / JOHN CRUZ

Friday, July 24 • 7:00
JOEL McHALE

Sunday, July 26 • 8:00
CHICAGO

Tuesday, July 28 • 7:00
**GEORGE THOROGOOD
AND THE DESTROYERS
& JONNY LANG**

Wednesday, July 29 • 8:00
EARTH, WIND & FIRE

Friday, July 31 • 6:30/9:00
JIM GAFFIGAN

AUGUST

Sunday, August 2 • 6:30
HIPPIEFEST with
The Turtles featuring **Flo & Eddie,**
Chuck Negron formerly of
Three Dog Night,

Felix Cavaliere of the **Rascals** and
Badfinger featuring **Joey Molland**

Friday, August 7 • 7:30
ALAN PARSONS LIVE PROJECT

Monday, August 10 • 8:00
DIANA KRALL

Tuesday, August 11 • 7:30
**LYLE LOVETT AND
HIS LARGE BAND**

Thursday, August 13 • 7:30
JACKSON BROWNE **SOLD OUT!**

Friday, August 14 • 7:30
AMERICA

Tuesday, August 18 • 7:30
TRACY CHAPMAN

Friday, August 21 • 8:00
TOWER OF POWER

Tuesday, August 25 • 7:30
CHRIS ISAAK

Friday, August 28 • 7:00
**DAVE KOZ AND
BRIAN CULBERTSON -
SIDE BY SIDE**
with special guest **Peabo Bryson**

Sunday, August 30 • 7:30
SUSAN TEDESCHI

SEPTEMBER

Friday, September 4 • 6:30
BOB WEIR & RATDOG
with special guest **Jackie Greene**

Thursday, September 10 • 8:00
SINBAD

Friday, September 11 • 7:00
**AIR SUPPLY /
CHRISTOPHER CROSS**

Wednesday, September 16 • 7:30
JOHN LEGEND
with special guest **Laura Izibor**

Thursday, September 17 • 7:00
**BONTAJ ROULET: BONNIE RAITT
& TAJ MAHAL PLAYING ALONE
AND TOGETHER**

Friday, September 18 • 7:30
LEANN RIMES
with special guest **Chris Ayer**

Saturday, September 19 • 8:00
WANDA SYKES
with special guest **Keith Robinson**

Monday, September 21 • 7:30
AUSTRALIAN PINK FLOYD

Friday, September 25 • 7:30
BEACH BOYS

Saturday, September 26 • 7:30
KEALI'I REICHEL

Sunday, September 27 • 8:00
PINK MARTINI

Mon./Tues., Sept. 28/29 • 7:30 **SOLD OUT!**
CROSBY, STILLS & NASH

OCTOBER

Friday, October 2 • 8:00
CHRIS BOTTI

Sunday, October 4 • 7:30
CECILIO & KAPONO

Wednesday, October 14 • 8:00
JESSE COOK

Thursday, October 15 • 7:30 **SOLD OUT!**
LOGGINS & MESSINA
with special guest
Gabe Dixon Band

Saturday, October 17 • 8:30
CARLOS MENCIA

LEXUS PREMIUM PACKAGES

PACKAGE INCLUDES:

2 premium-seat concert tickets (center section, rows 1-4);
2 dinners at Humphreys Restaurant and one suite, junior suite
or guest room at Humphreys Half Moon Inn & Suites.
Packages are limited.

Visit our website for details: humphreysconcerts.com
Premium Packages not available
at Ticketmaster outlet stores.

LEXUS DINNER SHOW PACKAGES

PACKAGES INCLUDE DINNER AND UP-FRONT SEATING.

Tickets required for all ages. Dates
subject to change or cancellation.
Acts will be added periodically
throughout the summer.

Please check our website for updates.

BOX OFFICE HOURS

Tuesday-Saturday
11:30 am-6:30 pm

Located at:
2241 Shelter Island Dr.

humphreysconcerts.com • 2241 Shelter Island Drive

Sponsored in part by

TIG
Technology Integration Group.
www.tig.com

ticketmaster
ticketmaster.com
800.745.3000
Find a retail outlet near you
www.ticketmaster.com/outlets

club crawler **This Week In Music**

Thursday 25

Local punk-rock heroes the **Zeros** reunite tonight at Bar Pink in North Park. Chula Vista High grads Javier Escovedo and Robert Lopez (aka El Vez), with Hector Peñalosa and Baba Chenelle, became known as the "Mexican Ramones" in their late-'70s heyday for blistering pop romps such as "Wimp" and "Wild Weekend." Their series of singles are rare collectibles but attainable on the quartet's



THE ZEROS AT BAR PINK

late-for-supper Bomp! compilation *Don't Push Me Around*, a must-have for punk purists and SanDago homers.... Another rock rejuvenation finds Athens, GA's **B-52s** at the Fairgrounds. Last year's *Funplex* pumped up the volume and b.p.m. for these future rock-roll hall-of-famers. After 33 years, Fred and Kate are kicking it a little lighter through 52s faves "Private Idaho" and "Love Shack," but this new-wave well is deeper than the radio hits, kids. Dig it.... Else: Queens crew the **Beatnuts** will rock the mic at Canes tonight. The old-skool jazz-and-funk-inspired hip-hop duo is out to tout this year's *Planet of the Crates*, their 12th proper studio sess.... Aussie multi-instrumentalist and granola fest fave **Xavier Rudd** visits House of Blues...while Ken Club corrals hometown hits the **Donkeys** before they leave next week on a cross-country jaunt behind their Dead Oceans debut *Living on the Other Side*, a folk-pop grower. Go, Donks!



B-52S AT FAIRGROUNDS

Friday 26

Talk about cleaning out the garage (rock). Summer-concert hot spot Humphrey's by the Bay has dug up the **Zombies**. Get your mitts on

Argent and White's 1968 masterpiece *Odessey and Oracle* ("Time of the Season"), a certifiable rock-roll classic. You'll get lotsa living dead there Friday night, as the **Yardbirds** and **Spencer Davis Group** share the bay-front bill.... SDMA recipients **Get Back Loretta** ("best new artist" in 2005, "best pop album" for 2007's *Over the Wall*) will play a CD-release thing at Casbah. Space takes from their new home-hewed EP *Where Did You Go* suggest the indie kids are growing up. Check out fresh take "Mrs. Miller" for a taste. **Crash Encore** and **Writer** in support.... 'Round town: surf-rock spookers **Deadbolt** and the **Embalmers** will bury you at the Ken Club...Soma stages ska-punks **Buck-O-Nine** and the **Voodoo Glow Skulls**...lo-fi popsmith **Tape Deck Mountain** looms over Whistle Stop with jubilant electro jam band **Jamuel Saxon**...and Bar Pink stages SD alt-rockers **Royal Campaign** and **Normandie**.

Saturday 27

Casbah's double-bill Saturday shows Fat Possum recording artist **AA Bondy** playing an early set behind his solo debut *American Hearts*. The Alabama native and former Verbena front man tends these days to acoustic blues rock, but writerly, like a brainy, selfless Ryan Adams. It's mellow but engaging stuff. Indie-pop peeps **Swim Party** splash down for later sets with **Cuckoo Chaos**, **Grey Ghosts**, and **Two Sheds** in the Atari.... Beauty Bar books a CD-release thing for nu-wave dance band **Long Live Logos**. Their new DIY collection of electro-pop has a newer name: *Let's Take a Walk*. The **Victorians** and **Holy Rolling Empire** set the stage... Downtown, 4th&B fills a tribbers bill with the big three: **Help** doing Beatles, **Purple Haze** doing Jimi, and

Rolling the Stones doing Oasis (I hear they nail "Wonderwall").... Uptown, Soda Bar serves NYC garage punks the **Choke** with our own kick-ASS punk trio the **Mice**.... And finally, I mean, FINALLY! "Summer Slaughter" is upon us at Soma. Where to begin? **Necrophagist**? **Suffocation**? **Decrepit Birth**? Listen, it's a boatload of death metal, man. Too much to type. Check it out at somasandiego.com or myspace.com/summer-slaughter for all the funny names.

Sunday 28

Van Nuys metal heads **Mondo Generator** plug in at Radio Room for a kill Sunday-nighter. Nick Oliveri and a rotating gang of awesomeness, including superstar Josh Homme, have been cranking it to 11 since '97 and their defining debut *Cocaine Rodeo*, which was just reissued because of its sheer awesomeness.... Ruby Room in Hillcrest's also got a doozy with acousti-punks **Satan Dance Party**, L.A. noise-rock quartet **Dead Ponies**, punk trio **Lilith Velkor**, and local alt-rockers **Autotonic**. Good note per nickel value there, piggy-bankers.... And asos: Local folkie **Drew Andrews** will premier his latest, *Only Mirrors*, at Bar Pink...once punk'd busker **Ani DiFranco** went from DIY to DIY in a BIG WAY. She'll entertain your parents out at Humphrey's...and Lucha Libre Gourmet Taco Shop will be dishing free eats at Casbah, while inside 94/9's putting on some bands or something. See you at The Cart, brah.

Monday 29

91X moves in on Casbah's Anti-Monday Meet-up shilling its "next big thing" thing, **Ida Maria**. That seems like a lot of pressure on Ida. The Norwegian pop-punk princess is out to tout her debut, *Fortress Round My Heart*.... Bootymelt, anyone? Get some when Steeltown trance band **Extreme Animals** play the Ché. The Animals roll raps through electro-shock beats, beeps, and squeal. Don't ride this ride if you have a weak heart or are prone to seizures. The rest of you, get your head on, 'cuz these guys are straight trippin'.



EXTREME ANIMALS AT CHE CAFE

Tuesday 30

I never knew **John Vanderslice** was from Gainesville. Huh. Anyway, any friend of Spoon and Mountain Goats is a friend of mine. The indie critics' darling and analog four-track revolutionary (see Tiny Telephone studios, Wiki kids) has a



BURNING OF ROME AT BELLY UP

brand-spanking new one out on Dead Oceans called *Romanian Names*. Critics are calling it "career-defining." Guess that makes it a good launch point if you've never listened to him. Vandy will duck into Casbah with Swedish acousti-cat the **Tallest Man on Earth**.... Belly Up books a *Filter* magazine thing, with local nu-pop show bands the **Burning of Rome** and **QQC** (Qu'est-ce Que C'est).... "Soft rock is an oxymoron." Chapel Hill psych-rock band **Black Skies** roll in over Radio Room. Their new EP *Hexagon* encapsulates the trio's penchant for reverb and snarling vox, like a slowed and blown Metallica.

Wednesday 1

Ché Café's got your hump night highlight with Austin grime and grindcore kids **Hatred Surge** and **Mammoth Grinder**. **Aurnyn** (Pittsburgh), **Filth Mattress** (Seattle), and **Waco Fuck** (SD) are also on the bill. I love that they share a parking lot with the Mandell Weiss Theatre. "Ibسن to the right! Filth Mattress and Waco Fuck on the left!".... Further north, Belly Up's ready to reggae with the **Ital**s from Jamaica. The nearly 40-year-strong big band is touring in support of Ital Records release *Let Dem Talk*. **Ishmael and the Peacemakers** and **Organika Sound** set the Solana Beach stage.... And between the two, at the Del Mar Fair, it's your "Boogie Man," Harry Wayne ("K.C.") Casey. That's right, **KC and the Sunshine Band** will *shake, shake, shake...shake your booty* on the midway.

— Barnaby Monk

N.E.R.D.

SUNDAY, AUGUST 2ND AT 8 PM
TIX ON SALE THIS SATURDAY 10AM!
hardrockhotelsd.frontgate.com
GASLAMP QUARTER | HARDROCKHOTELSD.COM | 619-702-3000

Hard Rock HOTEL SAN DIEGO

THURSDAY • JUNE 25 U.S. AIRSEX CHAMPIONSHIPS	<p>COCKTAILS • LIVE MUSIC • 21 w/ID 2501 KETTNER BLVD. • 232-4355</p>	WEDNESDAY • JULY 1 AMAZING BABY LONG LIVE LOGOS
FRIDAY • JUNE 26 RECORD RELEASE PARTY GET BACK LORETTA CRASH ENCORE WRITER		THURSDAY • JULY 2 DEATH EATERS THE OLD IN OUT SOFT BLACK WEREWOLVES
SATURDAY • JUNE 27 EARLY SHOW • 6:30 PM A. A. BONDY	SUNDAY • JUNE 28 • DOORS 7 PM THE LOCAL 94.9 PRESENTS A FREE SHOW PULLMAN STANDARD THE MINOR KEYS THE PERRY EDWARDS ROXY JONES FREE FOOD FROM LUCHA LIBRE	FRIDAY • JULY 3 JIVEWIRE & ONE NATION UNDER A GROOVE
LATE SHOW • 9:30 PM SWIM PARTY CUCKOO CHAOS GRAY GHOSTS	MONDAY • JUNE 29 91X AND ANTI-MONDAY LEAGUE PRESENT THE NEXT BIG THING WITH IDA MARIA THE FASCINATION TICKETS 91 CENTS AT THE DOOR	SATURDAY • JULY 4 LADY DOTTIE AND THE DIAMONDS
IN THE ATARI LOUNGE TWO SHEDS	TUESDAY • JUNE 30 JOHN VANDERSLICE THE TALLEST MAN ON EARTH	SUNDAY • JULY 5 AVALON TATTOO 20 YEAR ANNIVERSARY PARTY
casbahtickets.com	Charge by phone: 888-512-7469	thecasbah.com

DreamCatcher at VIEJAS

FROM COMEDY CENTRAL'S HIT SHOW
RENO 911!



CARLOS ALAZRAQUI
and
CEDRIC YARBROUGH

FRIDAY
NIGHT

JUN 26



BLUES TRAVELER

Special Guest - **SHURMAN**

JUL 10

I'm Still Standing



AUG 08



The Kims of Comedy

AUG 28

DreamCatcher FREE WEEKEND ENTERTAINMENT

JUN 27 9PM-1:30AM
Detroit Underground

JUL 03 9PM-1:30AM
Siren's Crush - DJ 2Rille

V FREE WEEKEND ENTERTAINMENT

JUN 26 8PM-1AM
Popvinyl - DJ 2Rille

JUN 27 8PM-1AM
Izon Eden



VIEJAS ENTERTAINMENT & PRODUCTION

TICKETS AVAILABLE AT THE VIEJAS GIFT SHOP
MUST BE 21 OR OLDER - CHARGE BY PHONE 619.230.21X5
PRINT TICKETS TODAY! TICKETMASTER.COM

restaurant+nightlife 919 4TH AVENUE SD • 619.231.9200



JUNE • 25 • THURSDAY • WHITEOUT
SUMMER ALL-WHITE APPAREL SPECIAL EVENT

PRESENTED BY CLIMAX SD • DRE VEGAS • SD YOUNG PROS • HUNDRED PERCENT • POINT ENT.
FEATURING DJ J-SMOOVE OF 290.3 ALONG WITH RESIDENTS JEFF GOODALL & MATT NATOLI
FULL BAR / DRINK & VIP BOTTLE SPECIALS FOR 21+ / RSVP & MORE INFO @ WWW.CLUBLIST.COM
UPSCALE DRESS CODE • WHITE-THEMED ATTIRE RECOMMENDED.

JUNE • 26TH • FRIDAYS @ BELO

HOT SUMMER NIGHTS WITH DJ FINGAZ
MIXIN' THE HOTTEST TOP 40, 80'S, MASH-UPS & PARTY ROCK!

JUNE • 27TH • EPIC SATURDAYS

EPIC EVENTS IS REVITALIZING SATURDAY NIGHTS @ BELO
COME PARTY WITH US IN SAN DIEGO'S HOTTEST NIGHTCLUB AS
OUR D.J.'S SPIN THE BEST IN TOP 40, MASH-UPS, PARTY ROCK & 80'S!
D.J.'S RAGS • FINGAZ
FOR VIP GUESTLIST • EPIC_EVENTS@LIVE.COM

JULY • 2ND • THURSDAY

ENDLESS SUMMER NIGHTS • COLLEGIATE SERIES

PRESENTED BY CLIMAX SD, DRE VEGAS & SD YOUNG PROS WITH AFTERGLOW & SEDUCTIVE ENT.
LIVE MUSIC VIDEO MIXING BY DJ FILLMATIC ALONG WITH RESIDENTS JEFF GOODALL & MATT NATOLI
FULL BAR / DRINK & VIP BOTTLE SPECIALS FOR 21+ / RSVP & MORE INFO @ WWW.CLUBLIST.COM

JULY • 3RD • FRIDAYS SUMMER EDITION

PARTY NOW. REHAB LATER.
PRESENTED BY CLIMAX SD, DRE VEGAS & ONE ENT. WITH GROOVE ENTERTAINMENT & ZXR
DJ KISS & JAYCEE JAYCE OF POWER 106
OPEN HOSTED BAR FOR RSVP GUEST 9-10PM (RSVP @ WWW.CLUBLIST.COM)

JULY • 4TH • EPIC SATURDAYS

EPIC EVENTS IS REVITALIZING SATURDAY NIGHTS @ BELO
COME PARTY WITH US IN SAN DIEGO'S HOTTEST NIGHTCLUB AS
OUR D.J.'S SPIN THE BEST IN TOP 40, MASH-UPS, PARTY ROCK & 80'S!
D.J.'S ALEX M • FINGAZ
FOR VIP GUESTLIST • EPIC_EVENTS@LIVE.COM

SUMMER VIP BOTTLE SPECIALS : 2FOR1 PRICING ON PREMIUM TOP SHELF BOTTLES
VIP BOTTLE SERVICE HIGHLY RECOMMENDED : PLEASE CALL DREAM @ 619.933.5081

21+ DOORS OPEN @ 9PM • CLUB ATTIRE REQUIRED & ENFORCED!
(DRESSCODE & ADMISSION IS AT THE DOORMAN'S DISCRETION)

CLUB LIST NOW

WWW.CLUBLISTNOW.COM
VIP ACCESS TO THE HOTTEST
EVENTS IN YOUR AREA

Freeworld Rockin'

"My grandmother was playing piano right into her 90s...one of the coolest people I knew."

Phil Bellante comes from a long line of politically aware, socially relevant, musically adroit, and vocally unpredictable singer-songwriters like Neil Young, Harry Nilsson, Perry Farrell, Bruce Springsteen, and their deep-thought freeworld-rockin' brethren. Think Edwin McCain backed by the Cowboy Junkies.

"I was inspired by the way Tracy Chapman addresses social issues in her songs," says Bellante, "with lyrics that are meaningful and relevant without being preachy."

Raised in Cleveland, Bellante grew up in a musical family, studying both piano and guitar. "My grandmother was playing piano right into her 90s," he says, "and that made her one of the coolest people I knew. My mother was a poet, and that has always influenced my lyrics."

After graduating from college and arriving in San Diego with business degree in hand, Bellante says, "The only business I was interested in was the one called 'show.' Luckily, I found a musical partner right away in drummer Aaron Redfield [Switchfoot]."

Bellante and his band perform at the San Diego County Fair on July 5.

WHAT ARE YOU LISTENING TO?

1. Tool, *10,000 Days*. "I admire the band's outside-the-box style and unique sound. Songs like 'Vicarious' and 'Right in Two' have very relevant messages."

2. Daughtry, self-titled. "I have a pretty similar style with music

arrangements, and there are several great songs on this first release of his."

3. U2, *The Joshua Tree*. "A timeless masterpiece with a lot of good songs...not just the one or two hits."

4. Third Day, *Revelation*. "I've been listening to this group since the early '90s for their uplifting spiritual music and catchy choruses."

5. David Gray, *White Ladder*. "Another classic end-of-the-day type of CD that's great to just relax and chill out to. Good boat and beach music."

MOST VISITED WEBSITES?

1. *Amazon.com*. "Everything under one roof, and no increased California sales tax."

2. *Facebook.com*. "A bunch of my friends try to indirectly brag about themselves [using other names]."

3. *Craigslist.com*. "Even though people on there



Phil Bellante

PHOTOGRAPH BY AARON REDFIELD

are trying to sell pre-owned stuff at above-retail prices, and there are a lot of vehicles for 85 percent off from some military sergeant in the U.K. that just needs me to pay the tax before delivery."

4. *Market-ticker.denninger.net*. "It has independent commentary on the financial markets and the government — with a lot of sarcasm."

CARE TO RATE PRESIDENT OBAMA'S PERFORMANCE SO FAR?

"They [politicians] are all the same when placed within the system. At least this one speaks a lot

more eloquently than George W."

WHAT VIDEO GAME ARE YOU PLAYING?

"Rock Band, because that's all I do — play in a rock band."

FAVORITE LINE FROM SPINAL TAP?

"This pretentious ponderous collection of religious rock psalms is enough to prompt the question 'What day did the Lord create Spinal Tap, and couldn't He have rested on that day, too?'" ■

MISO
HARNEY
sushi

sushi til midnight
super lunch combos
late night happy hour

Lunch: mon-fri 11:30am to 3pm
Dinner: mon-sun 5:30pm to 12am

www.harneysushi.com

Old Town

Wednesday
All cocktails \$5
Hot like Wasabi!
w/Matty A and friends

Thursday

TRIBE OF KINGS

Friday
Headphone Jones

Saturday
Red Sonya

Oceanside

Wednesday
Z90's own
DJ Mahjestic

Thursday

HAN
ASIAN VODKA
All cocktails \$5

Friday

TRIBE OF KINGS

Saturday
DJ Arthur
DJ Kingsley

On Harney Street
3964 Harney St.
San Diego, Ca. 92110
619.295.3272

At Oceanside Pier
301 Mission Ave.
Oceanside, Ca. 92054
760.967.1820

best sushi~Citybeat magazine best sushi~Channel 10 best first date spot~Citysearch award of excellence~Zagat best San Diego sushi~U.S local business assoc.

we do catering and private parties!!!

HOUSE of BLUES SAN DIEGO

1055 FIFTH AVE
(BETWEEN BROADWAY & C STREET)

JUST ANNOUNCED!

GLORIA TREVI
ON SALE NOW! **JULY 29**

Atmosphere
"When god gives you ugly tears"
with *Equipe & Architects & Observed to God*
AUG. 21 ALL AGES ON SALE NOW!

the psychedelic JURS and **happy Mondays**
live in concert
ON SALE FRIDAY, 6/26 @ 10AM! **SEPT. 20**

PITBULL
RESOLUTION TOUR!
SEPT. 24 ALL AGES ON SALE SATURDAY, 9/27 @ 10AM!

LILA DOWNS
OCT. 22

ON SALE NOW

XAVIER RUDD
dark shades of blue
Jeremy Fisher
JUNE 25

SOPHIE @ 103.7'S BIRTHDAY BASH!
MAT KEARNEY *Sugar Ray*
Kate Voegele
Sophie @103.7 *Angel Taylor* **JUNE 27**

89.9 PRESENTS WEST COAST
BANDS
DJ QUIK
DAGO BRAVES / EL CAJON TEZ /
JAHFREE / ASHLEY ROBLES
JULY 1 - ALL AGES

COPELAND
SHERWOOD / MEESE
ANCHOR & BRAILLE
JULY 8 ALL AGES

PETE YORN
The New York
JULY 9

NAT & ALEX WOLFF
LIVE IN CONCERT
SUMMER ROAD TRIP
7% NAKED BROTHERS BAND
JULY 10 ALL AGES

6/26 :: CLUB LUKY
6/28 :: BHP PRESENTS
RESQUE ON 5TH
6/29 :: CLUB STARZ
7/2 :: WOOCHS ROCKERS
7/3 :: VICTORY NIGHTLIFE
PRESENTS THE
BLOOD PARTY
7/5 :: BRING PRESENTS-
BLINDSPOT
SHOWCASE
7/11 :: LED ZEPALIN

7/12 :: BOYCE AVENUE
ON WOODCO STAGE
7/12 :: BONE THINGS-N-
HARMONY
7/15 :: ARC ANGELS
7/16 :: TOMMIE
7/17 :: ALL-INS DRILL CAR
7/19 :: ERIC MATYONGSON
7/22 :: RICHARD CHEESE
AND LOUNGE
AGAINST THE
MACHINE
7/23, 7/24 & 7/25 ::
SITY AND UCP PRESENT
BEAR NECESSARY THE MUSIC
OF BATTLESTAR GALACTICA
7/26 :: LESOWSKI FIST
MOVIE PARTY COME
ON WEDNESDAY
7/26 :: WAK HANT ON
WOODCO STAGE
7/30 :: ANGEL TAYLOR ON
WOODCO STAGE
7/31 :: 40 OZ TO FREEDOM
8/2 :: (RED) NIGHTS
PRESENTS GOMEZ
8/5 :: PAT GREEN
8/6 :: LOS ANGELES
WYTHSIBLES
8/12 :: RIAN NEVILLE'S
DIMPSTAPRUM
8/16 :: DOWN-ON-SALE
FRI, 8/26 @ 10AM
8/19 :: THE CULT
8/23 :: BARBAROCCO
8/4 :: NICHOL NUSSO
8/9 :: PAOLO MITINI-
ON-SALE FRI, 8/26
@ 10AM
8/12 :: MAXIMO PARK
8/13 :: LUPILLO RIVERA
8/16 :: SIX PRESENTS
THE GASLIGHT
ANTHEM
8/18 :: GOVT HOLE
8/21 :: FLOGGING MOLLY
10/1 :: ROBERT EARL
KEEN
10/18 :: KMFDM
10/18 :: THE POGUES-
ON-SALE FRI,
8/26 @ 10AM
11/4 :: BOYZ II MEN

Twitter Follow us on Twitter: LiveNationSD
facebook Add us on Facebook
ticketmaster CHARGE BY PHONE: 619.220.TIXS
All dates, acts and ticket prices subject to change without prior notice.
Subject to applicable service charges.
restaurant now open W-F AT 8:30 AM FOR LUNCH!
SAT-SUN OPEN AT 4PM
Sycuan **cti** **FOURPack** **LIVE NATION**

PRETENDERS
with **CAT POWER**
JULIEN JELLY
SEPTEMBER 1
PALA PALOMAR
STARLIGHT THEATER
ON SALE SATURDAY
JUNE 27 AT 10AM
thePRETENDERS.COM

SNOW PATROL
WITH SPECIAL GUEST
PLAIN WHITE T'S
SATURDAY
OCTOBER 17
Open Air Theatre
ASSOCIATED STUDENTS LEAD
ON SALE SATURDAY
JUNE 27 AT NOON!
SNOWPATROL.COM

INCUBUS
with **The Duke Spirit**
JULY 9 cricket
FOURPack 4-100-50

RISE AGAINST
RANCID
with special guest
BILLY TALENT
FRIDAY cricket
JULY 10
ON THE FESTIVAL GROUNDS
GENERAL ADMISSION/ALL AGES

UNITY TOUR 2009
311
with special guests
ZIGGY MARLEY
THE EXPENSIBLES
SAT, JULY 11 cricket
FOURPack 4-100-50
WWW.311.COM WWW.MYSPACE.COM/311

DOUG BRIAN
BENSON POSEHN
LIVE IN CONCERT!
FRIDAY, JULY 24 - BALBOA THEATRE
MYSPACE.COM/DUG_BENSON

SLIGHTLY SNOOP DOGG
STEPHEN MARLEY
MICKY AVAILON
SATURDAY, JULY 25 cricket

7/16 :: Coldplay / Cricket Wireless Amphitheatre
7/18 :: An Evening with II Diva / Cox Arena
7/19 :: Joan Sebastian with Jenni Rivera and Banda El Recodo / Cox Arena
7/28 :: The Fray / Cricket Wireless Amphitheatre
8/4 :: Judas Priest with Whitesnake / SDSU Open Air Theatre
8/8 :: No Doubt / Cricket Wireless Amphitheatre
8/13 :: Toby Keith / Cricket Wireless Amphitheatre
8/14 :: Depeche Mode / Cricket Wireless Amphitheatre
8/20 :: Green Day with Franz Ferdinand / Cox Arena
8/21 :: Kings of Leon with The Whigs / Cox Arena
BUY TICKETS AT **LIVENATION.COM**
CHARGE BY PHONE: 800.745.3000
ALL DATES, ACTS & TICKET PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE. A SERVICE CHARGE IS ADDED TO EACH TICKET PRICE.
FOLLOW LIVENATIONSD ON TWITTER!
ticketmaster **cti** **cricket** **spg** **SLEEP TRAIN**

anthology
FINE TUNED MUSIC & CUISINE

6/25 JAZZ
FATTBURGER
"BACK ON TRACK"

6/26 JAZZ
LEE RITENOUR

6/27 ROCK
BACK TO THE GARDEN

6/27 ROCK
CROSSROADS
ERIC CLAPTON TRIBUTE
FEAT. MIKE KENEALLY

6/28 SINGER, SONGWRITER
MARC COHN:
MUSIC & CONVERSATION
TWO SHOWS
7 & 9PM

7/1 JAZZ
ROB THORSEN
CD RELEASE

7/2, 3 JAZZ
AN EVENING W/
BEN VEREEN

GARY SEILER & THE BUFFED OUT BAND 7/4
A TRIBUTE TO JIMMY BUFFET

MANDRILL 7/9

A TRIBUTE TO MOTOWN 7/10
- ANTHOLOGY HOUSE BAND

ROD PIAZZA & THE MIGHTLY FLYERS 7/10

A EVENING W/ OTTMAR LIEBERT 7/11, 12
AND LUNA NEGRA

NEW HAPPY HOUR MENU
\$4-\$10 TUE-FRI
5:30-7:30PM

JAZZ UP YOUR TUESDAYS!
FREE COVER
W/ THIS COUPON TUE, JUNE 30
SPECIAL 1/2 PRICE MENU 5:30-7:30PM

All shows subject to change.

TICKETS ON SALE NOW!
www.AnthologySD.com • 888 237 2696
1337 India Street, San Diego

710
BEACH CLUB & GRILL
710 GARNET AVE. PACIFIC BEACH

WHERE GARNET ENDS & HAPPY HOUR BEGINS
ANY BEER + ANY SHOT = \$7.10 OPEN TO 7:30pm MON. THRU FRI.

EVERY MONDAY
SING OR DIE KARAOKE
8PM TO 2AM / NO COVER

EVERY TUESDAY
GAME NIGHT
25 CENT WINGS
\$8 PITCHERS

EVERY THURSDAY
LIVE BAND KARAOKE 7-10 PM
WHERE YOU ARE THE SINGER
LIVE FROM VEGAS
10PM - CLOSE
DUELING PIANOS
ADULT R RATED SHOW

FRIDAY 6/26
70%, 80%, & 90% TRIBUTE
NORTHSTAR
UNCLE DADDY

SATURDAY 6/27
ACOUSTIC
GUAVA BELLY
ERICK MACEK
LADY DANVILLE

EVERY SUNDAY
LIVE FROM VEGAS
6PM - MIDNIGHT
DUELING PIANOS
ADULT R RATED SHOW

WEDNESDAY 6-9pm 7/1
RATED-R-TRIVIA
JAZZ
THE DAVID PATRONE QUARTET
OPUS DAI

MLB PACKAGE "GO CUBS"

INDEPENDENCE DAY *Cashid Out*

WWW.710BC.COM (858) 483-7844 / TAKE OUT 274-7427

WINSTONS 1921 bacon street • ob
619-222-6822
www.winstonsob.com

Thur. 6/25 Your Speakerbox Pres.
Cashid Out
HOLDING AIR HOSTAGE
THE SARA MESIROW BAND

Fri. 6/26 6-9 PM OCEAN BEACH COMEDY
Feat. **MAL HALL**
Reggae featuring Founding Members of John Brown's Body
KEVIN KINSELLA
with **RAIZ MUZIK**
Special guest
THE MAKEPEACE BROTHERS

Sat. 6/27 **ELECTRIC WASTE BAND**

Sun. 6/28 5-8 PM:
THE RASTUS KAIN BAND
Karaoke OB Style
OB•O•KE
HOSTED BY **JOSE SINATRA** \$2 drinks 9 pm to close

Mon. 6/29 6-8 PM:
Drunk Poet's Society
An evening of music from the Grateful Dead

Tues. 6/30 6-9 PM:
Think 'N' Drink Trivia
National Touring
Funk N Jazz Band
McTUFF
featuring **SKERIK** on sax

Wed. 7/1 Krucial Reggae Presents
International Reggae Artist
ROBERT GEIL & THE I-TRINITY BAND
featuring: **MICHAEL FABULOUS**
with **DJ CARLOS CULTURE**

UPCOMING:
7/2: JANGADA
7/9: BIG ORGAN TRIO
7/11: UFC 100
7/15: National Touring Hip-Hop
LORD T & ELOISE

SECOND WIND BARS

SINCE 1986

Air conditioned for your comfort

www.secondwindbars.com
ATM & credit cards welcome.

Navajo

8515 Navajo Road • 619-465-1730
(Albertsons shopping plaza at Navajo & Lake Murray)

Thursday, June 25
**Collage Menage • Subzero Records
Neighborhood Watch • Jewels P
Agents of Influence**

Friday & Saturday, June 26 & 27 • 9 pm

Cashid Out **Classic Rock**
5 Miles High

Sunday, June 28
The Persistence

Monday, June 29
Karaoke

Wednesday, July 1
Diver Bar DJ

Santee

8528 Magnolia Avenue • 619-596-8350
(Corner of Prospect & Magnolia)

Thursday, June 25
Magdoline • Whiskey Wisetales

Friday & Saturday, June 26 & 27 • 9 pm

Cashid Out **Classic Rock**
6 ONE 9

Sunday, June 28
FCAB • Fuzz Huzzi • VacScene

Tuesday, June 30
Squirrely Arts

Wednesday, July 1
Downfall

Coming in July:
Damage Inc. (Metallica Tribute) • Iron Maidens

**Pool Tables • Dart Boards • Free Parking
Hot Spot & Lotto • Free WiFi Access**

**JOE SATRIANI
CHAD SMITH
MICHAEL ANTHONY
SAMMY HAGAR**

Saturday, Sept. 26

Tickets on sale June 27!



CHICKENFOOT

PLUS SPECIAL GUESTS
+ QUEENSRYCHE
AND
DAVY KNOWLES

CHICKENFOOT DEBUT ALBUM IN STORES

WWW.CHICKENFOOT.US

WWW.MYSPACE.COM/THECHICKENFOOT



**OPEN SKY
THEATER**

ticketmaster

FOR TICKETS VISIT WWW.HARRAHSRINCON.COM OR TICKETMASTER.COM.
CALL 1-800-HARRAHS FOR HOTEL PACKAGES AND GROUP RATES.



**YOU, YOUR FRIENDS & US
EVERYONE PLAYS A PART.®**

Harrah's
RINCON
SAN DIEGO NORTH

Entertainers subject to change or cancellation. Must be 21 or older to gamble and attend concerts. Know When To Stop Before You Start.® Gambling Problem?
Call 1-800-522-4700. Owned by the Rincon Band of Luiseño Indians. Managed by HCAL, LLC. ©2009, Harrah's License Company, LLC.

**10% OFF ANY TATTOO
\$5 OFF ANY PIERCING
WITH THIS AD!***

- Courteous & Knowledgeable Staff
- Walk - Ins are Always Welcome
- Proud Members of the Association of Professional Piercers
- Specialty Work for Musicians

Church of Steel

BODY PIERCING & TATTOO

750 Broadway Downtown San Diego
619-232-5752
www.churchofsteel.com



Calendar MUSIC SCENE

Classical listings can be found in the *Classical Music Guide*. Music videos, driving directions, maps, event alerts, coupons, and more available online at SanDiegoReader.com.

HOW TO SUBMIT A MUSIC LISTING: Call 619-235-3000 x405, night or day by 5pm Friday, the week prior to publication. To send weekly or monthly schedules, fax to 619-231-0489 or mail to Reader Music Scene, P.O. Box 85803, San Diego, CA, 92186. You may also submit information online at SanDiegoReader.com by clicking on the music section.

THIS WEEK'S SHOWS

4th&B: 345 B St., Downtown, 619-231-4343.
Thursday, 7pm — Local Band Showcase. Featuring Hocus, Vonzeles, Fuzz-Huzzi, October Burning, Bed Post Buzzards, Vacscene, and the Reverend Stickman. Alternative/pop/rock. \$10-\$15.
Friday, 6pm — Larry Hernandez y Roberto Tapia. Latin. \$15.
Saturday, 8pm — Help. With Rolling the Stones and Purple Haze Experience. Tributes to the Beatles, the Rolling Stones, and Jimi Hendrix. Covers/rock. \$15-\$20.
710 Beach Club: 710 Garnet Ave., Pacific Beach, 858-483-7844.
Saturday, 9pm — Erick Macek.

With Lady Danville. Pop.
Wednesday, 7pm — David Patrone. Blues/jazz/standards. Free.
Wednesday, 10pm — Cityzen. Funk/rock.

Ali Baba's Cave: 10921 Roselle St., Sorrento Valley, 858-784-0515.
Saturday, 8pm — Danyavaad and the Shimmy Sisters. World.

Alpine Inn: 2225 Alpine Bl., Alpine, 619-445-5172.
Thursday, 7pm — Kemosabe. Covers/pop/rock. Free.

Anthology: 1337 India St., Little Italy, 619-595-0300.
Thursday, 7:30pm — Fattburger. Contemporary jazz. \$12.
Friday, 7:30pm and 9:30pm — Lee Ritenour. Contemporary jazz. \$30-\$38.

Saturday, 7:30pm — Back to the Garden. A tribute to Crosby, Stills, Nash, and Young. \$20. 9:30pm — Crossroads. A tribute to Eric Clapton. \$16.

Sunday, 7pm and 9pm — Marc Cohn. With Katie Herzig. Folk/indie. \$38-\$44.
Wednesday, 7:30pm — Rob Thorsen. Jazz. \$12.

Balboa Theatre: 868 Fourth Ave., Downtown, 619-570-1100.
Friday, 8:30pm — Benefit Jazz Concert with Hiroshima. Jazz. \$53.

Bar Pink: 3829 30th St., North Park, 619-564-7194.
Thursday, 9pm — The Zeros. Punk. \$10.

Barona Valley Ranch Resort & Casino: 1932 Wildcat Canyon Rd., Lakeside, 619-443-2300.
Sunday, 6pm — The Arrowhead Band. Covers/standards/rock.

Beachside Bar & Grill: 806 S. Coast Hwy. 101, Encinitas, 760-942-0738.

Saturday, 8pm — Blame One. Hip-hop/rap. \$10.

Beauty Bar: 4746 El Cajon Bl., Kensington-Talmadge, 619-516-4746.

Wednesday, 9pm — Sharon Hazel Township. With Rhythm & the Method. Acoustic/indie/rock. \$5. 21 and up.

Belly Up Tavern: 143 South Cedros Ave., Solana Beach, 858-481-8140.

Thursday, 8pm — Carbon Leaf. Alternative/folk/rock.
Friday, 9pm — The Dirty Heads. With Stranger. Reggae. \$12-\$14. 21 and up.

Saturday, 9pm — Switchfoot Bro-Am After Party. Featuring Fiction Family and guests. Rock. \$15. 21 and up.

Sunday, 4pm — Nathan James. With Blue Largo. Indie.

Tuesday, 8pm — Club Up and Up. Featuring Burning of Rome, Q'est Que C'est, and DJs Lord Nelson and Barak. Rock. \$6. 21 and up.
Wednesday, 9pm — The Itals. With Ishmael and the Peacemakers. Reggae. \$16-\$18. 21 and up.

Bird Park: 28th and Thorn Streets, North Park.
Saturday, 5:30pm — The Marcia Foreman Band. Blues/jazz. Free.

Bondi Bar and Kitchen: 333 Fifth Ave., Downtown, 619-342-0212.

Friday, 9pm — Acoustic Mayhem. Featuring Jesse LaMonaca and Sven-Erik Seaholm. Acoustic/alternative/soul. Free.

BOAR CROSSIN
www.myspace.com/boarcrossin

Kayella.net presents
LIVE DJ'S
SPINNING HIPHOP, HOUSE, AND TOP 40
FRIDAY and SATURDAY NIGHTS!

Tuesday
\$5 Gets ANY Beer Plus a Shot

Thursday
\$1 Bud & Bud Lights From 8pm-9pm

Friday & Saturday
\$1 Bud, Bud Light, Beer of the Month from 8pm-10pm

LIVE AT BOAR CROSSIN
SUPAJEN PRESENTS:
KASKET KRAWLERS
WITH SHREWD LUCY AND JEKYL

21+ EVENT
THURSDAY, JUNE 25TH
\$5 MYSACE.COM/BOARCROSSIN
DOORS OPEN AT 9PM (DOOR NEIGHBOR)
390 GRAND AVE. CARLSBAD, 92008 760.729.2989

LIVE AT BOAR CROSSIN
FEMALE HIPHOP SHOWCASE
FEATURING:
MIKI VALE
VISION
JENN-JENN
PNUTZ

\$2 OFF ENTRY
W/ CAN FOOD DONATION!
THURSDAY, JULY 2ND
\$5 MYSACE.COM/BOARCROSSIN
DOORS OPEN AT 9PM (DOOR NEIGHBOR)
390 GRAND AVE. CARLSBAD, 92008 760.729.2989

UP COMING SHOWS

FRIDAY, JULY 9TH
Wanted Dead
Hillstreet Strangers
The Bomb Pops

FRIDAY, JULY 16TH
Ishmael and the Peacemakers
Forrest Day
Stone Senses

FRIDAY, JULY 23RD
IDDY ROCK SHOWCASE
W/ OFF TRACK

FRIDAY, JULY 30TH
Dihilist
Rose From Oblivion
Sangre

4th and B

WEST COAST HALL OF FAME ON SALE NOW!

June 25: VONZELES, FUZZ-HUZZI, OCTOBER BURNING, BEDPOST BUZZARDS, VACSENE, HOCUS, REVEREND STICKMAN
June 26: La Mejor FM 99.3 presents LARRY HERNANDEZ Y ROBERTO TAPIA

Saturday, June 27
ROLLING THE STONES
FEATURING HELP VIVA HALEN
ROLLING STONES TRIBUTE rollingthestones.net
BEATLES TRIBUTE www.weplaythebeatles.com

4TH AND B • PRO LION PRODUCTIONS PRESENTS A PRO-4TH OF JULY BRUSH
FRI. JULY 3 REGGAE EXPLOSION
PLUS AFTER PARTY TILL 3AM!
ELIJAH EMANUEL **SOUTHTOWN GENERALS** **HI ROOTS**
ROB SYMEONN • DJ MIKEY ASSASSIN
RAS SOJIE • PROF. MOST • ROCKA ROCK
DJ CARLOS CULTURE • JAH ROOTS HI-FI
\$15/\$20
MYSACE.COM/ELIJAHEM
ELIJAHEM.TICKETMASTER.COM

Saturday, July 4
HOTTER THAN JULY
FEATURING LAKESIDE SLY, SLICK AND WICKED WITH HOST COMEDIAN JAY LAMONT
WILDSTYLE ENTERTAINMENT Presents
with Annual
HOTTER THAN JULY
Old School Concert

COMING SOON
July 11: ZAPP w/Special guest ROB BASE • July 31: MISSING PERSONS
Tickets available at:
ticketmaster or box office for upcoming events
619-231-4343
www.ticketmaster.com
345 B STREET, DOWNTOWN
4thandbevents.com

the **KILLERS**



**FRIDAY
SEPTEMBER 18**

COX ARENA

**TICKETS ON SALE THIS SATURDAY
JUNE 27TH AT 10AM!**



'DAY & AGE'
AVAILABLE NOW

www.thekillersmusic.com

BUY
TICKETS
AT



**CHARGE BY PHONE:
800.745.3000**

ALL DATES, ACTS & TICKET PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE. A SERVICE CHARGE IS ADDED TO EACH TICKET PRICE.

spin DESTINATION:
NIGHTCLUBBING

FRIDAYS & SATURDAYS 9:30PM - 4AM

FRIDAYS @eventvibe.com &
giantclub

**SANDER
VAN
DOORN**
JUNE 26



SATURDAYS Day ENDLESS NIGHTLIFE

**TODD
FINK** **JUNE 27**
*The Fruit
Dress and
Buttons*



JULY 4
LA RIOTS

***** W/ TURBO TEEN

spin **2028 HANCOCK STREET**
EXIT 'OLD TOWN' OFF THE 5 SPINNIGHTCLUB.COM

DETAILS AND TIX / eventvibe.com • giantclub.com
VIP BOOTH AND BOTTLE RESERVATIONS / vip@spinnightclub.com
619.294.9590

Brick by Brick: 1130 Buenos Ave., Linda Vista, 619-275-5483. *Thursday*, 8pm — Uli Jon Roth. Metal/rock. \$20-\$25. *Saturday*, 8pm — The Eleventh Hour. Rock. \$15. 21 and up. *Sunday*, 8pm — Educate. With Eno, Reservoir, Official Boys, and Billy G. Rock. *Sunday*, 7pm — Official Boys. With Eno. Rock.

Café Sevilla: 555 Fourth Ave., Downtown, 619-233-5979. *Thursday* — Orquesta Guayo. Colombian. *Sunday* — Tabaco y Ron. Latin. *Wednesday* — Orquesta LGC. Latin.

Calvin's Sports Bar and Restaurant: 28841 Old Highway 80, Alpine, 619-473-1266. *Thursday*, 8pm — The Old Highway 80 Band. Rock.

The Calypso Café: 576 N. Coast Hwy. 101, Encinitas, 760-632-8252. *Saturday*, 8pm — Triple Shot. Blues/rock. *Sunday*, 6:30pm — Freefall. Jazz. Free.

Canes: 3105 Ocean Front Walk, Mission Beach, 858-488-1780. *Thursday*, 8pm — The Beatnuts.

With Brendan B, Higher Minds, and DJ Ratstar. Hip-hop/rap. \$15. 21 and up. *Friday*, 9pm — The Cured. With Blasphemous Rumors and Sun King. Tributes to the Cure, Depeche Mode, and the Cult. \$12. 21 and up. *Saturday*, 9pm — The Iron Maidens. A tribute to Iron Maiden. With Empyre and Dirty Leslie. Rock. \$10. 21 and up. *Sunday*, 2pm — Project: Out of Bounds. Hip-hop/reggae/rock. Free. 21 and up. *Tuesday*, 8pm — Chanauk. With Strike the Design and Bastard Saints. Hardcore/metal/rock. \$6. 21 and up.

The Casbah: 2501 Kettner Bl., Little Italy, 619-232-4355. *Saturday*, 6:30pm — AA Bondy. With guest. Indie. \$10. 21 and up. 9:30pm — Swim Party. With Cuckoo Chaos, Gray Ghosts, and Two Sheds. Pop/rock. \$7. 21 and up. *Sunday*, 8:30pm — The Minor Keys. With guests. Indie. Free. 21 and up. *Monday*, 8pm — Ida Maria. Pop/rock. 21 and up. *Tuesday*, 8pm — John Vanderslice. With the Tallest Man on Earth. Indie/rock. \$12. 21 and up. *Wednesday*, 8:30pm — Amazing Baby. With guests. Indie/rock. \$8. 21 and up.

Chateau Orleans: 926 Turquoise St., Pacific Beach, 858-488-6744. *Friday*, 6:30pm — Robin Henkel. Blues/jazz.

Cheers & Beers: 8043 Winter Gardens Bl., El Cajon, 619-561-3494. *Friday*, 9pm — Yabutifida. With Cyanide Vogue. Rock. Free. 21 and up. *Saturday*, 8pm — Deep SD. Murdock, Pedalay the Boss, Dago Street Team, and I.B. Hollywood. Rock. \$5. 21 and up.

OF NOTE

BY WILLIAM CRAIN

John Vanderslice had been playing music for several years, first as a member of MK Ultra and then as a solo artist, but his career didn't really take off until he set up camp in a San Francisco rehearsal space and started talking bands into letting him record them. He called the studio Tiny Telephone, filled it with vintage recording equipment, and before long was making first-class recordings. The studio's popularity took off quickly, both with arty acts like Deerhoof and major-league indie rock stars like Death Cab for Cutie (who have recorded two albums there). Death Cab guitarist Chris Walla, who doubles as a record pro-

ducer, has gone so far as to call Tiny Telephone the fifth member of his band. While studios are closing right and left these days, Tiny Telephone recently celebrated its tenth anniversary.

But rather than settle comfortably into his mixing desk chair and give up the stage, Vanderslice continued his solo career and kept getting better. His 2005 album *Pixel Revolt* proved to be his breakthrough, gaining him international acclaim. In addition to showcasing his recording skills, it displayed his knack for writing lyrics that touched on weighty issues (terrorism, political paranoia) through the personal narratives of fictional characters. "Trance Manual" appears to be the last thoughts of a journalist before he's killed by a bombing in Iraq.

Vanderslice's latest, *Romanian Names*, continues in a similar vein, but it's much less



JOHN VANDERSLICE

heavy-hearted than *Pixel Revolt* and 2007's *Emerald City*. The lyrics, more impressionistic than ever, are filled with imagery from nature: forests, horses, swimming, stars. Even a song titled "Hard Times" conjures pleasant memories of a summer vacation.

JOHN VANDERSLICE: The Casbah, Tuesday, June 30, 8 p.m. 619-232-4355. \$12.

Del Mar Fairgrounds: 2260 Jimmy Durante Bl., Del Mar, 858-755-1161. *Thursday*, 7:30pm — The B-52s. New-wave rock.

Friday, 7:30pm — Switchfoot. Rock. *Saturday*, 7pm — Fifth Annual Gospel Festival. With Israel & New Breed, Tonex, and more. *Sunday*, 7:30pm — Intocable. With Patrulla 81. Tejano/norteno. *Monday*, 7:30pm — Clint Black. Country. *Wednesday*, 7:30pm — KC & the Sunshine Band. Disco/funk/soul.

Dizzy's: 200 Harbor Dr., Downtown, 858-270-7467. *Friday*, 8pm — Fred Benedetti & George Svoboda. Flamenco/jazz/world. \$10. *Saturday*, 8pm — Mikan

Zlatkovich. With Brian Levy, Gilbert Castellanos, and their rhythm section. Jazz. \$15.

Sunday, 7pm — The Double Bass Summit. With Bertram Turetzky, Marshall Hawkins, Bob Magnusson, Mark Dresser, Jeremy Kurtz, Rob Thorsen, and Danny Weller. Jazz. \$10-\$15.

Downtown Café: 182 E. Main St., El Cajon, 619-440-5687. *Thursday*, 6pm — Chet & the Committee. Blues. Free.

El Cajon Boulevard Church of Christ: 2528 El Cajon Bl., North Park, 619-295-1819. *Saturday*, 7pm — Acappella. Gospel. Free.

Encinitas Library: 540 Cornish Dr., Encinitas, 760-334-0229.

Tuesday, 6pm — Diangela. Alternative. Free.

Fannie's Nightclub: 9143 Campo Rd., Spring Valley, 619-698-2204.

Saturday, 9:30pm — GFI. With guests. Free. 21 and up.

The Ferry Landing Marketplace: 1201 First St., Coronado, 619-435-8895. *Saturday*, 1pm — The Coronado Big Band. Standards. *Sunday*, 1pm — Paragons. Rock.

Four Points by Sheraton: 8110 Aero Dr., Kearny Mesa. *Thursday, Friday* — Federal Funk. Funk.

Sunday, 8pm — Gregory Michael Band. *Monday*, 8pm — Patrick Burke's

Storm. *Tuesday*, 8pm — Haute Flash. Rock.

Fuddruckers: 8285 Mira Mesa Bl., Mira Mesa, 858-693-3916. *Tuesday*, 6pm — The Bayside Dixie Stompers. Jazz. Free.

GIO Bistro & Wine Bar: 8384 La Mesa Bl., La Mesa, 619-462-9100.

Monday, 5:45pm — Edison Riggs. Hosts and performs during Open-Mike Night. Jazz.

Gallagher's Pub & Grill: 5046 Newport Ave., Ocean Beach, 619-222-5300. *Saturday*, 9pm — Dannicus Live. Hardcore/metal/punk. Free.

Ginseng Yoga: 2985 Beech St., South Park, 619-231-7771.

O'Connell's

THURSDAY: JUNE 25
KARAOKE

FRIDAY: JUNE 26
PULSE ANATOMY
THE HEROINE
FILTERED AGGRESSION
METHOD RISING

SATURDAY: JUNE 27
NIGHT SWEAT
BLUE SKY BLONDE
HUMBOLDT ROAD
JD COMBS &
THE SOUL STEALERS
FORSYTHE

SUNDAY: JUNE 28
BLACK SEVEN
BOTOX PARTY (VA)

MONDAY: JUNE 29
BLUES JAM Hosted by
MYSTERY TRAIN 8 PM

TUESDAY: JUNE 30
UTOPIA RUSH
DEATH ON MARS
THE NAPOLEAN COMPLEX

O'CONNELLS
1318 MORENA BLVD. • 619.270.5837
MYSFACE.COM/OCONNELLS • 21+
POOL • FOOSBALL • DARTS

\$10 OFF BODY JEWELRY
When getting pierced.
Excludes gold. With ad. Exp. 7-9-09.

- Male & female piercers
- Discount for Bartenders & Entertainers
- Only S.D. members of Assn. of Professional Piercers

2079 Garnet Ave. & Noyes St.
858-274-9950
Open noon-10 pm 7 days
3041 Adams Ave. below Avalon II
619-516-4343
Open noon-8 pm 7 days

enigma.
PROFESSIONAL PIERCING
enigmapiercing.com

THE JAMES THOMAS REVOLUTION
Reggae · Blues · Rock

July 10 · 9 pm · Rhythm Lounge
3248 Midway Dr.

SEEKING PROFESSIONAL MANAGEMENT

Download my music free:
TheJamesThomasRevolution.com
208-440-3083

Relax at the air-conditioned

AERO Club
"Where bartenders come for a cold beer"

90 Vodkas
125 Whiskeys
45 Beers

3365 India St. • Since 1947
Aeroclubbar.com • 619.297.7211
WiFi Internet access

ASTROS vs PADRES WEEKEND
June 29-July 1

Sunday nights 8 pm-close
INDUSTRY NIGHT
\$3-\$4 DRINK SPECIALS

TACO BOWL TUESDAYS
\$1.99 TACOS • \$3 DOS XX
3 pm to close

UFC WEDNESDAYS
9 pm to close

EAST VILLAGE TAVERN+BOWL
930 Market St. • Downtown San Diego • 619-677-BOWL (2695) • bowlvt.com

Come join the fun!

2 for 1
Admission Adults-Only Night!
Valid Tuesday, June 30, 2009.
*Buy 1 admission and receive 2nd admission free.

Now recruiting for a new team:

"Starlettes"

SKATEWORLD
sandiegoskateworld.com
myspace.com/SanDiegoSkateworld

6907 Linda Vista Rd. • 858-560-9349
or further info: 858-560-9278
(3 blocks south of Genesee, 1 mile north of USD)

Adult Night Skating
Roller Skating Excitement
Now every Tuesday 7:30-10:30 pm \$8

Adult Learn-to-Skate Clinic \$6
Every Tuesday 6:30-7:15 pm.
Coupon applies to session only.
Skate rental and blade rental extra.

Family Fun Saturday & Sunday
\$7 All Day • 1:30-6 pm

Saturday, 7pm — Manish Vyas. World. \$20-\$25.

La Gran Tapa: 611 B St., Downtown, 619-234-8272.
Thursday, 7pm — Stacey Murray. With Collin Metscher. Soul.

Hard Rock Hotel: 207 Fifth Ave., Downtown, 866-751-7625.
Friday, 10pm — Culver City Dub Collective. Dub. \$21. 10 and up.

The Harp: 4935 Newport Ave., Ocean Beach, 619-222-0168.
Tuesdays, 7pm — Chet & the Committee. Blues.

Harrah's Rincón: 777 Harrah's Rincón Way, Valley Center, 760-751-3100.
Sunday, 8pm — Aretha Franklin. R&B/soul. \$50.

Harry Griffen Regional Park: 9550 Milden St., La Mesa, 619-667-1307.
Sunday, 6pm — Paradise. Latin/rock/soul. Free.

Hensley's Flying Elephant Pub and Grill: 850 Tamarack Ave., Carlsbad, 760-434-2660.
Thursday, 8pm — Skelpin'. Irish/folk.
Friday, 8pm — The Hank Show. A tribute to Hank Williams. Country. Free.
Saturday, 8pm — Joe Wood & the Lonely Ones. Blues.
Monday, 8pm — The Tail Draggers. Bluegrass.
Tuesday, 8pm — Deblois.

Hooleys Irish Pub & Grill: 5500 Grossmont Center Drive, La Mesa, 619-713-6900.
Friday, 9pm — The Phoenix Band. Rock.
Saturday, 9pm — Tony Cummins. World. Free.

Hornblower Cruises: 1066 North Harbor Dr., Downtown, 619-686-8715.
Friday, 8pm — Alex y Su Mambo Salvaje. With the Salsa Divas and DJ Lobel. Latin/pop/rock. \$30.

House of Blues: 1055 Fifth Ave., Downtown, 619-299-2583.
Thursday, 7pm — Xavier Rudd. Folk/indie. \$20-\$37. 21 and up.
Saturday, 7pm — Sophie @ 103.7's Birthday Bash. Featuring Sugar Ray and Mat Kearney. Pop/rock. \$24-\$44. 21 and up.
Saturday, 10am — Ishmael & the Peacemakers. Reggae. \$15.
Sunday, 7:30pm — Reggae on 5th. Reggae. \$12. 21 and up.

Humphrey's Backstage Music Club: 2241 Shelter Island Dr., Point Loma, 619-224-3577.
Monday, 7pm — The Robin Henkel Band. Blues/funk/jazz. \$5-\$8.

Humphrey's by the Bay: 2241 Shelter Island Dr., Point Loma, 619-224-3577.
Friday, 7pm — Rock Royalty. Featuring the Zombies, the Yardbirds, and the Spencer Davis Group. Classic rock. \$48.
Sunday, 7:30pm — Ani DiFranco. Folk/rock. \$45.

Ideal Hotel: 540 Third Ave., Downtown.
Saturday, 7pm — Crystal Vibrations. World. Concert held in the studio. \$10-\$15.

Imperial Beach: Seacoast Dr., Imperial Beach, 619-424-3151.
Sunday, 6pm — Sunset Celebrations Mini Concert. Time Machine performs covers/standards for this installment of Sunset Celebrations. Free.

The Ivy Hotel: 600 F St., Downtown, 619-814-1000.
Tuesday, 9pm — Jesse LaMonaca. With guests. Acoustic/alternative/soul. Free.

J.J. Lander's Irish Pub: 125 South Main St., Fallbrook, 760-731-0839.
Friday — The Leperkhanz. Rock.
Saturday — The Burning of Rome. Indie/rock.

The Kraken: 2531 South Highway 101, Cardiff, 760-436-6483.

Thursday — 3 EZ Pieces. Rock.
Friday — Serious Guise. Covers/pop/rock.

Lamb's Players Theatre: 1142 Orange Ave., Coronado, 619-437-0600.
Sunday, 7pm — *Last Sunday Cabaret*. Featuring Season Duffy, Jon Lorenz, Leonard Patton, Colleen Kollar Smith, Deborah Gilmour Smyth, Joy Yandell, and G. Scott Lacy. Jazz/standards. \$15-\$45.

The Lumberyard Shopping Center: 937 S. Coast Hwy. 101,

Encinitas, 619-987-1277.
Saturday, 6pm — Jim Weiss. Jazz. Free.

Main Stage Bar at Valley View Casino: 16300 Nyemii Pass Rd., Valley Center, 866-843-9946.
Thursday, 7pm — Firefly. Rock. Free.
Friday, 4pm — The Heroes. Rock.
9pm — Detroit Underground. Soul. Free.
Saturday, 9pm — The Jones Revival. Rock. Free.

Saturday, 4pm — Shockwaves. Rock. Free.

Mangia Italiano on Third: 248 Third Ave., Chula Vista, 619-623-3553.
Thursday, 7pm — Caballeros Latin Jazz Jam. Jazz/Tejano/Mariachi. Free.

McP's Irish Pub and Grill: 1107 Orange Ave., Coronado, 619-435-5280.
Thursday, 8pm — Big City Shaman. Rock.
Friday, 9pm — 4-Way Street. Rock.

Saturday, 9pm — The Stiletos. Rockabilly/jazz/roots.
Tuesday, 8pm — 2 Guys Will Move U! Rock.

The Merk: 820 Fifth Ave., Downtown, 619-814-6375.
Thursday, 7pm — David Patrone. With Grant Clarkson and Sky Ladd. Blues/jazz/standards. Free.

The Metaphor Café: 258 East 2nd Ave., Escondido, 760-747-1882.
Saturday, 8pm — Belen. Pop/rock. \$5.

Lucky Loot

\$150,000 ONE DAY CASH AND JEWELRY Giveaway!

Don't miss the casino giveaway of the summer! On Saturday, July 18th, from 10am to midnight Valley View Casino is giving away \$5,000 or \$10,000 cash every hour, plus fabulous jewelry packages on the half hour. That's over \$150,000 in cash and prizes awarded in only 14 hours. Just play your favorite slot machine and if your bank number is called, you win!

It's the casino event of the year!

Win huge cash & prizes on Saturday, July 18th From 10am to Midnight

FREE all-you-can-eat LOBSTER BUFFET!
Offer is for new Players Club members. Please present coupon when joining the club. Membership is free. Valid for lunch or dinner; lobster served at dinner only. Management reserves all rights. Expires: 6/24/09 SDR

\$20 in MOREPLAY in slot play!
When you earn 10 points in a 24-hour period. Offer is for new Players Club members. Please present coupon when joining the club. Membership is free! Management reserves all rights. Expires: 6/24/09 SDR

5 FREE ENTRIES! Every Wednesday in June! BIG DRAW
Valid only with this coupon. Management reserves all rights. Exp: 7/1/09 SDR

VALLEY VIEW CASINO
San Diego's Favorite™

1-866-VIEW-WIN
ValleyViewCasino.com

Lucky Loot cash prizes will be shared among bank numbers. 21 winners more than just bank jack! Search your list 31 or later to enjoy the casino's top slots, hours and services. Management reserves all rights.

SAN DIEGO WEEKLY
Reader in the scene
STREET TEAM

Have you been tagged by the Reader Street Team?
 See your photos on sdreader.com
 & click on "Promotions."

Maloney's
Tavern

Reader

Reader

Reader

Reader

Reader

Reader

Reader

Reader

Reader

Reader



Ani DiFranco, June 28, Humphrey's by the Bay

MiraCosta College San Elijo Campus: 3333 Manchester Ave., Cardiff.

Friday, 7pm — Manish Vyas. World. \$20-\$25.

Molly Malone's: 1270 Main St., Ramona, 760-789-9050.

Friday, 9pm — Sofa Kings. Rock.
 Saturday, 9pm — Train of Thought. With HeadRUSH and Stone Temple Pirates. Covers/rock. Free.

Mount Palomar Winery:

33820 Rancho California Rd., Temecula, 951-676-5047.
 Saturday, 3pm — The Chris Klich Jazz Trio. Jazz. Free.

O'Connells Pub and Nightclub: 1310 Morena Bl., Linda Vista, 619-276-5637.

Friday, 9pm — Pulse Anatomy. With the Heroine, Filtered Aggression, and Method Rising. Metal/rock/thrash. 21 and up.
 Saturday, 9pm — Night Sweat. With Blue Sky Blonde, Holiday Side, Forsythe, and J.D. Combs & the Soul Stealers. Alternative/blues/soul. 21 and up.

Sunday, 9pm — Black Seven. With Botox Party. Hardcore/punk/rock. 21 and up.

Tuesday, 9pm — Utopia Rush.

With Death on Mars. Alternative. 21 and up.

O'Harleys Sports Bar & Grill: 13437 Community Rd., Poway, 858-486-7422.

Saturday, 8:30pm — Mariner. Covers/standards/rock. Free.

Ocean Beach: Newport Avenue and Abbott St., Ocean Beach, 619-221-8900.

Saturday, 4:30pm — Dazed and Confused. Plays the Ocean Beach Street Fair. A tribute to Led Zeppelin.

Ocean Beach People's Organic Food Market: 4765

HENSLEY'S since '07
flying elephant PUB & GRILL

THE CHOPADEROS FAMILY'S OWN INDIE ROCK PRIDE **JULY 18th** 8-10pm
A.M. VIBE

LA'S 2ND FINEST CELTIC SONS
the MIGHTY REGIS
 JULY 24th, 8-10pm

Music & Event Calendar

JUNE

Thursday, 25th: Irish Night with Skelpin

Friday, 26th: The Hank Show

Saturday, 27th: Joe Wood

Sunday, 28th: This is Music!
 Hosted by DJ Kid Jagger

Monday, 29th: The Tail Draggers

Tuesday, 30th: Deblois

JULY

Wednesday, 1st: Joe Wood

Thursday, 2nd: Irish Night with Skelpin

Friday, 3rd: Matt Gerovac & the Babylon Saints

Saturday, 4th: Honkatonk

Sunday, 5th: This is Music!
 Hosted by DJ Kid Jagger

Monday, 6th: The Tail Draggers

Tuesday, 7th: Rich the Stitch

Wednesday, 8th: Joe Wood

Thursday, 9th: Irish Night with Skelpin

Friday, 10th: Band in Black
 (Johnny Cash Tribute)

Saturday, 11th: Franklin Lounge

Sunday, 12th: Fire Whiskey

Monday, 13th: The Tail Draggers

Tuesday, 14th: Peter Hall

Wednesday, 15th: Joe Wood

Thursday, 16th: Irish Night with Skelpin

Friday, 17th: Blasting Company

Saturday, 18th: A.M. Vibe

Sunday, 19th: This is Music!
 Hosted by DJ Kid Jagger

*Music is subject to change.

Sponsored by



Upcoming Event

Hacienda Casa Blanca
 700 N. Johnson Ave., Suite A
 El Cajon 92020 ■ 619-442-9827

Hacienda Casa Blanca is a must for anyone and everyone looking for an exciting authentic restaurant experience. Great people, fantastic atmosphere, and how can you beat 99¢ street tacos on Thursday and 99¢ fish tacos on Friday? Karaoke on Thursday & Friday. Saturday night dance party. Ask for U4RIK VODKA signature drinks and drink specials.



For more information on upcoming events visit sdreader.com

SOMA San Diego

SOMA IS SKANK-OUT PRESENT + THE SIDA DEMAE

AFTER SHOCK

BUCK-O-NINE
VOODOO GLOW SKULLS + KNOCK-OUT
SOCIAL GREEN + BUCKET OF PISH + THE DEMONIC
KISS COLLECTOR SHARMA OF FIVE CORNER SOUND SYSTEM
FRIDAY + JUNE 26TH + 2000 + 8PM + 21+ + ALL AGES
SOMA + 3330 SPORTS ARENA BLVD + SAN DIEGO
FRI. JUN 26TH

SUMMER SLAUGHTER
TECROPHAGIST SUFFERATION
darkest hour
MAGE-DIE DYING FETUS
ORIGIN
SAT. JUN 27
8:22 - 3:30 DOORS

DREG:RX BANDITS

WITH SPECIAL GUESTS
GOOD OLD WAR

Jul 9
\$13 - \$20 - lunatics.com

SCREAM THE PRAYER
HASTE THE DAY
THE CHARIOT
Sleeping Giant
GIVEN STACY
CONPUS CHRISTI
FRI. JUL 10
517 - 8PM - LUNATICS.COM

SOMASD.COM
3330 SPORTS ARENA
619.226.7662 ALL AGES

FRI. JUL 3
BRANDOUT PRESENTS
UNKNOWN MOTIVE
MAYORS OF SEXY TOWN
DEADBEAT BABIES
2000 TONS OF TNT
DJ/SELEKTOER JOH TEH MOD

SAT. JUL 11
ACE ENDERS
A MILLION DIFFERENT PEOPLE
personL

FRI. JUL 17
DROP DEAD GORGEOUS
HE'S LEGEND
BEFORE THEIR EYES
EYES SET TO KILL
WATERBURY THORNA GARDY

SAT. JUL 18
VANGUARD
FOREVER ENDS NOW
THE GORY OF SALVATION

SUN. JUL 19
A STATIC LULLABY
VANNA
ASHING ALEXANDRIA
NATIONALISM IN WHITE THIES OF MAN

THURS. JUL 23
AUGUST BURNS RED
BLESS THE FALL
SITTER SHOKARΦ
INVESTLED A BEAR ONCE

FRI. JUL 24
THRASH BURN
EMATURE
DESPISED ICON
MyChildrenMyBride
Veil Of Maya
FOR THE FALLEN BREAKS
OCEANO FREESTYLE
THEY WILL BE GONE

SAT. JUL 25
EMERY
MAYLENE AND THE
SONS OF DISASTER
CLOSURE IN MOSCOW
SCOT & WOODY + MIBOS

WED. JUL 29
VAMPS
FRI. JUL 31
SECONDS FROM DISASTER
SHE SAID SEVER
THE PARTY'S OVER
REMAINS FORGOTTEN
FOREVER UNITED
FEAR IS MY FATE

SUN. AUG 2
THE RED JUMP SUIT
APPARATUS
MONTY ARE I
THE DARES
OO RADIO

WED. AUG 15
FOUR YEAR STRONG
SET YOUR GOALS
POLAR BEAR CLUB
FIREWORKS
DRIVE A

WAVEHOUSE CONCERTS

ALL SHOWS 21+

7/3 FRIDAY **B-SIDE PLAYERS**
with OPM & TRIBE OF KINGS

7/26 SATURDAY **DE LA SOUL**
20 YEARS HIGH AND RISING TOUR

7/31 FRIDAY **THE ORIGINAL WAILERS** FEATURING
AL ANDERSON & JUNIOR MARVIN
WITH TRIBE OF KINGS

8/1 SATURDAY **REEL BIG FISH & THE ENGLISH BEAT**
WITH THE SUPERVILLAINS

8/20 THURSDAY **AN EVENING WITH TEA LEAF GREEN**

8/22 SATURDAY **BERES HAMMOND**
WITH CULTURE
FEATURING KENYATTA HILL & LENYA WILKS
AND TRIBE OF KINGS

8/27 THURSDAY **MIDNITE**
WITH TRIBE OF KINGS

FOR TICKETS AND MORE INFORMATION
www.WaveHouseSanDiego.com | 858.228.9291

Rock 'n Roll

Dueling Pianos

Voted San Diego's BEST Live Music Venue

SUN, TUE, WED, THUR
Open at 7pm. Pianos at 8pm

FRI, SAT
Open at 6pm. Pianos at 6:30pm

NO COVER SUN - WED

21+

655 4th Ave, Gaslamp Quarter
For More Info & Reservations Visit TheShoutHouse.com

SAN DIEGO INTERNATIONAL BEER FESTIVAL

Friday, June 26
4:00 pm - 8:00 pm
Saturday, June 27
12:00 pm - 7:00 pm

Enjoy Unlimited 1-ounce samples from over 300 beers from all over the world while you spend the day at the San Diego County Fair!

www.sdfair.com/beer

Tickets Available at the Fairgrounds Box Office or online at Ticketmaster.com

ticketmaster

2008 Best of Show West Coast India Pale Ale Green Flash Brewery

2009 San Diego County Fair
presented by
Alhambra **Soyon**

June 12 - July 5
(closed Mondays: June 15 and 22)
www.sdfair.com/fair

Voltaire St., Ocean Beach, 619-224-1387.

Friday, 5:30pm — Jay Dancing Bear. Acoustic/indie. Free.

Oceanside Farmers' Market:

Pier View Way at Coast Hwy., Oceanside, 619-440-5027.

Thursday, 5pm — The Kyle Van Band. Bluegrass/country/rock.

Old Town State Historic

Park: 4002 Wallace St., Old Town. **Saturday, 2pm** — San Diego City Guard Band. Marches/covers/standards. Free.

Pacific Beach Bar & Grill: 860 Garnet Ave., Pacific Beach, 858-272-7278.

Friday, 6pm — Rhythm & the Method. Rock.

Patrick's II: 428 F St.,

Downtown, 619-233-3077.

Thursday, 9pm — Michele Lundeen & Blues Streak. Blues/funk/rock.

Friday, 9pm — Soul Diego. Covers Motown, soul, and blues.

Sunday and Monday, 9pm — Ronnie Lane & the Twisters. Blues/rock.

Tuesday, 9pm — Bill Magee Blues Band. Blues/soul/rock.

Wednesday — Len Rainey & the Midnight Players. Blues/jazz.

Pete's Place: 8330 La Mesa Bl., La Mesa, 619-464-9535.

Saturday, 9:30pm — Fearless in Fairweather. With Self Made Men. Rock. Free.

Poway Center for the

Performing Arts: 15498 Espola Rd., Poway, 858-748-0505.

Sunday, 3pm — Country Superstars on Stage. Tributes to Johnny Cash, Dolly Parton, Kenny Rogers, Hank

Williams, and Patsy Cline. Country. \$20-\$40.

Poway Library: 13137 Poway Rd., Poway, 858-513-2900.

Saturday, 2pm — The Jazz Pigs. Jazz. Free.

Prescott Promenade: 211 1/2 East Main St., El Cajon.

Friday, 6pm — Theo and the Zydeco Patrol. Blues/Cajun/zydeco. Free.

Radio Room: 3519 El Cajon Bl., North Park, 619-284-3323.

Friday, 8pm — Hard Fall Hearts. With Voodoo Swing and the Bleeding Irish. Punk/rock/rockabilly. \$5. 21 and up.

Sunday, 8pm — Mondo Generator. With It's Casual, Gusto, and Nick Oliver. Metal/punk/rock. 21 and up.

Monday, 8pm — She Rides. With What I Did. 21 and up.

Tuesday, 8pm — Black Skies. Rock. \$4. 21 and up.

Red Circle Café: 420 E St.,

Downtown, 619-234-9211.

Wednesday, 9pm — House of Rep. With Serg and Myson. Hip-hop/rap. Free.

Rock Bottom Brewery,

Downtown: 401 G St., Downtown, 619-231-7000.

Friday — Kahi Lofa Reggae Band. Reggae.

Saturday — Sand Box.

Ruby Room: 1271 University Ave., Hillcrest, 619-299-7372.

Saturday, 8pm — Dr. No's Fantasy. Featuring Trio Gadjo, Billy Bonell, Esencia, Christian Spicer, Viewer

Programming, Jeff Bilideau, Shani Ayanna, Lady Borgia, and John Cecon. Groove/jazz/soul. \$5. 21

and up.

OF NOTE

BY DAVE GOOD

The Scorpions, a German heavy metal band, date back to the '60s. Around that time, the trend for hard rock guitarists was to break from the blues-rock tradition by playing fast, long, clean solos that raced up and down a fretboard. Tone was sacrificed for technique, but at arena volume, who cared? The early Scorpions were a showcase for a gifted, if troubled, teenage guitarist named Michael Schenker, brother of founder Rudy Schenker. At 18, Michael was turning heads, and when he split with the Scorpions to join British head-knockers UFO, he left a large gap. But it turned out to be a fortuitous move for the Scorpions, for Schenker's replacement,

Uli Jon Roth, would propel the band to the top of the heavy metal pile over the next five years.

Roth's was the guitar style that would inspire younger shredders like Yngwie Malmsteen, and his songwriting on albums like *In Trance*, *Virgin Killer*, and *Taken by Force* created the Scorpions brand — driving, melodic hard rock decorated with monumental guitar solos. In addition, the Scorpions wrapped their albums in cover art in bad enough taste that one of them is still banned in the U.K.

Guitar heroes from that generation of rockers usually do not go quietly. Many of them are still out there, touring and getting loud whenever possible. Count Roth among them. He is playing better than he ever has, partially due to his own invention that he calls the "sky guitar," an instrument jammed with electronics — it's ugly, but it suits his purpose. Look-



ULI JOHN ROTH

ing over Roth's past set lists, one sees some old Scorpions hits, some of his own stuff, and a spate of Hendrix covers. Roth is still playing on fire, like it's 1973, like he's gotta fill Michael Schenker's shoes.

ULI JOHN ROTH: Brick by Brick, Thursday, June 25, 8 p.m. 619-275-5483. \$20 advance; \$25 day of show.

San Diego Harley-Davidson:

5600 Kearny Mesa Rd., Kearny Mesa, 858-616-6999.

Saturday, noon — Hugh Gaskins & the G String Daddies. Blues/soul/rockabilly.

San Diego Zoo: 2920 Zoo Dr., Balboa Park, 619-231-1515.

Saturday, 5pm — Adrienne Nims & Spirit Wind. Jazz/world.

Santa Ysabel Resort &

Casino: 25575 Highway 79, Santa Ysabel, 760-787-0909.

Saturday, 7pm — Paradigm. Covers/jazz/rock. Free.

Santee Trolley Square Town

Center: 9884 Mission Gorge Rd., Santee, 619-596-5677.

Thursday, 6:30pm — The Cat-illacs. Covers/rock. Free.

Schroeder's at Tango Del

Rey: 3567 Del Rey St., Clairemont, 858-794-9044.

Friday, 7:30pm — Peter Sprague. Jazz. \$10-\$15.

Sunday, 2:30pm — Jazz Divas. Featuring Rebecca Jade, Allison Adams Tucker, Coral MacFarland

Thuet and the Russell Bizzett Trio. Jazz. \$8-\$15.

Scripps Park: 1133 Coast Bl., La Jolla.

Sunday, 2pm — The Heroes Classic. Rock.

Soda Bar: 3615 El Cajon Bl., City Heights, 619-255-7224.

Saturday, 10pm — The Mice. With the Choke. Rock. 21 and up.

Soma: 3350 Sports Arena Bl., Midway District, 619-226-7662.

Friday, 6pm — Buck-O-Nine. With the Voodoo Glow Skulls, Knock-Out, Bucket of Fish, and guests. Ska/reggae. \$12.

Saturday, 5:30pm — The Summer Slaughter. Featuring Necrophagist, Suffocation, Darkest Hour, Winds

of Plague, Dying Fetus, Born of Osiris, Origin, Beneath the Massacre, After the Burial, and Blackguard. Metal/rock. \$22.

South Coast Winery Resort

& Spa: 34843 Rancho California Rd., Temecula, 951-587-9463.

Saturday, 6pm — Jeffrey Osborne. With Kirk Whalum and Gerald Albright. Jazz.

Spreckels Organ Pavilion:

2211 Pan American Rd., Balboa Park.

Tuesday, 6:15pm — U.S. Navy Band Wind Ensemble. Standards. Free.

Wednesday, 6:15pm — The Earth Movers. Blues. Free.

Spreckels Park: 601 Orange Ave., Coronado.

With host LEVI STRAUSS
\$5 drink & beer

9:30 pm - 12:30 am

karaoke

wednesdays

moondoggies

619-444-4444 • www.moondoggies.com

CALYPSO CAFE

Live Music • Full Bar • Seafood • Vegetarian
Continental • Pacific Rim

Thurs. June 25 | **Capt. Kirk & The Beam**
Me Far Up Scotty's

Fri. June 26 | **Uplift**

Sat. June 27 | **Triple Shot**

Sun. June 28 | **Rick Ross**

Mon. June 29 | **Shoreline Roots**

Tues. June 30 | **Jack Tempchin & Friends** Classic Rock

Wed. July 1 | **Blue Largo** Jazz

576 North Highway 101 • Leucadia
760.632.8252 • www.calypsocafe.net

Happy Hour Daily 5-7 pm
\$4 Wells, Sangria & Margaritas
\$4 House Wine
\$3.50 Beers
Appetizer Specials

KARAOKE ON THE PARK

with Rocky

June 26th & July 3rd 7-10 pm

\$15 food & beverage min./person

- Full bar & restaurant • Patio seating
- Open breakfast, lunch & dinner
- Casual, park-like setting
- Available for private events

Courtyard by Marriott
San Diego Rancho Bernardo
11611 Bernardo Plaza Court
Rancho Bernardo
(858) 613-2000

LADY DOTTIE AND THE DIAMONDS

EVERY MONDAY

U-31

COCKTAIL LOUNGE
3112 UNIVERSITY AVE
619-584-4188
MYSAPCE.COM/U31SD

LIVE MUSIC IN THE GASLAMP

NO COVER SUN.-THURS.

Thursday, June 25
Michele Lundeen & Blues Streak
"The Queen of Steam"

Friday, June 26
Soul Diego
"High-Energy Motown Dance Rock"

Saturday, June 27
145th St. Deluxe Blues Band
"Where the Blues Lives"

Sunday, June 28
Ronnie Lane & The Twisters

Monday, June 29
Ronnie Lane & The Twisters

Tuesday, June 30
Bill Magee Blues

Wednesday, July 1
Len Rainey & The Midnight Players

428 F Street • Downtown • (619) 233-3077 • www.patricksi.com



HUMPHREYS BACKSTAGE LIVE

humphreysbackstage.com
2241 Shelter Island Drive
619.224.3577

Thursday, June 25
8 pm • Singer/Songwriter
Gary Jules

Friday, June 26
9:30 pm • Disco/Dance
Makai



Saturday, June 27
6 pm • Jazz/Folk/Orchestral Pop
Roman Palacios
9 pm • Disco/Dance
Rising Star



Sunday, June 28
8 pm • Smooth Jazz
Darryl Williams



Monday, June 29
7 pm • Blues Guitar
Robin Henkel

Tuesday, June 30
7 pm • Billy Joel Tribute Band
52nd Street Tribute to Billy Joel

Wednesday, July 1
8 pm • Rock, Blues
Buick Wilson Band

Upcoming Shows: 7/11 **Insomniacs** • 7/18 **The Southern Troubadours** featuring **Anders Osbourne, Clarence Bucaro, & Johnny Sansene** • 8/9 **Eldridge Jackson**

HAPPY HOUR
EVERY DAY 5-7 PM
1/2 OFF ALL DRINKS & FOOD
Excludes holidays & concert nights.

Don't Miss Your Chance to Win \$250,000!

Play The Big Draw Every Wednesday

Receive free drawing entries daily, then earn additional entries through slot and table game play. If your name is chosen, you're guaranteed to win cash or prizes. And if you win the chance to pick from The Big Draw gameboard, you could win \$250,000!

PLUS!
WIN UP TO \$100,000
IN CASH & PRIZES!



5 FREE ENTRIES!
Every Wednesday in-club!
Valid only with this coupon. Management reserves all rights.
Expires: 7/1/08

BIG DRAW

Only at Valley View Casino!

FREE all-you-can-eat **LOBSTER BUFFET!**
Offer to for new Players Club members. Please present coupon when joining the club. Membership is free! Valid for lunch or dinner. lobster served at dinner only. Management reserves all rights.
Expires: 8/24/08

PLUS! Get \$20 MOREPLAY™ that's Free Slot Play! when you earn 18 points in a 24 hour period.

VALLEY VIEW CASINO

San Diego's Favorite™

1-866-VIEW-WIN • ValleyViewCasino.com

IT TAKES MORE THAN JUST BLACK JACK! VISIT US AT 1660 CAPALINA RD. IN SAN MARCOS TO ENJOY THE CASINO, RESTAURANTS, ROOMS AND CONCERTS. MANAGEMENT RESERVES ALL RIGHTS.

ZAPP LEGENDS OF FUNK!

More Bounce to the Ounce • Dance Floor • Computer Love • So Ruff So Tuff
Doo Wa Ditty • Heartbreaker • I Can Make You Dance & Many More



Special Guest:
Rob Base
"It Takes Two"
"Joy & Pain"



SATURDAY JULY 11

Doors open at 8 pm
Early arrival suggested

4th and B

345 B Street, Downtown
www.4thandBevents.com

Tickets available at:
ticketmaster

www.ticketmaster.com
and at the
4th & B Box Office
619-231-4343

in concert

ZAPP is back by popular demand. Performing their many hits with an all-new live and exciting show!

The Jumping TURTLE

"North County's True Music House"

THIS WEEK

THURSDAY 6-25

FUZZ-HUZZI
SUMMERSET
ELM STREET ROCKERS
VONZELES • PARENTS

FRIDAY 6-26

SLUMBERLAND
SEQUENCE
ALMOST ATLANTIC
DOWN TO THE WIRE

SATURDAY 6-27

IRIESIDE

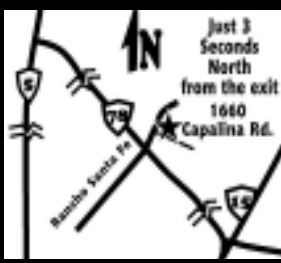
SUNDAY 6-28

SHREWD LUCY
DOWNFALL 2012
SWEET EVERAFTER • JEKYL

UPCOMING SHOWS (See our website for more info):

WEDNESDAY 7-8

MOBILE DEATHCAMP
(Featuring members of Gwar)
PASS THE AXE



"Best Live Music Venue in San Diego 2007" - AOL City Guide

1660 Capalina Rd., San Marcos
760-471-7778

www.thejumpingturtle.com

Bring in your wireless computer and take advantage of The Turtle's wireless technology!!
Check e-mail, surf the Web or research while you enjoy the atmosphere, FREE!
www.thejumpingturtle.com

Sunday, 6pm — Navy Band Southwest Jazz. Jazz/standards.

Stagecoach Park: 3420 Camino de los Coches, Carlsbad.

Friday, 6pm — Nathan and the Zydeco Cha Chas. Zydeco. Free.

Surf N' Saddle: 123 West Plaza St., Solana Beach, 858-755-9474. *Saturday*, 9:30pm — Foo U. Rock. Free.

Thumbprint Gallery: 3925 Ohio St., North Park, 858-354-6294. *Saturday*, 9pm — Afterschoolspecial. In conjunction with group art exhibition. Alternative/hip-hop/rock.

Tiki House: 1152 Garnet Ave., Pacific Beach, 858-273-9734. *Thursday*, 9:30pm — Bad Habits. Rock.

Friday, 9:30pm — Slim Crowbar & the IOUs. Rock. *Saturday*, 9:30pm — Big Back Yard. Funk/rock/soul.

Tio Leo's: 6333 Mission Gorge Rd., Grantville, 619-280-9944. *Friday* — The Main Event. Rock. 21 and up.

U-31: 3112 University Ave., North Park, 619-584-4188.

Monday — Rhythm & the Method. Rock.

Wednesday, 9pm — The Smart Brothers. With Syndicate, Westfire, and guest. Acoustic/bluegrass/blues. \$5.

Viejas Casino DreamCatcher Show Room: 5000 Willows Rd., Alpine, 619-445-5400.

Saturday, 9pm — Detroit Underground. Covers/standards.

Sunday, 9pm — Ultimate Music Challenge 3 Finals. Featuring final-

ists from the competition. Free. 21 and up.

Wine Cabana: 2539 Congress St., Old Town.

Sunday, 5pm — Bob Bartosik. Jazz. Free.

Wine Steals: 1953 San Elijo Ave., Cardiff, 760-230-2657.

Thursday, 7pm — Robin Henkel. Blues/funk/jazz.

Winstons: 1921 Bacon St., Ocean Beach, 619-222-6822.

Sunday, 5pm — Stacey and the Stimulus Package. Acoustic/soul.

WorldBeat Cultural Center: 2100 Park Bl., Balboa Park, 619-263-7911.

Friday, 8:30pm — Bushman. Reggae. \$15-\$18.

UPCOMING SHOWS

AcousticMusicSanDiego: 4650 Mansfield St., Normal Heights, 619-303-8176.

July 10 — The Lovell Sisters.

July 18 — Stan Ridgway.

August 1 — We Five.

August 9 — Jesse Winchester.

August 29 — I See Hawks in L.A.

September 10 — Cheryl Wheeler.

October 25, October 25 — Catie Curtis.

October 30 — Tim Flannery.

November 6 — The Battlefield Band.

December 4 — Tom Russell.

Anthology: 1337 India St., Little Italy, 619-595-0300.

July 2, July 3 — Ben Vereen.

July 4 — Gary Seiler & the Buffed Out Band.

July 8 — Preservation Hall Jazz



>hometown CDs

BY ROSA JURJEVICS

Album: *Lead the Parade* (2009)

Artist: Sara Petite

Label: Manatease Records

Where available/price: sarapetite.com for \$12.99; iTunes for \$9.99

Songs: 1) Lead the Parade 2) The Secret 3) Little House 4) Paris Incident 5) Heaven Bound 6) Buy Me a Ticket 7) Coming on Strong 8) Dead Man Walking 9) Uncle Irving 10) Little Girl 11) Six Smiles 12) Moonshine

Band: Sara Petite (guitar, vocals), Jesse Harris (electric guitar, bass), Rick Wilkins (electric guitar, mandolin, banjo, vocals), Shawn Rohlf (banjo), Steve Peavey (banjo, mandolin, lap steel, electric guitar, acoustic guitar, vocals), Dave Banjoski (banjo, guitar), Chris Clarke (mandolin, guitar, harmonies), Jim Austin (upright bass), Annie Dru (harmony vocals)

Website: sarapetite.com

Sara Petite, at first listen, sounds not unlike a (very) country version of Metric's Emily Haines, but the sim-

ilarities stop there; where Haines's voice possesses an ethereal quality, Petite's has the confident folk twang of a childhood per-

former. Against a banjo backdrop, her album is 12 tracks of "Americana," a fancy word for it would seem, any country music that is not Top 40 material.

In one of the more puzzling bluegrass traditions, many of Petite's songs are at a breakneck speed ("Little House," for example), rife with mandolin and guitar-picking patterns that, at times, overpower the vocals. Petite's style, however traditionally "country," is sweet, while the backing instrumentals tend to be too cute.

Breaking the mold slightly is the track "Paris Incident," which features well-placed elements of country (a pleasant violin interlude, most notably), and "Heaven Bound" is a calm interlude among the frantically paced songs.

Lyricaly, Petite is not the most advanced; for example, on "Little House," she proclaims, "My little dog's the size of a



Sara Petite

pollywog," perhaps the album's weakest point. Overall, it's a good choice for a square dance but may not resonate beyond the barn.

TO GET YOUR LOCAL CD REVIEWED, PLEASE MAIL IT TO:

Music Editor, Hometown CDs, San Diego Reader, P.O. Box 85803, San Diego, CA 92186-5803

Band.

July 9 — Mandrill.

July 11, July 12 — Ottmart Liebert.

July 16 — Tyrone Wells.

July 17, July 18 — Earl Klugh.

August 1 — Martinis & Sinatra.

August 1 — Wild Child.

August 2 — Marcus Johnson.

August 26 — The Duhks.

September 4 — Bettye Lavette.

September 23, September 24 — Stanley Jordan.

October 7, October 8, October 9 — Shawn Colvin.

October 16 — Michael Burks.

October 23 — Blues Lavay Smith and Her Red Hot Skillet Lickers.

November 19 — Jake Shimabukuro.

Belly Up Tavern: 143 South Cedros Ave., Solana Beach, 858-481-8140.

July 2 — '80s Heat.

July 4 — Dead Man's Party.

July 7 — The Devastators.

July 8 — The Surrender.

July 9 — Venice.

July 10, July 11 — The Greyboy

Allstars.

July 13 — Blitzen Trapper.

July 15 — Hot Buttered Rum.

July 20 — Cage.

July 23 — X.

August 3, August 4 — Toots and the Maytals.

August 5 — Dave Alvin & the Guilty Women.

50 QUALITY BEERS ON DRAUGHT



WE SPECIALIZE IN BELGIAN BEERS

Open 11:30 am-12 midnight
Happy Hour until 5 pm

NOW POURING CASK BEERS!

Food served all day

4026 30th Street • North Park
619-282-0456 • www.toronadoSD.com

the Filling Station

PUB & GRILL

EVERY NIGHT

Karaoke Nights

David Kelly's
All Starz Entertainment
(Best Host 5 Years Running)
Over 35,000 songs
on an awesome sound system.

MONDAYS **\$2 Kamikazes** Rock band till 9 pm

TUESDAYS **Game Night** Nintendo, X-Box & board games
Game shot specials! Rock band till 9 pm

WEDNESDAYS **Premium Beer \$3.50/pint**

THURSDAYS **Customer Appreciation**
\$1.75 Pints & \$6 Pitchers after 7 pm • FREE Pool at 7 pm

FRIDAY & SATURDAY NIGHTS **DJ Dance Party** 9 pm-1 am
Dance to your favorites — Over 65,000 songs for your pleasure!
Saturday: \$3 Bloody Marys

SUNDAYS **Free Pool All Day** \$3 Mimosas

Dancing • Pool • Karaoke • Food • Fun • DJ
Entertainment every night • Rock band every night until 9 pm
Free Nacho Bar Mon.-Thurs. 4-7 pm and Taco Bar Fri. 4-7 pm!

9522 MIRAMAR ROAD • 858-578-0757
Northeast corner of Miramar Road & Black Mountain Road

THE COMEDY STORE

Friday & Saturday • June 26 & 27 • 8 & 10:30 pm

Eddie Brill
From *The Late Show*
with David Letterman

Jeff Altman
A Hollywood
Comedy Store Favorite

Carrie Snow
From *An Evening at The Improv*

4 FREE ADMISSIONS GOOD WED, THURS, & SUN.
Excludes Special Events. Subject to Availability.
Reservations REQUIRED with this ticket.

To purchase tickets, call (858) 454-9176
916 Pearl Street • La Jolla • www.comedystorelajolla.com
Must be 21 — All shows 2-drink minimum

McDini's Diner & Music presents

THURSDAY June 25th 9pm **Live HIP-HOP** Featuring: @Daizer Uno, @Decimal, @Mike Williz, @Jewels P., @Agents of Influence

FRIDAY June 26th 8:30pm **Malosi Band** SAMOAN REGGAE with.....

SATURDAY June 27th 8:30pm **PAL ROOTS** America's #1 Polynesian Reggae Band

SUNDAY June 28th 8pm **McDini's en ESPAÑOL** Grupo Internacional **KAWSAY** Una vez mas, porque ustedes lo pidieron, el mejor grupo sonidero y versatil..... Nuestra palabra favorita "GRATIS" (no cost!!)

CELEBRATE JULY 4th UNDER THE STARS OF McDINI'S, DURING OUR 120th B-DAY BASH! 3 BANDS. LIVE! FREE BARBEQUE! San Diego's Top Music Venue, 7 days a week!!!!

McDini's Diner & Music NATIONAL CITY*105 East 8th ST*91950 info: (619) 474-6772 Spanish (619) 336-0177

DREAM STREET LIVE
2228 Bacon Street • Ocean Beach
619-222-8131
www.dreamstreetlive.com

Now Hiring Bartenders

THURS. JUNE 25 LIVE MUSIC • ALT ROCK • FEATURING
One I Red • Tiny Teeth • The Ghost Orchid

FRI. JUNE 26 LIVE MUSIC • ALT ROCK • FEATURING
**Hypnotic Odyssey • Strike the Design
Glasshouse • Los Hollywood
Creem City**

SAT. JUNE 27 LIVE MUSIC • ALT ROCK • FEATURING
**Unwynd • Roxy Monoxide
Pick Up Girl • Lands On Fire
The Ramblers**

SUN. JUNE 28 SUNDAYZ • LIVE MUSIC • ROCK/REGGAE • FEAT.
**The Optimators • Self Made Men
Steel Foundation**

TUE. JUNE 30 SK8MAFIA PRESENTS ANGRY JONNY'S SKATE VIDEO-A-GO-GO FEATURING
Bones Brigade "The Search for Animal Chin"
\$7.50 Natty Ice Pitchers • \$5 Irish Car Bombs • \$4 Guinness Pints
\$2.50 Rolling Rock • \$2.50 PBR & Coors Cans • \$1.50 Kamikaze Shots

WED. JULY 1 LIVE MUSIC • METAL • FEATURING
**Enthrawler • Shadows Entwined
Melissa Trinchere • Special Guests**

Now booking all genres. Call Billy or Drew: 619-222-8131
Attention bands! Check us out on MySpace:
myspace.com/dreamstreetlive

BellyUp
143 South Cedros Ave. Solana Beach Rockin' Since '74!

TICKETS & INFO
www.BellyUp.com • 858-481-8140
BE A BellyUp VIP!
SIGN UP ONLINE!
Sign up for our Belly Up VIP - E-mail List for a chance to win a 6-pack of tickets to our Club Up and Up night June 30 - Live Bands and DJ Dance Party!

CARBON LEAF TREVOR HALL THURSDAY 6/25 • 9 PM	THE MIKEY SHOW TOUR 2009 MIKEY, EDDIE, SKY, ASHLEE & BOSTON ROB EARLY SHOW! Rock 105.3 Live broadcast! FRIDAY 6/26 • 5 PM	REGGAE NIGHTS presents THE DIRTY HEADS STRANGER FRIDAY 6/26 • 9 PM	SWITCHFOOT BRO-AM AFTER PARTY FICTION FAMILY STRIPES AND LINES ALEX WOODARD MOLLY JENSEN SATURDAY 6/27 • 9 PM
BLUES MATINEE NATHAN JAMES AND BLUE LARGO SUNDAY 6/28 • 4 PM	SALSA Orquesta Prima Includes Dance Lesson! SUNDAY 6/28 • 8 PM	FILTER MAGAZINE PRES. CLUB UP AND UP FEAT. BURNING OF ROME Q'EST QUE C'EST \$1 OFF IF YOU WEAR A TANK TOP! DJ LORD NELSON AND DJ BARAK LIVE BANDS AND DANCE PARTY! TUESDAY 6/30 • 9 PM	THE ITALS ISHMAEL AND THE PEACEMAKERS WEDNESDAY 7/1 • 9 PM
80s HEAT Cash prizes for most patriotic '80s costumes! NIGHTS OF MONTE CARLO THURSDAY 7/2 • 9 PM	EXCLUSIVE SHOW TBA 6/26. ONLY BELLY UP VIPs WILL BE ABLE TO PURCHASE TIX! ? SIGN UP AT BELLYUP.COM FRIDAY 7/3 • 9 PM	DEAD MAN'S PARTY PLAYING "NOTHING TO FEAR" ALBUM 4TH OF JULY BASH! STILL ILL SATURDAY 7/4 • 9 PM	RUB-A-DUB TUESDAYS! THE DEVASTATORS DUB TRAFFIK CONTROL DJs TUESDAY 7/7 • 9 PM
THE SURRENDER THE JANKS DON'T BORE NINA WEDNESDAY 7/8 • 8 PM	VENICE BAKER THURSDAY 7/9 • 8 PM	THE GREYBOY ALLSTARS TWO NIGHTS! W/GUEST FRI 7/10 & SAT 7/11 • 9 PM	FIREHOUSE SWING MATINEE THE SWINGIN' KINGS JUST ADDED! Includes Dance Lesson! SUNDAY 7/12 • 4 PM
BE A STAR! LIVE BAND KARAOKE FEAT. STEEL ROD SUNDAY 7/12 • 8 PM	FM 94.9 PRESENTS BLITZEN TRAPPER LOCH LOMOND MONDAY 7/13 • 9 PM	RUB-A-DUB TUESDAYS! ROOTS COVENANT DUB TRAFFIK CONTROL DJs TUESDAY 7/14 • 9 PM	HOT BUTTERED RUM DEADLINE FRIDAY FRUITION WEDNESDAY 7/15 • 8 PM

JUST ADDED!
7/19 Blues Matinee w/145th Street Feat. Billy Watson
8/2 Rebellion w/Iration and Tribal Seeds - on sale tomorrow at noon!
8/6 Bedford Grove and Pullman Standard - San Diego 6-CW Your Song for San Diego Show! • 8/17 D12
8/21 The Devastators w/Stranger • 8/26 Built to Spill
10/16 An Evening with Jaguares - on sale tomorrow at noon! • 11/4 Dinosaur Jr. - on sale Friday!

UPCOMING SHOWS:

7/16 Three Mile Pilot	7/30 Bedouin Soundclash	8/25 Rub-A-Dub Tuesdays - Prezident Brown w/Dub Traffik Control DJs
7/17 Gzezer (Weezer Tribute) w/1-90s (90s cover band & Generator (Bad Religion Tribute)	7/31 80's Fever w/Final Warning	8/27 JJ Grey and Mofro w/The White Buffalo
7/20 Cage w/Yake Ballz	8/1 Elijah Emanuel and the Revelations	8/28 Richie Spice and Spanner Banner
7/21 Rub-A-Dub Tuesdays - Fully Fullwood and the Fully Fullwood Band pres. Tosh Meets Marley w/Dub Traffik Control DJs	8/3 & 8/4 Toots and the Maytals	9/1 & 9/2 Israel Vibrations
7/22 Squirrel Nut Zippers	8/5 Dave Alvin & The Guilty Women	9/4 Johnny Winter
7/23 X	8/7 Michael Rose	9/10 Eddie Money
7/24 Hi Roots (Sublime tribute) w/ Shoreline Roots (Bob Marley tribute)	8/8 Stepping Feet	9/12 Pine Mountain Logs
7/25 Pato Banton	8/11 Rub-A-Dub Tuesdays - Jah Bloodfiah	9/24 Iris Dement
7/26 Stephen Malkmus	Angels w/Dub Traffik Control DJs	9/25 John Brown's Body
7/27 Chub Up and Up feat. Irradio, CBOT & The Paperwork	8/12 Dickey Betts	9/26 Young Dubliners
7/28 Rub-A-Dub Tuesdays - Stranger w/Dub Traffik Control DJs	8/13 Dr. John and James Cotton "Superharp" Band	10/3 A Stevie Ray Vaughan Birthday Celebration feat. Alan Iglesias and Crossfire
7/29 Luciano	8/16 Beto Cuevas	10/8 Groundation
	8/18 Rub-A-Dub Tuesdays - Get Your Dub On w/Dub Traffik Control DJs	10/13 The Streets
	8/20 Cody Chesnutt	10/20 Bob Mould Band
	8/22 Arrested Development	11/14 Keller Williams
	8/23 Les Nubians	11/22 B.B. King
	8/24 Alpha Blondy	12/13 Average White Band

FRIDAYS SWINGIN' HAPPY HOURS
6/26 **Mikey Show** Buick Wilson Band cancelled. Check website for new date.
7/10 **The Fabulous Pelicans**

SALSA SUNDAY!
6/28 • 7/19

Free parking! Low service charges! Great bar prices! bellyup.com

Dine before the show and skip the line...next door at the Wild Note Cafe!

ONYX THIN

SATURDAY JUNE 27, 2009

ALL DONE UP HAIR & FASHION SHOW

MUSIC BY
**DJ RAGS
& DJ SCHOENY**

PHOTOS BY
KLUBCIRCUIT.COM

COMPLEMENTARY TICKETS ARE AVAILABLE @

BELLI BELLI HAIR SALON TALI G'S
(858) 270-2288 BELLIBELLI.COM (760) 931-0161

TICKETS & DETAILS:
LIFTEDHOUSE.NET | ONYXRROOM.COM

ONYX LIFTED   THIN

NEXT WEEK
FRIDAY JULY 3, 2009

A PRE-4TH OF JULY CELEBRATION

W/ MISS LISA - AYL
HIP HOP KARAOKE & MUCH MORE

LIFTED 

VIP & TABLE SERVICE AVAILABLE: 619.235.6699
ONYX / THIN 852 FIFTH AVE, SAN DIEGO, 92101

August 8 — Stepping Feet.
August 20 — Cody Chestnutt.
August 22 — Arrested Development.
August 24 — Alpha Blondy.
August 27 — JJ Grey.
September 1, September 2 — Israel Vibration.
September 10 — Eddie Money.
October 8 — Groundation.
October 20 — Bob Mould.
November 14 — Keller Williams.
November 22 — B.B. King.
December 13 — Average White Band.

Canes: 3105 Ocean Front Walk, Mission Beach, 858-488-1780.
July 2 — Spitfiah.
July 3 — The Supersuckers.
July 4 — Jacqueline Grace.
July 10 — Tony Tuff.
July 11 — Tainted Love.
July 17 — Eek-A-Mouse.
July 18 — Devin the Dude.
July 19 — Jim Rose Circus.
July 20 — Clutch.
July 22 — The Wailing Souls.
July 24 — Latin Funk Festival.
July 31 — Mutaytor.
August 14 — Method Man & Redman.
August 19 — Jedi Mind Tricks.
August 26 — Lee "Scratch" Perry.
August 27 — George Clinton.
August 28 — Fat Joe.
September 4 — The Pharcyde.

The Casbah: 2501 Kettner Bl., Little Italy, 619-232-4355.
July 3 — Jivewire/One Nation Under a Groove.
July 4 — Lady Dottie & the Diamonds.
July 6 — Strange Boys.
July 9 — Dirty Projectors.

July 12 — Natalie Portman's Shaved Head.
July 14 — Mika Miko.
July 15 — The Germs.
July 16 — The Donnas.
July 18 — The Builders and the Butchers.
July 21 — Girl in a Coma.
July 22 — Ryan Bingham.
July 24 — Castiotone for the Painfully Alone.
July 27 — The Handsome Family.
July 30 — Stellastarr.
August 3 — Lymbyc System.
August 5 — Bowerbirds.
August 26 — The Dirtbombs.
September 17 — The Charlatans.
October 14 — The Jesus Lizard.

Cox Arena: 5500 Canyon Crest Dr., SDSU, 619-594-6947.
July 18 — Il Divo.
July 19 — Joan Sebastian.
August 20 — Green Day.
August 21 — Kings of Leon.

Cricket Wireless Amphitheatre: 2050 Entertainment Circle, Chula Vista, 619-671-3600.
July 9 — Incubus.
July 10 — Rise Against.
July 11 — 311 and Ziggy Marley.
July 16 — Coldplay.
July 25 — Slightly Stoopid and Snoop Dogg.
July 28 — The Fray.
August 8 — No Doubt.
August 13 — Toby Keith.
August 14 — Depeche Mode.
August 22 — Vans Warped Tour.
September 5 — Nickelback.
September 9 — Def Leppard and Poison.
September 12 — The Dave Matthews

Band.
September 16 — blink-182.
October 2 — Brad Paisley.
October 10 — Marco Antonio Solis y Pepe Aguilar.
October 16 — Jimmy Buffett.

Del Mar Fairgrounds: 2260 Jimmy Durante Bl., Del Mar, 858-755-1161.
July 3 — Joan Jett and the Blackhearts.
July 4 — Smokey Robinson.
July 5 — Kelly Clarkson.
July 5 — Gabriella.
July 24 — G. Love & Special Sauce.

Dizzy's: 200 Harbor Dr., Downtown, 858-270-7467.
July 3 — Dusty Brough.
July 8 — Gregory Page & Peter Bolland.
July 10 — Southern Exposure CD Celebration.
July 11 — Gilbert Castellanos Quintet.
July 12 — Ray Barbee Meets the Mattson 2.
July 17 — Shades of Django.
July 18 — Steve White and Jack Tempchin.
July 19 — Patricia Talem.
July 31 — Astor Piazzolla.
August 16 — Cold Sweat Sextet.
August 21 — Michael Gulezian.

East Village: 13th & K Streets, Downtown.
August 28, August 29 — Street Scene 2009.

Hard Rock Hotel: 207 Fifth Ave., Downtown, 866-751-7625.
September 26 — Sugar Ray.

Harrah's Rincón: 777 Harrah's Rincón Way, Valley Center, 760-751-



"Your Friendly Neighborhood Bar"
1542 N. Coast Hwy. 101
Leucadia • 760.753.2094

Happy Hour 4-7 pm daily
\$2.75 Wells • \$2.50 Beer-of-the-Month
4 Regulation Pool Tables
Shuffleboard • Darts
Free Pool Tues.-Thurs. 11 am-7 pm
Wireless Internet Available

Live Music • No Cover

Thursday, June 25
DJ - Hip-Hop/Funk

Friday, June 26
Nude BBQ

Saturday, June 27
Wally World

4th Sunday of the Month
"Surf Bands" 4 pm

Bartending Academy

1 to 2 week course
Weekend classes available
Job Placement Assistance

Call for information:
619-296-0600



Live at the Kraken!

Blues • Dance
Rock 'n' Roll

The bar with a definite beach atmosphere

6 TVs • 2 Satellites
Pinball Games
Pool Tables • ATM

On Highway 101
Restaurant Row
Cardiff • (760) 436-6483
www.myspace/thekrakenbar



BC's BBQ: Sat. and Sun. Noon 'til Midnight

Thursday, June 25 • No Cover

3 EZ PIECES

Friday, June 26 • No Cover

SERIOUS GUISE

Saturday, June 27 • No Cover

GHOST RIDERS (Day)
SERIOUS GUISE (Night)

Sunday, June 28 • No Cover

BLUES JAM anchored
by the **BLUES BROKERS**

SERIOUS PLAYERS ONLY!

Mondays and Tuesdays

DOUG ALLEN of the **MAR DELS**

Wednesday, July 1 • No Cover

**FRANKIE-DEE & THE
FUNK-NATRA BAND**

SAN DIEGO SYMPHONY



Summer Pops 2009

presented by **Sycuan** CASINO



Enjoy One of the Finest
Outdoor Concert Venues

in the World!



Matthew Garbutt,
Principal Summer Pops Conductor

CABARET TABLE SEATING STARTS AT JUST \$32!

TUX 'N TENNIS SUMMER BASH
and CONCERT
starring **GLADYS KNIGHT**
SAT, JUNE 27

STAR SPANGLED POPS
conducted by **MARVIN HAMLISCH**
FRI, SAT & SUN, JULY 3, 4 & 5

DIONNE WARWICK
FRI & SAT, JULY 10 & 11

TARGET FREE FAMILY CONCERT
SPRECKELS ORGAN PAVILION
BALBOA PARK
SUN, JULY 12, 5:30pm

MOTOWN'S GREATEST HITS
starring **SPECTRUM**
FRI & SAT, JULY 17 & 18

JOHN PIZZARELLI
SUN, JULY 19

VIDEO GAMES LIVE
THURS, JULY 23

UP, UP AND AWAY starring
MARILYN MCCOO & BILLY DAVIS, JR.
FRI & SAT, JULY 24 & 25

CIRQUE DE LA SYMPHONIE
FRI & SAT, JULY 31 & AUGUST 1

BRAVO BROADWAY NOW
FRI & SAT, AUGUST 7 & 8

POPS GOES CLASSICAL
PASSPORT TO THE WORLD:
A NIGHT IN ITALY
SUN, AUGUST 9

CLASSICAL MYSTERY TOUR
FRI & SAT, AUGUST 14 & 15

BURT BACHARACH
SUN, AUGUST 16

JOSÉ FELICIANO
FRI & SAT, AUGUST 21 & 22

THE MUSIC OF THE DOORS
THURS, AUGUST 27

MELISSA MANCHESTER
FRI & SAT, AUGUST 28 & 29

1812 SPECTACULAR...
TCHAIKOVSKY & FRIENDS
FRI, SAT & SUN, SEPTEMBER 4, 5 & 6

7:30pm start time • Table seating • Fireworks after most concerts
Embarcadero Marina Park South, behind the Convention Center



CALL 619.235.0804
www.sandiegosymphony.com

CANES

music • food & spirits

THURSDAY, JUNE 25 HIGHER MINDS BRENDAN B DJ RATSTAR	FRIDAY, JUNE 26 BLASPHEMOUS RUMOURS <small>(Depeche Mode Tribute)</small> SUN KING <small>(Tribute to the Cult)</small>	SATURDAY, JUNE 27 IRON MAIDENS <small>(All-Female Tribute to Iron Maiden)</small> EMPYRE <small>(Queensryche Tribute)</small> DIRTY LESLIE
SUNDAY, JUNE 28 FREE REGGAE SUNDAYS EVERY SUNDAY 4-6 PM PROJECT OUT OF BOUNDS	THURSDAY, JULY 2 REVIVAL BREDREN SPITFIYAH	FRIDAY, JULY 3 HARD FALL HEARTS
SATURDAY, JULY 4 ROCK OUT <small>"The Show"</small> KARAOKE™ LIVE BAND KARAOKE	TUESDAY, JULY 7 Z Entertainment & 244 Productions present Independence Day Aftermath Industry Party DJS THERON, MYRON EUGENE & RIFAT	FRIDAY, JULY 10 Organika presents TONY TUFF & FRANKIE PAUL
SATURDAY, JULY 11 Tainted Love <small>(80's Tribute)</small> DJ DEMON	FRIDAY, JULY 17 E EK-A-MOUSE HIGH TIDE PROJECT OUT OF BOUNDS	SATURDAY, JULY 18 Sean Healy presents DEVIN THE DUDE
SUNDAY, JULY 19 THE JIM ROSE CIRCUS vs. JAKE "THE SNAKE" ROBERTS	MONDAY, JULY 20 BARONESS • LIONIZE	WEDNESDAY, JULY 22 WAILING SOULS CUALLI • HI ROOTS DJ IRIE EYES & SELECTA FARI
FRIDAY, JULY 24 Latin Funk Festival CULTURA PROFETICA LOCOS POR JUANA BAYONICS ELIJAH EMANUEL	SATURDAY, JULY 25 Cash Out <small>(Tribute to Johnny Cash)</small> PUSHIN' ROPE	FRIDAY, JULY 31 VOKABKOMpany

8/14: **METHOD MAN, REDMAN & GHOSTFACE KILLAH** • 8/19: **JEDI MIND TRICKS**
 8/22: **KILLERS OF COMEDY** • 8/26: **LEE SCRATCH PERRY** • 8/27: **GEORGE CLINTON**
 8/28: **FAT JOE** • 9/4: **THE PHARCYDE**



Outdoor Oceanfront Dining
Lunch & Dinner Daily
Weekend Breakfast
Happy Hour Mon.-Fri.
Private Parties & Banquets
Plenty of FREE Parking

3105 Ocean Front Walk
Mission Beach
858.488.1780
canesbarandgrill.com
myspace.com/canesmusic

**NEW LOCATION!
COMPLETELY REMODELED!**

EL CAJON *Grand*
El Cajon's Oldest Kjsaan Bar



**DJ dancing
Friday**

All night! 8:30 pm-1:30 am



Dance to the best of Classic Rock and all your other favorites with DJ Neko!

SUNDAY:

Horseshoe Tournament.
Signups start at noon.
Free burgers.

MONDAYS: Beer Pong • In-house pool tournament

TUESDAYS: In-house dart tournament

WEDNESDAYS: DJ Neko spinning '80s Classic Rock

351 West Main Street • El Cajon • 619-444-0949

3100.

July 4 — Stone Temple Pilots.
August 23 — Tom Jones.
September 11 — Gary Allan.
September 26 — Chickenfoot.
October 4 — Vince Gill.

House of Blues: 1055 Fifth Ave.,
Downtown, 619-299-2583.

July 2 — Noches Rockeras.
July 8 — Copeland.
July 9 — Pete Yorn.
July 10 — Nat and Alex Wolff.
July 11 — Led Zepagain.
July 12 — Bone Thugs-N-Harmony.
July 12 — Boyce Avenue.
July 15 — Arc Angels.
July 16 — Toadies.
July 17 — All.
July 19 — Eric Hutchinson.
July 22 — Richard Cheese & Lounge
Against the Machine.
July 23, July 24, July 25 — Bear
McCreary.
July 26 — Van Hunt.
July 29 — Gloria Trevi.
July 30 — Angel Taylor.
July 31 — 40 Oz. to Freedom.

August 2 — Gomez.

August 3, August 4 — Toots & the
Maytals.
August 5 — Pat Green.
August 6 — Los Amigos Invisibles.
August 12 — Dumpstaphunk.
August 19 — The Cult.
August 21 — Atmosphere.
August 23 — Babasónicos.
September 4 — Mitchel Musso.
September 9 — Paolo Nutini.
September 12 — Maximo Park.
September 13 — Lupillo Rivera.
September 16 — The Gaslight
Anthem.
September 18 — Gov't Mule.
September 21 — Flogging Molly.
October 1 — Robert Earl Keen.
October 11 — Mutemath.
October 18 — KMFDM.
October 22 — Lila Downs.
November 4 — Boyz II Men.

Humphrey's by the Bay: 2241
Shelter Island Dr., Point Loma, 619-
224-3577.

July 8 — Yes.
July 9 — Heart.

**Have Fun!
Learn to Dance!**



First private lesson
only \$10
New students only



330 W. Felicita Ave.

dancestudioscondido.com

Escondido

760-747-0684

San Diego's #1 Irish Pub

- Never a cover!
- Crazy specials like \$3 Heineken all day and night



- Happy Hour 3-8 pm every day
- 11 am-3 pm weekends
- \$3 wells, \$5 shot + a pint, \$8/\$10/\$12 pitchers

Our motto:
Love, Friendship, Loyalty

Thursday

Pali Roots with DJ Carlos Culture

- First 30 peeps at 9 pm get a free gift (\$3 Red Stripes)

Friday

Old Devil and Friends

Saturday

OB Street Fair with Dannicus and DJ R2

Sunday

OB Street Fair Hangover Cure

and **Matt Cook** Live 8 pm

Monday Open mic

with Jody Wood from Old Devil!!! ▪ \$4 vodka Rockstars

Tuesday

Game Night with giant Jenga, wii, and much more
\$2.75 wells

Wednesday

OB Hip-Hop Nights with Destructo Bunny

Come watch all baseball and live games
on our 32" HD TVs.

Gallagher's
PUB

5046 Newport Ave., O.B. ▪ 619-222-5300

www.gallagherspubob.com

www.myspace.com/gallagherspubob

July 10 — Joan Baez.

July 12 — The Indigo Girls.
July 14 — Gregg Allman.
July 15 — The Cowboy Junkies.
July 16 — Tori Amos.
July 19 — Jewel.
July 20 — Tears for Fears.
July 21 — The Moody Blues.
July 22 — Hapa.
July 26 — Chicago.
July 28 — George Thorogood and
the Destroyers.
August 2 — Hippiest: A Concert
for Peace and Love.
August 7 — The Alan Parsons Live
Project.
August 10 — Diana Krall.
August 11 — Lyle Lovett.
August 13 — Jackson Browne.
August 14 — America.
August 21 — Tower of Power.
August 25 — Chris Isaak.
August 28 — Dave Koz.
August 30 — Susan Tedeschi.
September 4 — Bob Weir and
RatDog.
September 11 — Air Supply and
Christopher Cross.
September 16 — John Legend.
September 17 — Bon Taj Roulet.
September 18 — LeAnn Rimes.
September 21 — The Australian Pink
Floyd Show.
September 25 — The Beach Boys.
September 26 — Keali'i Reichel.
September 27 — Pink Martini.
September 28, September 29 —
Crosby, Stills, & Nash.
October 2 — Chris Botti.
October 4 — Cecilio & Kapono.
October 14 — Jesse Cook.
October 15 — Loggins & Messina.

Oceanside Pier Plaza

Amphitheatre: 200 North the
Strand, Oceanside, 760-435-5540.
July 18 — Country Fest North.

Open Air Theatre: 5500
Campanile Dr., SDSU, 619-594-
6947.

August 4 — Judas Priest.

Pala Casino: 35008 Pala Temecula
Rd., Pala, 877-946-7252.

July 12 — Michael McDonald and
Boz Scaggs.
July 29, July 30 — Journey.
August 7 — Bonsallpalooza.

August 9 — Diana Krall.

September 1 — The Pretenders.
September 13 — The Gipsy Kings.

Pechanga Resort & Casino:

45000 Pechanga Parkway, Temecula,
951-693-1819.
July 22 — Counting Crows.
August 3 — Sara Evans.

San Diego Sports Arena: 3500
Sports Arena Bl., Midway District,
619-224-4171.

July 18 — American Idols Live.
August 29 — Ricardo Arjona.
September 1 — Pedal to the Metal
Tour.
September 6 — AC/DC.

Soma: 3350 Sports Arena Bl.,
Midway District, 619-226-7662.

July 9 — RX Bandits.
July 10 — Scream the Prayer Tour.
July 11 — Ace Enders.
July 17 — Drop Dead Gorgeous.
July 19 — A Static Lullaby.
July 23 — August Burns Red.
July 24 — Thrash and Burn Tour.
July 25 — Emery.
July 29 — Vamps.
July 31 — Seconds From Disaster.
August 19 — Four Years Strong.

Valley View Casino: 16300
Nyemii Pass Rd., Valley Center, 866-
843-9946.

July 9 — Pat Benatar & Neil Giraldo.
August 8 — Dick Fox's Golden Boys.
August 21 — Randy Travis.
September 12 — Three Dog Night.
September 15 — James Taylor.
September 26 — The Beach Boys.
October 3 — The Temptations and
the Four Tops.
October 9 — REO Speedwagon.

Viejas Casino Concerts in the

Park: 5005 Willows Rd., Alpine,
619-445-5400.

August 15 — Los Lonely Boys.
October 3 — Brooks & Dunn.

Viejas Casino DreamCatcher

Show Room: 5000 Willows Rd.,
Alpine, 619-445-5400.

July 10 — Blues Traveler.
July 17 — Otis Day & the Knights.
July 18 — Debby Boone.
August 21 — Tony Orlando.

Totally remodeled! Now open!

**PAL
JOEY'S**

COCKTAIL LOUNGE
5147 Waring Road, San Diego
619-582-6699

All Day & Night

\$3 Personal Pitchers
32 oz. Natural Light

Sunday • **Free Pool** all day & night
7 pm College Night — \$1 shots all night

Monday Madness

\$2 wells & domestics

Tuesday • **Karaoke** 9 pm-1 am
Host Ashley

Wild on Wednesday — Live Band Jam
Bring your voice, sticks, guitar & talent.
Feat. Charles Burton & Danny DiCarlo.
Karaoke singers welcome.

Thursday • **Karaoke** 9 pm-1 am
Host Jesse

Friday & Saturday • 9 pm-1 am

Live Music — No Cover

Friday 6/26 • **Those Guys**

Saturday 6/27 • **Rhythm Red**

Friday 7/3 • **Night Shift**

Saturday 7/4 • **Rock-It Science**

TIOLEOS
Lounge & Restaurant

Live Music • Dining
Dancing • Cocktails

Every Thursday

KARAOKE
(No cover)

Friday, June 26

**THE WEST COAST
FUNK KONNECTION**

Saturday, June 27

KARAOKE
(No cover)

Tuesdays • 6:30-11 pm

ZYDECO TUESDAY

DANCE LESSONS,
FREE DRAWINGS & MORE
www.louisianadance.com

7/3: STARS OVER THE WATER

7/10: FARMERS

7/17: RON BELL CD Party

Wi-Fi Zone
TIOLEOS.com
5302 Napa Street
619/542/1462

CANES: Friday, August 14th

Tickets Available Canes Box Office or Ticketmaster - Doors @ 9 p.m.
21+/w/ID • Canes 3105 Ocean Front Walk San Diego, CA 92109 • www.canesarandgrill.com

HAPPY HOUR

More information about these establishments can be found online at SDReader.com/drinks, including driving directions, coupons, food specials, and more.

HOW TO SUBMIT A DRINK SPECIAL: Call 619-235-3000 x700, night or day by 5pm Friday, the week prior to publication. You may also fax to 619-231-0489, mail to Reader Happy Hours, P.O. Box 85803, San Diego, CA 92186, or submit information online at SDReader.com/drinks.

ALLIED GARDENS

Pal Joey's: Sunday, 7pm-close: \$1 shots.

ALPINE

Alpine Inn: Monday-Friday, 3-7pm: \$2.50 drafts, \$3.75 wells, house wine, \$4.75 calls.

BALBOA PARK

The Prado: Tuesday-Friday, 4-6pm, 8-10pm: \$3.50 wells, pints, house wine, house margaritas. Lounge only.

BANKER'S HILL

Azuki Sushi Lounge: Every day, 5-7pm: \$.50 small sake w/ large beer, \$5 house wine, sangria, saketini.

Pizzacato: Monday-Friday, 3-7pm: \$3 pints, house wine.

Wet Stone Wine Bar and Café: Tuesday-Sunday, 5-7pm: \$3 selected craft beers, \$5 sangria, big glasses of wine.

CARLSBAD

The Alley: Every day, 11am-7pm: \$2.75 wells, domestics.

Boar Cross'n: Thursday-Saturday, 8-9pm: \$1 Bud & Bud Light.

The Coyote Bar & Grill: Monday-Friday, 4-6pm: \$3 wells, beer, margaritas.

Fenway's Sports Bar & Grill: Monday-Friday, 3-7pm, 10pm-12am: \$3 domestic, house wine. \$3.50 margarita, Cape Cod. Saturday-Sunday, 10am-6pm: \$3 domestic, house wine. \$3.50 margarita, Cape Cod.

Greek Village: Monday-Thursday, Sunday, 4-7:30pm: 1/2-off beer, wine by the glass, wells.

Karl Strauss Brewing Company: Monday-Friday, 4-6:30pm: \$3.50 beer.

CARMEL VALLEY

Tio Leo's: Monday-Friday, 3-7pm: \$3 pints, \$4 wells, house margaritas.

Twenty/20 Bar & Grill in the Sheraton Hotel: Every day, 4-7pm: \$2 off any drink, 3-oz. martinis.

CHULA VISTA

El Dorado Seafood & Grill: Monday-Friday, 4-7 pm: \$2 margaritas.

Veni Vidi Vici: Monday-Friday, 5-6pm: \$1 off all drafts, wells.

CLAIREMONT

Viva Vino: Monday-Saturday, all day: \$.99 domestic beer.

COLLEGE AREA

Marie Callender's: Monday-Tuesday, Thursday-Friday, 3-7pm: \$1.95 draft, \$2.50 well, \$3.50 house margarita. Wednesday, 3-7pm: \$1.95 draft, \$2.50 well, \$3.50 house margarita. 1/2-price wine bottles all day. Saturday-Sunday, \$2 Bloody Mary/mimosa w/ purchase.

Satin Lounge: Thursday, \$1 drafts.

CORONADO

Primavera Ristorante: Monday-Friday, 5-7pm: \$2 off all drinks.

Tent City Restaurant: Monday, Wednesday, 1/2-price bottles of wine. Tuesday, Friday-Sunday, 3-6pm: \$3 drafts, \$4 wells, \$5 house wine. Thursday, 3-close: \$3 drafts, \$4 wells, \$5 house wine.

DEL MAR

Bully's Del Mar: Monday-Friday, 3-6pm: \$2.75 bottle beer, \$4.50 wells, pints, \$5 well+juice, \$6 wine by glass.

DOWNTOWN

Bandar Fine Persian Cuisine: Friday, \$6 pomegranate martini. Saturday, \$6 cosmos.

Basic Urban Kitchen and Bar: Monday-Friday, 4-7pm: \$5 Imperia vodka, \$4 local beer, \$6 wine.

The Bitter End: Every day, 5-7pm: All drinks, bottles of wine 1/2-price.

Café Sevilla: Monday, 5-6:30pm: 1/2-price mojitos. Tuesday, 5-6:30pm: 1/2-price wine bottles. Wednesday, 5-6:30pm: 1/2-price martini. Thursday, 5-6:30pm: 1/2-price sangrita. Friday-Saturday, 5-6:30pm: 1/2-price garabato. Sunday, 5-6:30pm: 1/2-price sangria.

Candelas: Every day, 5-7pm: All drinks 1/2-price.

Downtown Johnny Brown's: Monday-Friday, 3-6pm: \$3 domestic bottled beer, \$3.50 pints of the day. Sunday, \$3.50 local pints.

East Village Tavern and Bowl: Monday-Friday, 3-7pm: Monday-Friday, 3-7pm: \$3 drafts, wells, wine. \$4 premium drafts, margaritas. Friday and Saturday, 11pm-close: \$3 drafts, wells, wine. \$4 premium drafts, margaritas. \$4 Jäger, Bacardi, Svedka.

The Field Irish Pub and Restaurant: Monday-Friday, 4-7pm: \$3.50 wells. Saturday-Sunday, 9am-5pm: \$3.50 wells.

The Fish Market: Monday-Thursday, 3-6pm: \$3.75 draft, \$3.95 wells, \$2.95 domestic beer.

The Fleetwood: Monday-Tuesday, Thursday-Friday, 5-6pm: \$4 calls. Wednesday, 5-6pm: \$4 calls. 5-7pm: 1/2-off wine bottles.

Fuddrucker's: Monday-Friday, 5-7pm: \$4.50 Bud Light/Coors Light pitchers. \$1 off all beer, wine. Saturday, 10pm-midnight: \$4.50 Bud Light/Coors Light pitchers. \$1 off all beer, wine.

Gaslamp Tavern: Monday-Friday, 3-7pm: \$3 pints, house wine, wells (vodka, gin, rum).

La Gran Tapa: Tuesday, 5-7pm: \$3 cask wine, sangria, draft. Wednesday, 5-7pm: \$3 cask wine, sangria, draft, 1/2-off select bottles/wine. Thursday, 5-7pm: \$3 cask wine, sangria, draft, \$10 pitcher sangria/draft.

Las Hadas Bar & Grill: Monday-Saturday, 5-7pm, 10pm-12am: \$2 Bud Light/Coors Light drafts, \$3 margaritas, wine, wells, sangria.

Hive Sushi Lounge: Every day, 5-7pm: \$2.49 large sake, \$1.99 drafts (+ \$.99 for sake bomb).

House of Blues: Every day, 2-7pm: \$2 drafts, \$3 wells, wine, \$4 martini.

Jewel Box: Monday, \$2 PBR drafts. Wednesday, 6pm-2am: \$5 Jäger bombs w/ military ID. Thursday, 8pm-2am: Industry Night. \$3.75 calls. Must show apron/pay stub.

Karl Strauss Brewing Company: Monday-Friday, 4-6:30pm: \$3.50 beer.

La Fiesta: Every day, 5-7pm: 1/2-price calls, wells, tap beers, house wine, house margaritas.

The Local: Monday, 4pm-close: \$3 Bud Light, Miller Lite. Tuesday, 4pm-close: \$3 Corona, Pacifico, Dos Equis. Wednesday, 4pm-close: \$10 big pitchers. Thursday, 4pm-close: \$3 Jaeger, wells, drafts, bottled beer. Friday, 3-7pm: \$1 off wells, wine, drafts. Saturday, 8-10pm: \$5 premium liquors.

Mister Tiki Mai Tai Lounge: Every day, 5-7pm: \$5 Haole mai tai, Lilikoi mojito, Coconut Kiss martini, large Sapporo, house wine.

O'Brothers: Every day, 3:30-6:30pm: \$5 glass of wine, 24-oz. organic beer \$7.

Patrick's II: Every day, 10am-7pm: \$2.50 bottle beer, \$3.25 wells, \$1 off calls. \$3 Bud drafts, \$3.75 import bottles.

RA Sushi: Every day, 10pm-midnight: \$3 wells. \$4 cosmos, Kirin, house wine, apple martinis.

Rock Bottom Brewery, Downtown: Monday-Thursday, 4-7pm, 10pm-close: \$3.50 pints, wells, house wine, \$4.95 specialty drinks/martinis. Friday, 4-7pm: \$3.50 pints, wells, house wine, \$4.95 specialty drinks/martinis. Sunday, 10pm-close: \$3.50 pints, wells, house wine, \$4.95 specialty drinks/martinis.

Rockin' Baja Lobster: Monday-Friday, 3-6pm: \$3.50 margaritas. \$4 Long Islands. \$3-\$5 drafts.

San Diego Wine and Culinary Center: Tuesday-Saturday, 5-8pm: \$5 house wine, wells, \$7 Christopher's Cuvee, 12-9pm: tasting flights.

The Shout House: Tuesday, \$2.50 Karls, \$5 cosmos. Wednesday, \$1.50 domestic bottles. Thursday, \$2.50 Miller Lite drafts, \$10 Miller High Life buckets, \$2 lunchbox shots. Friday, 6-7pm: \$1 any draft. Sunday, \$2 domestic drafts, \$3 wells, wine, Jäger.

Stage Saloon: Every day, 5-8pm: 1/2-off all wells, beer, wine.

Stout Public House: Monday-Friday, 4-8pm: \$3 bottled beer, \$4 premium pints, \$4 wells, \$5 cosmo, appletini, margarita. Saturday-Sunday, till 6pm: \$3 domestic and Canadian bottled beer, \$4 wells, Bloody Mary, \$5 mimosa.

Suite & Tender: Monday-Friday, 5-8pm: \$20 bottomless wine, 1/2-off specialty cocktails.

Taste & Thirst on Fourth: Monday-Saturday, 3-8pm: All drinks 2 for 1.

Tivoli Bar: Every day, 4-7pm: \$1 off pitchers, \$.50 off liquor.

Xavier's Bar & Grill: Tuesday-Saturday, 4-8pm: \$3 wells, drafts. \$2 off wine.

EL CAJON

El Cajon Grand: Monday-Friday, 4-8pm: \$2.50 domestic beer, \$3 wells. Saturday-Sunday, \$5 20-oz. Bloody Mary w/jumbo shrimp.

Main Tap Tavern: Monday-Friday, 4-8pm: \$1 off 16-oz. drafts, \$2 off pitchers, \$3 calls.

ENCINITAS

The Calypso Café: Every day, 5-7pm: \$4 wells, sangria, margaritas. \$4 house wine. \$3.50 beer.

ESCONDIDO

Holiday Wine Cellar: Monday, \$5 wine tasting and hors d'oeuvres.

Tango Restaurant & Lounge: Monday, all night: \$1 off all drinks. Tuesday-Sunday, 4-7pm: \$1 off all drinks.

GRANTVILLE

Tio Leo's: Monday-Friday, 5-7pm: \$3 wells, domestic drafts. \$4 margarita (keep shaker).

HILLCREST

Cafe Eleven: Every day, 2-6pm: \$4 house margaritas, \$3 wells, house wine, bottled beer.

Café Bleu: Monday, \$5 wine. \$6 martinis. Tuesday-Saturday, 3-7 pm: \$5 wine. \$6 martinis. 1/2-off select wine bottles.

Wine Steals: Tuesday, 5:30-7pm: \$5 wine tasting. Saturday, 4-6:30pm: \$10 wine tasting.

KEARNY MESA

94th Aero Squadron: Monday-Friday, 3:30-6:30pm: \$2 Bud Light on tap. \$5 martinis. Saturday-Sunday, 1/2-price bottles of wine.

Carriage House Cocktails & Karaoke: Monday-Friday, 4-7pm: \$2.50 domestic bottled beer, \$3 wells, domestic pints.

Khan's Cave Grill & Tavern: Monday-Saturday, 4-6pm: \$1.25 off draft, \$1 off glass of wine.

Pampas Argentine Grill: Tuesday-Saturday, 5-7pm: \$3 beer/wells. \$4 margaritas/wine specials.

Tajima Sushi & Japanese Tapas: Monday-Thursday, 5:30-7pm: 1/2-off house sake/draft beer.

KENSINGTON-TALMADGE

Beauty Bar: Monday, \$4 bombs. \$5 Brunettes/Blondes. Tuesday, \$4 bombs. \$5 Brunettes/Blondes. \$4 Three Olives. Wednesday-Thursday, 3-7 pm: \$5 wine. \$6 martinis. 1/2-off select wine bottles. Friday, \$4 bombs. \$5 Brunettes/Blondes. \$3 Fernet.

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

Kensington Vine: Monday, 3pm-close: \$5 fine wine. Tuesday-Friday, 3-6pm: \$5 fine wine.

LA JOLLA

Beaumont's: Every day, 4-7pm: \$3-5 cocktails, wine, beer.

Clay's La Jolla: Every day, 4-7pm: \$3 drafts, \$4 wells, \$5 sangria, \$6 house wine.

Karl Strauss Brewing Company: Monday-Friday, 4-6:30pm: \$3.50 beers.



50 QUALITY BEERS ON DRAUGHT

\$1 OFF ALL DRAFTS
11:30 AM-5 PM • 7 DAYS

\$3 DRAFTS MONDAY 6 PM-10 PM

4026 30th Street
619-282-0456
www.toronadoSD.com



TRES, CUATRO, CINCO

\$3 DOMESTIC AND MEXICAN PINTS

\$4 HOUSE MARGARITAS AND WELL DRINKS

\$5 SELECTED APPETIZERS

MON-FRI 3-7 PM

CARMEL VALLEY MISSION GORGE NAPA/MORENA
TIOLEOS.COM



Happy Hour 7 days a week!
11 am-6 pm
\$2.75 wells & domestic bottles

Weekly Specials:
Monday \$2 dom. pints 8 pm-12 am
\$3 craft beers
Tuesday \$1.50 wells 8 pm-12 am
Friday \$1.50 dom. bottles til 6 pm

4012 30th St. • North Park
619-281-8700
www.redwingbar.com



Happy Hours in our Tapas Bar!

1/2 off Tapas

Daily Drink Specials
Daily 5-6:30 pm
Sundays & Mondays all night!

555 Fourth Avenue
Gaslamp • (619) 233-5979
cafesevilla.com



Happy Hour 4 pm-close

Mondays \$6 Burgers
\$3 Bud Lights & Miller Lites

Tres Tuesdays
\$3 Coronas, Pacificos, Dos Equis
\$2.50 to \$3 Tacos

Wednesdays
\$2 Pork Sliders & Corn Dogs
\$10 Big Ass Pitchers

\$3 Thursdays
\$3 Lobster Tacos, Bottles, Drafts, Wells, Jaegers

Fridays 3 pm-7 pm
\$1 off Drafts, Wells, Wines
\$2 off all Apps

Saturdays 8 pm-10 pm
\$5 Premium Liquors

Daily \$3 Pabst Tall Boys

1065 Fourth Ave.
thelocalsandiego.com
619-231-4447



HAPPY HOUR
— thirst quenchers —

- \$2 Wells
- \$2 House wine
- \$2 Domestic drafts
- \$3 Import / Microbrew drafts
- \$5 Specialty drinks

7 DAYS A WEEK
3-7 pm
— FRI —
3-10 pm

422 GARNET AVE 619-462-6300

HAPPY HOUR

La Jolla Brew House: *Monday-Friday, 3-7pm:* \$3 wells, house drafts. \$4 house wine. \$5 premiums.

La Jolla Rancherita: *Monday-Friday, 3-6pm:* \$4 wells, \$2.50 domestics, \$2.75 imports.

The Shack Bar & Grill: *Every day, 3-7pm:* \$1 off wells, domestic taps.

Su Casa: *Monday-Friday, 5-7pm:* 1/2-off wells.

LA MESA

Hooleys Irish Pub & Grill: *Monday, 4pm-close:* \$1.50 off drafts, \$1 off all drinks. *Tuesday-Sunday, 3-7pm, 10pm-close:* \$1.50 off drafts, \$1 off all drinks.

Riviera Supper Club & Turquoise Room: *Every day, 4-6pm:* \$2 off all cocktails, wine, drafts.

LEUCADIA

Bar Leucadian: *Every day, 4-7pm:* \$2.75 wells. \$2.50 domestics. \$3 Corona, Pacifico, Imperiala.

LINDA VISTA

Brick by Brick: *Every day, 3-6pm:* \$2.50 house wine. 1/2-off beer.

Tio Leo's: *Monday, 3-7pm:* \$3 pints. \$4 wells, margaritas. *Tuesday-Friday, 5-7pm:* \$3 wells, domestic drafts. \$4 margarita (keep shaker).

LITTLE ITALY

Anthology: *Monday-Friday, 5:30-7pm:* \$6 wells, wine specials. \$8 margaritas. \$9 martinis.

Illume Bistro: *Monday-Tuesday, Thursday-Friday, 4-7pm:* \$3 draft, \$5 wells, wines, \$7 martinis. *Wednesday, 4-7pm:* \$3 draft, \$5 wells, wines, \$7 martinis, 30% off all wine bottles.

MIDWAY DISTRICT

Brick Alley Bar & Grill: *Every day, 3-7pm, 9pm-close:* \$1 off pints, \$2 off tall beers.

Wine Steals: *Wednesday, 5:30-7pm:* \$5 wine tasting. *Saturday, 4-6:30pm:* \$10 wine tasting.

MIRA MESA

The Filling Station: *Monday, 2* kamikazes. *Wednesday,* premium beer \$3.50/pint. *Thursday, 7pm-close:* \$1.75 pints, \$6 pitchers. *Saturday, 3* Bloody Marys. *Sunday, 3* mimosas.

Mira Mesa Lanes: *Monday-Friday, 3-6pm:* \$2 domestic pints, \$7 pitchers. \$3 import pints, \$10 pitchers. \$2.50 wells.

MISSION BEACH

Canes: *Monday-Friday, 5-7pm:* \$2.50 beer of the month. \$3 wells, margaritas. \$4 margarita (keep shaker).

Guava Beach Bar & Grill: *Monday-Friday, 4-7pm:* 2-for-1 cocktails, beer, shots. *Saturday-Sunday, 12* Bionic Beavers, \$2.50 kamikazes, \$8 Bud/Bud Light pitchers.

MISSION HILLS

The Aero Club: *Every day, 2-7pm:* \$4 drafts, \$3 bottles.

Starlite: *Monday-Saturday, 5-7pm:* \$3 drafts, wells, \$1 off other. *Sunday,* all night: \$5 mules. \$15 off wine bottles.

MISSION VALLEY

The Handlery Hotel and Resort: *Wednesday, 3* wells, beer, house wine.

In Cahoots: *Wednesday, 2* drinks. *Friday-Saturday, 2.50* Coors/Coors Light. *Sunday,* any drink \$2.50.

NATIONAL CITY

Lai Thai Restaurant: *Every day, 4-6pm:* \$2 Thai beer.

McDini's: *Monday-Friday, 5-7pm:* \$2 off domestic pitchers, \$3.50 wells.

NORMAL HEIGHTS

Air Conditioned Lounge: *Monday-Friday, 7-9pm:* Everything 1/2-off.

Triple Crown Pub: *Saturday, 12-2am:* \$1 off all pints, \$2 off beer pitchers. *Sunday, 12-5pm:* \$1 off all pints, \$2 off beer pitchers.

NORTH PARK

Apertivo: *Tuesday-Friday, 5-6:30pm:* \$3 glass of wine, imported beers. *Sunday,* all day: \$2.75 glass of wine.

Craze Burger: *Every day, 3-6pm:* \$2.99 drafts, \$15 pitchers of beer, \$3.99 Pinot Grigio, Riesling, Nero d'Avola, Tempranillo.

Cricket's Pub and Grill: *Monday-Friday, 4-6pm:* \$2.50 domestic pints, \$2.75 domestic bottles, wells, \$4 margaritas.

Lips: *Sunday,* \$5 homojitos.

Red Wing Bar & Grill: *Monday, 8pm-12am:* \$2 domestic pints, \$3 craft beers. *Tuesday, 8pm-12am:* \$1.50 wells, \$2.50 domestic bottles. *Wednesday-Sunday, 11am-6pm:* \$2.75 wells, domestic bottles.

Toronado: *Monday, 11:30am-5pm* \$1 off drafts, 6-10pm: \$3 drafts. *Tuesday-Sunday, 11:30am-5pm:* \$1 off drafts.

Vesuvio Gourmet & Lounge: *Tuesday, 4-7pm:* \$5 martinis.

OCEAN BEACH

Blue Parrot: *Monday-Friday, 2* off glass of wine, \$3 margaritas. *Saturday-Sunday, 10am-3pm:* \$2.50 mimosas. \$5 Manmosas. \$4 screwdrivers, tequila sunrises, greyhounds.

Dream Street Live: *Tuesday-Saturday, 4-6pm:* \$2 wells, domestic pints. \$4 Guinness pints.

Portugalia: *Tuesday-Sunday, 10pm-1am:* \$3 domestic beer, \$5 wine.

Winstons: *Monday-Saturday, 1-8pm:* \$3.50 wells. \$1 off all beer/wine.

OCEANSIDE

Harney Sushi: *Thursday,* \$5 specialty cocktails.

Pierview Pub/Bub's Whiskey Dive Bar: *Tuesday, 4-7pm:* \$2 cans of Tecate.

Tremont Street Bar & Grill: *Monday-Friday, 4-7pm:* \$4 wells, house wine. \$1 off all beer.

OLD TOWN

Harney Sushi: *Wednesday,* \$5 specialty cocktails.

PACIFIC BEACH

710 Beach Club: *Monday-Friday, 1-7:10pm:* \$7.10 beer & shot. *Saturday-Sunday, 12-7pm:* \$7 pitchers.

The Australian Pub: *Monday-Friday, 7-9pm:* \$3 Long Islands. *Saturday, 2.50* Karl Strauss. *Sunday,* \$3 Bloody Marys.

Costa Brava: *Every day, 4-7pm:* 1/2-price sangria.

The Dog: *Monday-Thursday, Sunday,* \$6 pitchers.

Hennessey's Tavern: *Monday-Friday, 4-7pm:* \$2.50 domestic drafts, \$1 off house wine, wells, \$3 well shot/\$4 call shot, \$5 drink specials. *Saturday-Sunday,* till 1pm: \$3 Bloody Marys.

Johnny V: *Tuesday, 4pm-close:* \$3 wells, drafts, selected wines. *Wednesday,* all day: \$3 wells, drafts, selected wines. *Friday, 4-9pm:* \$2 drinks. *Saturday,* all day: \$2.50 Bud Light bottles, Absolut, \$3 margarita.

Miller's Field: *Monday-Friday, 3-7pm:* \$1 wells.

Moondoggies Pacific Beach: *Tuesday-Sunday, 3-7pm:* \$2 wells, house wine. \$3 imports, microbrews. \$2 off all drafts.

Moray's Lounge: *Monday,* all day: \$2.50 drafts, \$3.50 wells, \$4.50 house wine. *Tuesday-Sunday, 4-7pm:* \$2.50 drafts, \$3.50 wells, \$4.50 house wine.

Pacific Beach Ale House: *Monday-Saturday, 3-6pm:* \$3 drafts, wells, house wines.

Pacific Beach Bar & Grill: *Tuesday,* \$2.50 Mexican bottled beer, \$3 frozen margaritas. *Wednesday,* \$2 off all drinks, \$2 beers. *Thursday, 8pm-close:* \$2 wells, drafts, 1/2-price drinks. *Friday, 3-10pm:* \$2 drafts, wells, 1/2-price drinks. *Saturday, 4-10pm:* \$3 wells, wine, drafts.

The Turquoise, Café-Bar Europa: *Monday-Thursday, Sunday, 5-7pm:* \$3 cask wine, sangria, draft.

POINT LOMA

The Boathouse: *Every day, 2:30-5pm:* \$1.99 house margaritas (\$3 Cuervo Gold), \$3 beer of the month, \$4 wine of the month.

C-Level: *Monday-Friday, 3:30-5pm:* \$3.50 Bud Light, Karl Strauss, Stone IPA, \$5 specialty drinks, wells, house wine.

Extreme Pizza: *Monday,* all day: \$1.50 domestic drafts. *Tuesday,* \$6 wine carafes, beer pitchers. *Saturday, 2* bottled beer of the month. *Sunday,* \$5 domestic beer pitchers.

Riley's Music Lounge: *Monday, 4-7pm:* \$4 calls. *Tuesday, Sunday, 4-7pm:* \$2.50 pints. *Wednesday, 4-7pm:* \$4 Jäger bombs. *Thursday, 4-7pm:* \$3 kamikazes, \$4 Jäger bombs. *Friday, 4-7pm:* \$3 calls. *Saturday, 4-7pm:* \$5 Long Island/Long Beach.

POWAY

Phileas Foggs Bar & Restaurant: *Monday-Friday, 4-7pm:* \$2.50 domestic pints/\$7.95 pitcher, \$3.50 import pint/\$11.95 pitcher, \$13.95 bottle wine.

RANCHO BERNARDO

Capri Blu: *Every day, 3-7pm:* 1/2-price drafts, wells.

Carvers: *Monday-Friday, 2-6:30pm:* \$2.75 beers, \$3.95 wells, \$4.25 house wines, \$4.75 well martinis.

Courtyard Marriott: *Monday-Saturday, 5-6:30* \$3 wells, \$4 house margaritas, 1/2-off house wine by the glass, \$1-off beer.

RANCHO SANTA FE

Cavaillon: *Tuesday-Thursday, Sunday, 5-6pm:* 1/2-off beer, glass of wine.

Delicias: *Monday-Tuesday, Thursday-Sunday, 4-6pm:* \$5 draft beers, house wines, wells. *Wednesday, 4-6pm:* \$5 draft beers, house wines, wells. *Pint Night* with Stone Brewing Company: \$7.50 keep the pint, \$4 refills all night.

SAN MARCOS

The Jumping Turtle: *Monday, PBR:* \$2.75/pint, \$6.75/pitcher. *Tuesday,* \$2 Corona, Pacifico, margaritas. *Wednesday,* \$4 drop drinks. *Thursday, 7pm-close:* \$3 Jäger. *Friday, 5pm-midnight:* \$5 Long Islands. *Saturday, 3* Orange Patron, Tanqueray. *Sunday,* \$2.50 Bloody Marys.

SERRA MESA

Channel 1 Sports Bar and Grill: *Monday-Friday, 8am-11am:* \$1.50 drafts, wells.

SOLANA BEACH

The Fish Market: *Monday, 3:30-9:30pm:* \$3.50 wells. *Tuesday-Friday, 3:30-6:30pm:* \$3.50 wells. *Saturday-Sunday, 11am-4pm:* \$3.50 wells.

Pacific Coast Grill: *Every day, 4-7pm:* \$5 gold margaritas, \$1 off draft, wells, wines by the glass, 25% off wine bottles.

SORRENTO VALLEY

Ali Baba's Cave: *Monday-Saturday, 4-7pm:* 2-for-1 drinks.

Karl Strauss Brewing Company: *Monday-Friday, 4-6:30pm:* \$3.50 beer.

SOUTH PARK

Alchemy: *Monday-Friday, 4-6pm:* \$2 off wells, including Skyy, Seagram's, Jim Beam, Sauza Gold, \$2 off wines/glass, draft.

Hamilton's Tavern and Café: *Every day, 5-8pm:* \$1 off local drafts.

Whistle Stop Bar: *Every day, 2-8pm:* \$1 off all cocktails, pints.

SPRING VALLEY

California Comfort: *Every day, 4-7pm:* \$2.50 domestic pints, wells, house wine.

TIERRASANTA

JP's Pub: *Monday-Friday, 3-5pm:* \$2.50 wells, domestic drafts, \$3.25 house wine.

UNIVERSITY CITY

Café Japengo: *Monday-Friday, 5-7pm:* \$3 drafts, sake, \$4.50 wells. *Sunday,* all night: \$3 drafts, sake, \$4.50 wells.

VISTA

Jumping Bean Cafe & Mexican Grill: *Monday-Saturday, 3-6pm:* \$1 Coronitas, Pacificos, \$2 domestic, imports, \$2.75 margaritas, \$3 wells, microbrews, \$4 Leaping Horse wine.

CALYPSO CAFE
Live Music • Full Bar • Seafood • Vegetarian
Continental • Pacific Rim

Thurs. June 25 | **Capt. Kirk & The Beam**
Me Far Up Scotty's

Fri. June 26 | **Uplift**

Sat. June 27 | **Triple Shot**

Sun. June 28 | **Rick Ross**

Mon. June 29 | **Shoreline Roots**

Tues. June 30 | **Jack Tempchin & Friends** *Classic Rock*

Wed. July 1 | **Blue Largo** *Jazz*

576 North Highway 101 • Leucadia
760.632.8252 • www.calypsocafe.net

Happy Hour Daily
5-7 pm
\$4 Wells, Sangria & Margaritas
\$4 House Wine
\$3.50 Beers
Appetizer Specials

BH LA JOLLA BREW-HOUSE
7534 FAY AVE. LA JOLLA
858.456.6279

HAPPY HOUR

FREE APPETIZER BUFFET MON 3-7 PM

MONDAY-FRIDAY 3PM-7PM

\$3 HOUSE DRAFTS
\$3 WELL DRINKS
\$3 HOUSE WINES
\$5 PREMIUM DRINKS
\$10 HOUSE PITCHERS
\$2 OFF ALL APPETIZERS
FRIDAY & SATURDAY 10PM-2AM
LATE NIGHT HAPPY HOUR

locals night
7PM-CLOSE

\$3 ALL DRAFTS
LOCAL & HOUSE BREWED
\$5 PIZZAS \$5 WINGS
WEDNESDAYS
www.lajollabrewhouse.com

Jumping Bean cafe
Cousins grill

HAPPY HOUR
All day Monday, 3-6 pm Tues.-Sat.
Last Call Happy Hour 8 pm-close on
Friday & Saturday

\$2 Dom. & Import Beers
\$2.75 Margaritas
\$3 Wells & Microbrews

785 Shadow Ridge Dr.
Vista • 760-727-5479

APERTIVO
ITALIAN TAPAS & WINE BAR

HAPPY HOUR

\$3 beer & wine
Half price menu
Tues-Sun
until 6:30 pm

Casual North Park
favorite for five years!
For details go to apertivo.com
or call 619-297-7799
3926 30th Street

Late Night Happy Hour: 10 pm-1 am

\$3 domestic beer
\$5 glass of wine
\$4 - \$10 food specials

Live music every day!
Open mic - Tues • Girl Band - Wed
Call for times and performers.

Free Food Tuesdays 8-10 pm
(It's really free!) One plate per person

Portugalia Restaurant & Pub
4839 Newport Ave., Ocean Beach
sdportugalia.com • 619-222-PORT
Closed Mondays

Try to Remember

Instead of a bare, humble stage...Lamb's opts for Vegas gaudy.

The first time I saw *The Fantasticks*, way back when, I took my fiancée. We adored the chipper first act, in which a “tender and cal-low” boy and girl fall in a love beyond metaphor. But we hated act 2, in which the Real World of “pain and sorrow” bungs everything up. The mere thought violated our bliss zone.

The second time I saw the musical, a decade later, I was in the midst of a divorce. I thought act 1's yummy tone and facile shenanigans were a crock — and applauded the second's jump from moonlight to the true grit of day.

I caught the show last week at Lamb's. Though not too “deep in December” I hope (“it's not dark yet,” the poet sayeth, “but it's getting there”), I'm ensconced enough to recall my initial “fire of Sep-tember” and dousing of October from a distance. I thought. But *The Fantasticks* brought both back in triplicate — along with Wordsworth's line about finding “strength in what remains behind.”

It also became clear how the musical works. Like Thornton Wilder's *Our Town*, it wants to be purely generic. There's a boy, a girl, their parents, a wall, a theatrical troupe. They have names, and probably lengthy biographies, but the less you

know about them the better. *The Fantasticks* (1960) ran for 17,000-plus performances because it may be the most audience-participatory musical of all time. On a minimalist stage, the performers take an invisible step back, so you can relieve your vault from innocence to experience. The songs — which, to this December'd ear, often strain at poeticizing — become your time machine. El Gallo isn't the one try-

ing to remember. And when Matt and Luisa sing “Soon It's Gonna Rain,” you reach for an umbrella.

Lamb's Players has given the durable musical a contemporary update. To those familiar with the original, the changes require an adjustment — especially the set. Instead of a bare, humble stage and a trunk (the original pretended to be so cheap it couldn't afford a wall), Lamb's opts for Vegas-gaudy: a bandstand, circular platforms, and a spiral staircase running up a tepee of iron rods. The floor's a hodgepodge of Corinthian emblems, and the rear wall bursts with bright yellow dots — Lawrence Welk's bubble machine on 'roids? The set not only detracts from the original bare-bones concept, it threatens to swallow the cast.

Along with the requisite piano and a harp, Lamb's added a guitar and percussion. For some

THEATER REVIEW

JEFF SMITH



Mauricio Mendoza, Courtney Evans in *The Fantasticks*

The Fantasticks, lyrics by Tom Jones, music, Harvey Schmidt
Lamb's Players Theatre, 1142 Orange Avenue, Coronado

Directed by Deborah Gilmour Smyth; cast: Mauricio Mendoza, Joyelle Cabato, Steve Limones, Courtney Evans, John Rosen, Antonio T.J. Johnson, Robert Smyth, Bryan Barbarin; scenic design, Mike Buckley; lighting, Nathan Peirson; costumes, Jeanne Reith; sound, Patrick Duffy, Robin Whitehouse; musical direction, Charlie Reuter; choreography, Colleen Kollar Smith

Playing through July 26; Tuesday through Thursday at 7:30pm. Friday and Saturday at 8pm. Matinee Saturday at 4pm and Sunday at 2pm. 619-437-0600.

The Lonesome West by Martin McDonagh

10th Avenue Theatre, 930 Tenth Avenue, downtown

Directed by Adam Parker; cast: Ryan Ross, Bobby Schiefer, Brendan Cavalier, Claire Kaplan; scenic design, Kris Kerr; costumes, Josh Hyatt; lighting, Zack Wikholm; sound, Matt Lescault-Wood

Playing through July 7; Thursday through Saturday at 8:00pm. Sunday at 4:00pm. 619-241-2623.

LA JOLLA PLAY HOUSE

June 23 – July 19, 2009

RESTORATION

La Jolla Playhouse Commission • World Premiere

In 2004, one woman restored Michelangelo's David. And vice versa.



Playwright/Actress
Claudia Shear

Inspired by the actual restoration performed on the *David* in 2004, acclaimed playwright/actress Claudia Shear delivers a passionate, funny and inspired portrait of a woman who spends a year in the shadow of a masterpiece — and discovers herself.

TICKETS START AT \$30

WRITTEN BY AND STARRING: CLAUDIA SHEAR DIRECTED BY CHRISTOPHER ASHLEY Contains adult language and content

lajollaplayhouse.org (858) 550-1010

LA JOLLA PLAY HOUSE

“A sublime evening of theater” —*Theatermania*

UNUSUAL Acts of DEVOTION

June 2 – June 28, 2009

WRITTEN BY: TERENCE McNALLY DIRECTED BY: TRIP CULLMAN



Five-time Emmy Award-winner **Doris Roberts** (*Everybody Loves Raymond*)



Stage and screen star **Richard Thomas** (*The Waltons*, *Stephen King's IT*)



Tony Award-winner **Harriet Harris** (*Cry-Baby*, *Thoroughly Modern Mille*)

TICKETS START AT \$30

SPONSORED BY COOLEY

Contains strong language and partial nudity

lajollaplayhouse.org (858) 550-1010

Calendar

THEATER

songs, more becomes too much, even too glossy. It's as if the show, which ran for 42 years at NYC's Sullivan Street Playhouse, now has a budget for future productions, but the affluent touches feel excessive.

Where the concept works, with one exception: *The Fantasticks* is no longer a white-bread gig where outsiders are definitely Other. The El Gallo is Latino — for once! (though his voice sounded strained, Mauricio Mendoza gave the professional abductor strong physical moves: from break-dance spins to a deft, and funny, death scene).

The music has more contemporary rhythms and flavor. The updates work, with one exception: "Try to Remember," first time through, is a gentle samba, not the invitation to recall, in 3/4 time, etched forever in memory. Today's equivalent would be watching Pitbull or Soulja Boy chant a minuet.

The game ensemble cast, including Craig Noel Award-winner Antonio T.J. Johnson, boasts a standout performance. Robert Smyth has a lark as Henry, the old thespian for whom trying to remember — anything — is a tale of untold heroism.

* * *

"God has no jurisdiction in this town," bemoans young Father Welsh of Leenane, a village in

Connemara, Ireland. To fit in, the priest would "have to have killed half me relatives." During his brief tenure, Leenane has witnessed two savage murders — three, if Coleman didn't shoot his father accidentally — and a suicide.

It's as if Martin McDonagh read Sam Shepard's *True West* and said, "Yeah?" McDonagh's *The Lonesome West* pits brothers against each other in a world governed by survival of the meanest. In Shepard, siblings trash their mother's house. In McDonagh, it seems, every time Valene adds a new plastic saint figurine to his collection, someone in Leenane adds to its reputation as "the murder capital" of Europe.

Triad Productions (whose admirable goal is "to reach a new generation of theatergoer") offers a staging that makes up in energy what it sometimes lacks in theatrical savvy. The best scenes are steeplechases, choreographed by Scott Andrew Amiotte, in which the brothers rip, smash, and even blow up parts of Kris Kerr's rustic set. The other scenes would improve if (a) the actors became less enamored of their Irish accents and more concerned with communication, and (b) they spoke out and up, instead of to the floor. ■

THEATER LISTINGS

Theater listings and commentary are by Jeff Smith. Information is accurate according to material given us,

but it is always wise to phone the theater for any last-minute changes and to inquire about ticket availability. Many theaters offer discounts to students, senior citizens, and the military. Ask at the box office.

The 16th Annual Lipinsky Family San Diego Jewish Arts Festival

The San Diego Repertory Theatre presents the 16th annual exploration of "Jewish culture through theater, music, dance, and visual arts." The Festival takes place at various locations. For shows, days, and times, call the Rep at 619-544-1000.

SAN DIEGO REPERTORY THEATRE, 79 HORTON PLAZA, DOWNTOWN. 7:30PM THURSDAYS, 7:30PM FRIDAYS, 7:30PM SATURDAYS, 7:30PM SUNDAYS, 7:30PM TUESDAYS, THROUGH JUNE 30.

Bad Night in a Men's Room Off Sunset Boulevard

The situation has promise: Michael, a "top-five around the world" action-actor, was discovered *en flagrante* with another man. It's 1982 and the "star bust" may have ended his career. For a comeback, he joins his estranged parents for a show in the hinterlands. Author of the intriguing *Hundred Birds* also at Compass Theatre, Ira Bateman-Gold has at least two plays in *Bad Night* in competition with each other: a serious near-tragedy in Act one (performed with an unrelieved din) and a comedy, in Act two, that concludes with a resolution too comfy for most sitcoms. As written and performed by Douglas Myers and Marilyn Wolfe, Michael and his mother are one-note characters. Young Eduard Cao wins sympathy as Jamie, a heartstruck transvestite. The play, which needs to tighten its speeches, has a terrific role: Michael's father Jake is a burned-out, larger-than-life, world-traveling, drunken actor. Dale Morris makes the character so vivid and funny he distorts scenes, consistently pulling focus away from the less well written characters.

COMPASS THEATRE, 3704 SIXTH AVE., HILLCREST. 619-688-9210. 8PM THURSDAY, 8PM FRIDAY, 8PM SATURDAY, 2PM SUNDAY, THROUGH JUNE 28.



Unusual Acts of Devotion

The Butcher of Baraboo

Midwestern Gothic. Tourists pass through Baraboo on their way to the beautiful Wisconsin Dells. Marisa Wegrzyn's twisted comedy'll make them speed up through the city limits. Frank's been gone a year. Some say he ran off. Others whisper that wife Valerie, the local butcher, sliced and diced him out by the lake. Her knife-infested kitchen's full of secrets and potential culprits (too many, in fact). Along with Frank's disappearance, *Butcher* raises another question: how could a play with a gruesome subject be such a screaming hoot? Casting Deanna Driscoll as Gail, in the Moxie production, is one answer. Driscoll blazes through the role and, when the suicidal cop experiments with crack, goes four-alarm (Driscoll matches that scene, in a different key, when Gail tries to tape a farewell note). As Valerie's daughter Midge, Wendy Waddell merits high praise for creating a hilarious, and almost speechless, slacker. Linda Libby (Valerie), Jennifer Eve Thorn (a squeaky nice neighbor), and Don Evans (though he tends to specify his lines as Donal) make strong contributions. Amy Chini and Esther Emery's set brims with details, and Jennifer Brawn-Gittings' costumes support an ongoing theme: baby it's cold outside.

Worth a try

DIVERSIONARY THEATRE, 4545 PARK BLVD., UNIVERSITY HEIGHTS. 619-220-0097. 8PM THURSDAYS, 8PM FRIDAYS, 2PM SUNDAY, THROUGH JUNE 28.

The Fantasticks

Lamb's Players presents Tom Jones and Harvey Schmidt's minimalist musical about "children, lovers," and "fantasticks." Deborah Gilmour Smyth directed. LAMB'S PLAYERS THEATRE, 1142 ORANGE AVE., CORONADO. 619-437-0600. 7:30PM THURSDAYS, 8PM FRIDAYS, 4PM AND 8PM SATURDAYS, 2PM SUNDAYS, 7:30PM TUESDAYS, 7:30PM WEDNESDAYS, THROUGH JULY 26.

Four Dogs and a Bone

Compared to his *Doubt* and film script for *Moonstruck*, John Patrick Shanley's one-actor's a five- (make that four-) fingered exercise. A producer, two actresses, and a screenwriter battle to control in in-progress movie, not for art or human truth but to further careers and the chance to battle anew. Part farce, part verbal eye-gouging, *Four Dogs* is yet another Hollywood satire, allowing the author to vent vitriol between projects. In the New Village Arts production, the cast — Kristianne Kurner, Joshua Everett Johnson, Erick Poppick, and Amanda Sitton — has obvious fun dishing each other in scenes

constructed solely, it appears, for that purpose. Sitton, in particular, revels in rant and the one-up-person-ship, survival tactics required for life on the silver screen. Tim Wallace's scenic design includes sliding walls that underscore the characters' lack of boundaries.

Worth a try

NEW VILLAGE ARTS THEATRE, 2787-B STATE ST., CARLSBAD. 760-433-3245. 8PM THURSDAY, 8PM FRIDAY, 3PM AND 8PM SATURDAY, 2PM SUNDAY, THROUGH JUNE 28.

Free Gift

Community Actors Theatre presents Israel Horowitz's drama about a young African-American woman who sells insurance to a middle-aged white widow and, in the process, discovers an unexpected connection. George Bailey directed. COMMUNITY ACTORS THEATRE, 2957 54TH ST., COLLEGE AREA. 619-264-3391. 8PM FRIDAYS, 8PM SATURDAYS, 3PM SUNDAYS, THROUGH JULY 19.

Gangsters

Rasechaba writes about things as they are in Soweto (the South Western Township of Johannesburg). Like Eddy Grant, whose song "Gimme Hope Jo'anna" was banned by the government for its indictment of apartheid, a white official declares Rasechaba's poems inflammatory. In Maishe Maponya's sketchy one-act (set in 1976), Major Whitebeard brings her in for questioning, then detention, then issues a "banning order." When she persists, Whitebeard has his black aide, Jonathan, suspend Rasechaba from a cross and torture her. In the end, as with the death of Steve Biko, founder of the Black Consciousness Movement, Whitebeard and Jonathan ponder the best possible cover story for her demise (they've used all the standard clichés on other murders). In the San Diego Black Ensemble/Blue Trunk and Theatre Inc. co-production, director Rhys Green makes full use of a limited space. Though he could modulate his voice more, Joe Powers gives Whitebeard a strident paranoia. Chris Bland plays Jonathan too flat and has yet to explore subtexts (whose side is he on?). Craig Noel Award-winner Monique Gaffney gives Rasechaba fierce commitment and turns a relatively slender role into a modern Antigone.

Worth a try

THEATRE, INC., 899 C ST., DOWNTOWN. 619-216-3016. 8PM THURSDAY, 8PM FRIDAY, 8PM SATURDAY, 2PM SUNDAY, THROUGH JUNE 28.

ASK US ABOUT OUR SUMMER SHOW AT THE BAHIA!

OUR 19th YEAR!



BEST DINNER THEATRE
SAN DIEGO MAGAZINE

MYSTERY CAFE

Dinner Theatre

Enjoy a 4 Course Meal,
Solve a Mystery,
Be Part of the Show
& Laugh Yourself Silly!

THE GOOD
THE BAD!
THE UDDERLY
RIDICULOUS

written by
James Pascarella & Victoria Velasco
directed by Victoria Velasco

www.MysteryCafe.net

\$59.50 PER PERSON

includes 4 course meal & tax
(does not include gratuity)

FRIDAYS & SATURDAYS - 8pm

The Imperial House Restaurant

505 Kalmia St • San Diego CA 92101

619-460-2200 A ROOTIN' TOOTIN' COMEDY!

CYGNET THEATRE COMPANY

"SUBLIMELY TRASHY AND SURPRISINGLY POWERFUL."
-LA TIMES

HEDWIG
and the angry inch

TEXT BY JOHN CAMERON MITCHELL MUSIC & LYRICS BY STEPHEN TRASK

Now-AUGUST 9
ON THE ROLANDO STAGE

Special Price for Saturdays at 10pm
ALL SEATS JUST \$20!



STARRING
MATTHEW TYLER

619-337-1525 • cygnettheatre.com

Hedwig and the Angry Inch
Cygnet Theatre completes the circle, closing its Rolando Stage doors with the rock musical that opened them. Hedwig's still angry (in this more polished version, directed by James Vasquez, angry-er) about his botched sex-change operation, which resulted in a "Barbie Doll crotch." As his nemesis, Tommy Gnosis, wows fans next door with pilfered tunes, Hedwig tells a life story to which few compare. As Hedwig, his wig a platinum tsunami, his outfits recalling *Rocky Horror's* Frank N. Furter — whom he has also played — talented Matthew Tyler belts ("Tear Me Down") and croons ("Origin of Love") with equal panache. As Hedwig's husband Yitzhak, a bearded roadie and Willie Nelson look-alike, Katie Alexander has the chops when her spotlight finally shines. The backup band kicks. Although the sound system's more attuned to the music than the dialogue (portions of the story blur by), in a way even that works, since Hedwig's no headliner. He bares body and soul in the Aztec mini mall.

Worth a try:

CYGNET THEATRE — ROLANDO, 6663 EL CAJON BLVD., SUITE N, COLLEGE AREA. 619-337-1525. 7:30PM THURSDAYS, 8PM FRIDAYS, 6PM AND 10PM SATURDAYS, 7PM SUNDAYS, 7:30PM WEDNESDAYS, THROUGH AUGUST 9.

H.P. Lovecraft's The Festival

A blacklight production, featuring "characters that slither, books that fly, and monsters that glow in the

dark," turns Lovecraft's horror story into an "extravaganza." SWEDENBORG HALL, 1531 TYLER AVE., UNIVERSITY HEIGHTS. 8PM THURSDAY.

Joseph and the Amazing Technicolor Dreamcoat

Welk Resorts Theatre presents the tongue-in-cheek musical about the parable of Joseph and his brothers with different styles of music. WELK RESORT THEATRE, 8860 LAWRENCE WELK DR., ESCONDIDO. 888-802-7469. 1:45PM AND 8PM THURSDAYS, 1:45PM FRIDAYS, 1:45PM AND 8PM SATURDAYS, 1:45PM SUNDAYS, 1:45PM TUESDAYS, 1:45PM WEDNESDAYS, THROUGH AUGUST 30.

The Lonesome West

Triad Productions presents Martin McDonagh's "savage comedy" about a series of murders in a small Irish seaside village. Adam Parker directed. 619-241-2623. TENTH AVENUE THEATRE, 930 TENTH AVE., DOWNTOWN. 8PM THURSDAYS, 8PM FRIDAYS, 8PM SATURDAYS, 4PM SUNDAYS, THROUGH JULY 5.

National Comedy Theatre

Improvisational comedy, making up funny stuff on the spot, is difficult enough. Years ago, however, Keith Johnstone thought it'd be more exciting if done competitively. National Comedy Theatre resembles an athletic event. Using suggestions from the audience, they play "Emotional Sympathy," "Blind Line," and "Freeze Tag," with judges awarding points to the best scenes. Klunkers and groaners get booted; quick wit rewarded (one of the most refreshing parts of the contest: people acknowledge failure, abundantly, then forget it). It

makes for a lively, often funny evening.

Worth a try:

MARQUIS THEATER, 3717 INDIA ST., MISSION HILLS. 619-295-4999. 7:30PM AND 9:45PM FRIDAYS, 7:30PM AND 9:45PM SATURDAYS, OPEN-ENDED RUN.

New Perspective Festival

The second annual New Perspective event (which replaces the Actors Alliance Festival) presents 24 short-plays by 17 local playwrights, performed, directed, and designed by San Diego theater people. SWEDENBORG HALL, 1531 TYLER AVE., UNIVERSITY HEIGHTS. 8PM FRIDAY, 8PM SATURDAY, 7PM SUNDAY, THROUGH JUNE 28.

Over the Tavern

North Coast Repertory Theatre stages Tom Dudzick's comedy about growing up in a Polish-Catholic family during the 1950s. NORTH COAST REPERTORY THEATRE, 987-D LOMAS SANTA FE DR., SOLANA BEACH. 858-481-1055. 8PM THURSDAYS, 8PM FRIDAYS, 2PM AND 8PM SATURDAYS, 2PM AND 7PM SUNDAYS, THROUGH JULY 12.

Restoration

La Jolla Playhouse stages the world premiere of Claudia Shear's drama about an art restorer's "illuminating experience with Michaelangelo's *David*." Christopher Ashley directed. LA JOLLA PLAYHOUSE, 2910 LA JOLLA VILLAGE DR., UCSD. 858-550-1010. 2PM AND 7PM SUNDAYS, 7:30PM TUESDAYS, 7:30PM WEDNESDAYS, THROUGH JULY 19.

Something's Afoot

New Vision Theatre Company presents this "family friendly murder mystery musical comedy," directed by Celeste Finnigan. 760-529-9140. SUNSHINE BROOKS THEATRE, 217 N. COAST HWY., OCEANSIDE. 760-529-9140. 7:30PM FRIDAY, 7:30PM SATURDAY, 2PM SUNDAY, THROUGH JUNE 28.

Unusual Acts of Devotion

A hot summer night brings five residents of 218 West Tenth to the rooftop. A sixth figure — aka the Symbol in the Hooded Sweatshirt — hovers over the scene on a water tower. In Terrence McNally's 90-minute talkfest, there is no privacy, yet the five reconfigure into smaller groups, open up, confess, and (though some could wish others grave harm) forgive with the compassion of saints. Even the hooded figure, sought by searchlights and helicopters that blast like machine guns, becomes benevolent. The quintet, it turns out, are not only interconnected, they're wonderful human beings who just need to hear some *Our Town Lite* pseudo-wisdom about life and loving the one you're with. Best of show at La Jolla Playhouse: Santo Loquasto's set — rooftop, water tower, and Village-eye view of Manhattan. The cast boasts headliners Doris Roberts, Richard Thomas, and Tony Award-winner Harriet Harris. All coax what they can from their roles, though the exchanges and revelations often feel contrived, as if the characters were colored shards, having to conform to a mosaic, rather than people. LA JOLLA PLAYHOUSE, 2910 LA JOLLA VILLAGE DR., UCSD. 858-550-1010. 8PM THURSDAY, 8PM FRIDAY, 2PM AND 8PM SATURDAY, 2PM AND 7PM SUNDAY, THROUGH JUNE 28.



THE OLD GLOBE
BROADWAY'S BEST AND SAN DIEGO'S FINEST

SHAKESPEARE FESTIVAL
UNDER THE STARS IN OUR BEAUTIFUL OUTDOOR LOWELL DAVIES FESTIVAL THEATRE
NOW - SEPTEMBER 27 (IN REPERTORY)



SAVE \$10 PER TICKET*

on all performances through July 5. Promo code: **READER**

*Not valid on previously purchased tickets or combined with any other offer.

CYRANO DE BERGERAC

By EDMOND ROSTAND
Directed by DARKO TRESNJAK
This swashbuckling classic will fill the summer nights with romance.

TWELFTH NIGHT

By WILLIAM SHAKESPEARE
Directed by PAUL MULLINS
A delightful comedy of wild infatuation and mistaken identities.

CORIOLANUS

By WILLIAM SHAKESPEARE
Directed by DARKO TRESNJAK
A mesmerizing tale that unfolds as both personal tragedy and political thriller.

ASK ABOUT OUR \$29 TICKETS
(619) 23-GLOBE (234-5623) | www.TheOldGlobe.org

Fourth Wall Entertainment presents at the Birch North Park Theatre:
FOUR PERFORMANCES ONLY!
AUGUST 14 - 16, 2009
CONTACT: (619) 817-8130
VISIT: www.Hair-SD.com
BOOK & LYRICS: Gerome Ragni and James Rado | MUSIC: Galt MacDermot
Birch North Park Theatre | 2891 University Avenue, Ste. 1 | San Diego, CA 92104

TWO WEEKS LEFT - DON'T MISS IT!

RENT

Luke Marinkovich as "Roger"
Josh Pinkowski as "Mark"

Now Through July 5!
Lyceum Theatre in Horton Plaza
For TIX: (619) 977-7376 or www.cyctheatre.com

VPSGFAHPCS.COM
San Diego Reader June 25, 2009 91

Another Side of BBQ

And now, for a completely different style of barbecue: Japanese *yakiniku*. Sensei Shima, Samurai Jim's martial-arts teacher, favors Suzuya for it; Jim and his fellow students often eat there with the master after class. Jim thought it'd be fun if we got together with his mom Masako and his step-dad Dan. And he was right. Interesting people to enjoy, new food to savor, and even a new brand of unfiltered sake to explore.

Japanese barbecue, *yakiniku*, almost certainly derives from Korean barbecue, adapted by the Japanese. There are centuries-old tensions between Japan and Korea, exacerbated by World War II, and still raw and painful today. But Suzuya has resolved them domestically—it's genuinely a family-run restaurant, owned by a Japanese husband and a Korean wife. (Didn't meet him. She's beautiful and lively.) The restaurant is roomy and airy, with nothing-special decor, but also no crowding. Almost all our fellow diners that night were Asian, ranging from single guys playing on Blackberries to convivial small groups.

Let's start with that fizzy sake, since that's what I did: It's called Sayuri, comes in pretty little pink bottles, and is drier than the familiar sushi-bar Takara (which they also carry). It's very good, similar to Momokawa Pearl, but then — like Peter Lorre as a besotted wine critic in Roger Corman's hilarious old *Tales of Terror* ("Hi! It's very good!") — I've rarely met a *nigori* I didn't like. Dan drank a sake called Kikusui that tasted like vodka. Not sure what ladylike Masako was drinking; it came in tall ceramic teacups (but wasn't tea) and on the bill was called "open bar." (Brings back images of San Francisco Chinatown speakeasies during Prohibition, when the tea wasn't tea.)

Our charming server brought small plates of lettuce salad, along with wet washcloths to wipe our hands. She chatted with Masako in Japanese and with the rest of us in English. All through the meal, she helped guide us to the best way to



PHOTOGRAPH BY ALAN DECKER

eat—so very nice, so valuable, when you're exploring a new cuisine. We began with *agedashi dofu* (lightly fried tofu), which Masako and I both adore, suffused in mild broth (so mild that both Masako and I added a squibble of soy sauce to our portions). The tofu was silky rather than crispy, bedded in a slippery nest of narrow cellophane noodles. Three of us had to struggle a bit to capture them with our chopsticks, but we were not so lily-livered as to ask for forks.

We debated—Should we get *kaki* (fried oysters) or *yaki* (grilled ones)? "I don't like fried food," declared tiny, glamorous Masako, so we settled on what Jim (learning Japanese) called *kaki yaki* (you may giggle now; he did): grilled oysters. They were delightful, tender-firm in a vibrant soy-based sauce spiked with tiny pepper bits to eat or not. Grilled squid were more challenging,

reasonably tender but chewy, with a milder sauce. "I still haven't developed a taste for squid," said Jim, traumatized at an early age by a grandfather's rubber-band rendition. They're hard to get right, and grilling doesn't make it easier. These were nearly terrific—but only nearly.

Among the scattering of Korean dishes on the menu is my favorite, *bibimbap*, a sort of Asian jambalaya, short-grain rice cooked in a stone pot until crisped at bottom and sides, then mingled with a kitchen sink of meat and veggie slivers, and topped with a soft-cooked or fried egg, plus as much Korean hot sauce as you like. You stir it all together. I liked the emphatic crisping of the rice edges, but none of my companions were sold — the glutinous texture of the rest of the rice had vanished in the cooking. The egg was barely perceptible — the cook uses only the yolk, which

DINING REVIEW

NAOMI WISE

Suzuya Japanese BBQ

★★½ (Good to Very Good)

5447 Kearny Villa Road #A, Kearny Mesa, 858-505-0611.

HOURS: Lunch Monday–Friday 11:30 a.m.–2:30 p.m.; dinner nightly 5:30–10:00 p.m.

PRICES: Japanese-Korean tapas and *bibimbap* \$3.75–\$8; BBQ meats \$5–\$17 (for Kobe); BBQ seafoods \$6.50–\$10; BBQ veggies \$3–\$4; soups and noodle dishes \$4–\$7. Full lunches \$6.50–\$10. Figure about \$20 per person for a big shared dinner.

CUISINE AND BEVERAGES: Japanese and Korean barbecue cooked by diners over gas at the table, plus Japanese tapas (*izakaya*), stir-fries, noodle and rice bowls, soups, salads, tempuras, with a few Korean items. Japanese beers, sakes, generic wines.

PICK HITS: Grilled oysters (*kake yaki*), Kobe boneless short-rib BBQ; Kobe tongue with green onions BBQ; pumpkin BBQ; raw beef with egg yolk (tartare); short-rib noodle soup.

NEED TO KNOW: Unlike Korean BBQs, no *pan chan* (gratis side dishes) with entrées. Gracious service.

Ratings reflect the reviewer's reaction to food, ambience, and service, with price taken into consideration. Menu listings and prices are subject to change.

Go to SanDiegoReader.com to find hundreds of past reviews.

disappeared into the mixture — and I missed the rich gooey texture to temper the crackle and spice.

Then: BBQ! Dan, a sophisticated palate, proved my main ally for the order: He deliberately cultivates the look of a dude who should be wearing a trucker's gimme cap, but given his global travels — he drives airplanes, not semis — he's willing to try anything at least once. Everybody wants Kobe beef, but not everyone wants to cozy up to a Kobe beef *tongue*, or a Japanese version of beef tartare.

Jim, who's been eagerly learning to cook at

Breakfast, lunch and dinner served 24 hours, 7 days a week

The best hotcakes you have ever tasted or they're free!

We are so confident that our hotcakes are the best you'll ever taste that we're willing to put your taste buds to the test. Our pancakes are made from the finest flour and sweetest buttermilk on the planet. And the same goes for our old-fashioned malted waffles. Try them and you'll be hooked for life!

Extraordinary portions served around the clock including:

Fresh-cut corned beef hash | Krab cake Benedict | 6-egg absolutely everything omelette | Creamed chipped beef

The only 24/7 restaurant in Downtown

828 Sixth Avenue, between E and F Streets in the Gaslamp | 619-702-8410



home and was excited to show off his new skills, took charge of the grilling, a very good thing, since I was fried by my work-day and would have pulled off everything near-raw, while Masako would have cooked everything well-done.

The Kobe tongue with green onions was a treat. It comes in thin slices, spread with scallion purée, and topped with minced scallions. This is the opposite of my ancestral people's tongue recipe (simmer two hours, peel, simmer two more hours), but it's a different pleasure. You grill it a minute or two on each side (the scallion paste won't fall off), and it emerges delightfully rare, tender-chewy, and ready to be finished with a squeeze of lemon juice. The restaurant also offers regular tongue for a buck or two less—I wonder if it's as velvety?

The boneless Kobe short-ribs are as spectacular as you'd hope—deeply marbled and buttery. You get a generous portion to feed four for \$17. (Compare that to fancy downtown places charging \$18 and up *per ounce* — albeit for filet.) The Kobe comes from Snake River Farms in Idaho. “We looked into Kobe from Japan and heard that the water there was polluted, while in Idaho it is pure. So we went with Idaho,” said the lovely *mama-san*.

Then we tried some seafood, which arrived in light, elusive marinades. Due to Jim's care, the scallops were superbly cooked, translucent and succulent. Gotta have a Jim at the

table, or they might not be worth ordering—they're nice but not fabulous in themselves. The shrimp were merely shrimp, probably Thai tiger prawns. We added “pumpkin” (*kabocha* squash) and shiitake mushrooms to this course. The squash, although thinly sliced, took a lot of cooking until caramelized on both sides. It was worth the wait for the sweet vegetal flavor our mouths had been missing. The shiitakes, with no oil for basting, ended up dry and shriveled. “They need oil,” I said. “I don't like oil,” said Masako. “Sorry, I'm a Chinese cook at heart,” I said, “and I really want to mop these in toasted sesame oil to plump them up while they grill.” Dan, co-conspirator, nodded emphatically.

One more barbecue meat to try—pork. We chose pork cheeks, merely \$5, which were more than marbled, actually fatty, with a bouncy texture when cooked medium-rare. They were kind of fun—in fact, Jim and Dan liked them a lot, and even Masako ended up liking them, although she didn't want to because of the fat. They snuck up on her palate and seduced her.

Then came the really daring dish—Dan and I conspiring again: Japanese raw-beef tartare with a sesame marinade and raw egg yolk on top to mix in. The hand-chopped meat was fresh-tasting and tender, the yolk rich. “I like this better than French beef tartare,” said Dan. “I like its simplicity.” “I'm not

sure I'd agree,” I said. “This has all the richness, but I miss the tart contrasts of capers, parsley, anchovies, and so forth.”

After all that, we needed a palate cleanser, and a simple, earthy soup struck the right note for a finale. (Soup at the end of a meal is less odd than it seems: it's standard among several Chinese ethnic groups and a great, soothing send-off.) *Karubi* soup offers short-rib meat in a clean, light meat broth with cellophane noodles — ending our meal with the same slippery noodles we'd started with. So homey and right, it hit the spot.

This was a giant dinner, more than we needed to eat, but food costs were barely \$20 each. Your booze bill is up to you, but ours was ridiculously low, same as the food bill for full indulgence. So raise a glass to Suzuya—*kanpai!*

Middle and Upscale Bargain Bites du Jour

Portugalia: In case you missed the ad in the “Happy Hour” section, the restaurant is offering Free Food Tuesdays. That's right, free, one plate per person from 8:00–10:00 p.m. Their happy hour is late-night, 10:00 p.m.–1:00 a.m. (Tuesday–Sunday), with food specials from \$4–\$10.

Baseball Tailgate Party—Gaslamp Strip Club: Offered on all Padre home game nights from 5:00–7:05 p.m., cook-it-yourself 10-ounce Skirt Steak, 10-ounce Baseball Cut Top Sirloin, or 10-ounce Teriyaki Steak

for \$9.95, plus tax and tip, including salad and grill-ready garlic bread. Steaks are USDA Choice grade. To reserve for groups of eight or more, call 619-231-3140.

Lunch and Cocktail Nibbles with a View: Bertrand at Mister A's new 20/20 lunch features a spontaneous three-course menu that changes daily, priced at \$20 and served in 20 minutes, with dishes like tuna niçoise and Maine lobster strudel in filo dough. Later in the day, the new “Cocktail Hour,” served on the scenic patio Monday–Friday 2:30–6:00 p.m., offers happy-hour discounts on drinks and small plates, such as spring rolls, sole sliders on brioche, Jidori chicken “tulips” with orange sauce, *croque monsieur*, and Kobe sliders.

The Palm's summer special is a four-pound Maine lobster, split to serve two, for \$90 per couple, including two salads and two side dishes, available through August 31. Not exactly dead cheap, but it's a huge lobster for the same price as an average mid-scale dinner. Bevs, tip, and tax extra.

The Marine Room continues to bend over backwards to stimulate our recession-dimmed appetites with bargains for superb food. The three-course Lobster Menu (with fabulous choices for first and main courses) is available every Monday from 6:00–9:30 p.m. The menu is \$40 per person for food only, \$55 with wine pairings. The adventurous Pass-

port to the Seasons Menu is available Tuesdays–Thursdays 6:00–9:30 p.m., also \$40 for food, and \$55 with wine pairings. “Passport” dishes may include macadamia spiced wild prawns, lobster bisque, pomegranate cashew-crunch salmon, spiced diver scallops. Both bargain dinners end with the “Trilogy,” three desserts in one.

Blue Point's Today's First Catch Three-Course Menu: \$30 a person for three courses, \$45 with wine pairings, for a menu that sounds like real edible fun—or do I mean fin? It's available Monday–Thursday 5:00–6:30 p.m. At another Cohn restaurant, Dakota Grill, the continuing deal is Savory Sunset Savings & Monday Night Prime Rib Three-Course Dinner, available nightly from 5:00–6:00 p.m. — and all evening Monday. Three-course prime rib dinner (choice of pork or beef prime rib), \$25.50 per person, excluding tax and gratuity. Wine pairings are, amazingly, only \$10.

Rancho Valencia Resort and

Spa: Celebrating its 20th anniversary with a new chef, C. Barclay Dodge, a veteran of major resorts across the west. For those lucky enough to find themselves in this luxurious area at midday, the lunchtime special is \$19.89 for two courses, an appetizer or soup, and an entrée, made with herbs and vegetables grown right on the property. Available 11:00 a.m.–2:30 p.m. through Labor Day.

Thee Bungalow's “Summer 7 of 7s”: \$7 selected glasses of wine, a \$7 Absolut martini, and seven entrées (including crispy sweetbreads, grilled rib-tip steak, Maine diver scallops, and a veggie plate), plus soup or salad for \$17. (Available all summer, all hours, except July 15 and August 10.)

La Valencia Hotel in La Jolla: \$55 tasting dinners Wednesday and Thursday nights at the newly renovated, view-endowed, and normally exorbitant Sky Room (including complimentary parking), running at least through July. ■



hive
sushi • lounge

Sushi • Cocktails Lounge
1409 C Street
San Diego, CA 92101
Now Open 7 days 5-11 pm
Lunch Mon.-Fri. 11 am-2:30 pm with 10 pieces for \$10
Happy Hour 5-7 pm
619-702-6010
www.hivesushilounge.com

Happy Hour 5-7 pm All Day Sundays!

Philadelphia Roll \$2.99
Spicy Tuna Roll \$2.99
California Roll \$2.49

Salmon Skin Hand Roll \$1.49
California Hand Roll \$1.99

Nigiri 1 pc. \$.99
Mackerel • Albacore
Snapper • Salmon
Shrimp • Squid

Spicy Baked Mussels 3 pc. \$2.99
Seaweed Salad \$1.99 • Edamame \$.99
Miso Soup \$.99

Large Sake \$2.49 • Draft Beer \$1.99
Add \$.99 for Sake Bomb



Free dessert for two!

With minimum \$25 purchase. One coupon per party per visit. Offer expires 8/1/09.

Nightly Sunset Specials

Starting at \$11.95 · 4:30–6 pm

Happy Hour Daily

4–7 pm

Champagne Brunch

Saturday & Sunday



2530 South Highway 101
Cardiff-by-the-Sea
760-753-1321 · thebeachhouse.com

Introducing the exciting new cuisine of acclaimed chef Michael Ingino!



Big Kahuna Flavors

So, hey, if it's good enough for Samuel L. Jackson...

Huh? Last time I came through these doors this was a Chinese place, the Silver Sea. Now it's Hawaiian. Very Hawaiian. Bright yellow and sea-green walls, canoe paddles, three toothy, life-size tikis, and that bright red, blue, and white-striped Hawaiian state flag. One wall section's even covered with Kona coffee gunnysacks. And wow, two big flat screens show extreme surfing on Oahu's North Shore.

Forty-foot waves. Tiny stick men skiing down collapsing blue water mountains.

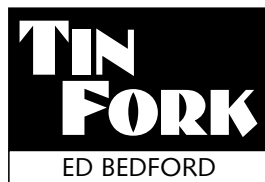
I like the atmos. The counter sits under a palm-frond palapa, and Jody the server stands behind it. She's friendly in that open, I.B. sort of way. Guess that's the Hawaiian way, too.

Except she's never been to Hawaii. Lives right here and needed to get back to work. "I've just had twins," she says. "They're expensive."

I ask what she likes best. "The Big Kahuna burger, and the Big Kahuna's rice bowl," she says. "That's chicken teriyaki over three scoops of sticky rice. It's the best teriyaki chicken I've had."

But I see some other real tempters on the menu, like eight deep-fried coconut shrimp with sweet chili sauce, for \$8.95; a mandarin orange salad for \$8.25; and a "killer kalua" pork sandwich, with "a generous portion of succulent roasted pork piled high on our jumbo roll and smothered with BBQ sauce," for \$7.65. They also have grilled chicken (\$7.65), kalbi (beef short-ribs, \$10.25), and "Big Kahuna's Rice Bowl" (\$7.25).

I notice this plastic box on the counter with a giant bun inside. "Is that what I think it is?" I ask Jody. I'm thinking, Big Kahuna Burger bun? It has to be twice as big as your average burger bun. It looks like a kid's baseball mitt.



Jody nods. "That's the bun for the Big Kahuna burger. Our homemade jumbo roll, from Tita Lelani's secret recipe. It's what we're famous for."

Hmm... I check the menu.

"Big Kahuna Burger, a grilled 1/2 lb. beef patty, Monterey Jack & Cheddar cheeses, tomato, red onions, fine-cut cabbage, mayo, ketchup & mustard. Biggest & best burger in town! Featured in the movie *Pulp Fiction*, \$7.65."

"You were in *Pulp Fiction*?" I say.

"Our burger was," Jody says. "Samuel L. Jackson had one."

I learn that Gordon Fatta, the grandfather of this place's owner, Paul, started the first Big Kahuna, in Oahu, back in 1992. Paul moved to the mainland, opened a place up north in Elk Grove, then a second location in P.B., and now he's here in I.B.

So, hey, if it's good enough for Samuel L. Jackson... I order the Big Kahuna burger, and the heck with it, a kalua pork and cabbage and sticky rice and macaroni salad to go. See what Carla makes of it. Also a can of Hawaiian Guava Nectar (\$1.75).

While I'm waiting, the sound system plays '60s retro. Paul McCartney's "Yesterday," and from 1966, the Association's "Along Comes Mary." There are yellow road signs from Hawaii

on the walls, like a silhouette of a girl carrying a surfboard, and the words "Wahine Crossing."

"This is what I.B. has needed," says Bill. He's waiting for his to-go order, Kalua pork and cabbage (\$9.25). "I've been here nine, ten times in the last two months. I'm a plumber. I get all over San Diego, so I know places to eat, and this food is really good."

Jody brings my Big Kahuna burger, and Lawdie, it's, well, large. No extras, like fries or potato salad. They have sliced it into two halves. Good idea. Even half of this moby bun is a handful. I lift it out and look at the guts. It's fairly standard, the half-pound patty, the melted cheeses on top, red onions and tomato slices below — except underneath that is this bed of shredded cabbage instead of lettuce.

Great move. The light sweetness of the Hawaiian-style bun, the crisp-skinned, juicy savoriness of the patty, and the cheese and cabbage all balance out. Somehow, I manage to get through both halves. Partly, it's the bun. It's big but light. And the warm, syrupy guava juice helps slide it down. Next time, if I have the bread, I'll get one of their \$4.50 pints of draft Hawaiian beers. Fire Rock and Longboard.

When Jody brings Carla's kalua pork and cabbage, I have to grab a little sample, full as I am. It's basically salted pork with cooked cabbage mixed in. And guess what? Delicious. Here, gotta say, you actually think of Hawaii. I mean, so much "Hawaiian" food, like Spam,



Jody

macaroni, teriyaki, is imported from other places. This pork meat, done in the *imu* style (cooked underground), makes you think, yeah, *this is Hawaii*, pre-missionary, pre-sugar barons, pre-tourists. I drink to that thought with the last of my guava juice.

Then I have another thought: come back too often, and I'm gonna end up a very Big Kahuna. ■

The Place: *Big Kahuna's*, 600 Palm Avenue #117, Imperial Beach, 619-429-5224

Type of Food: *Hawaiian*

Prices: *Deep-fried coconut shrimp, sweet chili sauce*, \$8.95; *mandarin orange salad*, \$8.25; *"killer kalua" pork sandwich*, \$7.65; *grilled chicken*, \$7.65; *kalbi (beef short-ribs)*, \$10.25; *Big Kahuna's Rice Bowl (chicken teriyaki, sticky rice)*, \$7.25; *surfer sub (with roast beef, turkey, ham, pastrami)*, \$7.65; *teriyaki burger (with pineapple, cabbage)*, \$7.65; *BBQ platters with choice of hot links, pork ribs, or pork roast (two sizes, "giant," \$14.25, or "wimp," \$11.25)*; *Big Kahuna burger, with 1/2 lb. patty, cheeses, cabbage*, \$7.65

Hours: 11:00 a.m.–8:00 p.m., seven days

Buses: 901, 933, 934

Nearest Bus Stop: Palm at Rainbow

RED WHITE & BREW
Monday, June 29 @ 7 pm
4 Courses with 4 Beers
\$26 per person
Reservations necessary • 858-456-6279
7536 Fay Avenue, La Jolla • lajollabrewhouse.com

Free Thai entrée*
Buy one entrée & two beverages and receive second entrée of equal or lesser value FREE!
Take-Out Special \$5 OFF
When you purchase \$25 or more
Thai Dragon House
6062 Lake Murray Boulevard (1 mile from Baltimore Dr.), La Mesa
619-589-8882 • Mon.-Sat. 11 am-9:30 pm, Sun. 4:30-9:30 pm
www.ThaiDragonHouse.com
*Not valid with any other offers or take-out. With coupon. Expires 7/9/09. One coupon per table.

Who says you can't enjoy Octoberfest all year long?
\$5 off Beer Boot
Come in and let us pour you 112 oz. of cold beer in our Beer Boot.
Centifonti's Bar & Grill
8365 La Mesa Boulevard
In the heart of downtown La Mesa • 619-461-4434

50% off sushi
Dine-in only. 5-item minimum order per party. Selected items only.
Sushi - Tempura - Teriyaki - Noodles

Mikko
Japanese Cuisine
Low cholesterol, low fat, no MSG
1025 Carlsbad Village Drive
760-730-0088

"WE'VE GOT HUEVOS!"
\$2 OFF
THE ORIGINAL Broken Yolk Cafe
OUTDOOR PATIO DINING • PRIVATE ROOM AVAILABLE
\$2.00 off with minimum \$8.00 entrée and one drink. Limit 4 per coupon. One coupon per table. No separate checks. Not valid on weekends, holidays, with private groups, other offers, coupons or specials. Expires 7/9/09.
1851 GARNET Ave. • *PACIFIC BEACH • (858) 970-YOLK
884 EASTLAKE Parkway • VILLAGE WALK • (619) 216-1144
7670 EL CAMINO REAL • LA COSTA • (760) 943-8182
COMING SOON - GASLAMP
Open Daily 6:00 am-3:00 pm • www.thebrokenyolkcafe.com

KARAOKE ON THE PARK with Rocky
June 26th & July 3rd 7-10 pm
\$15 food & beverage min./person
• Full bar & restaurant • Patio seating
• Open breakfast, lunch & dinner
• Casual, park-like setting
• Available for private events
Courtyard by Marriott
San Diego Rancho Bernardo
11611 Bernardo Plaza Court
Rancho Bernardo
(858) 613-2000

RESTAURANT LISTINGS

The Reader's Guide to Restaurants are recommended listings written by our reviewers. Each issue contains only a fraction of over 600 reviews. A complete searchable list is available online at SanDiegoReader.com. Price estimates are based on the latest information available for a midrange entrée. **Inexpensive:** below \$10; **moderate:** \$10 to \$19; **expensive:** \$20 to \$29; **very expensive:** more than \$30. Please call restaurants in advance for reservations.

Alpine

Mediterraneo 1347 Tavern Rd., Alpine, 619-445-9902. Tasteful, ambitious little trattoria with scenic patio dining. The pizzas are outstanding with airy, silken crusts. Entrées change with the seasons. Desserts are big and sweet. Expensive.

Baja

From the United States use the prefix 011-52 when calling Mexico.

Big Boy Restaurant Boulevard Agua Caliente #9892, Tijuana, 664-686-3788. Besides having excellent Mexican-American food and big gringo breakfasts, this Big Boy knock-off draws a cross-section of Baja's big shots. Open 24 hours. Inexpensive.

La Espadaña Avenida Sanchez Taboada #10813, Tijuana, 664-634-1488. This place does great oven-cooked leg of lamb, tasting like wine, garlic, and herbs, but the owners in-

sist it's just Tecate lamb baked slowly in its juices with oregano. Terrific flame-grilled beefsteaks, too. Moderate.

Mercado Sobre Ruedas Colonia Lucio Blanco (from Tijuana, on toll road, take first Rosarito exit; turn left at third), Rosarito. This huge flea market materializes every Sunday (morning to mid-afternoon); food booths offer a carnival of authentic dishes like barbecued mutton, savory Jalisco-style goat stew, street tacos. Rock-bottom prices; cash only.

El Rincón del Oso Mercado Hidalgo, Calle Victoria #47, Tijuana. Kid for breakfast? You scoop the juices and meat into a hot corn tortilla, adding cilantro, lime, grated onions, and a splash of salsa. It's meaty, slightly rich, almost gamey — like deer or buffalo. Inexpensive.

El Rodeo Boulevard Salinas #1647, Tijuana, 664-686-5640. Steak haven with Old West decor. Entrée price includes soup of roast beef juices, beans, a quesadilla, a salad, two *botana* (snack) plates, and a beef-liver medley with any cut of steak you want. Or try the *parrillada*, a multi-meat BBQ sizzling on a tabletop grill. Inexpensive to low-moderate.

Tacos el Francés Paseo de Playas de Tijuana #2553, Tijuana. Cisco the cook flaps the cloth open, pulls a tongue out, plonks it on the chopping block. Chop chop chop. Your first cow-tongue quesadilla? Inexpensive.

Vallarta Natural Boulevard Agua Caliente #1252 (just before El Toreo de Tijuana), Tijuana, 664-686-1560. Smoke-free, lacto-ovo-vegetarian haven, making their own yogurt, soy hash, breads, salsas, and wheat-gluten-free fake meats. Wonderful juices, breakfast scrambles, excellent soups like the filling *caldo tlalpeno*. Inexpensive.

Banker's Hill

Bertrand at Mister A's 2550 Fifth Ave., 12th floor, Banker's Hill, 619-239-1377. Bertrand Hug's airy, open eatery offers a panoramic city view with a casual-chic, romantic ambience and fine modern French cuisine. Expensive.

Inn at the Park 3615 Fifth Ave., Banker's Hill, 619-291-0999. Despite a touch of mango here, chipotle there, it's the nice, conservative, meat-and-potatoes comfort food that the regulars here prefer. Wilder hits include calamari fritto misto, duck breast, and coconut-lime crème brûlée. Moderate.

Bonita

Romesco 4346 Bonita Rd., Bonita, 619-475-8627. Sophisticated Mexican food, including smoked marlin carpaccio, grilled duck breast, escolar. The whole menu is worth exploring, full of surprising treats. Moderate to expensive.

Carlsbad

Armenian Café 3126 Carlsbad Bl., Carlsbad, 760-720-2233. Lamb shish kebab is the house specialty, but even better are the owner's mom's *kibbe* (nut-filled lamb meatball) and rosewater-scented *kashta lea* dessert. Lovely elevated patio. Moderate-plus.

California Bistro 7100 Four Seasons Point, Carlsbad, 760-603-6868. Fresh California cuisine in a luxurious hotel dining room. Moderate to expensive.

Nozomi 3050 Pio Pico Dr., Carlsbad, 760-729-7877. Gorgeous Japanese inn-style premises with food ranging from simple *nigiri-zushi* to party rolls

Best Indian food in town!

Celebrating our 3rd Anniversary

We serve samosas, salads, tandoori chicken, naan, curry, biryani, vegetables and more.



\$2 off

any two-item combo

\$2 off

any 8" pizza with 2 toppings

\$2 off

any lasagna or spaghetti with meatballs

\$2 off

purchase of any Greek salad or large salad

Any domestic BEER \$1

with any purchase of \$6 or more (limit one)

Any glass of WINE \$1

with any purchase of \$6 or more (limit one)



Monsoon Express Indian Cuisine

1640 Camino Del Norte, San Diego, CA 92108
(In Mission Valley Mall Food Court)

619-294-4488

monsoonexpress1.com

Offers may not be combined with any other offer. One coupon per customer. Expires 7/31/09.

Calendar RESTAURANTS

to fusion grazing dishes and entrées (including genuine Wagyu beef) and back to Japanese standards. Don't miss the *ankimo* (monkfish liver pâté). Moderate to expensive.

Carmel Valley

Ruth's Chris Steak House 11582 El Camino Real, Carmel Valley, 858-755-1454. Also 1355 N. Harbor Dr., Downtown, 619-233-1422. Flash-cooked steaks of USDA Prime, topped with butter and parsley, are the hallmark of this chain. Side dishes are à la carte. The broiled tomatoes are a delight. Very expensive.

Chula Vista

D'Lish Pizza and Pasta 386 E. H St., Chula Vista, 619-585-1371. This chain prides itself on its Italian/California pastas, pizzas, and salads. Now it's adding marinated flank steak and a rib eye to the "bistro entrées." Moderate.

Galley at the Marina 550 Marina Parkway, Chula Vista, 619-422-5714. The tasty happy-hour specials make a

visit worth the trip: Have a 1/2-pound hamburger with french fries, chicken Caesar salad with sourdough toast, or a filet mignon steak plate with steak fries. Inexpensive.

Village Club Card Room 429 Broadway, Chula Vista, 619-425-3333. Down-home dishes like grilled chicken breast sandwich, spaghetti with meatballs, or garlic shrimp with fried rice and egg, plus Chinese dishes including Kung Pao beef or chicken, Mongolian beef, and a good wonton soup with noodles. Inexpensive.

City Heights

African Spice Restaurant 4348 54th St., City Heights, 619-342-5945. Fascinating Somalian food, just seven dollars — as much rice, salad, spaghetti, goat meat, beef, chicken (lamb and tilapia when available) as you can fit in your polystyrene box, along with a banana to break up and mix in, Somali-style. Inexpensive.

Bale French Sandwich Shop 4879 University Ave., City Heights, 619-283-4352. The Vietnamese do French baguette sandwiches better than the French — with some spicy Asian touches. Inexpensive.

Taste of Africa Cuisine 5241 University Ave., City Heights, 619-583-5788. At this gathering place for Somalis, the cuisine combines African, Italian, Arab, and Indian influences, emphasizing fish, lamb, and goat meat. Start with a *fadareshin*, a mixed sampler

plate of meats, spaghetti, rice, and veggies. Inexpensive.

College Area

Sala Thai 6161 El Cajon Bl., College Area, 619-229-9050. Classy atmosphere, tame spicing. You'll have to ask for "hot." Chicken *mussaman* is delicious with taste-boosters like kaffir lime leaves. Health treat: *som tum*, green papaya salad. Inexpensive.

Coronado

1500 Ocean 1500 Orange Ave., Coronado, 619-522-8490. Modern Cal cuisine with a blissful bay view and superb ingredients, so finely cooked you'll be thrilled to eat your veggies. Expensive.

Café 1134 1134 Orange Ave., Coronado, 619-437-1134. Interesting omelets, salads, and *panini* (e.g., roast beef and bleu-cheese crumbles) from a local reincarnation of a Left Bank café to hang out, chat, think deep thoughts. Inexpensive.

Candelas on the Bay 1201 First St., Coronado, 619-435-4900. Same serious Mex cuisine as the downtown branch in blissful bayside surroundings, with great happy-hour grazing bargains in the bar. Otherwise expensive.

Costa Azul 1031 Orange Ave., Coronado, 619-435-3525. Enjoy people-watching on the patio, with tasty Mexican seafood like coconut crunch shrimp, swordfish tacos, lobster burritos. Higher priced: flat-iron steak with Gorgonzola, baby-back ribs, garlic Mexican shrimp. Inexpensive to expensive.

Spiro's Gyros 1201 First St., Coronado, 619-435-1225. Watch the sunset sipping Greek wines. Low prices keep Spiro's popular with locals and tourists. Try moussaka or souvlaki chicken, marinated in *tzatziki* sauce, served with tomatoes, onions, and pita bread. Inexpensive.

Swaddee Thai 1001 C Ave., Coronado, 619-435-8110. An island of serenity, with gentle dishes cooked with care. The complex but soothing coconut-chicken soup can wash away all woes, and the calamari in seafood arrays is knife-scored to achieve sheer tenderness. Inexpensive to moderate.

Del Mar

Le Bambou 2634 Del Mar Heights Rd., Del Mar, 858-259-8138. No mere "pho joint," this gracious restaurant serves exquisite versions of the sophisticated Vietnamese dishes of prewar Saigon. Low-moderate.

Jake's Del Mar Waterfront Grill 1660 Coast Bl., Del Mar, 858-755-2002. Surf 'n' turf by the sea, with a patio overlooking the waves. Menu offers seafood with fusion-y touches, Prime or Choice steaks. Crabby Dungeness

crab cake appetizer makes a whole lunch. Lunch and Sunday brunch moderate, dinner expensive.

Milton's Deli 2660 Via de la Valle, Del Mar, 858-792-2225. Jewish deli goes multiethnic. Stuff yourself with stuffed cabbage, overstuffed deli sandwiches, crisp-skinned cheese blintzes, *matzoh brei*, hot brisket with latkes — or chicken-fried steak, if that's your bag. Inexpensive to low-moderate.

Star of India 3860 Valley Centre Dr., Del Mar, 858-792-1111. Also 423 F St., Downtown, 619-234-8000. The lunch buffet can lead you by the nose into Punjabi food. Pick among vegetable *pakora* fritters, eggplant with potatoes, chicken curry masala, *palak paneer* (spinach with curry). Inexpensive to moderate.

Downtown

Basic Urban Kitchen and Bar 410 Tenth Ave., Downtown, 619-531-8869. Hipster atmosphere, late-night hours, and thin-crust Connecticut pizzas, which include toppings like mashed potato with bacon and cheese, or Little Neck clams. Inexpensive.

Bay Café 1050 N. Harbor Dr., Downtown, 619-595-1083. If famished at the ferry landing, you can eat decent burgers, good clam chowder, or other basic fare in the bare-bones interior, or tote it upstairs to a serene bay-view terrace. Inexpensive.

Blue Point 565 Fifth Ave., Downtown, 619-233-6623. In a handsome, plushy, noisy dining room, pristine seafood and Prime-grade steaks and chops. Expensive.

Brian's 24 828 Sixth Ave., Downtown, 619-702-8410. Open 24/7, it has a fabulous peanut butter burger with bacon. Plus a gothic bar with Joan Crawford's heel marks denting it where she danced. And bargain breakfast and lunch specials. Inexpensive to moderate.

Café Chloe 721 Ninth Ave., Downtown, 619-232-3242. Parisian atmosphere, creative cooking, e.g., breakfast's poached eggs with sage-truffle beurre blanc. Nightly specials keep the menu interesting, and desserts are worth every calorie. Beverages include lavender lemonade, root beers, an intelligent wine list. Moderate.

Café Noir 447 Ninth Ave., Downtown, 619-235-0075. Hip E-Ville scene in antique black house, where food highlights include interesting soup du jour and a *panino* stuffed with grilled chicken, artichoke, cranberries, and Parmesan and cream cheeses. Inexpensive.

La Casita 1247 C St., Downtown, 619-531-0044. Some of the best *chorizo con huevos* (spicy pork sausage with eggs) in town. Most delicious is watching Anglo city-hallers trying to love the house-made menudo (tripe soup).

Currant Sofia Hotel, 140 W. Broadway, Downtown, 619-702-6309. Parisian-chic brasserie decor with light, seasonal "American brasserie" cuisine that's often uneven but can include a glorious five-onion soup with short ribs and marrow that beats the French classic,

Stay slim! Eat more Shabu Shabu!

Have fun and cook your meat and vegetables in a Japanese Hot Pot!

LOW-FAT, HIGH-PROTEIN AND HEALTHY!

3-ITEM COMBO
\$2 OFF
with this ad.

- 1 Cook the vegetables in the hot pot
- 2 Swish-swish the meat in the pot
- 3 Dip meat & veggies in two sauces

SHABU SHABU
House

4646 Convoy Street
(near Balboa), San Diego
858.268.8648

Beer & wine available.

Open Mon.-Thurs. 11:30-2:30, 5-10 • Fri.-Sun. 11:30-10

Now Serving Crab Legs
with Dinner Every Night,
Monday-Sunday!



- Oysters • Garlic Crab • Garlic Fried Shrimp
- BBQ Beef Ribs • Baked Salmon

All-you-can-eat

Japanese • Chinese • Seafood • Italian

\$3.99 Lunch (includes drink)
\$5.99 Dinner (includes drink)

Buy 1 Lunch Buffet at \$7.99, 2nd Buffet is \$3.99

Buy 1 Dinner Buffet at \$11.99, 2nd Buffet is \$5.99

Expires 7/16/09. One coupon per couple.

Clairemont location only.

Friday Night/Saturday/Sunday Dinner Price.
Crab legs served all day Saturday and Sunday.

Over 150 dishes alternated daily!

VIP Oriental Buffet

5541 Clairemont Mesa Blvd. • 858-571-8473
(In Madison Square plaza just west of the 805)

Open Sun.-Thurs. 11 am-9 pm
Fri. & Sat. 11 am-9:30 pm

some like it
spicy

\$10 off \$30 purchase or more!



For a listing of locations please visit www.sammypizza.com.
Coupon must be presented at time of purchase. One coupon per party of 4 or fewer.
Not valid with take-out or other coupons/promotions. Expires 7/26/09. MI 70

San Diego
11134 Rancho Carmel Drive
858-618-1177

1886 Garnet Avenue
858-273-3836

10625 Scripps Poway Parkway, #10B
858-577-0300

NOW OPEN!
4645 Carmel Mountain Road
858-720-0994

NOW OPEN!
Downtown San Diego
655 West Broadway
619-696-9390

Coronado
1305 Orange Avenue #A-1
619-435-3900

Del Mar
1435 Camino Del Mar
858-259-3600

La Jolla
905 Pearl Street
858-456-6463

La Costa
7680 El Camino Real, Suite 102
760-632-1432

NOW OPEN!
Chula Vista
2322 Proctor Valley Road
619-216-0815

Catering available—ask for details!
www.sandiegobagels.com

Out of the brown bag thinking.

{ OUR NEW SIGNATURE TARRAGON CHICKEN SALAD IS ANYTHING BUT ORDINARY. }

TARRAGON CHICKEN SALAD with almonds, red onions, cranberries and lemon tarragon mayo

TRY OUR NEW LUNCH MENU (SIGNATURE SANDWICHES!) ON FRESH BAKED BREAD.

WITH THIS COUPON GET

Get \$1.50 off any NEW Lunch Sandwich

One coupon per person, per visit. Not valid with any other offer. Only original coupon will be accepted. Prices do not include tax. Valid at all participating locations. Expires 9-30-09.

WITH THIS COUPON GET

Get a cream cheese bagel & small coffee for \$2.49

One coupon per person, per visit. Not valid with any other offer. Only original coupon will be accepted. Prices do not include tax. Valid at all participating locations. Expires 9-30-09.

WITH THIS COUPON GET

Get a dozen fresh-baked bagels for \$5.99

One coupon per person, per visit. Not valid with any other offer. Only original coupon will be accepted. Prices do not include tax. Valid at all participating locations. Expires 9-30-09.

and creative desserts to finish with. Moderate to expensive.

Dakota Grill and Spirits 901 Fifth Ave., Downtown, 619-234-5554. The two-floor restaurant offers meaty American upscale fare (steaks, ribs, etc.) in plush booths, with a piano player gliding from rinky-dink 1950s pop to Fats Waller stylings and Ellingtonian riffs. High-moderate to expensive.

Dobson's 956 Broadway Circle, Downtown, 619-231-6771. The food, served in a classy, comfortable atmosphere, is often very good, as with chicken liver mousse pâté, Mediterranean blue mussels and, when available, the soft-shell crab. Romantic upstairs dining room. Moderate to expensive.

Dublin Square 554 Fourth Ave., Downtown, 619-239-5818. The pub was handcrafted in Waterford, shipped over, and installed (by Irish craftsmen) in the Gaslamp. There's a fine corned beef and cabbage, plus Guinness beef stew, shepherd's pie (made with ground beef), steaks, and grilled fish. Moderate.

The Fish Market 750 N. Harbor Dr., Downtown, 619-232-3474. Also in Solana Beach and Mission Valley. The sushi bar downtown is superb, with just-right rice, pristine seafood, and expert preparation. Otherwise, a noisy barn with plain cooking. Moderate to expensive.

Gourmet India 810 Fourth Ave., Downtown, 619-702-7967. Rare regional delicacies include appetizers of crunchy *sev poori* (wheat wafers with a fresh spicy topping), *bel poori* (India's railway snack), and Chennai's *uttapam*, pancakes. Entrées include *mirchi tikka*, tender tandoori chicken steeped in spicy lime-juice marinade. Moderate.

Grant Grill 326 Broadway, Downtown, 619-744-2077. Now thoroughly Southern Californian (although they did resurrect the fabled mock turtle soup) with nods to the "slow food" movement. Well-raised meats, local produce. Very expensive.

Island Prime 880 Harbor Island Dr., Downtown, 619-298-6802. Amazing bay-view venue with delicious steaks and roast beefs, plus chef Deborah Scott's creative appetizers and sides like shaved corn with black truffle and a seared ahi stack. Very expensive.

Kansas City Barbecue 610 W. Market St., Downtown, 619-231-9680. The beef and pork ribs (or rib tips or chicken breast) are smoky, cooked over an oak-fueled fire, although some diners complain of toughness. Good happy-hour deals. Inexpensive to moderate.

Monsoon Exotic Cuisine of India 729 Fourth Ave., Downtown, 619-234-5555. The younger sister to Hillcrest's Bombay Exotic Cuisine sometimes shares the same chefs and serves the repertory of "northern Indian cuisine made easy." Inexpensive buffet lunches; moderate à la carte dinners until 11 pm.

Nobu 207 Fifth Ave., Downtown, 619-814-4124. Imaginative Japanese-based fusion from international celeb chef

Over 900 more restaurant listings at SanDiegoReader.com



Nobu Matsuhita, ranging from miso soup and classic sushi to moderate-priced Nihon-Peruvian grazes to caviar-topped tartares and Wagyu beef (at "market price," meaning "if you have to ask..."). No reservations for sushi bar. Upper-moderate to expensive.

Sally's Seafood on the Water One Market Place at Manchester Grand Hyatt, Downtown, 619-358-6740. Great view, and an appetizer sampler makes delicious grazing, as does a raw tuna and salmon Napoleon. Black cod with miso-orange broth is a sensuous entrée. Expensive.

Ocean Beach Street Fair

Saturday, June 27
Come chill on our huge patio (one block from Newport Ave.)!
\$14 pitchers beer/margaritas
\$4 Jager/Hormitos shots!

Happy Hour
ALL DAY MONDAY
Tuesday-Friday 2-6 pm
\$3 drafts/margaritas

Pitcher Nights
Wednesday/Sunday 4 pm-close
\$10 pitchers (beer/margaritas)

Thirsty Thursday
\$3 "U Call It"
\$2 Tacos (6 pm-close)

Crab Races
Tuesday 6:30 pm
Shot specials/prizes!
\$7 burger & a beer
\$1 PBR Drafts
Sunday 4 pm-close



4993 Niagara Ave.
(Niagara Ave. & Bacon St.)
Ocean Beach • 92107
619-222-1722 • Free WiFi
www.blueparrotbarandgrill.com



3-course meal \$14

Includes: Appetizer – Pot Stickers,
Main Course – Soy Orange Chicken,
Dessert – Vegan Banana Cake.
Main course may be substituted.
No substitutions for appetizer or dessert.

100% Vegetarian

Enjoy healthy and fresh Thai, Vietnamese, Chinese, Italian and sushi entrées.
All dishes are 100% vegetarian,
most dishes and all desserts are vegan.

SIPZ

VEGETARIAN fusion cafe
www.sipz.com

9450 Scranton Road, Suite 114A
Sorrento Valley • 858.457.1103
5501 Clairemont Mesa Boulevard
San Diego • 858.279.3747

\$6 Three-Course Dinner

Valid from 4 pm to Close. Cannot be used with any other coupons and/or offers.

Choose Your Starter, Entrée and Dessert

1 Choose a Starter

4 Choices:

- Original Hummus & Fresh Grilled Pita
- Roasted Red Pepper Hummus & Fresh Grilled Pita
- Fire Feta & Fresh Grilled Pita
- Lemon Chicken Soup

2 Choose an Entrée

Served with French Fries or Greek Salad & Rice Pilaf

6 Choices:

- Grilled Chicken Ka-bob & Crispy Shrimp
- Grilled Chicken Ka-bob & Lemon Chicken Soup
- Falafel & Spanakopita
- Two Freshly Carved Gyros Street Pitas
- Freshly Carved Gyros Street Pita & Grilled Chicken Ka-bob
- Crispy Calamari

3 Choose a Dessert

2 Choices:

- Baklava
- Caramel Pecan Delight

Daphne's San Diego County Locations

More locations at www.daphnes.biz

Mira Mesa
(858) 693-4471

Eastlake
(619) 216-2163

4S Ranch
(858) 487-0665

San Marcos
(760) 744-3732

Mission Valley
(619) 260-1679

Encinitas
(760) 635-8570

Carlsbad
(760) 929-0875

Santee
(619) 596-1470

Oceanside
(760) 434-1861

Hillcrest
(619) 297-0344

Chula Vista
(619) 585-0159

Temecula
(951) 693-5313

Poway
(858) 679-8898

La Jolla
(858) 623-6940

Del Mar
(858) 792-8599

Torrey Hills
(858) 720-8642

Shelter Island's
AUTHENTIC
Hawaiian Luau
On the Beach

Featuring the Mahe Hehehe
Polynesian Dancers

Adults \$39
Children (5-12) \$17
(under 5 Free)
Prices do not include tax or service charge.

Friday Evenings: July 10, 17, 24, 31 & August 14, 2009

- 6:00 p.m. Lei Greeting, Welcome Mai Tai or Hawaiian Punch – Full No-Host Bar also available
- 6:45 p.m. Conch Shell Announcement and Iku Pig Presentation
- 7:00 p.m. Lavish Hawaiian Buffet including Kalua Pig, Hawaiian & Polynesian Specialty Entrées and Dishes, Fresh Salads & Lavish Desserts – Entertainment during Dinner
- 8:00 p.m. Polynesian Dance Show with Authentic Hula & Fire Dancers

On the Beach at the
Kona Kai
Dinner • Aloha • Mahalo

• Complimentary Parking

LIMITED SEATING SO CALL EARLY FOR RESERVATIONS: 800-366-2524
Kona Kai Resort 1751 Shelter Island Dr., San Diego ShelterIslandLuau.com

All-U-Can-Eat
Korean BBQ

Happy Hour special: \$16.85

Includes: 12 different entrées – Beef, Chicken, Seafood & Vegetarian • Korean Pancake • Side Dishes • Ice Cream & Traditional Juice

Happy Hour: 11 am-5:30 pm & 9 pm-12:30 am Monday-Friday

Jeong Won
Korean BBQ

Lunch special & to-go orders too!

4690 Convoy Street #104
San Diego • 858-292-4670
Open every day 11 am-12:30 am

Lunch Special
Monday to Thursday only
Ramen Noodle 20% off

Dinner Special
Monday to Thursday only
20% off w/student ID

Happy Hour:
50% off house Sake and draft beer
M-Thurs. 5:30-7:30
Thurs-Fri-Sat
OPEN LATE! till 3 AM

TAJIMA
Japanese Restaurant

4681 Convoy St., Ste. 1, S.D.
858-576-7244 • tajimasandiego.com

Open Mon-Fri Lunch 11:30 am-2:30 pm
Dinner 5:30-10:30 pm
Open Sat & Sun 11:30 am-10:30 pm

COUPON

HAPPY HOUR
4-7 PM MON.-FRI.

Su Casa

Fresh Guacamole prepared at tableside!

VOTED THE BEST MEXICAN FOOD SINCE 1967 Award-Winning Cuisine Mexican and Seafood Specialties VOTED THE BEST MARGARITA

25% OFF ENTIRE CHECK
OPEN 11:30 AM DAILY (excludes alcohol)

No take-out. Not valid with Happy Hour or any other discount. Valid for 2 to 4 people. One check, one coupon per table. Every day. Offer expires 7/8/09.

6738 LA JOLLA BLVD. • (858) 454-0369 • PARKING
www.sucasarestaurant.com

Sixth Avenue Bistro 1165 Sixth Ave., Downtown, 619-239-4194. Credible Creole cooking in airy café. Sandwiches include an outstanding oyster po' boy (big juicy oysters, light batter) and a fine, fully packed approximation of a mufaletta. The jambalaya is okay, too. Inexpensive.

Stingaree 454 Sixth Ave., Downtown, 619-544-0867. The Mediterranean food, sized for grazing or gourmandizing, features premium, naturally raised meats, wild fish, and local organic vegetables, served in a glitzy, clubby setting. Very expensive, but special three-course menu is just \$40.

Top of the Market 750 N. Harbor Dr., Downtown, 619-234-4867. The upper-crust upper floor of the downtown Fish Market has largely the same food as the downstairs, plus a few luxury items (e.g., abalone) and occasionally some creative appetizer specials. Expensive.

El Cajon

Chen's Golden Palace 530 N. 2nd St., El Cajon, 619-442-2541. A Lao-Chinese family serves mostly basic Chinese cuisine, plus a few Southeast Asian dishes like Thai spicy shrimp noodles — and good fish 'n' chips. Inexpensive.

7 am-9 pm BREAKFAST
11 am-9 pm LUNCH/DINNER

Johnny's R
FAMILY RESTAURANT

BEER & WINE AVAILABLE

\$2.00 OFF

Breakfast, Lunch or Dinner

Valid on menu entrées of \$6 or more. Excludes specials. Not valid on holidays. Dine-in only. Expires 7/10/09.

619-291-8239 • North Park
2611 El Cajon Boulevard
www.johnnysr.com

Tyler's Taste of Texas 576 N. 2nd St., El Cajon, 619-444-9295. Texas-style barbecue (chicken, beef, pork, and sausage), smoky but uneven in texture. Good fried catfish, fried green tomatoes, ham breakfast. Open 24 hours. Inexpensive to low-moderate.

Encinitas

El Callejon Restaurant 345 S. Coast Hwy. 101, Encinitas, 760-634-2793. Great atmosphere in a hacienda with multiple rooms and patio spaces, serving zesty mainland Mexican cooking with unusual dishes like shrimp *zarandeados* with sauce of chiles, beef in cilantro sauce, and a *parrillada* (mixed grill) to serve two. Moderate.

The Calypso Café 576 N. Coast Hwy. 101, Encinitas, 760-632-8252. The cuisine is French, ranging from warhorses like onion soup and coq au vin to Gallo-Cal-Italian-Pacific Rim hyphenates. Mussels are the specialty, and their rapid turnover here ensures freshness. Upper-moderate.

Juanita's Taco Shop Estilo Tepatlán 290 N. Coast Hwy. 101, Encinitas, 760-943-9612. Also 248 Main St., Vista, 760-758-4531. The food's cooked in the style of Tepatlán, a small city near Guadalajara. Their specialty is carnitas — which Juanita's does up by the plate or by the pound. Open late weekends. Inexpensive.

Kealani's 137 W. D St., Encinitas, 760-942-5642. At any hour the food is Hawaiian "plate lunch" — two scoops of short-grain rice, mild house-made macaroni salad, and a choice of authentic "grines." Don't miss the outstanding kalua pig — zesty, smoky shreds of imu-style roast pork. Inexpensive.

The Original 101 Diner 552 First St., Encinitas, 760-753-2123. The down-home cooking includes all-day breakfast ranging from really cheap biscuits and sausage gravy to a pretty cheap top-sirloin steak and eggs. A bacon-cheddar burger with fruit is a good surprise combo, or try spinach salad. Inexpensive.

Vigilucci's Ristorante & Pizzeria 505 S. Coast Hwy. 101, Encinitas, 760-942-7332. Freshness, simplicity, and savvy seasoning — that's Italian. The pastas are luscious (try the comforting cannelloni), the staff spirited. Pastas moderate, entrées expensive.

Escondido

Centre City Café 2680 S. Escondido Bl., Escondido, 760-489-6011. Classic American fare, including exemplary chicken-fried steak with a crackly crust and smooth, peppery cream gravy. USDA Choice steaks offered at rock-bottom prices. Huge portions, low prices.

O-Nami North County Fair, 240 E. Via Rancho Parkway, Escondido, 760-738-7522. Also 1640 Camino del Rio North, Mission Valley Center, 619-295-9774. These Japanese buffets offer fresh, artful dishes, including *sumomono* (cucumber salad), teriyaki, sashimis, and sushi rolls. Among the winners are the California roll, tempura shrimp, guacamole roll, veggies, green tea ice cream. Moderate.

San Diego Artisan Bakers 1551 S. Escondido Bl., Escondido, 760-740-5963. Recipes are from all of Europe for breads with great textures and depths of flavor. A treat: breakfast on the front porch with cup of espresso and scones. Inexpensive.

Sand Crab Café 2229 Micro Pl., Escondido, 760-480-2722. Entrées include several crab-bucket combos, cooked in a well-seasoned boil with corn, potatoes, and spicy Louisiana sausage. Margarine's the dip, but you can BYO butter and they'll melt it. Inexpensive to moderate.

Golden Hill

Krakatoa 1128 25th St., Golden Hill, 619-230-0272. Ghost-ridden coffee house and neighborhood hangout offers garden seating and light eating, mainly breakfast or lunch sandwiches named after the volcanoes of the world (get it?). Inexpensive.

Hillcrest

Arrivederci 3845 Fourth St., Hillcrest, 619-299-6282. A narrow, ever-crowded room with a long menu offering a familiar regional Italian potpourri, including reliable veal in a brandy cream sauce, "straw and hay" pesto pasta, shellfish pasta. Moderate.

Baja Betty's 1421 University Ave., Hillcrest, 619-269-8510. Extensive cocktail, margarita, and tequila list and regular Cal-Mex food in a lively atmosphere. Inexpensive to moderate.

Bombay Exotic Cuisine of India 3975 Fifth Ave., Hillcrest, 619-298-3155. We're talking northern India here — lots of lamb, potatoes, creamy sauces, tandoor-baked breads and meats, rich and complex but mildly seasoned. Sister restaurant, Monsoon, 729 Fourth Ave., Downtown, 619-234-5555. Moderate.

Ciro's Pizzeria 1202 University Ave., Hillcrest, 619-296-2476. Also 534 Market St., Downtown, 619-696-0405. This small pizza parlor has that "back East" feel about it: old-time photos of baseball fields, New York City. Best combo: chicken bacon pesto. Inexpensive.

Jimmy Carter's Café 3172 Fifth Ave., Hillcrest, 619-295-2070. This comfy, middle-class eatery at the edge of Balboa Park has Indian breakfasts — try chicken curry or *pesaratu* (mung bean crepe with onions, peppers, ginger, *dhal*, and chutneys). Good Mexican and decent Chinese food, too. Inexpensive.

Kemo Sabe 3958 Fifth Ave., Hillcrest, 619-220-6802. In Chef Deborah Scott's cooking, Southeast Asia meets the Southwest. Good choices include mussels in chipotle cream sauce; spicy, sweet-sour layered jerk chicken; and the signature Skirts on Fire — a tender, grilled skirt steak imbued with a *picante* marinade. Extremely noisy. Moderate.

La Posta de Acapulco 3980 Third Ave., Hillcrest, 619-295-8982. Also in El Cajon and Spring Valley. The carne asada burritos are rich-tasting, fresh, generous. Also much loved here are the *chile verde* and the quesadilla with carne asada. Inexpensive.

Saigon on Fifth 4900 Fifth Ave., Hillcrest, 619-220-8828. Urbane, French-tinged cuisine of colonial-era Saigon and Hue. Distinctive house specialties include a smoked oyster omelet, coconut shrimp served in the coconut

HOUSE OF BBQ
3659 India St., Mission Hills • 619-298-7176 • Free Parking

1/2 Off Any Entrée

Buy one entrée and 2 beverages, get 2nd entrée of equal or lesser value 1/2 price. With this ad. Expires 7/28/09.

shell, and *bún*, a refreshing spicy noodle salad. Low-moderate.

Taste of Szechuan 670 University Ave., Hillcrest, 619-291-1668. Find standard Americanized Szechuan-Mandarin fare. Want spicy? Ask for heat. Tangy, crisp Szechuan garlic shrimp tops the 12 house specialties for good reason. Szechuan orange fish is also recommended. Inexpensive to moderate.

Imperial Beach

Lydia's Café and Nightclub 1628 Palm Ave., Imperial Beach, 619-429-3603. Easygoing dancing/eatery (since 1957) offers sporadically available entrée platter of *birria en su jugo* (goat in its juices) and filling snacks like taquitos *cucaracha* (a corn tortilla stuffed with ham, cheese, and sour cream). Inexpensive.

Kearny Mesa

China Max 4698 Convoy St., Kearny Mesa, 858-650-3333. Local Asians flock here for authentic Hong Kong cooking,

including seafood in live tanks (black cod, Dungeness crab, abalone), dim sum daily, superb Peking Duck. Even homey dishes (e.g., wonton soup, crab-meat cakes) sing with flavor. Inexpensive to exorbitant, mainly moderate.

Emerald Chinese Seafood Restaurant 3709 Convoy St., Kearny Mesa, 858-565-6888. Among the best Chinese restaurants in the county, local Asians go here for family dinners, dim sum, and Hong Kong specialties. Mainly moderate, with splurges like live fish and Peking duck balanced by down-home dishes. Inexpensive.

The Original Pancake House 3906 Convoy St., Kearny Mesa, 858-565-1740. Additional locations in Poway, Encinitas, and Vista. The Apple Pancake is a batter-filled, five-egg puffed-up paradise with slices from two Granny Smith apples. The German Pancake or Dutch Baby are good oven-baked alternatives, as is the filling mushroom omelet. Inexpensive.

Tofu House 4646 Convoy St., Kearny Mesa, 858-576-6433. Korean tofu dishes, flavorful and healthy, but with meat, too. Try *soontofu* soups (beef, pork, seafood, or mushroom) with raw egg drop you drop yourself and a side of tasty fresh kimchi. Inexpensive.

Tropical Star 6163 Balboa Ave., Kearny Mesa, 858-488-5900. A modest café and grocery offers Puerto Rican and Latin American food and groceries. Inexpensive.

Kensington-Talmadge

Kensington Grill 4055 Adams Ave., Kensington-Talmadge, 619-281-4014. This comfortable-but-sophisticated neighborhood restaurant has found a fine formula for seasonal California cuisine. Early-bird three-course dinner moderate; regular menu moderate to expensive.

La Jolla

Brockton Villa 1235 Coast Bl., La Jolla, 858-454-7393. Great Cove view, with best food at breakfast/brunch: Coast Toast, the French toast of your happiest dreams, puffy and airy with orange flavor. Coffee is excellent. Moderate to expensive.

La Jolla Brew House 7536 Fay Ave., La Jolla, 858-456-6279. Solid food, like the prime rib sandwich (which goes great with their Russian stout) or the roasted potato. Best of all, the hefty, low-cholesterol buffalo burger. Inexpensive to moderate.

Michele Coulon Pastries 7556-D Fay Ave., La Jolla, 858-456-5098. Cakes are light, moist, rich, and available as wholes, slices, and even "miniatures," plus you can choose tarts, chocolates, ice creams, and breakfast pastries. Moderate.

Pannikin Coffee & Tea 7467 Girard Ave., La Jolla, 858-454-5453. Additional locations in Del Mar and Encinitas. Cute cottage decor. Breakfasts are mostly steamed-egg variations, including the popular Greek eggs and breakfast burrito. For lunch try chicken curry or fresh, generous "pannwiches" like ham or tuna. Inexpensive.

Tapenade 7612 Fay Ave., La Jolla, 858-551-7500. Major French chef Jean-Michel Diot presides at this bistro featuring sunny Provençal flavors, where the dishes balance creativity and rigorous technique. Some bargain early-bird dinners. Otherwise, expensive to very expensive (and worth it).

Whisknadle 1044 Wall St., La Jolla, 858-551-7575. This kitchen bakes its own bread and makes charcuterie/salumi from scratch. Among the pleasures are roasted bone marrow, chorizo-and-date fritters, pristine "simply grilled" sustainable fish, and delicate *panna cotta*. Moderate to expensive.

La Mesa

Johnny B's 4728 Fourth St., La Mesa, 619-464-2465. This "Burgers and Brew" bar is a real '50s place with burgers and good bar snacks, including a zesty jalapeño dip. On Sundays (1 to 7pm only), their ten-ounce New York steak, fries, beans, and salad is a must-eat. Inexpensive.

Lake Murray Café 5465 Lake Murray Bl., La Mesa, 619-433-0180. Comfort food in generous quantities. All the omelets are four-egg, with sides like biscuits and gravy. Evening meals include meat loaf, liver and onions, stuffed pork chops, whole (head-on) fish. Inexpensive.

West Coast Barbecue 6126 Lake Murray Bl., La Mesa, 619-462-3663. Pit-smoked Texas-style "Q," but more

like the Bushes of Crawford than the soulful South. Best bets are full-flavored ribs, chicken wings, and authentic Texas bean-free chili with classic fixins. Low-moderate.

Ye Olde Bicycle Place and Café 6792 University Ave., La Mesa, 619-582-4024. A bike museum with food offers tasty toasted *panini* and cold sandwiches. Inexpensive.

Lincoln Park

Batter Up! 342 Euclid Ave., Lincoln Park, 619-262-3333. Casual, family-friendly small sports bar (beer only) with big patio offers fried seafood, thick sandwiches, and juicy Angus burgers with creative dressings, all well above the pub-grub norm. Inexpensive.

Linda Vista

Sab-E-Lee 2405 Ulric St., Linda Vista, 858-650-6868. Tiny eatery serving authentic, fiery, fabulous food from northeast Thailand, as spicy as you want. Don't miss onion-rich *tom yum*

FREE BUFFET!

For New Club Sycuan Members

5469 CASINO WAY, EL CAJON, CA | 619-445-6002 | SYCUANCASINO.COM

New Members ONLY. Must sign up for Club Sycuan. Membership is free and takes minutes to sign up. Expires July 11, 2009. Must be 18 years of age or older to be in Casino, restaurants and theatre. Please play responsibly.

Enjoy our delicious, all-you-can-eat buffet including Prime Rib, Peel 'n Eat Shrimp, International food stations and decadent dessert bar!



PRESENT COUPON AT CLUB SYCUAN

Sycuan CASINO

THE ORIGINAL FRIDAY NIGHT LUAU ON MISSION BAY!

ENTERTAINMENT BY PRIDE OF POLYNESIA

Authentic luau and show with live Hawaiian music, lei greeting, and Polynesian buffet overlooking Mission Bay

PURCHASE TICKETS AT THE CATAMARAN RESORT GIFT SHOP OR ONLINE AT WWW.CATAMARANLUAU.COM/RESERVE

\$58 ADULTS • \$25 CHILDREN 5-11 YEARS • CHILDREN UNDER 5, FREE

FRIDAYS JULY 3 THROUGH SEPTEMBER 4
6:00-9:00 PM

OUR NINTH YEAR!

FOR MORE INFORMATION 858.539.8666

CATAMARAN RESORT and Spa HOTEL

WWW.CATAMARANLUAU.COM

3999 MISSION BOULEVARD • SAN DIEGO, CALIFORNIA 92109

Call for Group Discounts



Get 1 Free[®].com

The Place for Restaurant Discounts...



Free Indian dinner

Buy one dinner, get 2nd dinner free. \$12 value. Excludes buffet, specials and alcohol.

1020 W. San Marcos Blvd.
(760) 744-7599

Expires 07/09/09 • Coupon code: G1FSDR



Free 6" sub

Buy any 6", 9" or 12" sub or salad and a regular fountain drink at the regular price and get a 6" sub or sub salad free.

17090 Bernardo Center Dr. #125
(858) 673-8283

Expires 07/09/09 • Coupon code: G1FSDR



Free entrée

with purchase of 2nd entrée of equal or greater value and 2 drinks. Maximum value \$9.

915 Pearl St.
(858) 456-1414

Expires 07/09/09 • Coupon code: G1FSDR



Half off pizza

Buy one pizza and get a second pizza of equal or lesser value for half off.

13350 Camino Del Sur
(858) 538-3333

Expires 07/09/09 • Coupon code: G1FSDR



Free Spaghetti

and order of garlic bread with purchase of any large 16" one topping pizza

6110 Friars Road
(619) 296-0911

Expires 07/09/09 • Coupon code: G1FSDR



Free pizza or large salad

Free Z10 pizza or large salad with purchase of any extra-large specialty pizza Z18.

11975 Carmel Mountain Rd.
(858) 675-9300

Expires 07/09/09 • Coupon code: G1FSDR



LA JOLLA

RANCHO PENAQUITOS

FASHION VALLEY

CARMEL MTN.



25% off frozen yogurt

12165 Alta Carmel Court #120
(858) 618-5436

Expires 07/09/09 • Coupon code: G1FSDR



Free chicken or crispy beef taco

with purchase of two.

342 S. Twin Oaks Valley Rd.
304 W. Mission Rd.

Expires 07/09/09 • Coupon code: G1FSDR



Free frozen yogurt

with purchase of another of equal or greater value.

4150 Regents Park Row
Ste. 120 • (858) 678-0235

Expires 07/09/09 • Coupon code: G1FSDR



Free entrée

with purchase of one entrée and two beverages. Minimum purchase of \$12

729 4th Ave.
(619) 234-5555

Expires 07/09/09 • Coupon code: G1FSDR



RANCHO BERNARDO

SAN MARCOS

LA JOLLA

CARMEL MTN.



Free Italian lunch

with the purchase of another lunch and 2 drinks.

400 Mission Ave.
(760) 435-2290

Expires 07/09/09 • Coupon code: G1FSDR



Free appetizer

for any party of four or more

3704 Voltaire St
(619) 226-0848

Expires 07/09/09 • Coupon code: G1FSDR



Free lunch or dinner

with the purchase of an entrée or equal or greater value and two beverages.

1011 S. Santa Fe Ave. #A
(760) 631-5710

Expires 07/09/09 • Coupon code: G1FSDR



Free frozen yogurt

with purchase of another frozen yogurt of equal or great value.

Walmart/Costco Shopping Center
(760) 740-9328

Expires 07/09/09 • Coupon code: G1FSDR



OCEANSIDE

POINT LOMA

VISTA

SAN MARCOS



Free Boll Weevil entrée

with the purchase of an entrée of equal or lesser value and 2 drinks.

9330 Clairemont Mesa Blvd.
(858) 571-6225

Expires 07/09/09 • Coupon code: G1FSDR



Free steak fries

with purchase of any large Philly Cheese Steak.

312 Ballantyne St.
(619) 442-2036

Expires 07/09/09 • Coupon code: G1FSDR

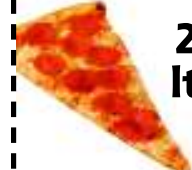


50% off entrée

Buy one entrée and get the 2nd for 50% off. 2nd entrée must be of equal or lesser value. Dinner only.

9910 Mira Mesa Blvd. #A
(858) 578-1468

Expires 07/09/09 • Coupon code: G1FSDR



20" pizza & 2 ltr. soda \$19⁹⁹

2 topping pizza.

12812 Rancho Penasquitos Blvd.
11255 Camino Ruiz

Expires 07/09/09 • Coupon code: G1FSDR



CLAIREMONT

EL CAJON

MIRA MESA

RANCHO PENASQUITOS/MIRA MESA



Free dessert

with purchase of \$20 or more

4062 Bonita Rd.
(619) 470-4700

Expires 07/09/09 • Coupon code: G1FSDR



Free frozen yogurt

with purchase of equal or greater value.

1680 S. Melrose Dr.
(760) 598-7211

Expires 07/09/09 • Coupon code: G1FSDR



Free entrée

with the purchase of 1 entrée of equal or greater value and 2 drinks.

340 W. Valley Pkwy.
(877) 848-6062

Expires 07/09/09 • Coupon code: G1FSDR



Free pizza

with purchase of any Z14 or Z18 pizza.

8657 Villa La Jolla Dr.
(858) 450-0660

Expires 07/09/09 • Coupon code: G1FSDR



BONITA

VISTA

ESCONDIDO

LA JOLLA



Free hot dog or chili dog & bag of chips

with purchase of the same at regular price

1776 Shelter Island Dr.
(866) 997-3030

Expires 07/09/09 • Coupon code: G1FSDR



Free entrée

with the purchase of another one at regular menu price. Mission Valley location only.

1400 Camino de la Reina
(619) 299-4668

Expires 07/09/09 • Coupon code: G1FSDR



Free sushi

Buy one roll, get one free. Daily from 2pm - 6pm.

16405 Bernardo Center Drive
(858) 613-9000

Expires 07/09/09 • Coupon code: G1FSDR



Free kids pizza

Buy any pizza or entrée and get one free kids pizza coupon. Dine-in only.

5583 Clairemont Mesa Blvd.
(858) 268-0093

Expires 07/09/09 • Coupon code: G1FSDR





Half off dinner

Buy 1 dinner, get 2nd dinner of equal or lesser value at half price.

17120 Bernardo Center Dr.
(858) 385-0020
Expires 07/09/09 • Coupon code: G1FSDR



Free entrée

with the purchase of an entrée of equal or greater value and 2 drinks

6690 Mission Gorge Rd.
(619) 281-Cafe(2233)
Expires 07/09/09 • Coupon code: G1FSDR



15% off dinner

After 4 p.m.



8YD01X

1860 Marron Rd.
(760) 434-9100
Expires 07/09/09 • Coupon code: G1FSDR



Free frozen yogurt

Buy one yogurt, get 1 free with the purchase of yogurt equal or greater value (excludes quarts)

5640 Lake Murray Blvd.
9640 Mission Gorge Rd.
872 Eastlake Pkwy.
Expires 07/09/09 • Coupon code: G1FSDR



RANCHO BERNARDO



Free combo meal

with purchase of any combo of equal or greater value & 2 drinks

For Our Locations Visit...
www.sombromex.com
Expires 07/09/09 • Coupon code: G1FSDR



SAN DIEGO



4 burgers, fries & drinks for \$20

Valid on middleweight burgers.

1651 S Melrose Dr., #A
(760) 599-7056
Expires 07/09/09 • Coupon code: G1FSDR



CARLSBAD



Free classic sundae

Buy one at regular price and get one free. Soft serve only.

7835 Highlands Village Place # D103
(858) 538-8775
Expires 07/09/09 • Coupon code: G1FSDR



LA MESA/SANTEE/EASTLAKE



Free steak dinner

Free Rib Eye Steak Dinner w/ purchase of one at regular price & 2 beverages

1221 Broadway
(619) 447-5665
Expires 07/09/09 • Coupon code: G1FSDR



Free large pizza

Buy a large pizza at regular price and get a 2nd pizza of equal or lesser value free. (Tuesdays only)

834 Kline St.
(866) 264-0533
Expires 07/09/09 • Coupon code: G1FSDR



VISTA



3 chicken rolled tacos Free

with guacamole • with purchase of any combo coupon valid Mon-Fri after 3pm & Saturdays

11815 Sorrento Valley Rd.
(858) 259-9579
Expires 07/09/09 • Coupon code: G1FSDR



RANCHO PENASQUITOS



Free pasta dinner

With purchase of another dinner of equal or lesser value plus two drinks. Dine-in only.

336 W. Valley Pkwy
(760) 737-7455
Expires 07/09/09 • Coupon code: G1FSDR



EL CAJON



Free item

with the purchase of any menu item of equal or greater value & two beverages

8861 Villa La Jolla Dr.
(858) 455-1461
2638 Del Mar Heights Rd.
(858) 259.4880
Expires 07/09/09 • Coupon code: G1FSDR



LA JOLLA



\$6 power lunch

12 menu choices

11828 Rancho Bernardo Rd.
Ste 115 • (858) 451-8958
Expires 07/09/09 • Coupon code: G1FSDR



LA JOLLA



50% off dinner

Buy 1 dinner, Get 1 of equal or lesser value 50% off.

16625 Dove Canyon Rd.
#109 • (858) 673-6824
Expires 07/09/09 • Coupon code: G1FSDR



ESCONDIDO



Free spring rolls

with any purchase of \$15 or more. Dine-in only

8342 Parkway Dr.
(619) 469-8984
Expires 07/09/09 • Coupon code: G1FSDR



LA JOLLA/DEL MAR



Free BBQ sandwich

Free Texas Style Angus Beef Brisket or any BBQ Sandwich with the purchase of one sandwich & 2 large beverages.

291 W. Main Street
(619) 444-3667
Expires 07/09/09 • Coupon code: G1FSDR



RANCHO BERNARDO



50% off frozen yogurt

Buy one yogurt, get the second one of equal or lesser value for half off.

1430 East Plaza Blvd.
(619) 474-4904
Expires 07/09/09 • Coupon code: G1FSDR



SAN DIEGO



Free entrée

with purchase of an entrée & 2 beverages. Max Value \$10.

1020 W. San Marcos Blvd.
(760) 736.4343
Expires 07/09/09 • Coupon code: G1FSDR



LA MESA



\$5.95 1/2 lb. burger & fries

8" Philly cheese steak or 1/2 lb gourmet burger served with french fries only \$5.95!

4111 Oceanside Blvd.#101
(760) 643-9602
Expires 07/09/09 • Coupon code: G1FSDR



EL CAJON



Free entrée

Buy one entrée and two beverages, and get a second entrée of equal or lesser value free. Dine-In only.

1814 Marron Rd.
(760) 720-4300
Expires 07/09/09 • Coupon code: G1FSDR



NATIONAL CITY



15% off dinner

After 4 p.m.

9158 Fletcher Pkwy.
(619) 462-4232
6171 Mission Gorge Rd.
(619) 280-7087
Expires 07/09/09 • Coupon code: G1FSDR



SAN MARCOS



Free Mexican combo

Buy one combo & two drinks and get one of equal or lesser value free.

10425 Tierrasanta Blvd.
(858) 503-6750
Expires 07/09/09 • Coupon code: G1FSDR



OCEANSIDE



Free wine tour

AND \$2 OFF WINE TASTING OR BOTTLE PURCHASES

32720 Rancho California Rd.
(877) 667-0592
Expires 07/09/09 • Coupon code: G1FSDR



CARLSBAD



Free frozen yogurt

with the purchase of yogurt of equal or greater value

Mission Gorge • 10450 Friars Rd
Hillcrest • 1010 University Ave
USD • 5401 Linda Vista Rd
Sports Arena • 3550 Rosecrans
Expires 07/09/09 • Coupon code: G1FSDR



LA MESA/MISSION GORGE



Two large pizzas \$20.99

with two toppings on each pizza

3715 India St.
(619) 692-1169
Expires 07/09/09 • Coupon code: G1FSDR



SAN DIEGO



\$10 off BBQ dinner platter

with purchase of a drink

6904 Miramar Rd.
(858) 566-BEEF (2333)
Expires 07/09/09 • Coupon code: G1FSDR



TEMECULA



Free french press coffee

190 N Hwy 101
(760) 230-1828
Expires 07/09/09 • Coupon code: G1FSDR



SAN DIEGO

Hundreds more in savings at
get1free.com

MISSION HILLS

SAN DIEGO

ENCINITAS

Calendar RESTAURANTS

soup or amazing liver salad. Look for "Linda Foods" awning. Cash only, BYO, no reservations, waits at prime-time. Inexpensive.

Little Italy

Anthology 1337 India St., Little Italy, 619-595-0300. User-friendly, modern-American cuisine (local produce, natural meats, wonderful breads) in huge, chic jazz nightclub. Expensive on up, if you drink anything but tap water.

Rainwater's on Kettner 1202 Kettner Bl., Little Italy, 619-233-5757. Wet-aged USDA Prime beefsteaks and roasts with "Continental" sauces, milk-fed calf's liver, plus some seafood and poultry. The chef is one of a few who can manage Beef Wellington correctly. Very expensive.

Logan Heights

La Doña 1784 Newport Ave., Logan Heights, 619-233-4939. This historic café serves home cooking, Mexican style, with super-spicy salsa and meals like scrambled eggs and chorizo with rice and refried beans, *chicharrones*, *pozole*, and *menudo*. Inexpensive.

El Pollo Loco 2795 Main St., Logan Heights, 619-595-0847. Several San Diego locations. The flame-broiled poultry has crisp, richly seasoned, salty skin; the flesh can vary from barely done to overdone, but usually is just right. Inexpensive.

Midway District

Hancock Street Café 3354 Hancock St., Midway District, 619-296-2060. Mario is from New York and knows his pasta. You can expect a good-value special, like spaghetti and meatballs. Sometimes he'll throw in a bottle of red wine. Inexpensive.

Mardi Gras Café 3185 Midway Dr., Midway District, 619-223-5501. N'awlins-style food to eat in, to go, or to have catered at your party. Deli-grocery also

sells the ingredients, including ready-made roux, Cajun *tasso* (spiced ham), *boudin blanc* (rice sausage), and crawfish sausage in season. Inexpensive.

Mira Mesa

Abbey's Real Texas Bar-B-Q 6904 Miramar Rd., Mira Mesa, 858-566-2333. Texas-style "Q" featuring marinade-mopped meats and poultry smoked "low and slow" over mesquite until tender, with picnic-fare sides. Inexpensive to moderate.

Bolsa Vietnamese Restaurant 9225 Mira Mesa Bl., Mira Mesa, 858-693-3663. Hospitable chef-owner Kim Trang makes excellent *pho bo* (beef noodle soup) but also offers hundreds of other items, all cooked home style. Inexpensive.

Madras Café 9484 Black Mountain Rd., Mira Mesa, 858-695-6229. Vegetarian cuisine of South India, centering on stuffed pancakes — from thin, crisp, crepe-like *dosa*s stuffed with vegetable curry to lacy rice-flour *aapams* drenched in coconut milk to hefty, fritata-like *uttapams*. (Try the last with the delicious, not-too-spicy chili-onion stuffing.) Inexpensive.

Super Buffet 8998 Miramar Rd., Mira Mesa, 858-566-1888. Start at the Mongolian grill. Pick your raw prawns, chicken, pork, beef, *satays*. The fresh sashimi — such as salmon or tuna — is scrumptious. Don't miss the chicken feet. Inexpensive.

Mission Beach

Saska's & Saska's Sushi 3768 Mission Bl., Mission Beach, 858-488-7311. Venerable local steak-and-seafood joint that tries harder, from the thin homemade teriyaki sauce (sweet up front, fading to bitter ginger) for the well-cooked (if mild-flavored) fish to the cut-on-the-premises aged beef. Service till midnight or later. Moderate.

Sportsmen's Seafoods 1617 Quivira Rd., Mission Beach, 619-224-3551. The menu is devoted to the "fruits of the sea" and includes a seafood platter (shrimp, squid, clams, fish, fries, and salad). And, of course, a crispy fish 'n' chips platter. Inexpensive.

Mission Hills

Izakaya Masa 928 Ft. Stockton Dr., Mission Hills, 619-542-1354. Friendly spot serves interesting Japanese tapas. Among the hits: crunchy, spicy *chuka kurage* (jellyfish salad); fried oysters (*kaki*); ethereal fried tofu in broth; and *kara-age* (spicy fried chicken). Inexpensive to moderate.

Saffron Thai Grilled Chicken 3731 India St., Mission Hills, 619-574-0177. Saffron Noodles and Saté is sit-down, all about Thai noodles and saté. Next door, take-out only, owner Su-Mei Yu serves skewered grilled chicken marinated in garlic, ginger, and spices. Delicious green curry, too. Inexpensive.

Shakespeare Pub & Grille 3701 India St., Mission Hills, 619-299-0230. English pub grub is bluff and plainspoken. Shepherd's pie, bangers and mash, ploughman's plate (the pickled onions and cheese, Scotch egg, and Branston pickle make it the real thing). Inexpensive.

Mission Valley

Bully's East 2401 Camino del Rio South, Mission Valley, 619-291-2665. Word is, they serve more prime rib with au jus and horseradish than any eatery in San Diego. Or try the Bully Burger, French dip sandwich, or calamari sandwich. Inexpensive to low-moderate.

Ikea Restaurant 2149 Fenton Parkway, Mission Valley, 619-283-6166. Healthy Swedish food amidst Nordic housewares: meatballs with Swedish lingonberry (not cranberry) sauce. Seafood is big: the shrimp open-faced sandwich, the salmon plate with potatoes and broccoli, and the Gravad Lox Plate (cured salmon) are always on. Inexpensive.

King's Fish House 825 Camino de la Reina, Mission Valley, 619-574-1230. Generously sized entrées come with soup or salad and two hefty side dishes. The menu changes daily to reflect the fresh catch, and includes some rotating regional specialties (e.g., New Orleans, Hawaii, New England). Moderate.

National City

Lai Thai Restaurant 1430 E. Plaza Bl., National City, 619-474-5546. The soups, *tom kah* (spicy coconut) and *tom yum* (hot and sour), are good, as is the house Lai Thai Fish (usually tilapia) in delicious *panang* coconut-curry sauce. Inexpensive to moderate.

McDini's 105 E. 8th St., National City, 619-474-6771. Open continuously since 1890 in various locations, now under a new owner who spiffed up the room. The eats are hearty diner-style food like Irish breakfasts, meat loaf sandwiches, roast beef. Inexpensive to moderate.

Normal Heights

Jyoti Bihanga 3351 Adams Ave., Normal Heights, 619-282-4116. Bengali-tinged vegetarian health food from Sri Chinmoy devotees can be delicious.

Chutney-topped Neatloaf bursts with nutty, intriguing flavors. Even the accompanying mashed potato and gravy tastes different. Also delish: Brahma Burrito, Infinite Blue (brown rice salad with bleu cheese dressing). Inexpensive.

North Park

Lefty's Chicago Pizzeria 3448 30th St., North Park, 619-295-1720. The ultimate is Lefty's "stuffed" pizza, a 14-inch, 8-pound monster that needs one hour "make and bake" time. They do Chicago hot dogs, char burgers, beautiful spicy fries, juicy Italian beef au jus sandwiches. Inexpensive to low-moderate.

The Linkery 3794 30th St., North Park, 619-255-8778. The artisanal "slow food" cuisine here features local ingredients and made-from-scratch preparations. The focus is on sausages. Some of the best include the juicy "super bison Mexi-dog," the linguisa, and the Polynesian pork. Moderate.

Pomegranate Russian-Georgian Restaurant 2302 El Cajon Bl., North Park, 619-297-4007. Georgian food sings with fresh herbs, garlic, touches of hot pepper. Don't miss the world-beating beefy, herb-jungle borscht, the lobio bean dip, and Olivier salad. The chef slow-smokes moist barbecued beef and pork and cold-smokes whole trout. Moderate.

The Ritual Tavern 4095 30th St., North Park, 619-283-1618. A quiet, civilized tavern serving Niman meats, Jidori chicken, locally grown organic vegetables, and a mouth-filling, étouffée-thick Saddlebrush (Yankee) gumbo that's not remotely Cajun or Creole (it's got carrots but no okra or file). Moderate.

Sicilian Thing Pizza 4046 30th St., North Park, 619-282-3000. Sicilian-style pizzas are inch-thick, breadly, but lighter than Chicago deep dish. When you order, they add sauce, cheese, and put it back in the oven to double cook. Open late. Inexpensive.

El Sol Mexican Restaurant 2037 University Ave., North Park, 619-298-0874. Miguel "Nacho" Madera does breakfasts and Mexican food, including seafood (ceviche tostada is great). But if you want *the* burger, ask for his Clintonburger with cheese and bacon. Inexpensive.

Ocean Beach

3rd Corner Wine Shop & Bistro 2265 Bacon St., Ocean Beach, 619-223-2700. Also 897 S. Coast Hwy. 101, Encinitas, 760-942-2104. Eclectic dishes designed to go with wine until late evening, with bottles a pittance over retail. Low-moderate.

Portugalia 4839 Newport Ave., Ocean Beach, 619-222-7678. The menu is split between the homeland and Brazil, including coconut-milk-swathed seafood dishes from tropical Bahia rarely found locally. Enjoy salt cod fritters, fried pastry pockets filled with shrimp, codfish with chickpeas. Moderate.

Oceanside

Paul's Place 3671 Mission Ave., Oceanside, 760-721-0124. The menu strikes a balance between American and Greek fare. The baked Greek half-chicken, the spiced grilled chicken sliced over salad, and the gyros mix with all-American three-egg breakfast specials and meaty burgers. Inexpensive.

Old Town

El Agave 2304 San Diego Ave., Old Town, 619-220-0692. Serious Mexican food highlighting mainland regional cuisines, including five different Oaxacan moles (plus a sixth from Chiapas). Moderate.

Pacific Beach

The Australian Pub 1014 Grand Ave., Pacific Beach, 858-273-9921. Try the Road Kill sandwich (grilled chicken breast with hot sauce and cheese) or the huge, baroque Aussie Burger. Inexpensive.

Chateau Orleans 926 Turquoise St., Pacific Beach, 858-488-6744. Charming setting with folk art, live blues, offering Louisiana fare in dire need of a refresher course (avoid the jambalaya). Safest choices: crawfish bisque, lush "purple fries" (eggplant), gumbo. High-moderate.

Kabuki Sushi Restaurant 4475-C Mission Bl., Pacific Beach, 858-270-1986. Tempting dishes delivered to you via boats floating along a mini-canal that surrounds the sushi bar. The sushi chefs have the panoply of sushi, sashimi, nigiri. The dragon rolls and spider rolls are tasty too. Inexpensive to moderate.

Karinya Thai 825 Garnet Ave., Pacific Beach, 858-270-5050. Karinya remains true to its Thai origins. Try *tom yum kung* (hot and sour shrimp soup), a meal in itself served over a charcoal fire at your table, or *pad talay*, sautéed seafoods in spicy sauce. Inexpensive to moderate.

Lamont Street Grill 4445 Lamont St., Pacific Beach, 858-270-3060. P.B.'s most romantic restaurant serves California comfort food, punctuated by bold Mex/Asian/Cajun flavors. Salmon over fettuccine in a delicate dill cream sauce is especially fine. Moderate.

Rum Jungle Smoothies and Deli 4150 Mission Bl., Pacific Beach, 858-

Don Carlos

Special

5 Rolled Tacos

Choose from beef, chicken, and potato, topped with cheese and fresh quacamole. Rice, beans, and 12 oz. soda only

\$5.50 + tax

737 PEARL ST. #113
LA JOLLA
858.456.0462



Famous Homestyle Cooking

Serving Breakfast All Day

\$2.00 OFF

Any one menu entrée of \$6 or more. Limit 4 persons per coupon. Must present coupon at time of order. Not valid on holidays. Dine-in only through 7/9/09.

Mon.-Fri. Specials

Twin Double \$4.79
2 pancakes, 2 eggs, 2 bacon or sausage

The Big 3 \$5.49
3 pancakes, 3 eggs, 3 bacon or sausage

Open 24/7.
2900 El Cajon Blvd.
619-282-8423
www.Rudfords.com

DINE, DRINK & DANCE LIKE THE GREEK GODS

Live Lobster & Rack of Lamb Dinner for Two \$39.95 (Reg. \$59.95)

With the purchase of 2 drinks. Served with soup or salad, potatoes, fresh vegetables and pita bread. Valid every day. With ad. Expires 7/9/09.

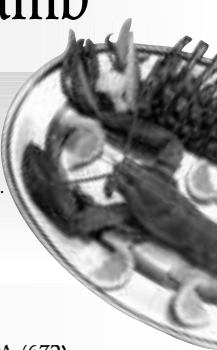
LIVE GREEK MUSIC & DANCING THURS.-SAT.

Happy Hour 4-7:30 pm Sun., Tues., Wed. & Thurs.
50% off beer, wine by the glass & wells

Outdoor fireplace,
patio dining & separate
smoking section available!

GREEK VILLAGE

6030 Paseo Del Norte • Carlsbad • 760-603-9-OPA (672)
Serving dinner until 12 am Fridays & Saturdays • Family Owned and Operated
www.GreekVillageTaverna.com • View our online video at Videonary.com





Gaska's
(858) 488-7311

3768 Mission Boulevard • Mission Beach

\$16 off
Second Entree

Twosomes Dinner Hour

Monday - Friday
5:00-7:00 pm

Buy any dinner entree and get a second entree of equal or lesser value discounted up to a max value of \$16* with this coupon

15% gratuity will be added to the total before discount. Not valid with any other specials or promotions. No to-go orders.

Offer expires July 9, 2009

273-2227. Rum Jungle Smoothies serves up *açai*, the flesh of a Brazilian palm nut, for breakfast, adding your choices of granola, banana, strawberries, blueberries, mango pieces. Inexpensive.

Point Loma

The Pearl 1410 Rosecrans St., Point Loma, 619-226-6100. The fare is California-eclectic and emphasizes grazing, with local produce and sustainable meat and fish. Candied pork belly, "deconstructed" shrimp nachos, wings du jour, and salmon with skin are among the hits. Moderate.

Red Sails 2614 Shelter Island Dr., Point Loma, 619-223-3030. Vintage waterside eatery serves seafood and steaks of uneven quality. Start with clams on the half-shell or clam chowder. Coconut shrimp entrée is a good, guilty pleasure; finfish fare less well. Low-moderate.

Solare Ristorante Lounge 2820 Roosevelt Rd., NTC Promenade, Point Loma, 619-270-9670. Northern Italian cuisine with Asian-fusion touches like a sea bream carpaccio with lychees. The chef cooks from scratch with mainly local or organic ingredients, including Brandt beef. Pastas moderate, entrées expensive.

Solana Beach

California Pizza Kitchen 437 S. Coast Hwy. 101, Solana Beach, 858-793-0999. Additional locations in Mission Valley, Carmel Mountain, University City, Vista, Chula Vista. The Original BBQ Chicken Pizza, the chain's first hit, is their top seller. It has barbecue sauce, smoked Gouda and mozzarella cheeses, BBQ chicken, red onions, and cilantro. Inexpensive to moderate.

Sorrento Valley

Corner House Café & Pizzeria 11815 Sorrento Valley Rd., Sorrento Valley, 858-755-3183. You lunch outside in country-style gardens, hidden inside a glossy business park. Sandwiches reign: try the Ironman (chicken, avocado, cheese) or Sorrento's Choice (turkey, cream cheese, sunflower seeds). Sophisticated pastas, too. Inexpensive.

South Park

Big Kitchen 3003 Grape St., South Park, 619-234-5789. Judy "the Beauty" Forman presides over this highly social scene of big healthy breakfasts and lunches, including from-scratch waffles, muffins, omelets and scrambles, vegan choices. Inexpensive.

Southcrest

Sang Dao 4212 National Ave., Southcrest, 619-263-0914. Family-run Laotian restaurant offers delicious, exotically spiced catfish, BBQ beef, *som tum* (papaya salad), and especially the spicy minced meat salad called *larb*, the national dish. Inexpensive.

Spring Valley

Ranas 9683 Campo Rd., Spring Valley, 619-589-1792. Mexico City-style menu includes unexpected taste combos, like *pollo en salsa de cacahuete* (Thai-tasting chicken in peanut sauce) and Aztec *huarache* (cactus with potato, cheese, lettuce, sour cream, and salsa). Inexpensive.

University City

Donovan's Steak and Chop House 4340 La Jolla Village Dr., University City, 858-450-6666. Classic steakhouse atmosphere and menu, with traditional appetizers, wet-aged Prime beefsteaks gas-grilled to order (with potato and vegetable included). Sauces are extra, and a side of creamed spinach is worth its price. Very expensive.

P. F. Chang's China Bistro 4540 La Jolla Village Dr., University City,

858-458-9007. Additional locations in Mission Valley and Chula Vista. The decor at this busy Chinese chain (130-plus restaurants) is fun; the food is mainly mediocre, but the massive Great Wall of Chocolate dessert will knock you over. Moderate.

Venice Ristorante Italiano 4365 Executive Dr., University City, 858-597-1188. Refined northern Italian dishes include an antipasto assortment, lush pastas, and airy gnocchi, while non-clubbed entrées including duck breast with pistachios and veal rack with porcini mushrooms. Long happy hour in bar with deep discounts, otherwise upper-moderate to expensive.

University Heights

Soltan Banoo Persian Eatery & Tearoom 4645 Park Bl., University Heights, 619-298-2801. Try the pome-

granate soup or the strawberry tabbouleh salad. *Ghormeh sabzi* is a lamb stew. *Kouftah-Berenji* is a ball of basmati rice with lamb, eggs, onions, and plums. Inexpensive.

El Zarape 4642 Park Bl., University Heights, 619-682-1652. This stylish little restaurant is proof that not all taco shop food is equal — try a shredded beef or chicken taco or tostada with generous mounds of juicy, slow-cooked meat, or scallop burritos or well-prepared soups. Inexpensive.

Valley Center

Fiore's 777 Harrah's Way, Valley Center, 877-777-2457. The casino's most upscale restaurant offers luscious Angus steaks and numerous seafood entrées. For lighter eating there's an oyster bar attached. Best attraction: the long, adventurous wine list. Moderate oyster bar; upper-moderate to very expensive in restaurant.

We are a coffee shop downtown serving light lunches

(gourmet pot pies, sandwiches, salads and a lovely collection of cakes and pastries).

Currently exhibiting art by Bob Gottlieb and Ken Nielsen. Available for private parties & functions.



Free WiFi!

Open
7:30 am-7:30 pm Mon.-Thurs.
Fri. till 9 pm
Sat. 10:30 am-9 pm
Closed Sun.
777 6th Ave. #105
Downtown • 619-501-8458

A Beautiful Asian Bistro & Great Addition to Kearny Mesa



No coupon needed with our Everyday Low Prices.

Happy Hour for Drinks & Food 4-6:30 pm Daily and Wednesday All Evening

Chef Owned & Operated where taste truly matters

Half-priced bottle wine Tue. & Sat.
Casual Bistro | Beer & Wine Tavern
Closed Sundays except private parties

Khan's Cave

www.khanscave.com

9350 Clairemont Mesa Blvd. San Diego | For Reservations, call (858)279-9799

"Best Chinese cuisine in San Diego"

- San Diego Restaurant Association

Free Entrée

Buy 1 entrée and 2 beverages and get a second entrée of equal or lesser value for free.
Must bring ad. Expires 7/8/09.

CHINA CAMP



2137 Pacific Hwy • Downtown by the Bay
619.232.0686

Happy Hour... Wasabi-Style!

5 PM to 7 PM • Monday – Friday
and a Special Late Night
10 PM to Midnight • Daily

The place to be for Happy Hour...

- Happy Hour Drink Prices
- Well Drinks & Draft Beer \$3
- Happy Hour 2-for-1 Hand-Roll Sushi & Special Pupu Prices
- Exotic Tropical Cocktails
- Full Bar, plus Brews & Sake

The Freshest Hand-Rolled Sushi in Mission Valley!

2270 Hotel Circle N., San Diego, CA 92108 • 619.297.1101 • cp-sandiego.com



ENJOY
Our Special
Late Night
Happy Hour
10 PM-Midnight

CROWNE PLAZA
HANA LEI
SAN DIEGO

Discrepancies Aside

Larry David proves to be a strong enough presence to escape Woody Allen.

The news, or at any rate the publicity, that Woody Allen had originally written *Whatever Works* for Zero Mostel (d. 1977) and had only lately pulled the script out of a drawer and plugged in Larry David instead, might have given rise, among a few old-liners, to hopes of a return to the “funny Woody Allen,” pre-*Interiors*, pre-*Manhattan*, pre-*Stardust Memories* (1978, ’79, ’80). Well, it is a return at least to New York City (in the butter-scotchy tints of cinematographer Harris Savides), after a lengthy sojourn abroad, in England and in Spain. But it clearly is not a return to the New York City of *Annie Hall* (1977), as allusions to AIDS, Darfur, the Taliban, and so on, will attest.

Once we’re made aware that the screenplay underwent revisions, we can’t help but wonder as to the extent of these. Does the opening of the film — a group

of old male friends reminiscing around a café table, leading into a flashback — prefigure the structure of *Broadway Danny Rose* (1984) or does it slothfully copy it? And a bigger question: does the older-man-younger-woman romance — a configuration that got Allen into no hot water in *Manhattan* but into boiling water later on in his personal life — indicate an early predisposition or a recent entrenchment? It matters only slightly. Either way, to have pulled this particular theme out of a drawer at this point, regardless of the amount of honing and sharpening and weaponizing, is to throw it into our faces. Take that, make of it what you will. Some people who still found Allen funny after *Manhattan*, needless to mention, stopped finding him funny after his real-life romance with the college-age adopted daughter of his Significant Other.

MOVIE REVIEW DUNCAN SHEPHERD



Whatever Works

The older man in *Whatever Works* is diplomatically not Allen himself, but an Allen surrogate, in the role of a neurotic misanthropic hypochondriacal self-acclaimed “genius,” once considered for the Nobel Prize in physics, who peppers his speech liberally (or perhaps we should say intemperantly) with epithets like “moron,” “cretin,” “idiot,” “imbecile,” “zombie,”

“mental midget,” “inchworm,” and “earthworm.” Allen has long exhibited a tendency towards intellectual snobbery, but he has never before let it so boundingly off the leash. (“Let me tell you right off,” the protagonist addresses the camera directly, “I’m not a likable guy.”) And so, notwithstanding the mask of the surrogate, that’s thrown in our faces as well.

All of this throwing-in-our-faces, while it is not apt to foster much mirth, does not really foster much provocation either. The film is unmistakably, and emasculatingly, a minor effort from Allen, a low-pressure job. The younger woman (Evan Rachel Wood), a runaway Mississippi hick with a shaky grasp of irony and sarcasm, is never a swallowable character on her own,

“500 DAYS OF SUMMER’ IS MAGIC. IT WILL OWN YOU.”
PETER TRAVERS, ROLLING STONE

THIS IS NOT A LOVE STORY.
THIS IS A STORY ABOUT LOVE.

(500) DAYS OF SUMMER

OFFICIAL SELECTION
SUNDANCE
FILM FESTIVAL 2009

Joseph Gordon-Levitt
Zoëy Deschanel

FOX SEARCHLIGHT PICTURES PRESENTS A UNIVERSAL PICTURES PRODUCTION “500 DAYS OF SUMMER” WITH HOPE DANIVA AND ROB SMONKOFF
WRITTEN BY ANDREA VON FEURSTER AND ALAN EDWARD BELL. DIRECTED BY MORTEN THULIN. CASTING BY LAURA FOX. COSTUME DESIGNER ERIC STEELBERG. MUSIC BY JESSICA TUCHANSKY. HAIR BY MARY WATERS. MAKEUP BY MASON NOVAK. STEVEN L. VILFEL
EDITED BY SCOTT HELSTADTER AND MICHAEL H. VEEBER. EXECUTIVE PRODUCERS MARIO VECCHI AND SONNIE TRONZONI. PRODUCED BY
500 DAYS OF SUMMER.COM

WIN AN ADVANCE SCREENING PASS FOR TWO!



To enter, visit the *Reader* website and click on “contests.” SDReader.com

Screening will be held on July 8th at 7 pm.

Deadline to enter is Friday, June 26 at 1:00 pm. Limit one entry per person. NO PURCHASE NECESSARY. Seating is first-come, first-served and cannot be guaranteed. Theater is overbooked to ensure a full house.

Opens in San Diego July 17!

much less a swallowable partner for the protagonist, although there's a core of truth, of human observation and perception, in the way she begins to remold herself (albeit malapropistically) to her new mate. Her separated parents, holy-rollers who roll separately into the Big Apple and roll respectively into a ménage-à-trois feminist liberation and a homosexual awakening, are strictly hack. And the dialogue, despite a fair share or perhaps even less than fair share of amusing lines, possesses that starchy, literary, writerly, Allenesque quality that refuses for the most part to come to life.

Larry David, on his part, unlike so many Allen actors who end up sounding like Allen impersonators, proves to be a strong enough presence to escape Woody Allen if not strong enough to escape Larry David. The Larry David, that is to say, of *Curb Your Enthusiasm*, slight discrepancies aside. (For the record, he's forty years older than Wood, whereas Woody's a mere thirty-five older than his own actual spouse.) David, with his rapid gravitation to a raised voice, refreshes Allen's writing in much the way the British accents refreshed it in *Match Point* or the Spanish accents refreshed it to a lesser degree in *Vicky Cristina Barcelona*. A new mouthpiece, a new set of pipes. And the remark above about the unmistakably minor effort deserves a caveat. The minoriness of Allen's efforts has become, besides a regular feature of them, a major part of their attraction. He is no longer out to set the world on fire. He is just out to keep the candle lit. Anyone who has journeyed this far with him will be interested to view his latest effort, however minor.

The Proposal, a more traditional romantic comedy directed by Anne Fletcher, has a premise no more ridiculous than something that might once have featured Claudette Colbert and Fred MacMurray. The editor-in-chief at Ruick & Hunt Publishers, a transplanted Canadian ice queen slash wicked witch of the north, now threatened with deportation for an expired visa, commands her lackey to marry her, true love following along lickety-split. The rotelike working-out of the premise appears heedless of the ridiculousness and therefore increasingly ridiculous, heedless in particular of the age difference—twelve years in real life—between Sandra Bullock and Ryan Reynolds, obvious to the naked eye, the proverbial biological clock wound down to its final flagging ticks, a woman-to-man seniority not quite the strict equivalent of Larry David to Evan Rachel Wood, but still. The two stars all the same display a polished smoothness if something less than a Golden Age luster.

Chéri, a compaction of two Colette novels, is not heedless of the age difference—twenty-three years—between a brink-of-retirement Parisian courtesan and the androgynous bastard son of an already retired courtesan, the older woman (Michelle Pfeiffer) hitching her wagon to the younger man (Rupert Friend), who after six years together opts to uncouple and then recouple with a woman his own age, the bastard daughter of yet a third courtesan. Indeed, so heedful of the mismatch are writer Christopher Hampton and director Stephen Frears as to give the occasional impression that the film is actually about something more than Belle Epoque clothes, décors, hairstyles, gardens, cars. The proper tone, however, is a struggle, the hardest labor coming from the arch omniscient narrator (director Frears himself), the lilting, mincing, never-letting-up music of Alexandre Desplat, and above all Michelle Pfeiffer, drawing out her vowels in an attempt to convey jadedness and sophistication and to keep pace in that regard with the predominantly British cast, short of doing a full-blown British accent.

Year One, not so much directed by Harold Ramis as permitted to happen, is an anachronism-littered buddy comedy about a hunter and a gatherer expelled from their primitive village and followed through a Biblical landscape of Cain and Abel, Abraham and


Isaac, Sodom but not Gomorrah: "What transpires within the confines of the walls of Sodom, stays within the confines of the walls of Sodom." Michael Cera, who couldn't remain a contemporary adolescent forever, preserves his delicate and diffident line-delivery even in the rough company of Jack Black. And Hank Azaria, as a fervent Abraham, gets a lot out of the word "God," and he gets it out a lot, sounding like a blend of the televangelist, the man who hits his thumb with a hammer, and the cat with a fishbone in its throat. The now routine outtakes in the closing credits carry the usual implication of trying desperately at the last minute to make up for the dearth of laughs in the preceding ninety. ■

MOVIE LISTINGS

All reviews are by 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 sorted alphabetically, by year of release and by rating, are available online at SanDiegoReader.com.

Angels and Demons — Although the Dan Brown novel was written before *The Da Vinci Code*, the screen adaptation of it (directed again by Ron Howard) takes care to situate itself afterwards with a reference or two to the returning hero's "recent involvement with, shall we say, Church mysteries" and his consequent strained relations with the Vatican: a sequel, not a prequel.

Ed Begley, Jr.
Patricia Clarkson
Larry David
Conleth Hill
Michael McKean
Evan Rachel Wood



**“NO KIDDING:
THIS IS THE FEEL-GOOD
MOVIE OF THE YEAR
AND A CINEMATIC
SOUL MASSAGE.”**
-Richard Corliss, TIME MAGAZINE

“COLOSSALLY FUNNY!”
A SHOT OF JOYFUL OXYGEN TO THE BRAIN, AN EROTIC LOVE-KNOT-IC ASTRINGENT SOCIAL SATIRE FROM THE INCOMPARABLE WRITER AND DIRECTOR WOODY ALLEN. IN A SUPERB CAST, LARRY DAVID IS A SENSATION.”
-Gene Shalit, THE TODAY SHOW

**“WITTY, POIGNANT,
ZANY AND HILARIOUS!
AN ASTONISHING COLLABORATION
OF TWO UNCOMPROMISING
COMIC MASTERS.”**
-Sara Vilkomerson, NEW YORK OBSERVER

Whatever Works
a new comedy
written and directed by Woody Allen

WWW.SONYCLASSICS.COM
www.sonyclassics.com
www.sonyclassics.com

STARTS FRIDAY, JUNE 26TH


LANDMARK THEATRES LANDMARK THEATRES
La Jolla Village Hillcrest Cinema
8879 Villa La Jolla Dr. • (619) 819-0236 3965 5th Avenue • (619) 819-0236

VIEW THE TRAILER AT WWW.WHATEVERWORKSFILM.COM

Which one came first scarcely matters. It's just another day in the life of a Harvard symbolist (Tom Hanks again, with a hair trim), spearheading, by virtue of his scholarly tome on the secret society of the Illuminati, a beat-the-clock investigation into the kidnap of four cardinals in line for the vacant papacy, the one-by-one, hour-by-hour murder of them in spectacular fashion in far-flung corners of Rome, and, for the *pièce de résistance*, the scheduled midnight demolition of Vatican City. Sportingly, the mastermind behind this diabolical plan has thought to provide cryptic clues to the Path of Illumination, leading from murder site to murder site to bomb site. Perhaps the built-in benefit of its earlier position in the bibliography of Dan Brown is that the plot can't top *The Da Vinci Code* in nonsensicality and grandiosity. To cancel that, it does try. And try and try. With Ayelet Zurer, Ewan McGregor, Stellan Skarsgard, Armin Mueller-Stahl. 2009.

● (FASHION VALLEY 18; FLOWER HILL 4; GASLAMP 15; MISSION VALLEY 20)

Away We Go — Director Sam Mendes travels the sunnier side of *Revolutionary Road*, travels it, together with a playful, lovey-dovey, loosey-goosey couple expecting their first child and looking for a spot to put down roots, to Phoenix, to Tucson, to Madison, to Montreal, to Miami, evoking little sense of place anywhere outside of the lived-in house they left behind. This unmarried couple — a blackly bespectacled John Krasinski, bespectacled even in bed, even under the covers in the act of cumming, and a bronze-skinned Maya Rudolph, a shade warmly and expansively photographed — escape the suburban bourgeois stereotype of *Revolutionary Road*, or any recognizable stereotype for that matter (“Are we fuck-ups?”), although all along the way they run into assorted models of parents who do not escape stereotype: the true itinerary of this plainly signposted road movie. (Bump. Falling Rock. Wrong Way. Dead End. Keep Right.) The folksy pop songs on the soundtrack perhaps seek to hem them in, but the best thing about them, and the film as a whole, remains their



A MICHAEL BAY FILM
TRANSFORMERS
REVENGE OF THE FALLEN

DREAMWORKS PICTURES AND PARAMOUNT PICTURES PRESENT AN ASSOCIATION WITH HASBRO
A & BONAVENTURA PICTURES PRODUCTION A TOM DESANTO/DOON MURPHY PRODUCTION A MICHAEL BAY FILM "TRANSFORMERS: REVENGE OF THE FALLEN" SHA LABOUE
MIRANDA FOX JOSH DUHAMEL TYRESE GIBSON AND JOHN TURTURRO VISUAL EFFECTS BY INDUSTRIAL LIGHT & MAGIC MUSIC BY STEVE JABLONSKY FEATURING LINKIN PARK
EXECUTIVE PRODUCERS STEVEN SPIELBERG MICHAEL BAY BRIAN GOLDNER MARK VAHRAJAN PRODUCED BY DOON MURPHY & TOM DESANTO LORENZO & BONAVENTURA IAN BRYCE
BASED ON HASBRO'S TRANSFORMERS ACTION FIGURES WRITTEN BY EHHEN KRUGER & ROBERTO ORCI & ALEX KURTZMAN DIRECTED BY MICHAEL BAY SOUNDTRACK ALBUM ON REPUBLIC RECORDS

PG-13 PARENTS STRONGLY CAUTIONED
SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13
PARENTS STRONGLY CAUTIONED: SOME DRUG AND SEXUAL MATERIAL, AND BRIEF DRUG MATERIAL

TransformersMovie.com DREAMWORKS PICTURES

EXPERIENCE IT IN IMAX[®] NOW

EDWARDS	REGAL CINEMAS	AMC	AMC
MIRA MESA STADIUM 18	ESCONDIDO STADIUM 16	PALM PROMENADE 24	PLAZA BONITA 14
San Diego (800) FANDANGO #160	Escondido (800) FANDANGO #697	San Diego (888) AMC-4FUN	National City (888) AMC-4FUN

AND IN THEATRES EVERYWHERE. CHECK LOCAL LISTINGS FOR THEATRES AND SHOWTIMES.
TEXT ROTF TO 48211 FOR MOVIE TIMES AND MOBILE UPDATES FROM PARAMOUNT! SPECIAL ENGAGEMENT NO PASSES OR DISCOUNT TICKETS ACCEPTED

Calendar MOVIES

individuality (he wants to marry, she won't; she's of mixed race and no parents; he's got a breast fixation; etc., etc.), an individuality not best expressed in their looks of supercilious amusement and bemusement in the face of all those bad parental stereotypes. The upshot, even so, is a show of courage and optimism, just not a very convincing show. With Maggie Gyllenhaal, Allison Janney, Jeff Daniels, Catherine O'Hara, Paul Schneider. 2009.

★ (CARMEL MOUNTAIN 14, FROM 6/26; FASHION VALLEY 18; FLOWER HILL 4; HORTON PLAZA 14, FROM 6/26; LA JOLLA VILLAGE; TOWN SQUARE 14, FROM 6/26)

The Brothers Bloom — Self-admiring con artistry that sets the ideal of the "perfect con" as one where everyone involved gets what he wants. If that includes the wary

viewer, the ideal is missed by miles. With Adrien Brody, Rachel Weisz, Mark Ruffalo, Rinko Kikuchi, Robbie Coltrane, and Maximilian Schell; written and directed by Rian Johnson. 2009.

● (HILLCREST CINEMAS)

Chérie — Reviewed this issue. With Michelle Pfeiffer, Rupert Friend, Kathy Bates, Felicity Jones, and Frances Tomelty; directed by Stephen Frears. 2009.

★ (HILLCREST CINEMAS; LA JOLLA VILLAGE; FROM 6/26)

Departures — Japan's Oscar-winner for foreign film is without apology in the sentimental mode, a classification now out of fashion if never (secretly) out of favor. Directed by the veteran Yojiro Takita, it tells of a laid-off cellist, self-admittedly second-rate, who returns from Tokyo to his hometown and answers an ambiguously worded want ad — "working with departures" — expecting something like a travel agency and finding instead an "enconfining" service, preparing corpses for burial in front of

an audience of their survivors: "It's a niche market." The vocation, though taken to with initial distaste, turns out to be a tailor-made cinematic spectacle — a testament to the Japanese capacity to transform a chore into a ritual and an art — and the little drolleries of the awkward early stages do not prepare us for such breathless high points as the first time we see the old master at work on a body or the first time the squeamish wife sees her husband, the new apprentice, at the same work. If, especially in those early stages, the apprentice is a bit overacted by Masahiro Motoki, a bit popy-eyed and drop-jawed, he is more than made up for by the restraint, the repose, the composure of his master, Tsutomu Yamazaki, a face familiar from the works of Juzo Itami, *The Funeral*, *Tampopo*, *A Taxing Woman*. The emotional effect might have been more powerful, or at least met with less resistance, without the syrupy background music. But that's just part of the all-over lack of apology. Manipulation the film may be, but deft manipulation. 2008.

★★★ (LA JOLLA VILLAGE)

Il Divo — Paolo Sorrentino, making like an Italian Oliver Stone, rifles through "the Spectacular Life of Giulio Andreotti" (in the words of the subtitle), seven-term Prime Minister rumored to have Mafia ties and blood on his hands, less a character than a caricature in the interpretation of Toni Servillo, jug ears, humpback, hands folded monklike across his stomach, gliding around as unnaturally as Nosferatu. The florid direction is apt to call to mind, more than Stone, early Bertolucci, bestrewn with operatic or at least music-video dabs and splashes. The tangled politics and turbid narrative admit only an air of knowingness and a tone of insinuation, no actual clarity. 2008.

★ (KEN, FROM 6/26)

Drag Me to Hell — Sam Raimi horror film for those who like their sadism to be gleeful. An old-fashioned gypsy curse, cast by an old gypsy of unprecedented repulsiveness (rotten dentures, coughed-up phlegm, milky eye, etc.), falls upon a girlish loan officer (Alison Lohman) who already has enough troubles in her life — a glass ceiling at the bank, her boyfriend's disapproving mother — without the upchucked insects, the projectile nosebleed, the sacrificed kitten, and so forth. It's all in a spirit of fun, looking for laughs as much as chills, though both searches somehow taking away from the other. The philosophical debate between the psychologist boyfriend (Justin Long) and an Indian fortune teller (Dileep Rao), strictly for laughs, may be the least adulterated scene in the movie. Lorna Raver, David Paymer. 2009.

★ (GASLAMP 15; MISSION VALLEY 20; PALM PROMENADE 24; PLAZA BONITA 14)

Easy Virtue — Brit aristocrats infiltrated, through marriage, by a classless American flapper. A flat soufflé from a Noel Coward serio-comedy, previously filmed in the silent era by, of all people, Alfred Hitchcock. The jouncing Jazz Age music keeps trying to convince us it's a romp, with no success. Jessica Biel, Ben Barnes, Kristin Scott Thomas, Colin Firth, Kimberley Nixon; directed by Stephan Elliott. 2009.

● (HILLCREST CINEMAS; LA JOLLA VILLAGE; THROUGH 6/25)

Emilio — The "noble" older brother of an abducted Mexican girl takes his rigid principles to L.A. (he'd sooner eat squirrel than dine with a drug runner), along with a sloppy handheld camera, on a private search-and-rescue mission. Amateurish first film from art-house entrepreneur Kim Jorgensen, a kind of throwback, despite its on-

the-sleeve "sensitivity," to the exploitation films of the Seventies, a cut-rate *Trackdown* or *Hardcore*. With Walter Perez, Danny Martinez, Alejandro Patino, Wendell Wright. 2009.

● (HILLCREST CINEMAS, THROUGH 6/25)

Empty Nest — What will the cultured couple do with themselves after the last chick has flown? A common midlife problem, approached with sensitivity and sense of humor, but neither the element of fantasy nor the Argentine locale can evade banality. With Oscar Martínez and Cecilia Roth; written and directed by Daniel Burman. 2008.

★ (GASLAMP 15, FROM 6/26)

Food, Inc. — Educational as well as motivational film about where our food comes from and where else we can turn. Documentarian Robert Kenner, guided largely by activist authors Eric Schlosser (*Fast Food Nation*) and Michael Pollan (*The Omnivore's Dilemma*), goes behind the persistent "pastoral fantasy" of agrarian America ("The reality is a factory. It's not a farm, it's a factory"), explores the monopolization by multinational corporations, takes offshoots into health hazards like E. coli, diabetes, and obesity, avoids the easy temptation to turn stomachs, maintains the whole while a calm and rational tone, and wraps things up with Springsteen's rendition of "This Land Is Your Land." All in all, a useful introduction or summary, depending on your initial level of awareness. 2009.

★★ (FLOWER HILL 4; HILLCREST CINEMAS)

The Hangover — Sledgehammer comedy about four buddies (Bradley Cooper, Ed Helms, Zach Galifianakis, Justin Bartha) who go to Vegas for a bachelor party and wake up the morning after with no memory of the night before, a tiger in the bathroom, a baby in the closet, and the mystery of a missing bridegroom. Boys will be bores. With Heather Graham, Ken Jeong, Jeffrey Tambor, and, as himself, Mike Tyson; directed by Todd Phillips. 2009.

● (CARMEL MOUNTAIN 14; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GASLAMP 15; GROSSMONT CENTER 10; LA COSTA 6; LA JOLLA 12; LA PALOMA; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RIVER VILLAGE 6; TOWN SQUARE 14)

Imagine That — Investment advice from the mouth of a seven-year-old babe, relaying tips from invisible friends beneath a security blanket. Eddie Murphy, as the profiting father who learns to value his daughter for more than money, seems often foolish, occasionally peevish, never actually funny. With Yara Shahidi, Thomas Haden Church, Nicole Ari Parker, Ronny Cox, and Martin Sheen; directed by Karey Kirkpatrick. 2009.

● (DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GASLAMP 15; LA JOLLA 12; MISSION VALLEY 20; PLAZA BONITA 14)

Land of the Lost — Will Ferrell, a time hole, some decent prehistoric creatures, and a total lack of discipline, an utter uncertainty whether to spoof the *Lost World* sort of adventure story or to make dumb jokes about any damn thing. With Danny McBride and Anna Friel; directed by Brad Silberling. 2009.

● (FASHION VALLEY 18; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 20; PALM PROMENADE 24; PLAZA BONITA 14; TOWN SQUARE 14)


Little Ashes — Scriptwriter Philippa Goslett and director Paul Morrison ask us to take an interest in three pretentious students in post-WWI Spain on the grounds that their names are Federico García Lorca, Luis Buñuel, and Salvador Dalí. Inasmuch as all three are dark young men of similar age, it would be difficult to tell them apart if

FROM THE DIRECTOR OF 'THE NOTEBOOK'

"EXCEPTIONAL!"
This Film Is Unlike Any Other You Will See This Summer."
Pete Hammond, HOLLYWOOD.COM

"Enormously Touching And GENUINELY POIGNANT."
Jeffrey Lyons, NBC/REEL TALK

"Cameron Diaz Gives A BRILLIANT PERFORMANCE - Compelling, Charming And Uplifting!"
Jeanne Wolf, PARADE.COM



cameron diaz abigail breslin
my sister's keeper
alec baldwin jason patric sofia vassilieva and joan cusack

based on the best-selling novel

NEW LINE CINEMA PRESENTS A MARK JOHNSON/CURMUDGEON/SCOTT L. GOLDMAN PRODUCTION A MIKE CASSAVETES FILM
CAMERON DIAZ ABIGAIL BRESLIN "MY SISTER'S KEEPER" ALEC BALDWIN JASON PATRIC SOFIA VASSILIEVA AND JOAN CUSACK
PRODUCED BY HILLARY SHERMAN STEVEN POSEN PRODUCED BY DIANA POLONOVY STEPHEN FURST
MENDI TROPPER TOBY EMMERICH MEREDITH FINN MARK KAUFMAN
BASED ON THE BOOK BY JODI PICCOLI SCREENPLAY BY JEREMY LEVEN AND MIKE CASSAVETES
PRODUCED BY MARK JOHNSON CHUCK PACHECO SCOTT L. GOLDMAN
DIRECTED BY MIKE CASSAVETES

PG-13 PARENTS STRONGLY CAUTIONED
Some Material May Be Inappropriate for Children Under 13
MATURE THEMATIC CONTENT, SOME DISTURBING IMAGES, SENSUALITY, LANGUAGE AND BRIEF TEEN DRINKING

SOUNDTRACK ALBUM ON NEW LINE RECORDS
SOUNDTRACK NOW AVAILABLE
NEW LINE CINEMA
www.mysisterskeepermovie.com

MOBILE USERS: For Showtimes, Text Message KEEPER and your ZIP CODE to 43KIX (43549)

STARTS FRIDAY, JUNE 26
CHECK DIRECTORIES FOR LISTINGS

"A MESMERIZING MINDBENDER! DUNCAN JONES PULLS OFF SCI-FI MIRACLES. SAM ROCKWELL IS BRILLIANT. YOU DON'T WANT TO MISS IT!"
- PETER TRAVERS, ROLLING STONE

SAM ROCKWELL
MOON
A FILM BY DUNCAN JONES



LANDMARK THEATRES
NOW PLAYING! Hillcrest Cinema
3045 5th Avenue - (619) 819-0236
VIEW THE TRAILER AT WWW.MOON-MOVIE.COM

VANITY FAIR DECLARES:
"CHERI' IS EXQUISITE"
"IMMENSELY ENTERTAINING."
MICHELLE PFEIFFER IS RADIANT."
- Kirk Honeycutt, THE HOLLYWOOD REPORTER



A FILM BY STEPHEN FREARS ACADEMY AWARD®
NOMINATED DIRECTOR OF 'THE QUEEN'

CHERI
MICHELLE PFEIFFER

FROM THE AWARD WINNING WRITER AND DIRECTOR OF 'DANGEROUS LIAISONS'

MIRAMAX.COM
A UK/France/Germany Co-Production © TIGGY FILMS LIMITED AND THE UK FILM COUNCIL 2009. ALL RIGHTS RESERVED. *Reco-France

STARTS FRIDAY, JUNE 26
EXCLUSIVE ENGAGEMENTS
SORRY, NO PASSES ACCEPTED FOR THIS ENGAGEMENT

LANDMARK THEATRES
Hillcrest Cinema La Jolla Village
(619) 819-0236 (619) 819-0236



The Proposal

one of them, Dali, were not Robert Pattinson, easily distinguishable as the teen vampire of *Twilight*, and did not wear ruffled cuffs and collar. The other two are Javier Beltrán and Matthew McNulty, Lorca and Buñuel respectively, and less distinguishable. It gets easier to keep them straight, so to speak, once Dali and Lorca pair off for homoerotic escapades such as an idyllic spin on stolen bicycles and a slo-mo moonlight swim. Buñuel further sets himself apart by throwing a homophobic snit fit and drifting off to Paris, where he will soon be joined by the fickle Dali to make an out-of-sequence *Chien Andalou*. (The sliced eyeball should come first.) Lorca ultimately achieves heroic stature in the Spanish Civil War, while Dali settles for hypocritical stature. Cognoscenti might get an occasional chuckle out of it (Lorca to Buñuel: "I thought you wanted to be an entomologist") as long as they don't mind the air of condescension. 2009.

★ (HILLCREST CINEMAS, THROUGH 6/25)

Moon — Speculation on the anomie of the self-knowing human clone, a reasonable stand-in for the self-knowing human. Written and directed by the British team of Nathan Parker and Duncan Jones respectively, it's a nice little piece of short-story-sized science fiction freighted with reminders of 2001 — some of *Silent Running* as well, less burdensome — and stretched out to just barely endurable length. As in its

eminent forebear, the human cast is very limited, mostly Sam Rockwell in a dual role — at one point playing pingpong with himself in the same frame, at numerous points matching the ostentatious torment of Bruce Dern in *Silent Running* — supported if not upstaged by a talking computer called GERTY 3000 (smarmy voice of Kevin Spacey) instead of HAL 9000. A sufficient innovation in design is the emblematic Smiley Face that signals the computer's "mood," or alternatively a Frowny Face, Quizzical Face, or Noncommittal Face, every bit as expressive as the Jack-in-the-Box of fast-food TV ads. It's quite astonishing how even the most modest-budget science fiction now approximates the nonpareil special effects of the Kubrick monument of forty years ago. 2009.

★★ (HILLCREST CINEMAS)

My Life in Ruins — Not a sequel to *My Big Fat Greek Wedding*, but a spawn nevertheless, with a slimmed-down Nia Vardalos (smacked with an insult of "skinny") wooed by another hirsute hunk, Alexis Georgoulis, a Greek bus driver who plays Zorba to the repressed heroine, a fun-loathing tour guide to a motley group of stereotypes. (An actual clip of *Zorba the Greek* on local television fairly insists on the analogy.) Think of it, if you like, as *My Little Skinny Greek Romance*, heavy-handed, lead-footed, thick-witted all the same. With Richard Dreyfuss, Harland Williams, Rachel Dratch; directed by Don-

ald Petrie. 2009.

● (FLOWER HILL 4)

My Sister's Keeper — Medical and legal drama with Abigail Breslin, Cameron Diaz, Jason Patric, and Alex Baldwin, directed by Nick Cassavetes. 2009.

(CARMEL MOUNTAIN 14; CHULA VISTA 10; FASHION VALLEY 18; FLOWER HILL 4; GROSSMONT CENTER 10; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RIVER VILLAGE 6; TOWN SQUARE 14)

Night at the Museum: Battle of the Smithsonian — For the requisite sequel, the locale shifts from N.Y. to D.C., which

opens the door to some new characters and creatures (e.g., Albert Einstein bobblehead dolls, which, when brought to life, inconceivably contain Einstein's actual brain), along with some old ones packed up at the Natural History Museum for storage at the Smithsonian, while the human hero, Ben Stiller, backtracks from a lucrative career as an infomercial huckster (the glow-in-the-dark flashlight) to reclaim his true niche as a night watchman. Of the new, Amy Adams as a dashing Amelia Earhart and Hank Azaria as a lisping nefarious pharaoh — or more accurately, animated wax figures of these — earn high marks for indefatigable professionalism in hopeless circumstances. With Owen Wilson, Steve Coogan, Robin Williams, Christopher Guest, Bill Hader; directed by Shawn Levy. 2009.

● (CARMEL MOUNTAIN 14; CHULA VISTA 10; FASHION VALLEY 18; GASLAMP 15; GROSSMONT CENTER 10; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; TOWN SQUARE 14)

The Proposal — Reviewed this issue. With Sandra Bullock, Ryan Reynolds, Mary Steenburgen, Betty White, Craig T. Nelson, and Malin Akerman; directed by Anne Fletcher. 2009.

★ (CARMEL MOUNTAIN 14; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GASLAMP 15; GROSSMONT CENTER 10; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RIVER VILLAGE 6; SANTEE DRIVE IN; TOWN SQUARE 14)

Revanche — Tantalizing if ultimately unsatisfying thriller by Austrian writer-director Götz Spielmann. An ex-convict em-

ployed as a custodian in a Viennese house of ill-repute is carrying on in secret a heart-felt affair with an immigrant Ukrainian sex worker deep in debt to the slave-driving owner. The ex-con, on a dutiful visit to his failing grandfather at a small farm in the country, next-door neighbor to a uniformed policeman and his wife, sizes up the local bank as an easy knockover, a fast exit from servitude. It all sets up nicely, and it develops unpredictably, and it unveils (so to speak) a surprise nonending. Feelings about this last are apt to be mixed. If we're going to be dragged through a seedy sex club, past some stickup clichés (the girlfriend: "I have a bad feeling"); the boyfriend: "Nothing can go wrong"), and into a classic revenge sce-

nario pitting two tortured men, cop and robber, in a game of cat-and-mouse, then we might not be prepared to ascend to the high-minded summit that Spielmann has in his sights. He must bear some culpability for our baser expectations. Johannes Krisch, Irina Potapenko, Ursula Strauss, Andreas Lust. 2008.

★★ (HILLCREST CINEMAS, FROM 6/26; KEN, THROUGH 6/25)

Sleep Dealer — Resourceful low-budget imagining of future relations with Our Neighbor to the South: the border closed, water rights protected by armed guard, anti-terrorist airstrikes as reality TV, and cheap Mexican labor by remote-control ro-

PETER TRAVERS OF *Rolling Stone* RAVES:
"ABSOLUTELY EXTRAORDINARY!"

The New York Times
"JOHN KRASINSKI AND MAYA RUDOLPH ARE A MARRIAGE MADE IN COMEDY HEAVEN!"
 The result is one of the most credible couples ever to grace a movie screen."
 KAREN DURBIN
The New York Times
"★★★★! YOU'LL LOVE THIS MOVIE UNCONDITIONALLY!"
 LEE GRANT
 People
 CHOICE

AWAY WE GO
 DIRECTED BY SAM MENDES
 WRITTEN BY DAVE EGGERS & VENDELA VIDA

NOW PLAYING
 AMC FASHION VALLEY 18 Hwy 163 at Frias Rd W 858/558-2400 Landmark Theatres LA JOLLA VILLAGE 4 8879 Villa La Jolla Dr 619/619-0236 UltraStar FLOWERHILL 1-5 at Via De La Valle 858/646-9425 Edwards Theatres SAN MARCOS STADIUM 18 1180 W San Marcos Blvd 800/FANDANGO #161

STARTS FRIDAY, JUNE 26TH
 Reading Cinemas CARMEL MOUNTAIN 1-15 at Carmel Mountain Rd 800/FANDANGO #2704 Reading Cinemas TOWN SQUARE STADIUM 14 Clairmont Dr at Clairmont Mesa Blvd 800/FANDANGO #2722 United Artists HORTON PLAZA 475 Horton Plaza 800/FANDANGO #519
 CHECK THEATRE DIRECTORIES OR CALL FOR SOUND INFORMATION AND SHOWTIMES SPECIAL ENGAGEMENTS NO PASSES OR DISCOUNT COUPONS ACCEPTED
 MOBILE USERS: For Showtimes - Text AWAY with your ZIP CODE to 43KIX (43549)

Featuring the music of **ALEXI MURDOCH**. To hear the album, visit AwayWeGoMovie.com

You haven't seen a movie until you've seen it in **Pure Digital Cinema®**

Now Playing!

Tickets purchased online receive priority seating!

Chula Vista
 555 Broadway #2050 • Chula Vista

Mission Marketplace
 431 College Blvd. • Oceanside

Mission Valley Hazard Center
 7510 Hazard Ctr. Dr. • San Diego

Del Mar Highlands
 12905 El Camino Real • San Diego

Poway Creekside Plaza
 13475 Poway Rd. • Poway

River Village
 5256 S. Mission Rd. • Bonsall

La Costa
 6941 El Camino Real • Carlsbad

Flower Hill
 2630 Via de la Valle • Del Mar

FREE POPCORN
 with any ticket purchase

Promo size. Expires 7/2/09.
 Code: M9-6-47

UltraStar Cinemas invites you to enjoy a \$50 gift certificate for the Black&Blue Steakhouse at Valley View Casino, winner of Channel 10 San Diego's 2008 A-List Award for "Best Steakhouse"! Just purchase a movie ticket at any UltraStar location to receive your certificate. Certain restrictions apply.

ULTRAStar
 C-I-N-E-M-A-S
 EXCLUSIVE HOME OF
PURE DIGITAL CINEMA®
 Powered by DLP Cinema™ Technology

Buy tickets online or at the box office NOW!

www.UltraStarMovies.com

MOVIE SHOWTIMES

Showtimes subject to change.
(Bargain showtimes in parentheses.)

CENTRAL

CARMEL MOUNTAIN

Carmel Mountain 14

11620 Carmel Mountain Road (877-789-6684)
Away We Go (R); The Hangover (R); My Sister's Keeper (Not Rated); Night at the Museum: Battle of the Smithsonian (PG); The Proposal (PG-13); Star Trek (PG-13); The Taking of Pelham 123 (R); Transformers: Revenge of the Fallen (PG-13); Up (PG); Year One (Not Rated)

CLAIREMONT

Town Square 14

4665 Clairemont Drive (877-789-6684)
Away We Go (R); The Hangover (R); Land of the Lost (PG-13); My Sister's Keeper (Not Rated); Night at the Museum: Battle of the Smithsonian (PG); The Proposal (PG-13); Star Trek (PG-13); The Taking of Pelham 123 (R); Transformers: Revenge of the Fallen (PG-13); Up (PG)

DOWNTOWN

Gaslamp 15

701 Fifth Avenue (877-789-6684)
Angels and Demons (PG-13); Drag Me to Hell (PG-13); Empty Nest (Not Rated); The Hangover (R); Imagine That (PG); Night at the Museum: Battle of the Smithsonian (PG); The Proposal (PG-13); Sleep Dealer (PG-13); The Soloist (PG-13); Terminator Salvation (PG-13); Under Our Skin (Not Rated); Valentino: The Last Emperor (PG-13); Year One (Not Rated)

Horton Plaza 14

Horton Plaza (619-444-FILM)
Away We Go (R) Fri. (11:20, 1:40, 4:15) 7:25, 9:55 Sat.-Sun. (10:05, 12:25, 2:45) 5:05, 7:25, 9:45; Land of the Lost (PG-13) Fri. (11:00, 1:50, 4:35) 7:35, 10:25 Sat.-Sun. (10:20, 12:45, 3:10) 5:35, 8:05, 10:35; My Sister's Keeper (Not Rated) Fri. (10:45, 11:30, 1:30, 2:15, 4:25, 5:00) 7:10, 7:40, 9:40, 10:15 Sat.-Sun. (10:10, 11:15, 12:40, 1:45, 3:15) 4:20, 5:45, 7:10, 8:15, 9:40, 10:45; Star Trek (PG-13) Fri. (10:40, 1:35, 4:30) 7:20, 10:10 Sat.-Sun. (10:40, 1:35) 4:30, 7:20, 10:10; The Taking of Pelham 123 (R) Fri. (10:50, 1:25, 4:10) 7:15, 10:00 Sat.-Sun. (10:25, 12:55, 3:20) 5:50, 8:20, 10:45; Transformers: Revenge of the Fallen (PG-13) Fri. (10:30, 11:50, 12:20, 12:50, 1:20, 1:50, 3:10, 3:40, 4:10, 4:40, 5:10) 6:30, 7:00, 7:30, 8:00, 8:30, 9:50, 10:20, 10:50, 11:20 Sat. (10:00, 10:30, 11:50, 12:20, 12:50, 1:20, 1:50, 3:10, 3:40) 4:10, 4:40, 5:10, 6:30, 7:00, 7:30, 8:00, 8:30, 9:50, 10:20; Up (PG) Fri. (10:25, 12:45, 3:05, 5:25) 7:45, 10:05 Sat.-Sun. (10:15, 12:35, 3:00) 5:25, 7:45, 10:05; X-Men Origins: Wolverine (PG-13) Fri. (10:35, 1:15, 4:05) 7:05, 9:45 Sat.-Sun. (10:35, 1:15) 4:15, 7:05, 9:55

LA JOLLA

La Jolla 12

8657 Villa La Jolla Drive (858-558-2262)
The Hangover; Imagine That; Land of the Lost; My Sister's Keeper; Night at the Museum: Battle of the Smithsonian; The Proposal; Star Trek; The Taking of Pelham 123; Transformers: Revenge of the Fallen; Up; Year One

La Jolla Village

8879 Villa La Jolla Drive (619-819-0236)
Away We Go (R) Fri. (2:20, 4:40) 7:00, 9:20 Sat.-Sun. (12:00) 2:20, 4:40, 7:00, 9:20; Chérie (Not Rated) Fri. (2:30, 4:50) 7:15, 9:35 Sat.-Sun. (12:10) 2:30, 4:50, 7:15, 9:35; Departures (PG-13) Fri. (2:10, 5:10) 8:10 Sat.-Sun. (2:10) 5:10, 8:10; Easy Virtue; Summer Hours; Whatever Works (Not Rated) Fri. (2:40, 5:00) 7:30, 9:50 Sat.-Sun. (12:20) 2:40, 5:00, 7:30, 9:50

LA MESA

Grossmont Center 10

5500 Grossmont Center Drive (877-789-6684)
The Hangover (R); My Sister's Keeper (Not Rated); Night at the Museum: Battle of the Smithsonian (PG); The Proposal (PG-13); Star Trek (PG-13); The Taking of Pelham 123 (R); Transformers: Revenge of the

Fallen (PG-13); Up (PG); Year One (Not Rated)

MIRA MESA

Mira Mesa 18

10733 Westview Parkway (800-326-3264)
Call theater for program information.

MISSION HILLS

Cinema under the Stars

4040 Goldfinch Street (619-295-4221)
Casablanca (PG)

MISSION VALLEY

Fashion Valley 18

7037 Friars Road (858-558-2262)
Angels and Demons; Away We Go; The Hangover; Imagine That; Land of the Lost; My Sister's Keeper; Night at the Museum: Battle of the Smithsonian; The Proposal; Star Trek; The Taking of Pelham 123; Terminator Salvation; Transformers: Revenge of the Fallen; Up; Year One

Mission Valley 7

7510 Hazard Center Drive (619-685-2841)



Up 3D (PG) (11:15 1:45) 4:15 7:15 9:30; No 7:15 Tues.; Transformers: Revenge of the

Fallen (PG-13) (10:00 1:15) 4:30 7:45 11:00; Year One (PG-13) (12:00 2:30) 5:00 7:30 10:15; The Proposal (PG-13) (10:00 12:30 3:00) 5:30 8:00 10:30; The Taking of Pelham 123 (R) (11:00 1:30 4:00) 7:00 9:45; The Hangover (R) (10:00 12:15 2:45) 5:15 7:45 10:15; Care Bears Oopsy Does It (G) (10:30 am Sat.-Sun. only
No 9 pm-10:45 pm shows Sun.-Thu.

Mission Valley 20

1640 Camino Del Rio North (858-558-2262)
Angels and Demons; Drag Me to Hell; The Hangover; Imagine That; Land of the Lost; My Sister's Keeper; Night at the Museum: Battle of the Smithsonian; The Proposal; Star Trek; The Taking of Pelham 123; Terminator Salvation; Transformers: Revenge of the Fallen; Up; Year One

STATE UNIVERSITY

Ken

4061 Adams Avenue (619-819-0236)
Il Divo (Not Rated) Fri. (4:25, 7:00, 9:35) Sat.-Sun. (1:50, 4:25, 7:00, 9:35); Revanche

UPTOWN

Hillcrest Cinemas

3965 Fifth Avenue (619-819-0236)
The Brothers Bloom (PG-13) Fri. (4:30) 9:35 Sat.-Sun. (11:25) 4:30, 9:35; Chérie (Not Rated) Fri. (2:25, 5:00) 7:30, 10:05 Sat.-Sun. (11:55) 2:25, 5:00, 7:30, 10:05; Food, Inc. (PG) Fri. (2:15, 4:50) 7:20, 9:55 Sat.-Sun. (11:45) 2:15, 4:50, 7:20, 9:55; Moon (R) Fri. (2:05, 4:40) 7:10, 9:45 Sat.-Sun. (11:35) 2:05, 4:40, 7:10, 9:45; Revanche (Not Rated) Fri. (1:55) 7:00 Sat.-Sun. 1:55, 7:00; Whatever Works (Not Rated) Fri. (2:35, 5:10) 7:40, 10:15 Sat.-Sun. (12:05) 2:35, 5:10, 7:40, 10:15

Museum of Photographic Arts

1649 El Prado, Balboa Park (619-238-7559)
Call theater for program information.

Reuben H. Fleet Science Center

1875 El Prado, Balboa Park (619-238-1233)
Call theater for program information.

San Diego Natural History Museum

1788 El Prado, Balboa Park (619-232-3821)
Call theater for program information.

EAST COUNTY

EL CAJON

Parkway Plaza 18

405 Parkway Plaza (619-401-3456)
Call theater for program information.

RANCHO SAN DIEGO

Rancho San Diego 15

2951 Jamacha Road (800-326-3264)
Call theater for program information.

SANTEE

Santee Drive In

10990 Woodside Avenue (619-448-7447)
The Proposal (PG-13) Fri.-Sat.; Star Trek (PG-13) Fri.-Sat.; Transformers: Revenge of the Fallen (PG-13) Fri.-Sat.; Up (PG) Fri.-Sat.

SOUTH BAY

CHULA VISTA

Chula Vista 10

Broadway between H and I (619-338-4214)



Up 3D (PG) (10:30 1:00 3:45) 6:15 8:30 10:45; Up (PG) (10:15 12:45 3:15); My Sister's Keeper (R) (11:00 1:45) 4:15 7:15 10:00; Transformers: Revenge of the Fallen (PG-13) (10:00 12:00 1:15 3:30) 4:30 5:45 7:00 7:45 9:00 10:15 11:00; Year One (PG-13) (11:30 2:15) 4:45 7:15 9:45; The Proposal (PG-13) (10:00 12:30 3:00) 5:30 8:00 10:30; The Taking of Pelham 123 (R) (10:15 12:45 3:15) 5:45

MEET YOUR ANCESTORS

JACK BLACK MICHAEL CERA

YEAR ONE

COLUMBIA PICTURES PRESENTS AN OCEAN PICTURES/APATOW COMPANY PRODUCTION A FILM BY HAROLD RAMIS "YEAR ONE"
OLIVER PLATT DAVID CROSS AND HANK AZARIA MUSIC BY THEODORE SHAPIRO EXECUTIVE PRODUCER RODNEY ROTHMAN STORY BY HAROLD RAMIS
SCREENPLAY BY HAROLD RAMIS & GENE STUPNITSKY & LEE EISENBERG PRODUCED BY HAROLD RAMIS JUDD APATOW CLAYTON TOWNSEND
DIRECTED BY HAROLD RAMIS YearOne-Movie.com

PG-13 PARENTS STRONGLY CAUTIONED
SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13
CRUDE AND SEXUAL CONTENT THROUGHOUT, BRIEF STRONG LANGUAGE AND COMIC VIOLENCE

NOW PLAYING
CHECK LOCAL LISTINGS FOR THEATERS AND SHOWTIMES
SORRY, NO PASSES ACCEPTED FOR THIS ENGAGEMENT

8:15 10:45; **The Hangover** (R) (10:00 12:15 2:45) 5:15 8:00 10:30; **Night at the Museum: Battle of the Smithsonian** (PG) (11:15 2:00) 5:00 7:30 10:00; **Care Bears Oopsy Does It** (G) 10:30 am Sat.-Sun. only
No 9 pm-10:45 pm shows Sun.-Thu.

Otay Ranch 12
Eastlake Parkway at Olympic (858-558-2262)
The Hangover; My Sister's Keeper; Night at the Museum: Battle of the Smithsonian; The Proposal; Star Trek; The Taking of Pelham 123; Transformers: Revenge of the Fallen; Up; Year One

Palm Promenade 24
770 Denney Road (858-558-2262)
Angels and Demons; Dance Flick; The Hangover; My Life in Ruins; My Sister's Keeper; Night at the Museum: Battle of the Smithsonian; The Proposal; Star Trek; The Taking of Pelham 123; Terminator Salvation; Transformers: Revenge of the Fallen; Up; X-Men Origins: Wolverine; Year One

Rancho Del Rey 16
East H Street (619-216-4707)
Call theater for program information.

IMPERIAL BEACH
South Bay Drive 1n
2170 Coronado Avenue (619-423-2727)
Call theater for program information.

NATIONAL CITY
Plaza Bonita 14
3030 Plaza Bonita Road (858-558-2262)
Drag Me to Hell (PG-13); **The Hangover** (R); **Imagine That** (PG); **Land of the Lost** (PG-13); **My Sister's Keeper** (Not Rated); **Night at the Museum: Battle of the Smithsonian** (PG); **The Proposal** (PG-13); **The Taking of Pelham 123** (R); **Terminator Salvation** (PG-13); **Transformers: Revenge of the Fallen** (PG-13); **Up** (PG); **Year One** (Not Rated)

NORTH INLAND

ESCONDIDO
Escondido 16
350 W. Valley Parkway (760-291-0119)
Call theater for program information.

FALLBROOK
River Village 6
5256 S. Mission Road (760-945-8784)



Up 3D (PG) (11:45 2:15) 4:45 7:15 9:45; **My Sister's Keeper** (R) (10:00 12:30 3:00) 5:30 8:00 10:30; **Transformers: Revenge of the Fallen** (PG-13) (10:00 1:15) 4:30 7:45 11:00; **Year One** (PG-13) (10:15 12:45 3:15) 5:45 8:15 10:45; **The Proposal** (PG-13) (10:30 1:15 4:00) 7:00 9:30; **The Hangover** (R) (10:00 12:15 2:30) 5:00 7:30 10:00; **Care Bears Oopsy Does It** (G) 10:30 am Sat.-Sun. only
No 9 pm-10:45 pm shows Sun.-Thu.
No 10 am-3:45 pm shows Mon.-Thu.

POWAY
Poway 10
13475 Poway Road (858-646-9423)



Up 3D (10:15 11:00 12:30 1:30 2:45 4:00) 6:15 8:30 10:45; **My Sister's Keeper** (R) (11:00 1:45) 4:30 7:15 9:45; **Transformers: Revenge of the Fallen** (PG-13) (10:00 12:00 1:15 3:30) 4:30 6:00 7:00 7:45 9:15 10:15 11:00; **Year One** (PG-13) (11:15 2:00) 4:45 7:30 10:00; **The Proposal** (PG-13) (10:00 12:30 3:00) 5:30 8:00 10:30; **The Taking of Pelham 123** (R) (10:15 12:45 3:15) 5:45 8:15 10:45; **The Hangover** (R) (10:00 12:15 2:45) 5:15 7:45 10:15; **Night at**

the Museum: Battle of the Smithsonian (PG) (11:45 2:15) 5:00 7:30 10:00; **Care Bears Oopsy Does It** (G) 10:30 am Sat.-Sun. only
No 9 pm-10:45 pm shows Sun.-Thu.

SAN MARCOS
San Marcos 18
1180 West San Marcos Boulevard at Old California Walk (760-471-3711)
Call theater for program information.

VISTA
Vista Village
Highway 78 at Vista Village Drive (760-945-7469)
Call theater for program information.

NORTH COASTAL

CARLSBAD
Plaza Camino Real
2385 Marron Road (760-729-7469)
The Hangover (R) Fri.-Sun. (10:45, 1:00, 3:15) 5:35, 7:55, 10:15; **The Proposal** (PG-13) Fri.-Sun. (10:10, 12:30, 2:55) 5:20, 7:45, 10:05; **Transformers: Revenge of the Fallen** (PG-13) Fri.-Sun. (9:30, 12:40, 3:50) 7:00, 10:10; **Year One** (Not Rated) Fri.-Sun. (10:00, 12:15, 2:35, 5:00) 7:15, 9:30

DEL MAR
Del Mar Highlands 8
El Camino Real at Del Mar Heights Road (858-646-9420)



Up 3D (PG) (10:45 1:30) 4:15 7:00 9:30; **Transformers: Revenge of the Fallen** (PG-13) (10:00 12:00 1:15 3:30) 4:30 6:00 7:00 7:45

9:15 10:15 11:00; **Year One** (PG-13) (11:15 2:00) 4:45 7:15 9:45; **The Proposal** (PG-13) (10:00 12:30 3:00) 5:30 8:00 10:30; **The Taking of Pelham 123** (R) (10:15 12:45 3:15) 5:45 8:15 10:45; **The Hangover** (R) (10:00 12:15 2:45) 5:15 7:45 10:15; **Imagine That** (PG) (10:15 12:45 3:15); **Care Bears Oopsy Does It** (G) 10:30 am Sat.-Sun. only
No 9 pm-10:45 pm shows Sun.-Thu.

Flower Hill 4
2630 Via de la Valle (858-646-9425)



My Sister's Keeper (R) (10:00 12:30 3:00) 5:30 8:00 10:30; **Food, Inc.** (PG) (10:00 12:15 2:30) 5:00 7:30 10:00; **Away We Go** (R) (10:15 12:45 3:15) 5:45 8:15 10:45; **My Life in Ruins** (PG-13) (11:00) 4:45 10:15; **Angels and Demons** (PG-13) (1:30) 7:00;
No 9 pm-10:45 pm shows Sun.-Thu.

ENCINITAS
La Paloma
471 South Coast Highway 101 (760-436-SHOW)
The Hangover (R)

LA COSTA
La Costa 6
6941 El Camino Real (at Aviara/Alja) (760-599-8221)



Up 3D (PG) (11:15 2:00) 4:45 7:15 9:45; **Transformers: Revenge of the Fallen** (PG-13) (10:00 12:00 1:15 3:30) 4:30 7:00 7:45 10:15 11:00; **The Proposal** (PG-13) (10:00 12:30 3:00) 5:30 8:00 10:30; **The Taking of Pelham 123** (R) (10:15 12:45 3:15) 5:45 8:15 10:45; **The Hangover** (R) (10:00 12:15 2:45) 5:00 7:30 10:00; **Care Bears Oopsy Does It** (G) 10:30 am Sat.-Sun. only
No 9 pm-10:45 pm shows Sun.-Thu.

OCEANSIDE
Mission Marketplace 13
College Boulevard and Mission Avenue (760-806-1790)



Up 3D (PG) (11:00 1:45) 4:15 7:15 9:45; **Up** (PG) (11:30 2:00) 4:30; **My Sister's Keeper** (R) (11:45 2:15) 5:00 7:30 10:00; **Street Dreams** (PG-13) (11:00 1:30 3:45) 6:15 8:30 10:45; **Transformers: Revenge of the Fallen** (PG-13) (10:00 11:15 12:15 1:15 2:45 3:30) 4:30 5:00 6:00 7:00 7:45 8:30 9:15 10:15 11:00; **Year One** (PG-13) (10:00 12:30 3:00) 5:30 8:00 10:30; **The Proposal** (PG-13) (10:30 1:00 4:00) 7:00 9:30; **The Taking of Pelham 123** (R) (10:15 12:45 3:15) 5:45 8:15 10:45; **The Hangover** (R) (10:15 12:45 3:15) 5:45 8:15 10:45; **Land of the Lost** (PG-13) 7:15 10:00; **Night at the Museum: Battle of the Smithsonian** (PG) (12:00 2:30) 5:15 7:45 10:15; **Terminator Salvation** (PG-13) (11:45 2:30); **Care Bears Oopsy Does It** (G) 10:30 am Sat.-Sun. only
No 9 pm-10:45 pm shows Sun.-Tues.

Oceanside 16
401 Mission Avenue (760-439-1733)
Call theater for program information.



“WASHINGTON AND TRAVOLTA CONDUCT A TAG-TEAM MASTER CLASS IN OLD-STYLE MOVIE STAR TECHNIQUE... THEY’RE ALWAYS A LOT OF FUN TO WATCH.”

WASHINGTON TRAVOLTA

A FILM BY TONY SCOTT

THE TAKING OF PELHAM 123

COLUMBIA PICTURES AND METRO-GOLDWYN-MAYER PICTURES PRESENT IN ASSOCIATION WITH RELATIVITY MEDIA A SCOTT FREE/ESCAPE ARTISTS PRODUCTION "THE TAKING OF PELHAM 1 & 2 3"
JOHN TURTURRO LUIS GUZMAN MICHAEL RISPOLI AND JAMES GANDOLFINI WITH HARRY GREGSON-WILLIAMS EDITOR DARRY WALDMAN MICHAEL COSTIGAN RYAN KAVANAUGH
BASED ON THE NOVEL BY JOHN GODEY SCREENPLAY BY BRIAN HELGELAND PRODUCED BY TODD BLACK TONY SCOTT JASON BLUMENTHAL STEVE TISCH DIRECTED BY TONY SCOTT

R RESTRICTED
UNDER 17 REQUIRES ACCOMPANYING PARENT OR ADULT GUARDIAN
VIOLENCE AND PERVASIVE LANGUAGE

SCOTT FREE ESCAPE CATCHTHETRAIN.COM

“A SUMMER MOVIE THAT HAS EVERYTHING - NON-STOP THRILLS, LAUGHS, AND TOP TIER ACTING.”
Peter Travers, **ROLLING STONE**

“★★★★★ A THRILLING JOY RIDE.”
Joe Neumaier, **NY DAILY NEWS**

NOW PLAYING
CHECK LOCAL LISTINGS FOR THEATERS AND SHOWTIMES

Calendar

MOVIES

botics (hence the coinage, "cybracers"). The grainy, gritty digital image constantly pulls you back, and down, to present reality. With Luis Fernando Peña, Leonor Varela, and Jacob Vargas; written and directed by Alex Rivera. 2009.

★ (GASLAMP 15, THROUGH 6/25)

The Soloist — A *Los Angeles Times* columnist (Steve Lopez by byline) finding a story in a homeless schizophrenic classical musician, and making something of it, is quite different from a team of filmmakers finding the same story predigested. What they chiefly make of it is a couple of out-sized performances by Robert Downey, Jr., and Jamie Foxx. Director Joe Wright devises a nice subjective effect when the cellist's solo part is joined in his mind's ear by a full orchestra, drowning out the passing traffic in a freeway tunnel. But the accompanying birds soaring over the city are a bit much. As are the Jupiter-landing psychedelic lights accompanying a rehearsal of the L.A. Philharmonic. A sprinkling of flashbacks to *How He Got Here* adds little but filler. With Catherine Keener, Tom Hollander, Lisa Gay Hamilton, Stephen Root. 2009.

★ (GASLAMP 15)

Star Trek — Enjoyable prequel, thirty years after the same-named debut of the series on the big screen. The chaotic and incoherent prologue might somewhat smother the emotional punch of the birth of James Tiberius Kirk at the same moment as his father's death, but the reintroduction of the old familiar characters — the assembly of the changeless crew for the maiden voyage



Year One

of the U.S.S. Enterprise — can't help but be fun for initiates. Chris Pine's Kirk, sounding as though modelled on no weightier a prototype than Christian Slater, starts out an obnoxious punk and fails to advance very far beyond that. Zachary Quinto's Spock, on the other hand, has some big ears to fill

and fills them fully, achieving that elusive goal of undemonstrative intensity. If it's fair to say that the film, rather than stand on its own, benefits from the groundwork of its forerunners — if it safely and securely goes where others have gone before — it would also be fair to object that the speedy evolution of special effects since the last *Star Trek* outing, seven years previous, serves to render the "ensuing" adventures anticlimactic. Topping what came before — a petty enough creative impulse in the first place — is in effect topping what came "after." That may not constitute disrespect, but it constitutes disproportion. Director J.J. Abrams's preference for the rambling Steadicam and the trembling closeup reveals him further to be a man of trend as opposed to a man of tradition. With its gigantic hands-of-Freddy-Krueger enemy spaceship, its Mad Max-y tattooed heathens, and its gratuitous CG monsters, the film is, by the standards of the franchise, skimpy on ideas, apart from a bit of time-travel abracadabra that enables Spock to be two places and two ages at once. Which is to say, enables Leonard Nimoy to play a part. Karl Urban, Anton Yelchin, Zoe Saldana, John Cho, Simon Pegg, Eric Bana. 2009.

★★ (CARMEL MOUNTAIN 14; FASHION VALLEY 18; GROSSMONT CENTER 10; LA JOLLA 12; MISSION VALLEY 20; PALM PROMENADE 24; SANTEE DRIVE IN; TOWN SQUARE 14)

Summer Hours — Three French siblings scattered around the globe (Charles Berling, Juliette Binoche, Jérémie Renier, in order of prominence on screen) must dispose of the valuable family estate, including a couple of Corots and Redons, after the sudden death of their seventy-five-year-old mother (Édith Scob, still elegant even if a long way from the dainty angel of prime Franju, *Eyes without a Face*, *Judex*, *Thérèse Desqueyroux*, *Thomas the Imposter*). Although the development may be talky and slow, it approximates the flow of life, and it noses around a substantial subject and theme, the severing of roots, the dissipation of family, the detachment from tradition. The emotional payoff, not just the final scene but at least the final three, while gentle and muted, is distinctly felt. Written, directed by Olivier Assayas. 2008.

★★★ (LA JOLLA VILLAGE, THROUGH 6/25)

The Taking of Pelham 123 — Buzzed-up remake of the 1974 hijacked-subway thriller, a handy yardstick of early-21st-century style: photographic gimmicks (pixillation, slow-motion, blurs, zooms, whatnot), throwaway car crashes, outlandish one-man heroics from the deskbound train dispatcher, inflationism in theme and plot as well as in ransom demand. It took some smarts to retrieve from the vaults a good film that's not well known, but it took some stupids to lose the focus on average New Yorkers under the gun. John Turturro is blessedly low-key as the NYPD hostage negotiator, and Denzel Washington tries valiantly to play down to his character's status in the bureaucracy, but one or two men can't counteract the mood-swinging, scenery-chewing villainy of John Travolta. With James Gandolfini, Michael Rispoli, Luis Guzman; directed by Tony Scott. 2009.

★ (CARMEL MOUNTAIN 14; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GROSSMONT CENTER 10; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; TOWN SQUARE 14)

Terminator Salvation — Alias *T4*. If, as an exercise in nostalgia, you can recollect the delectable feeling at the end of *TI* (as it was not yet known) — a storm on the horizon, a bun in the oven — you would be hard put to look upon its three successors as anything but a redundancy, a prosaic elucidation of the better-left-unsaid, an undermining of the original concept, an overplaying of the dealt hand, an extraneous climax overextended into an anticlimax, nothing to do with aesthetics, only economics. That probably won't trouble the army of thrill-seekers, immune to nostalgia, who can content themselves with thunderous sound effects, video-game action, music-video atmospheric (desaturated color, clouds of smoke, sheets of rain, showers of sparks), comic-book dialogue ("Point a gun at someone, you better be ready to pull the trigger"), and a hodgepodge of robots more "primitive" in design, but not in FX technology, than the Arnold Schwarzenegger model: a towering Transformer-bot, road-worthy motorcycle-bots, amphibious alligator-bots, airborne Stealth-bots, metal skeleton-bots. With Christian Bale, Sam

Worthington, Anton Yelchin, Moon Bloodgood, and Bryce Dallas Howard; directed by McG. 2009.

● (FASHION VALLEY 18; GASLAMP 15; MISSION MARKETPLACE 13; MISSION VALLEY 20; PALM PROMENADE 24; PLAZA BONITA 14)

Transformers: Revenge of the

Fallen — Sci-fi sequel with Shia LaBeouf, Megan Fox, Josh Duhamel, and John Turturro, directed by Michael Bay.

(CARMEL MOUNTAIN 14; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GROSSMONT CENTER 10; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RIVER VILLAGE 6; SANTEE DRIVE IN; TOWN SQUARE 14)

Under Our Skin — Andy Abrahams Wilson's documentary on Lyme disease and the controversies around its diagnosis and treatment.

(GASLAMP 15, FROM 6/26)

Up — Pixar computer cartoon weaves a web of delusional whimsy around a cantankerous old widower, not too dissimilar to Clint Eastwood in *Gran Torino*, determined to live out the dream and the adventure he denied to his lifelong soul mate. To that end, he attaches a forest of helium balloons to his two-story house and sets sail for South America, specifically Paradise Falls, "a Land Lost in Time," the stomping ground of his boyhood idol, an intrepid globe-trotter out of Jules Verne. (If party balloons can serve as a means of intercontinental transport, we can hardly be surprised at finding the boyhood idol still alive and kicking. Or at anything else.) This literal flight of fancy and its touchdown in "paradise" might have been taken as a metaphor of suicide were it not for the roly-poly little stowaway, a Wilderness Explorer in quest of a merit badge for Assisting the Elderly, presumably not including assisted suicide. He assists, rather, in a new lease on life: geriatric swashbuckling. (The old man, voiced by Ed Asner, bears an unmistakable likeness to the Penn State football coach, Joe Paterno, and the kid, Jordan Nagai, is a Baby Buddha.) There seems no intrinsic reason for the insipid graphic style, the vacuum-sealed atmosphere, or the general feel of marshmallow and Styrofoam; no reason, that is, outside the limits of taste and talent among the Pixar people. The one glaring success in the picture is the oversized wide-eyed multicolored exotic bird, its resistance to anthropomorphization, its intractable maniacal birdiness. Co-directed by Pete Docter and Bob Peterson. 2009.

★ (CARMEL MOUNTAIN 14; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GROSSMONT CENTER 10; LA COSTA 6; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RIVER VILLAGE 6; SANTEE DRIVE IN; TOWN SQUARE 14)

Whatever Works — Reviewed this issue. With Larry David, Evan Rachel Wood, Patricia Clarkson, Ed Begley, Jr., and Michael McKean; written and directed by Woody Allen. 2009.

★★ (HILLCREST CINEMAS; LA JOLLA VILLAGE; FROM 6/26)

Year One — Reviewed this issue. With Jack Black, Michael Cera, Olivia Wilde, Juno Temple, David Cross, and Hank Azaria; directed by Harold Ramis.

● (CARMEL MOUNTAIN 14; CHULA VISTA 10; DEL MAR HIGHLANDS 8; FASHION VALLEY 18; GASLAMP 15; GROSSMONT CENTER 10; LA JOLLA 12; MISSION MARKETPLACE 13; MISSION VALLEY 7; MISSION VALLEY 20; OTAY RANCH 12; PALM PROMENADE 24; PLAZA BONITA 14; POWAY 10; RIVER VILLAGE 6; TOWN SQUARE 14)

"Burman to perfection."
Clarín

"Burman, great director of actors, is every bit as good as the best Woody Allen."
La Nación

EMPTY NEST

OSCAR MARTINEZ CECILIA ROTH
A film by DANIEL BURMAN

EXCLUSIVE ENGAGEMENTS START FRIDAY, JUNE 26
Reading Cinemas **GASLAMP STADIUM 15** 5th Ave at G St 800/FANDANGO #2709
CHECK THEATRE DIRECTORY OR CALL FOR SOUND INFORMATION AND SHOWTIMES SPECIAL ENGAGEMENT NO PASSES OR DISCOUNT COUPONS ACCEPTED

"IT INSPIRED ME."
We can change things — one table at a time."
—Meredith Ford Goldman, ATLANTA JOURNAL-CONSTITUTION

"EVERYONE SHOULD SEE 'FOOD, INC.'"
This absorbing film looks terrific and does a superb job of making its case that our current food ways are drastically out of whack."
—Ann Hornaday, WASHINGTON POST

YOU'LL NEVER LOOK AT DINNER THE SAME WAY AGAIN

FOOD, INC.

A ROBERT KENNER FILM

PG PARENTS STRONGLY CAUTIONED
KLEINBERG
DOLBY DIGITAL
participant MEDIA
magnolia PICTURES

www.FoodIncMovie.com Read PublicAffairs' Book: Food, Inc. www.magpictures.com

NOW PLAYING LANDMARK'S HILLCREST San Diego (619) 819-0236
ULTRASTAR FLOWER HILL CINEMAS Del Mar (858) 646-9425
CALL THEATRE FOR SHOWTIMES NO PASSES

**HELP WANTED
DOMESTIC
SERVICE**

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

AIDE/ HELPER. Pacific Beach. Saturday/ Sunday approximately 4 hours a day, afternoon hours. Some driving. Have car also (errands, fun outings, light chores, cooking, etc.) Need social security card/ US Citizen, \$9.25/ hour, not cash job. 858-274-5078.

CHILD CARE ASSISTANT, full time, Escondido. Assist with diaper changes, projects, meals/ cleanup, playtime, rest time. Background check, CPR, First Aid, TB test required. threeegsathe@aol.com.

**HELP WANTED
DRIVERS /
DELIVERY**

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

DRIVER/ COURIER. Part-time shifts available. Must have pickup with shell, mini-van or cargo van. Excellent pay, mileage and benefits! Call 858-444-2350.

DRIVER/LEGAL MESSENGER. Great opportunity in busy, growing litigation support service. We'll train an enthusiastic team player. Good driving record. \$9.25 to start, company car. Full time. 619-298-2385.

DRIVERS. \$1700-\$2400 monthly. Fuel paid. Auto parts delivery with late model pickup truck, car, van. Clean DMV. Local and North County. Bonus paid. Independent contractors. 619-461-2048.

DRIVERS. Dominion Distribution needs part-time Drivers to deliver free publications Mondays and Fridays. Requires a truck, van or SUV, currently insured. EOE. Drug screening, DMV, criminal background check required. Call Monday- Friday, 8am-12pm, 858-279-3137 x243.

**HELP WANTED
HEALTH CARE**

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

AIDES AND CNAS. Immediate openings! Adultcare, Childcare, Eldercare, Family Caregivers, Home Care Aides, Drivers. Great

**Classified ads: \$8 a week
Special: 4 weeks for \$19!**

All ads include free online classified listing at SDReader.com!

Place your garage sale, music equipment/instruments, for sale, stage notes, automotive, sports, pet ads and more!

DEADLINE: 5 pm **TUESDAY**

PHONE: 619 235 8200 **WALK-IN:** 1703 India Street (at Date), Little Italy

Rate applies to private parties. Other rates for roommates, rentals, employment and paid services.

FREE PRIVATE PARTY CLASSIFIED ADS: Available only to private parties and non-profit organizations. No businesses, home businesses, paid services or functions, rentals, or profit-making enterprises. Ads must be printed clearly on 3x5 cards or postcards and are limited to 25 words. Additional words cost 60¢ each. Ads must arrive at our P.O. Box by 7 am Monday. Mail all ads to Reader Free Classifieds, P.O. Box 85803, San Diego, CA 92186. Free ads are not accepted over the phone or in person at our office.

pay! New-hire bonus! Nonmedical in-home help for seniors, children, disabled. Hourly and shifts. Training. Flexible schedules. Benefits. Retirement. Dependent care plan. At Your Home Familycare. E-mail: homecarejobs@atyourhomefamilycare.com. Toll free: 1-877-903-JOBS.



CAMP COUNSELOR. July 7- August 20. Spend your summer in the mountains! Work all or part of the summer. Live-in camp for kids and adults with disabilities. Age 18 and older. No experience needed, we train. 619-685-1178 x255.

CAREGIVERS: LIVE-INS, 2, 3, 4 or 5 days/week, \$120/day including sleep and meal periods. Weekends and hourly: 4-hour, 8-hour and 12-hour shifts, AM/ PM. Top pay, flexible shifts 24/7, 401(k), production bonus, rewards for good work. Requires valid driver's license, vehicle/insurance, registration, one year

of paid elder caregiving experience, eligibility to work in the United States. \$150 hiring bonus for employees accepting North County assignments (after 90 days of employment). Comfort Keepers, 2006 Workplace Excellence Medallion Award SDSHRM, San Diego: 619-795-6036. San Marcos: 760-598-3400.



CAREGIVERS/ COMPANIONS. Home care agency has immediate openings for compassionate and experienced Caregivers in the El Cajon, Lakeside, Granite Hills, Bostonia and Rancho San Diego areas. Must have 1 year's experience, valid CA driver's license and reliable transportation. Background check required. Visiting Angels, 619-401-2040.

CAREGIVERS/ COMPANIONS. Minimum 1 year's experience non-medical home care for seniors. Valid California driver's license. Serving Santee/ La Mesa/ Del

Cerro/ San Carlos. Maureen, Visiting Angels, 619-749-7525.

CAREGIVERS/ HOMEMAKERS, HHAs, CNAs, and Personal Assistants. Competitive/ weekly pay, flexible hours, training opportunities. Call today! Right at Home. 858-780-9982, 858-277-5900; Apply: www.raheincintas.com, www.raiajolla.com.

CAREGIVERS/ CNAs/ HHAs. Immediate openings. Hourly, Live-in, Nights. Cheerful Caregivers needed to assist seniors in-home. Minimum 1-year experience. Premium pay/bonuses/benefits, 24-hour office support. Age Advantage, 619-660-8881, 760-720-7272.

CAREGIVERS/ COMPANIONS. Homecare agency is looking for compassionate and experienced Caregivers to start immediately in the Coronado, Point Loma and Downtown San Diego areas. Must have valid CA driver's license and reliable transportation. Background check required. Please call 760-294-8070.

CAREGIVERS/ RESIDENTIAL. Facilitators. Provide quality care for children with developmental disabilities at our Encinitas home care facility. Minimum 12 months' experience in a similar environment and high school diploma/GED required. Must have valid CA driver's license and clean

DMV. Background checked. All shifts available, full time and part time, \$13-\$13.36/ hour, DOE. Benefits for full time. Interviews held 8:30am-3:30pm at Home of Guiding Hands, 1825 Gillespie Way, Suite 200, El Cajon, CA 92020. Fax resume: 619-938-3056.

HEALTHCARE: RNs, LVNs, AIDES. Join La Jolla Nurses! Looking for Home Health Aides, ongoing assignments. Also per diem work—you pick the days, hours and shifts! Competitive pay rates, excellent work assignments. State-licensed home health agency. Medical, dental and vision benefits; referral bonus. La Jolla Nurses HomeCare, 858-454-9339. www.lajollanurseshomecare.com.

HOME CARE AIDES. Beginners, experienced. CNAs, Family

Caregivers, Childcare, Eldercare and Drivers. New-hire bonus! Great pay! Nonmedical, in-home help for seniors, children, disabled. Hourly and shifts. Training. Flexible schedules. Benefits. Retirement. Dependent care plan. At Your Home Familycare. Celebrating 25 years of excellent service to all of San Diego County! E-mail: homecarejobs@atyourhomefamilycare.com. Toll free: 1-877-903-JOBS.

HOME HEALTH. LVN, Personal Care Assistants, Live-in Personal Care Assistants, Homemaker/Companion/Sitter. Apply online: www.pph.org or in person: Monday- Friday, 7:30am-4:30pm, Palomar Medical Center, HR: 456 East Grand Avenue, Escondido, 92025; Pomerado Hospital, HR: 15615 Pomerado Road, Poway, 92064; Palomar Continuing Care Center, 1817 Avenida del Diablo, Escondido, 92029.

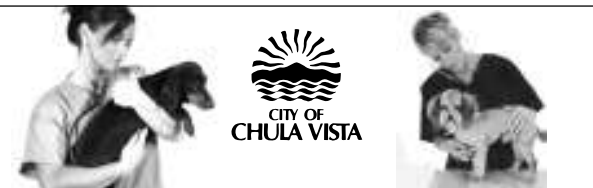
IN-HOME CARE. Caregivers and Companions. Minimum 1 year's experience non-medical home care for seniors. Valid California Driver's License. Serving Santee/ La Mesa/ Del Cerro/ San Carlos. Maureen, Visiting Angels, 619-749-7525.

JOB COACHES. Community-oriented Center for Independent Achievement is seeking dependable individuals in East County. 1:4 group ratio maximum. \$8.50-\$9.50/ hour. Annual raises. Bonuses for exceptional performance. Benefits with full-time. pfcareer@yahoo.com. Fax: 619-592-4878, 619-592-4850.

NON-RN NURSING and Medical Assistant Outreach Services. Palomar Pomerado Health is also Home Health LVN, Personal Care Assistants, Live-in Personal Care Assistants, Homemaker/Companion/Sitter. Apply online: www.pph.org or in person: Monday- Friday, 7:30am-4:30pm, Palomar Medical Center, HR: 456 East Grand Avenue, Escondido, 92025; Pomerado Hospital, HR: 15615 Pomerado Road, Poway, 92064; Palomar Continuing Care Center, 1817 Avenida del Diablo, Escondido, 92029.

RESPIRE CARE for children and teens with developmental disabilities. Critical need, Countywide! Great pay! New-hire bonus! Nonmedical, in-home help. Caring heart more important than experience. Training, Hourly and shifts. Flexible schedules, benefits, retirement, dependent care plan. Visit homecarejobs@atyourhomefamilycare.com. At Your Home Familycare. Call toll free: 1-877-903-JOBS.

HELP WANTED



Animal Care Facility is recruiting for the following positions:

- | | |
|--|--|
| Animal Care Assistants
(3 PT positions)
\$15.70 to \$19.09 per hour | Animal Control Officer Supervisor
\$3907 to \$4749 monthly |
| Registered Veterinary Technician
\$3397 to \$4130 monthly | Veterinary Assistant
\$2831 to \$3441 monthly |

For more information and to apply please visit us at www.chulavistaca.gov

**Earn Extra \$\$ Every Week
For Qualified Plasma Donations**

- | | |
|---|--|
| Requirements: | TWO Locations: |
| <ul style="list-style-type: none"> • 18 years of age • Good health • Proof of Social Security Number • Proof of current address • Current photo ID | 2850 Sixth Ave., Suite 111 (Hillcrest area) 619-298-4011

4402 Dayton Street (off El Cajon Blvd., one block east of 54th St.) 619-265-0334 |

Bring in this ad and receive a \$5 bonus after your first donation!



Formerly known as Pyramid Biological Corporation & Life Sera

**Attention:
Actors/Screenwriters**

38-year-old advertising-sales company in San Diego is looking for aspiring actors and screenwriters who need to earn a living while waiting for that next big part to come along.

Practice your craft while earning \$50,000 \$75,000 or even \$100,000 a year. Medical, dental, vision, 401(k).

Don't let this opportunity pass you by. Think you can act? Contact:

**Kearny Mesa: Al Hiser 619-674-7558
Sorrento Valley: Kevin 800-854-2830 x232
Oceanside: Mike 619-701-3631**

EARN EXTRA MONEY IMMEDIATELY

Part-Time/Temporary – Set Your Own Hours!

Anyone needing immediate money. Start immediately.

Earn a paycheck by delivering telephone directories in the San Diego area. Must have a car and insurance, be 18 yrs+-. Get paid within 48-72 hours of completion of route. Plus a car allowance. Clerical and warehouse positions also available.



CALL TODAY – START TODAY.
888-219-5992 • www.DeliverPhoneBooks.com
Directory Distributing Associates • Job Ref. #1275

MYSTERY SHOPPERS

Get paid to shop!

Earn up to \$200 per day.

Experience NOT required.

Call NOW:
(800) 775-9924



Now Hiring:

- Reservation Agents
- Training Team Leader
- Data Entry/Receptionist

Paid Training/Benefits



To schedule an interview:

619-516-4276

rcorrea@pmonarch.com

SOCIAL SERVICES. Promising Futures, Inc., is hiring reliable, caring individuals to work with the developmentally disabled in East County and Ramona. Part- and full-time positions. \$8-\$10/ hour plus benefits. Overtime opportunities available. pficareer@yahoo.com. Fax resume: 619-592-4878. Call 619-592-4850.

SOCIAL SERVICES. Instructors needed for day training program for adults with developmental disabilities. Full time. Excellent benefits. \$9.89 and up. Chula Vista, 619-691-6346; Lakeside, 619-562-6330; Oceanside, 760-643-9394.

HELP WANTED JOBS WANTED

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

ADMIN ASSISTANT/ RECEPTIONIST. Seeking full-time employment in office providing meaningful services to community. South Bay. Excellent English, outgoing, intelligent, excellent references. Request resume: receptionist4hire@gmail.com.

I'VE BEEN A CNA for 21 years. I'm looking for a private duty job. 619-940-8293.

JOB WANTED: HOUSEKEEPER. Experienced, detail-oriented, trustworthy, dependable. Prefer San Diego/ Point Loma area. Part- / full-time. Excellent references and driving record. Call Bertha, 619-942-6864.

JOB WANTED. Experienced Certified Nurse Assistant looking for caregiver position. Good driving record. Live in/ out. Part/ full time. Free to travel. 619-587-4778.

JOB WANTED. Caregiver Aide, CNA. Retired, 30 years' experience. Personal care, meal preparation, light housekeeping, transportation. Live in/ out. References. Call Jessica anytime at 619-804-6220.

JOB WANTED. Seeking work as a caregiver for elderly. Reliable, dependable. 5 years' experience. Skillful cooking, cleaning, transfers from bed, and wash. Friendly, kind. 619-715-0373.

JOB WANTED. Childcare offered, your home. Licensed, experienced 15 years, infant care. CPR, first aid certified. Fluent

English, French. Catherine, 858-248-1101. Shashati@aol.com.

JOB WANTED. Aid, nanny, English caregiver. Trustworthy, dependable, with a car. Prefer East County. References. 7 days a week, 24 hours a day. 619-444-7679.

JOB WANTED. I provide essential needs for elders including cooking, cleaning, laundry, yard work, errands, and more. Call Rebecca, 619-634-7405 or 619-715-3538.

JOB WANTED. Experienced caregiver/ case aide seeking part time employment. Currently employed as a case aide caring for mentally ill. Call Tamoya, 619-634-7405.

JOB WANTED. Caregiver, experienced, 24 hour shifts OK. Good references and certified. 619-228-9500.

JOBS WANTED. Loving and caring caregiver. 3 years experience. Available Thursday- Sundays during the day or live in. CPR Certified. 619-804-7218.

UNEMPLOYED HOMELESS VETERANS. You may be eligible: job search/resume preparation, placement assistance, support services, job-related clothing/ tools, housing referrals. VA benefits referrals. Appointment: 619-449-5513.

HELP WANTED MISCELLANEOUS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

ANIMAL CARE FACILITY. City of Chula Vista. Animal Care Assistants: 3 part-time positions, \$15.70-\$19.09/hour. Animal Control Officer Supervisor: \$3907-\$4749 monthly. Registered Veterinary Technician: \$3397-\$4130 monthly. Veterinary Assistant: \$2831-\$3441 monthly. For more information and to apply, please visit www.chulavistaca.gov.

ANIMAL CARETAKER. Part-time Pet Sitter. Permanent. 7 days plus holidays. Split shift. Infrequent traveler, bonded, positive minded, ethical, prompt. Reliable car. 619-685-7979.

DISC JOCKEY, MOBILE. Weddings, parties, dances. Need van/ truck for transportation, great stage personality,

music knowledge. Experience preferred. \$25/ hour plus bonuses. Bilingual a plus. Call Music As You Like It, 619-223-5732.

DONATE QUALIFIED PLASMA, earn money every week. Requirements: 18 years of age, good health, proof of Social Security number, proof of current address, current photo ID. Bring in this ad and receive a \$5 bonus after your first donation! OctaPharma Plasma, 2850 Sixth Avenue, Suite 111 (Hillcrest area), 619-298-4011; and 4402 Dayton Street (off El Cajon Blvd., 1 block east of 54th Street), 619-265-0334. www.octapharmaplasm.com.

EARN MONEY EVERY WEEK for qualified plasma donations. Requirements: 18 years of age, good health, proof of Social Security number, proof of current address, current photo ID. Bring in this ad and receive a \$5 bonus after your first donation! OctaPharma Plasma, 2850 Sixth Avenue, Suite 111 (Hillcrest area), 619-298-4011; and 4402 Dayton Street (off El Cajon Blvd., 1 block east of 54th Street), 619-265-0334. www.octapharmaplasm.com.

EVENING FITNESS INSTRUCTORS. Corporate and residential facilities. All client types. Locations all over San Diego. Minimum Certification and 2 years' experience required. E-mail: FitX@fitsandiego.com. Fax resume: 858-715-8681. Call 858-715-8611.

FREE CUSTOMIZED EMPLOYMENT Program for **Veterans with a Service-Connected Disability** or those **Honorably Discharged within the last 48 months.** Space is limited. Call 619-424-6860.

GET PAID TO SHOP! Mystery Shoppers. Earn up to \$200/day. Experience not required. Call now: 800-486-7204.



North County Career Fair

Monday, June 29, 8am-noon. Location—Grand Pacific Palisades Resort, 5805 Armada Drive, Carlsbad, CA 92008. What you can expect— Start a new career. Retrain in a new career. Become an entrepreneur. Own your own business.

SURVEY PROGRAMMER and Project Manager. Professional, experienced. Supervise clients and projects from initial contact to final deliverables, including programming questionnaires to client

specifications. Receive, analyze, format data; proactively identify and solve project-related problems. Learn internal and external software programs; ensure positive ongoing client relationships. Requirements: Advanced knowledge of HTML/XHTML and JavaScript. Basic web technologies. Write Boolean logic and learn similar programs. Basic math skills; practical understanding of statistics. Web page publishing and Photoshop skills. Intermediate to advanced problem-solving skills. Strong written and verbal communication skills. Ability to interact professionally with clients. Become part of a company culture that is innovative, transparent and hard working! Learning and career growth are valued and fostered. www.luthresearch.com. Resume and cover letter to resumes@luthresearch.com.

VOLUNTEERS OF AMERICA. Has the following positions open for a therapeutic community treatment program: 1-3 years' experience. Program Manager, BA required. Counselor Supervisor, CAADAC. Counselor, CAAR. Monitors. Administrative Assistant. E-mail resumes to: mburreece@voa-swcal.org. 619-282-8262.

HELP WANTED OFFICE / ADMINISTRATIVE

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

ATTORNEY AIDE. Disabled female attorney needs part-time assistance, Tuesdays and Thursdays, to assist at office. Hours are 8:15am-7:00pm plus additional overtime. Duties include typing, filing, word processing, occasional bookkeeping, assistance at court, good grammar and punctuation skills, knowledge of Microsoft Office, good handwriting, ability to stand for long periods of time. Requires the ability to drive a van with automatic transmission. Must have good driving record. Must pass a grammar, spelling, punctuation, typing test plus background check. Please send resume: Human Resources, DLA Piper US LLP, 401 B Street, Suite 1700, San Diego CA 92101 or e-mail sandiegojobs@dlapiper.com.

DATA ENTRY/RECEPTIONIST. Training Team Leader and Reservation Agents. Paid training and benefits. Call PMR now to schedule your interview: 619-516-4276 or e-mail resume to rcorrea@pmonarch.com.

OFFICE STAFF. Experienced, for a transportation company. Must be flexible, reliable and able to handle all office tasks including dispatching. Send resume/ qualifications to resumes@careysandiego.com. 619-224-1141.

HELP WANTED RESTAURANT / HOTEL / CLUB

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

RESTAURANT/ CAFE. Cortez Hill. Hiring part-time Waitress/ Barista. Morning/ evening shifts. Minimum 21 years old, experience waiting tables, coffee machines, customer service. Hourly/ tips. Alex, 619-339-1007. Gigio, 619-887-7688.

HELP WANTED SALES / MARKETING

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

ATTENTION: ACTORS and Screenwriters who need to earn a living while waiting for that next big part to come along. Practice your craft while earning \$50,000, \$75,000 or even \$100,000 a year. 38-year-old advertising sales company in San Diego is hiring. Medical, dental, vision, 401(k). Don't let this opportunity pass you by! Think you can act? Contact Al Hiser, Kearny Mesa, 619-674-7558. Kevin, Sorrento Valley, 800-854-2830 x232. Mike, Oceanside, 619-701-3631.

CANVASSING! \$2K-\$4K/month part time. Setting appointments for home improvements! Highest commission in industry. AM/ PM shifts. Start immediately! Jake, 858-278-5605. www.thehartyhousedoctor.com.

DIRECTOR OF SALES & MARKETING. Casa de las Campanas, a leader in the field of retirement communities, has an exciting opportunity for a highly motivated individual to lead its marketing team. Responsibilities include management of the marketing process, oversight of sales and supervision of sales managers and direct sales. Qualified candidates will have a positive and energetic personality, excellent closing and supervisory skills, a strong

drive to succeed and prior demonstrated success in sales and service-oriented profession. Must possess: 3-5 years related sales and marketing experience, excellent communication and writing skills, strong organizational and interpersonal capabilities and ability to travel locally. CCRC/ senior housing and related degree preferred. Casa offers competitive wages and excellent benefits: Medical, dental, life insurance, 403(b) plan, PTO and 8 paid holidays. If you would like to join our team, please fax your cover letter, resume and salary requirement to Director of Human Resources at 858-592-1853 or visit us in Human Resources to fill out an application at 18655 West Bernardo Drive, San Diego 92127. EOE.

FINANCIAL SERVICES Marketing. Rapidly expanding financial services marketing company seeks local sales representatives. Ideal candidate will be motivated, honest, outgoing, entrepreneurial, and have 4 years of college or equivalent. Call our office and leave message (or fax) 24 hours: 877-286-5339.

INSIDE SALES. Part/ full time. Paid training. Great work environment. Convenient location. 401K, medical, dental, paid vacations, holidays. If you are disciplined, coachable and looking to join a great team with an easy-to-sell product and high integrity, call today! Media All-Stars, 8525 Gibbs Drive #206, 92123. Ask for Leah, 619-300-9734. www.MediaAllStars.com.

RESERVATION AGENTS. PMR is also interviewing for Training Team Leader and Data Entry/ Receptionist. Paid training. Benefits. To schedule your interview, call 619-516-4276 or e-mail rcorrea@pmonarch.com.

SALES /B2B PHONE SALES Representative to offer Internet marketing to real estate professionals. Comprehensive paid training and full benefits after 60 days. Make \$45,000 to \$55,000 first year. Top sales consultants average \$60,000 to \$80,000/year. Phone sales professionals wanted. 619-717-2941.



SALES CONSULTANTS NEEDED. Full-time position. English/ Spanish. Guaranteed draw. Excellent pay plan. Positions must be filled ASAP. 858-277-9077, 8085 Clairemont Mesa Boulevard, 92111. Start your Career with us today!

CAREER TRAINING

Ready to Change Your Life?

Become a

Court Reporter



- Excellent Career Opportunities
- Financial Aid Available for Those Who Qualify
- Also Approved for VA Benefits
- Online Classes Available
- Associate Degree Offered
- Fully Accredited

Call NOW for YOUR Admissions Appointment!

San Diego Location
(619) 683-2727
2820 Camino del Rio South, Suite 100

Moreno Valley Location
(951) 781-2727
12125 Day Street, Building L

www.sagecollege.edu



Build your
future with
**Sage
College!**

STUDENTS NEEDED!

Get Career Training as a:

**Medical Assistant • Dental Assistant
Pharmacy Technician • Vocational Nursing
Medical Billing and Coding Specialist
Computer Support Technician
Criminal Justice* • ...and more!**

Call Now!

800-983-8644 Dept. 683

www.KaplanCollege.com



**San Diego Campus
Vista Campus**

Not all programs offered at all locations.

*Additional academy training may be required for law enforcement positions

SALES. Business- to- business sales, \$5000/ month plus residual income. Call 1-800-928-2237 x101.

SALES. Supplement your income. Excellent income potential in today's changing economy! \$10 starts you in a new career. Full- or part-time. Build your business working with top-selling Avon representatives. Perfect for self- starters. www.youravon.com/ kennis. Kathleen: 619-429-1253; 888-429-1253.

SALES. Fundraising school athletics. Fun, relaxed environment, easy job, great pay. 8:30am-4:30pm, Monday-Friday. From \$8-\$26 hourly with bonuses, commissions. Contact Justin, 619-322-2764.

SALES. ENVIRONMENTAL company. Out of work? Want a job? Travel and get paid daily! We train. Must be 18+. Start now. Call for interview: 800-231-8183.

SALES/MARKETING PROS. New revolutionary program everyone needs. Global communication. Make money, the secret that's keeping cell phone companies up at night. \$100,000 potential. www.getbuzzirkmobilenow.com.

TELEMARKETING. Any good Salespeople out there? Pacific Graphics Advertising Specialties in La Mesa for 20 years. Hours: Monday-Friday, 8am-2:30pm. Call Joe: 619-461-0365.

TELEMARKETING. Ad specs. Monday-Friday. Get paid while you train to earn \$500-\$1000/ weekly. No experience necessary. Sign-on bonus for experienced Reloaders, 19% commission. 619-220-7025.

TELEMARKETING. Business- to- business. Daytime hours. At least 2 months' experience. Seeking upbeat, energetic, driven team members. Fun, easy, professional, great atmosphere. Mission Valley. E-mail qualifications, include resume: jobmissionvalley@hotmail.com

TELEPHONE SALES. Experienced only. Cable/ telecom products preferred. Reliable transportation, great attitude, customer service oriented. \$9-\$10/ hour. Complete application: www.expresspros.com (Telemarketer). E-mail: noemi.vidana@ExpressPros.com. Interview: 858-784-3676.

HELP WANTED SALONS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

BARBERS, STYLISTS, SHOP Coordinators with experience needed to open our first shop in San Diego. Visit Floydbarbershop.com to apply and to check us out.

HAIR DESIGNERS. Make great money! Busy Gaslamp salon seeking booth renters. Walk- ins available! Great urban loft environment, convenient parking. \$700/ month. Move- in incentives. 619-231-7588.

HAIRSTYLIST. Chic Downtown La Jolla Salon has a booth opening. 2 blocks from beach, free parking. Flexible programs fit your schedule and budget. 858-551-1700.

HAIRSTYLIST. Full time, commission, for busy Coronado salon. Must be career oriented. Growth potential! Domani Salon of Beauty and Wellness, 619-813-5337. domanison@yahoo.com.

HAIRSTYLIST. Talented, some clientele preferred, not required. Hourly or commission or booth rental. Euphoria European Hair Design Studio, 505 S Escondido Boulevard, Escondido. Andja, 760-489-8577.

HAIRSTYLIST/BARBER. First 2 weeks free! Booth rentals. Downtown La Mesa. \$135/ weekly. Manicurist, \$65/ weekly. Esthetician, \$150/ weekly, separate quarters. Roccoforte HairDesign, 619-460-5261, 619-992-8089.

HAIRSTYLISTS, ESTHETICIAN. Booth rental for Hairstylists and Esthetician with clientele. Beautiful, relaxing, friendly environment. Central Poway location. Low rent, plenty of parking. Call Suria: 858-722-2971.

HAIRSTYLISTS, MANICURISTS. Booths for rent at very affordable rate. Beautiful Italian spa in El Cajon (Blossom Valley). Seeking Hairstylists and Manicurists with clientele to join our professional team. Ask about our move-in special! 619-993-0867.

HAIRSTYLISTS. Would you like a **6-month No-Rent offer?** Do you want a **\$150 weekly Booth Rental?**

Qualified Hairstylists, please call Paul Gerard Hair Salon, 858-625-0555.

HAIRSTYLISTS. Busy salons. Great locations. Health insurance. Guaranteed base wage. Write your own paycheck. Come join a money-making team. Paid training. Cosmetology license required. Call now: 858-380-5882.

MANICURIST. Full-time, commission, for busy Coronado salon. Pinks and whites. Growth potential. Domani Salon of Beauty and Wellness, 619-813-5337. E-mail: domanison@yahoo.com.

SALON/HAIRSTYLISTS. Large booths. \$1000 move-in allowance. Requires your own clientele. Free reception/ phone/ towels. 100% retail is yours. Golden Touch, near Fashion Valley. 619-972-7744.

HELP WANTED SECURITY

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

POLICE OFFICERS. San Diego Police Department is hiring! Are you ready for a career change? See our upcoming test dates on our website. Police Recruit base pay starts at \$52,000 per year. Police Officer II base pay up to \$83,657 per year. For more information, call 619-531-COPS or visit our website at: www.joinspdnow.com.



SECURITY OFFICERS. Allied Barton Security Services. Full/ part time, variety of shifts available. Up to \$12/ hour, medical/ dental/ vision, 401(k) with company match, holiday pay, paid vacation, free uniforms, Guard Card class offered, uniform cleaning allowance, free life insurance/ full term. Must be at least 18 years of age and have a high school diploma/ GED. Apply online: www.AlliedBarton.com or www.GreatSecurityJobs.com. Or apply in person 8am-4pm, Monday- Friday: 9370 Sky Park Court, Suite 150, San Diego, 92123. Call: 858-874-8200.

CAREER TRAINING

3D ANIMATION GRAPHIC DESIGN VIDEO PRODUCTION WEB DESIGN

CALL NOW 866.752.8826

www.MediaArtSchool.com

- Bachelor & Associate Degrees
- Financial Aid (for those who qualify)
- Approved for V.A. benefits
- Job placement assistance
- Day & evening classes
- Inverted curriculum
- Fixed tuition costs

PLATT COLLEGE
SAN DIEGO

Platt College San Diego is Accredited College. ACCSCT. 6250 El Cajon Blvd., San Diego, CA 92115

Discover A New Career in Acupuncture, Oriental Medicine, and Massage

Open House

A Unique Experience

Saturday, June 27, 10:00 a.m. – 2:00 p.m.

Learn about:

- The different modalities of Oriental Medicine and Asian Body Therapy as you watch demonstrations by our alumni and professors
- Full or part-time Associate's, Bachelor's, and Master's programs
- Our Curriculum
- Financial Aid (for those who qualify)

*Accredited by ACCSCT and ACAOM

For More Information or to RSVP:

www.PacificCollege.edu

or call **1-888-353-8729**

**New Financial Aid Now Available
for Massage Programs!**
(For those who qualify)



**Pacific College of
Oriental Medicine**

www.PacificCollege.edu

7445 Mission Valley Road, Suite 105 • San Diego, CA 92108



SECURITY PROFESSIONALS. Secure a new career in the growing field of Security and Asset Protection. GMI provides all training, Guard Card testing, Live Scan for GMI potential hires. Full/part time countywide. Excellent compensation and benefits: 401(k), Health/Wellness. Professional certification. Eligibility conditional. Apply: 8001 Vickers Street, San Diego (92111); call: 858-244-1870; e-mail: DG_GuardRecruiting@GMIweb.com.

SECURITY. Bald Eagle Security hiring licensed Security Officers. Full/part time. Downtown San Diego locations only. No car or cell phone required. Guard Card required. Must be able to work flexible hours, mostly swing and graveyard plus every weekend. Background check. EEO/Drug free. Health benefits available. Call 619-230-0022, e-mail: jacinm@baldeaglesecurity.com, or apply in person at 2015 Main Street, San Diego, CA 92113.

HELP WANTED TRADES / LABOR

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

GENERAL EMPLOYMENT. Earn extra money immediately! Part time/temporary, set your own hours! Anyone needing immediate money, start immediately. Earn a paycheck by delivering telephone directories in the San Diego area. Must have a car and insurance, be 18+ years. Get paid within 48-72 hours of completion of route, plus a car allowance. Clerical and warehouse positions also available. Call today, start today. Reference Job #1275. 888-219-5992. www.DeliverPhoneBooks.com.

EMPLOYMENT SERVICES

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

POST OFFICE NOW HIRING! Average pay \$21/hour or \$54K/annually, including federal benefits and over time. Paid training, vacations. Part time, full time. 1-866-945-0295. (AAN CAN)

CAREER TRAINING

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

A ACADEMY OF BARTENDING. Make money! Fun! New friends! Learn behind real bar. 1-2 week course. Weekend classes available. Part- and full-time. Job placement assistance. Please call 619-296-0600.



ACCOUNTING, COMPUTERS, Medical: Day, evening, and online classes start soon! Also offered: Medical Assisting, Respiratory Therapy, X-ray Technology (limited scope), Lab Technology, Pharmacy Technology, Healthcare Administration, Medical Coding/Billing, Nursing Administration, Medical Specialties, Medical Office Administration, Associate's/Bachelor's degrees, Certifications and Licenses, Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid (if qualified). Classes begin each month! Enroll today! California College San Diego, 2820 Camino Del Rio South, San Diego (92108). 1-800-635-2761. www.californiacollege.info.

ACCOUNTING/BOOKING, WE TRAIN! Become a Certified Bookkeeper. Master—Accounting, Receivables,

Payables, Payroll, QuickBooks, Peachtree, Excel and more! Classes start August 3rd. Call for a free brochure. The Accounting Academy, 760-510-1990. www.theaccountingacademy.com.



ADMINISTRATIVE MEDICAL Assistant. Comprehensive course provides the skills and knowledge required for entry-level position in the healthcare industry. Medical Assisting Profession, Interpersonal Skills and Human Behavior, Medicine and Ethics, Medicine and Law, Computer Concepts, Patient Reception and Processing, Written Communications, Medical Records Management, Basics of Health Insurance, Financial and Practice Management. Course length: 10 weeks. Tuition assistance available for those eligible. Votec Training, 8304 Clairemont Mesa Boulevard #110, San Diego, 92111. 858-565-0663; Fax 858-565-0411. www.votectraining.com.

BARTENDING and Casino Dealing careers. Job leads guaranteed! Earn good money and have fun doing it! 1-4 week course. Try before you buy! Professional instructors. Group and individual classes. Competitive pricing. 0% financing available. Structured curriculum and/or self-paced programs. Building careers for over 25 years. **Check out our website sale!** www.cardsandcocktails.com. Academy of International Bartending and

Casino Dealing. 858-560-MIXX (6499). 858-278-DEAL (3325).

BARTENDING SCHOOL. Hands-on training. Learn to bartend from San Diego's #1 bartending school. Affordable two-week course, job placement assistance, financing available. Make great money. San Diego Bartending School, 6690 Mission Gorge Road, Suite K, San Diego, CA 92120. Call today for a free tour! 619-281-2345. www.SanDiegoBartending.com.

BARTENDING. Learn behind a real bar. 1-2 week course. Fun! Money! Make new friends! Weekend classes available. Part- and full-time. Job placement assistance. Call 619-296-0600.



BILLING AND CODING. Fast and affordable. 20% tuition reduction for 2009! Start a new career in 6 months. Job placement assistance, financing, free books! supplies. Train with San Diego's best doctors. Small classes, free tutoring, more certifications in less time. Best value guaranteed. Call 888-585-7537. www.CMCSanDiego.com.

BUSINESS ADMINISTRATION. Southern States University: Get your Bachelor's Degree in Business Administration or MBA for just \$350/month. SEVIS Approved 1-20. Evening and Saturday classes available. CPT and OPT available for degree programs! Fashion Valley. 619-298-1829. www.ssu-us.org.



BUSINESS OFFICE ADMINISTRATION. Business Admin. UEI also offers programs for Pharmacy Technician, Dental Assistant, Medical Billing/Insurance Coding, Massage Therapist, Computer Systems Technician. Approved Veterans, Rehab, WIA. Job Placement Assistance, Financial Aid (if qualified). United Education Institute, 3666 Kearny Villa Road, #100, 92123; 310 3rd Avenue, #C6, Chula Vista 91910. Call today! 1-877-206-1915. Visit our website: www.infromuei.com.



BUSINESS, COMPUTERS & Accounting: Day, evening, and online classes start soon! Also offered: Medical Assisting, Respiratory Therapy, X-ray Technology (limited scope), Lab Technology, Pharmacy Technology, Healthcare Administration, Medical Coding/Billing, Nursing Administration, Medical Specialties, Associate's/Bachelor's degrees, Certifications and Licenses, Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for

CAREER TRAINING

Start a new career in 2 months or less!

Medical • Business • Investigative

Certified Phlebotomy Technician • Medical Administrative Secretary
Medical Office Administrator • Medical Biller • Sports Medicine Technologist
Clinical Medical Assistant • Administrative & Clinical Medical Assistant
Advanced Medical Coder • Computerized Office Specialist
Computerized Office & Accounting Specialist • Private Investigator

Morning, afternoon & evening class schedules

WIA & Low-Cost Funding • Workers' Comp • Rehabilitation

Free training if qualified • Small classes



Universal Schools & Colleges
of Health and Human Services

U.S. COLLEGES



San Diego • 619-858-3480

San Marcos • 760-918-8198

www.uscmed.com



Massage Therapy

An In-Demand Career!

In as few as **9 MONTHS*** you can be ready for your career as a...

- Medical Assistant
- Insurance Coding & Billing Specialist
- Dental Assistant
- Massage Therapy

We also offer programs in:

- Respiratory Therapy
- Vocational Nursing
- Surgical Technology

Call right now for more info!

1.888.844.6753

www.concorde4me.com

Now Offered at our San Diego campus
4395 Imperial Ave., Ste. 100, San Diego, CA 92121
*Program length varies.
VA Approved for eligible veterans.
Financial Aid to those who qualify.
Accredited Member, ACCSCT.



Want to learn Interior Design?



8555 Commerce Avenue
San Diego, CA 92121
858.566.1200
www.disd.edu

Day and Evening Classes Available!
CIDA Accredited Bachelor of Fine Arts Degree in Interior Design.
Financial Aid available to those who qualify.

First Step Towards Your New Career

DENTAL ASSISTANT



Train for a career in:

- Dental Assistant
- Medical Assistant
- Medical Insurance Billing
- Pharmacy Technician
- Computerized Office/Accounting
- Computer Technician/Networking



Valley Career College

878 Jackman Street, El Cajon • Located 1 block west of Parkway Plaza

Call (619) **593-5111**

www.valleycareercollege.com

8-Month Programs • Day & Evening Classes • Financial Aid (If Qualified)
Job Placement Assistance • Approved for WIA, VA benefits

graduates, financial aid (if qualified). Classes begin each month! Enroll today! California College San Diego, 2820 Camino Del Rio South, San Diego (92108), 1-800-635-2761. Visit: www.californiacollege.info.

CASINO DEALER and Bartending careers. Earn good money and have fun doing it! 1-4 week course. Professional instructors. Group and individual classes. Competitive pricing. 0% financing available. Job Leads guaranteed! Structured curriculum and/or self-paced programs. Try before you buy! Building careers for over 25 years. Check our website sale! www.cardsandcocktails.com. Academy of International Bartending and Casino Dealing, 858-560-MIXX (6499), 858-278-DEAL (3325).

COLEMAN UNIVERSITY. Technology Sciences. New name, same excellence in education. Classes begin soon! Be career ready in one year! Over 90% placement rate. VA approved, career services available, financial aid available for those who qualify. Kearny Mesa/ San Marcos. Visit: www.coleman.edu, and call today! 800-430-2030.



COMPUTER SYSTEMS TECHNICIAN. UEI also offers programs for Pharmacy Technician, Dental Assistant, Business Office Administration, Massage Therapist, Medical Billing & Insurance Billing, Approved Veterans, Rehab, WIA. Job Placement Assistance, Financial Aid (if qualified). United Education Institute, 3666 Kearny Villa Road, #100, 92123; 310 3rd Avenue, #C6, Chula Vista 91910. Call today! 1-877-206-1915. Visit our website: www.infomfromuei.com.



COMPUTER TECHNICIAN Training. Be job-ready in just 8 months! Valley Career College, 878 Jackman Street, El Cajon, CA 92020. We are located 1 block west of Parkway Plaza. Accredited by ACCET. Day and

evening classes. Small class size. Job placement assistance. Financial aid if qualified. Available to non-high school graduates. 619-593-5111.

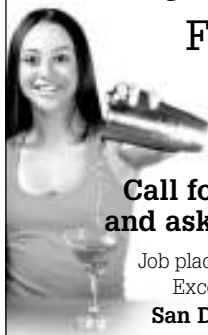


COMPUTERIZED OFFICE: and Accounting. Be job-ready in just 8 months! Get the skills employers look for, from instructors with real-world experience. Day or evening classes available. Evening classes in just 9 months. Small classes, free tutoring, VA benefit approved. Job placement assistance. Financial aid available (if qualified). Accept non-high school graduates. Valley Career College, 878 Jackman Street, El Cajon, 1 block west of Parkway Plaza. 619-593-5111. [ValleyCareerCollege.com](http://www.ValleyCareerCollege.com).

Earn great \$\$ ■ Meet new people ■ Work part or full time

San Diego's #1 Bartending School

Finish our course in only 2 weeks!



We specialize in Bartending *only*. Not a Casino Dealing or Cooking school.

Call for a free tour: 619-281-2345 and ask about our tuition special!

Job placement assistance ■ Financing

Excellent student testimonials

San Diego Bartending School

www.SanDiegoBartending.com

6690 Mission Gorge Rd., Ste. K ■ San Diego, CA 92120



Join a Winning Team!

Can you return phone calls?

- \$28,000 in days, not weeks, simply by returning phone calls.
- No selling. No explaining. No convincing...
- Private gifting, tax codes approved by IRS.

"My first 72 hours brought me \$11,000, and I just started!"

– LeAnn, Housewife, CA

"I generated \$22,000 in 1 day in this program!"

– Bob, Retired, IA

1-888-593-8287



WE TRAIN!

ACCOUNTING & BOOKKEEPING

BECOME A CERTIFIED BOOKKEEPER

Master:

- Accounting • Receivables
- Payables • Payroll • QuickBooks
- Peachtree • Excel...and more!

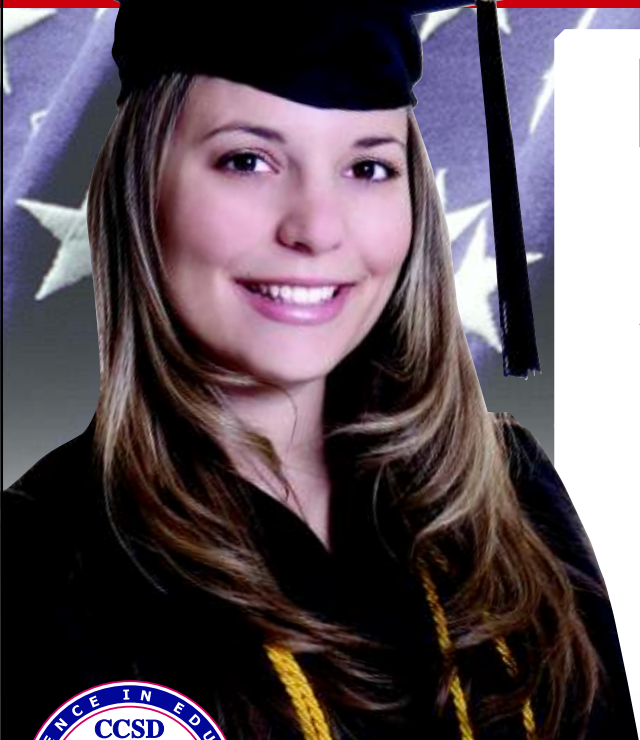
Classes start August 3rd.
Call for a free brochure.

THE ACCOUNTING ACADEMY
Telephone: 760-510-1990
www.theaccountingacademy.com

CAREER TRAINING

You Can Make More Money* and Get a Better Job

We make it easy to get started



MEDICAL

Topics in:

- Medical Assisting
- Respiratory Therapy
- X-Ray Technology (Ltd.Scope)
- Laboratory Technology
- Pharmacy Technology
- Healthcare Administration
- Medical Coding/Billing
- Nursing Administration†
- Medical Specialties
- Medical Office Administration
- Preparation for Certifications/Licenses**

COMPUTERS BUSINESS & ACCOUNTING

- Financial Aid Available for Qualified Students
- Associate's, Bachelor's & Master's† Degrees
- Employment Assistance for Graduates
- Preparation for Certifications and Licenses**
- Accredited Member ACCSCT
- Programs Approved for Veterans

Evening, Day & Online Classes Start Next Month



LAPTOP COMPUTER!

Use it in college and keep it when you graduate.
Certain restrictions apply. Call for details.

*www.census.gov/population/www/socdemo/education/cps2006.html (See Table 8) **Certifications/licenses may require additional study and cost.
† Offered fully online by Stevens-Henager College® Salt Lake City/Murray, an affiliated college.



California College San Diego

2820 Camino Del Rio South, San Diego, CA 92108

1-800-774-7670

www.californiacollege.info

8 Months to Your New Life



No High School Diploma or GED Required

Train for:

- Medical Assistant
- Massage Therapy*
- Medical Billing & Insurance Coding
- Pharmacy Technician*
- Dental Assistant
- Business Office Administration
- Computer Systems Technician
- Criminal Justice**
- Business Management - AAS Degree*

CALL TODAY!

888-707-1679

www.ueisuccess.com

UEI College

CHULA VISTA
SAN DIEGO, CA

Not All Programs Available at All Campuses, Financial Aid Available if Qualified, Lifetime Job Placement Assistance, *Length of Programs May Vary, **HS Diploma/GED Required



COMPUTERS, BUSINESS. Accounting: Day, evening, and online classes start soon! Also offered: Medical Assisting, Respiratory Therapy, X-ray Technology (limited scope), Lab Technology, Pharmacy Technology, Healthcare Administration, Medical Coding/Billing, Nursing Administration, Medical Specialties, Medical Office Administration, Associate's/Bachelor's degrees, Certifications and Licenses, Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid (if qualified). Classes begin each month! Enroll today! California College San Diego, 2820 Camino Del Rio South, San Diego (92108). 1-800-635-2761. Visit: www.californiacollege.info.

COOKING SCHOOL: Culinary, Baking, Advanced Pastry programs. See what makes National Schools the best culinary and baking school in San Diego: Small classes with private hands-on instruction from the best teachers in the industry—all ACF certified! Convenient La Mesa location with plenty of parking. Job placement assistance upon completion of program. Lowest prices in town! Call 619-461-2800 for a tour and sit in on a class. www.nationalschools.com.

COSMETOLOGY PROGRAM: Love your career! Make money and have fun! Many top Hairstylists own their own businesses. One-year full- or part-time training. Night classes available. Paul Mitchell The School, 410 A Street, San Diego 92101. 619-398-1590.

A New Healthcare Career In Just 6 Weeks!

Become a Phlebotomy Technician



The training program consists of a combination of classroom instruction and a clinical externship at our affiliated hospitals and clinics.

- No Experience Necessary
- Must Have High School Diploma/Equivalent

Call for details:
Family Health Services
619.955.1007

www.familyhealth-services.com

BPPVE Register #3708721

COSMETOLOGY. The beauty industry offers you the personal freedom and financial rewards you desire! Full-time day or part-time evening training, with classes starting year-round. Financial Aid available for those who qualify. Come take a tour! We guarantee a 5-minute, stress-relieving scalp treatment with every haircut or your haircut is free! We do great color, brilliant highlights, full-head bleaches, perms and waves, prom and bridal up-style, relaxers and more! Appointments available Monday through Saturday. All services performed by students under the direction of an instructor. **Paul Mitchell The School- San Diego, 410 A Street, San Diego 92101. 619-398-1590. www.pmtssandiego.com.**

COURT REPORTING. Build your future with Sage College! Excellent career opportunities. Financial aid available for those who qualify. Approved for VA benefits. Online classes available; AA degree offered. Fully accredited. Call now for your Admissions Appointment! Mission Valley: 2820 Camino del Rio South, Suite 100, San Diego; 619-683-2727. Moreno Valley: 12125 Day Street, Building L; 951-781-2727. www.sagecollege.edu.



CRIMINAL JUSTICE. Crime Scene Investigation, Casino Surveillance, Corrections, and more. Kaplan College offers on-the-job training, career placement. Financial aid available for those who qualify. Kaplan College, San Diego and North County campuses. 800-982-2543, Dept. 684. www.KaplanCollege.com.



CRIMINAL JUSTICE. Introducing the 9 month Criminal Justice Program from UEI College. Learn a career you can be proud of: Hotel, Retail, and Gaming Surveillance, Private Investigation, Evidence Management. Financial aid available if qualified. Chula Vista and San

Diego campuses. Call today! 888-229-8186. www.gotuei.com.

DENTAL ASSISTANT TRAINING: Work chair-side assisting dentists as they examine and treat patients. Graduate in 9 months! Morning, afternoon, evening classes; lifetime job placement assistance and financial aid if qualified. Pima Medical Institute, 888-239-9445, 780 Bay Boulevard, Chula Vista (I-5 at J Street). www.pmi.edu.



DENTAL ASSISTANT: Be job-ready in just 8 months. Get the skills employers look for, from instructors with real-world experience. Day or evening classes available. Evening classes in just 9 months. Small classes. Free tutoring, in-field training. WIA, VA benefit approved. Job placement assistance, financial aid available (if qualified), accept non-high school graduates. Valley Career College, 878 Jackman Street, El Cajon, 1 block west of Parkway Plaza. 619-593-5111. ValleyCareerCollege.com.

DENTAL ASSISTANT. Get started without a high school diploma. Now enrolling, call today! Concorde Career Institute, 4393 Imperial Avenue, Suite 100, San Diego 92113. 888-283-6911. www.Concorde4me.com.



DENTAL ASSISTANT. Classes for Massage Therapist, Business Office Administration, Medical Billing/ Insurance Coding, Pharmacy Technician, Computer Systems Technician! Approved Veterans, Rehab, WIA, Job Placement Assistance, Financial Aid (if qualified). Call and visit our campuses! United Education Institute, 3666 Kearny Villa Road, #100, 92123; 310 3rd Avenue, #C6, Chula Vista 91910. Call today! 1-877-206-1915. www.infromuei.com.



DENTAL ASSISTING. You could work with doctors. Call Kaplan College today to find out more. According to the Bureau of Labor Statistics, Dental Assistant careers are expected to grow 29% through the year 2016. That's about 82,000 new jobs! Campus locations in Vista and San Diego. 800-982-3915, Dept 684. www.KaplanCollege.com.

Academy Of Dental Practice Careers

Dental Office Administration Training— 4 Week Certificate Program. Learn about Dental Computer Software Programs; Dental Insurance Billing and Codes; Treatment Planning and Terminology; Scheduling, Etiquette, and First Impressions. Next classes start July 2009. Conveniently located in Pacific Beach. Call 858-274-4777.

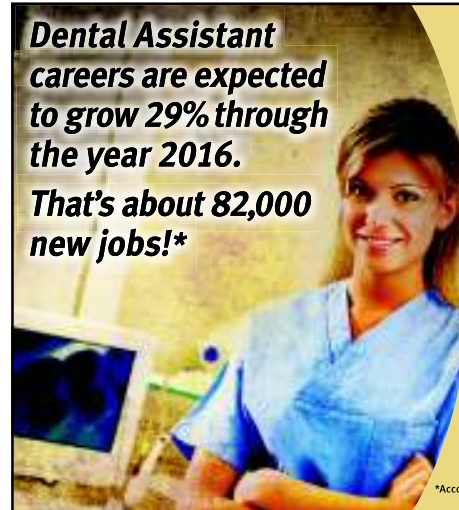
DRIVE YOUR WAY into a new career! Great pay and benefits. Class A/Class B training. Placement assistance. Campuses in San Diego, Temecula, Riverside and Santa Ana. United Truck Driving School. 800-764-2020. www.drivetrucks.com.



ELECTRONIC EQUIPMENT ASSEMBLY, IPC-610D. Job Training! Start your new career in only 8 weeks. Day and evening classes. Extensive hands-on course to provide basic skills and knowledge for entry-level position. Course covers Safety, Circuit Boards and Components, PCB Soldering and Construction, Fundamentals of Soldering and Desoldering, Wiring Techniques, Surface Mount and Through-Hole Soldering, NASA Workmanship Standards, Externship, and more. Tuition Assistance available for those eligible. Votec Training, 8304 Clairemont Mesa Boulevard, Suite 110, San Diego 92111. 858-565-0663. www.votectraining.com.

CAREER TRAINING

Dental Assistant careers are expected to grow 29% through the year 2016. That's about 82,000 new jobs!*



YOU COULD TRAIN TO BE A DENTAL ASSISTANT.

Externships provide hands-on experience
Simulated classroom chair-side training
Career placement assistance • Front and Back office instruction
Financial aid available for those who qualify

WE ALSO OFFER:
Medical Assistant • Vocational Nursing
Medical Billing and Coding Specialist
Pharmacy Technician • ...and More!

800-982-3915

Dept. 680

www.KaplanCollege.com
San Diego Campus • Vista Campus

Not all programs offered at all locations

*According to the Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2008-09 Edition, Dental Assistants, on the Internet at <http://www.bls.gov/oco/ocos163.htm>



Become a certified Private Security Guard in just 2 weeks!

52-hour training and certification course includes:

- Guard Card
- Power to arrest
- Firearm training
- Baton training
- CPR/first aid
- Public relations
- Liability and legal aspects
- Observation & documentation
- Communication and significance

No cost to qualified veterans!

Other services: Guard Card renewal, firearm requalification and baton permit

Coast Career Institute

311 Third Ave., Chula Vista • 619-420-0437
1330 E. Valley Pkwy., Escondido

Be a Medical Assistant



Medical Assistant Program

Reduced tuition • Personalized instruction
Small classes • Highly dedicated instructors
Afternoon classes • Friendly atmosphere
Financial aid to those who qualify

Next classes start in July

California Institute of Science & Medicine
270 E. Douglas Ave.
El Cajon, CA
1-888-434-7298

Train for a career in holistic health.



Enroll Now!

Classes Starting Soon!

- Accredited by COMTA with 32 years of experience
- Financial aid available for those who qualify
- Flexible scheduling—day, night & weekend classes
- Become your own boss in as little as 9 months
- 3 in-depth programs to choose from: Holistic Health Practitioner
Massage Therapist—Asian Therapies
Massage Therapist—Western Therapies



4607 Park Boulevard, San Diego • www.mueller.edu • 888-223-9418

Get ProTools® Certified



The Digidesign® Training and Education program offers a full curriculum to help you become proficient using ProTools® systems. Work toward certification as a ProTools Operator to master ProTools | HD systems and land your next gig. Specialize in music, post production, or both. Whatever you choose, our certified instructors will help you take your career to the next level.

CLASSES START JULY 6

For more information call

760.231.5368

ENROLL NOW!

Mediatech Institute, Oceanside Campus

302 Oceanside Blvd. Oceanside, Ca 92054

digidesign | CERTIFIED TRAINING LOCATION



Learning isn't always planned.

Azusa Pacific prepares educators to grasp the teachable moment, in *and* outside the lesson plan.

APU offers:

- 36 credential/master's degree opportunities.
- NCATE-accredited programs recognized by all 50 states and internationally.
- A degree-completion program in human development (HDEV) designed for future teachers.

Become a better teacher, counselor, coach, or administrator.

San Diego Regional Center

- Call** (877) 210-8839
- Click** www.apu.edu/sandiego
- Email** sandiego@apu.edu

Murrieta Regional Center

- Call** (877) 210-8841
- Click** www.apu.edu/murrieta
- Email** murrieta@apu.edu



Higher Education for Greater Works



AZUSA | HIGH DESERT | INLAND EMPIRE | LOS ANGELES | MURRIETA
ORANGE COUNTY | SAN DIEGO | VENTURA | ONLINE



ELECTRONIC EQUIPMENT ASSEMBLY. IPC-610D. Job Training! Start your new career in only 8 weeks. Day and evening classes. Extensive, hands-on course to provide basic skills and knowledge for entry-level position. Course covers Safety, Circuit Boards and Components, PCB Soldering and Construction, Fundamentals of Soldering and Desoldering, Wiring Techniques, Surface Mount and Through-Hole Soldering, NASA Workmanship Standards, Externship, and more. Tuition Assistance available for those eligible. Votec Training, 8304 Clairemont Mesa Boulevard, Suite 110, San Diego 92111. 858-565-0663. www.votectraining.com.

FREE GUARD TRAINING. (For those qualified). Guard Card, Firearm, Baton, Pepper Spray/Mace, Taser, CPR/ First Aid, Report Writing, Tactical Verbal, Defensive Tactics, Handcuffing, Loss Prevention. Veterans, job placement assistance, ongoing support if qualified. Serving San Diego County for 21 years, Nanpor Security Academy, 601 Mission Avenue, Oceanside (92054). www.nanpor.com, 760-439-6400.

GET F.O.A. CERTIFIED. 3-week intensive hands-on course in Fiber Optics, Telecommunications, Data Cabling, Day/ evening classes. WIA/Workers' Comp/ EDD. State approved. EZ financing for those who qualify. Call today! 760-471-9561. Visit NCTC in North County, 1324 East Mission Road, San Marcos, CA 92069. E-mail: nctc2@hotmail.com; or visit: www.nctc.nu.

GET PRO TOOLS CERTIFIED. The Digidesign Training and Education Program offers a full curriculum to help you become proficient using Pro Tools systems. Work toward certification as a

Pro Tools Operator to master Pro Tools/ HD systems. Specialize in music, post production, or both. Our certified instructors will help you take your career to the next level. Classes start July 6. For more information, call 760-231-5368. Mediatech Institute, Oceanside Campus, 302 Oceanside Boulevard, Oceanside 92054. www.mediatech.edu.

GMAT PREPARATION. USD Test Preparation Courses. Sharpen your skills! Experienced faculty. Practice exams. Convenient schedules. Free refresher classes within 1 year of paid course completion. www.sandiego.edu/testprep. 619-260-4579.

GRAPHIC DESIGN. Coleman University. New name, same excellence in education. Classes begin soon! Be career ready in one year! Over 90% placement rate. VA approved, career services available, financial aid available for those who qualify. Kearny Mesa/ San Marcos. Visit: www.coleman.edu. Call today! 800-430-2030.

GRE PREPARATION. USD Test Preparation Courses. Sharpen your skills! Experienced faculty. Practice exams. Convenient schedules. Free refresher classes within 1 year of paid course completion. www.sandiego.edu/testprep. 619-260-4579.

HAIR DESIGN. Paul Mitchell The School - San Diego. The beauty industry offers you the personal freedom and financial rewards you desire! Full-time day or part-time evening training, with classes starting year-round. Financial Aid available for those who qualify. Come take a tour! We guarantee a 5-minute, stress-relieving scalp treatment with every haircut or your haircut is free! We do great color, brilliant highlights, full-head bleaches, perms and waves, prom and bridal up-style, relaxers and more! Appointments available Monday through Saturday. All services performed by students under the direction of an instructor. **410 A Street, San Diego 92101. 619-**

398-1590. www.pmtssandiego.com.

HEALTHCARE CAREER. In 6 Weeks! Become a Phlebotomy Technician. Classroom instruction and clinical externship at affiliated hospitals and clinics. No experience necessary. Requires high school diploma/equivalent. BPPVE Register #3708721. Family Health Services, 619-955-1007. www.familyhealth-services.com.



HEALTHCARE CAREERS. Train to become a Medical Assistant, Pharmacy Technician, Medical Insurance Technician, Medical Administrative and Insurance Specialist, Nursing, Nursing Assistant, Back Office, Massage Therapy, Dental Assistant. Not all programs offered at both locations. Kaplan College offers on-the-job training, career placement. Financial aid available for those who qualify. Kaplan College San Diego and North County campuses. Call today! 800-983-9801, Dept. 684, or visit www.KaplanCollege.com.

HIGH SCHOOL DIPLOMA! Fast, affordable & accredited. Free brochure. Call now! 1-800-532-6546 x97. www.continentalacademy.com. (AAN CAN)

LEARN BARTENDING. 1-2 week course. Learn behind a real bar. Make new friends! Fun! Money! Weekend classes available. Part- and full-time. Job placement assistance. Call 619-296-0600.

LEARNING ACADEMY. Home Care Aides, Childcare, Family Caregivers. Entry-level and advanced training for home care providers. At Your Home Familycare, Inc. Please call toll free: 877-91LEARN. E-mail: homecarejobs@atyourhomefamilycare.com.

LEGAL CAREER. University of San Diego Paralegal Certificate. Approved by the American Bar Association. Employment Assistance. Internships. Financial Aid available. www.sandiego.edu/paralegal. 619-260-4579.



LOW-COST JOB TRAINING. Anesthesia Technologist, Personal Trainer, Medical Office, Orthopedic Tech, Telemetry Tech, Insurance, Adobe InDesign, Culinary Arts, Emergency Dispatch, Security Academy. Grossmont College. Visit: www.grossmont.edu/rop. 619-644-7550.

LSAT PREPARATION. USD Test Preparation Courses. Sharpen your skills! Experienced faculty. Practice exams. Convenient schedules. Free refresher classes within 1 year of paid course completion. www.sandiego.edu/testprep. 619-260-4579.



MESSAGE THERAPIST. Massage Course at UEI. We also offer programs for Pharmacy Technician, Business Office Administration, Medical Billing/ Insurance Coding, Dental Assistant, Computer Systems Technician, Approved Veterans, Rehab, WIA. Job Placement Assistance, Financial Aid (if qualified). United Education Institute, 3666 Kearny Villa Road, #100, 92123; 310 3rd Avenue, #C6, Chula Vista 91910. Call today! 1-877-206-1915. Visit our website: www.infomruei.com.



MESSAGE THERAPY and other professional medical courses offered at Kaplan College. Not all programs offered at both locations. Kaplan College offers on-the-job training, career placement. Financial aid available for those who

qualify. Kaplan College (formerly Maric College) San Diego and North County campuses. Call today! 800-986-2522, Dept. 684, or visit www.KaplanCollege.com.

MEDICAL ADMIN COURSE. Contact U.S. Colleges for more information. WIA and low cost funding, workers comp, small classes. Universal Schools and Colleges of Health and Human Services, San Diego: 619-858-3480; San Marcos: 760-918-8198. www.uscmed.com.



MEDICAL ADMIN. Medical Insurance Technician, Medical Administrative and Insurance Specialist courses offered for Medical Administrative careers at Kaplan College. We offer on-the-job training, career placement. Financial aid available for those who qualify. Kaplan College (formerly Maric College) San Diego and North County campuses. Call today! 800-984-1088, Dept. 684, or visit www.KaplanCollege.com.



MEDICAL ADMINISTRATION/ Insurance. Be job-ready in just 8 months. Get the skills employers look for, from instructors with real-world experience. Day or evening classes available. Evening classes in just 9 months. Small classes, free tutoring. Approved for WIA, VA benefits. Job placement assistance, financial aid available (if qualified). Accept non-high school graduates. Valley Career College, 878 Jackman Street, El Cajon, 1 block west of Parkway Plaza 619-593-5111. ValleyCareerCollege.com. **MEDICAL ASSISTANT TRAINING:** Assist physicians in the examination and treatment of patients ranging from newborns to senior citizens, as well as

perform routine office tasks. Graduate in 9 months! Morning, afternoon, evening classes, lifetime job placement assistance and financial aid if qualified. Prima Medical Institute, 888-239-9445. 780 Bay Boulevard, Chula Vista (I-5 at J Street). www.pmi.edu.

MEDICAL ASSISTANT. Get started without a high school diploma. Now enrolling, call today! Concorde Career Institute, 4393 Imperial Avenue, Suite 100, San Diego 92113. 888-283-6911. www.Concorde4me.com.



MEDICAL ASSISTANT. Classes begin each month. Day, evening, and online classes. Medical Assisting, Respiratory Therapy, X-ray Technology (limited scope), Lab Technology, Pharmacy Technology, Healthcare Administration, Medical Coding/ Billing, Nursing Administration, Medical Specialties, Medical Office Administration. Associate's/ Bachelor's degrees, Certifications and Licenses. Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid (if qualified). Enroll today! California College San Diego, 2820 Camino Del Rio South, San Diego (92108). 1-800-635-2761. www.californiacollege.info.



MEDICAL ASSISTANT. Medical Assistant. UEI also offers programs for Pharmacy Technician, Dental Assistant, Business Office Administration, Massage Therapist. Approved Veterans, Rehab, WIA. Job Placement Assistance, Financial Aid (if qualified). United Education Institute, 3666 Kearny Villa Road, #100, 92123; 310 3rd Avenue, #C6, Chula Vista 91910. Call today. 1-877-206-1915. Visit our website: www.infomruei.com.

CAREER TRAINING



Train for a career in
Computerized Office/Accounting

Also offering: Medical Assistant, Dental Assistant, Pharmacy Technician, Medical Administration/Insurance, and Computer Technician/Networking

8-Month Programs • Day & Evening Classes • Financial Aid (if qualified)
Job Placement Assistance • Approved for WIA, VA benefits



Valley Career College
878 Jackman St., El Cajon (Just west of Parkway Plaza)
619-593-5111 • ValleyCareerCollege.com



You Can Make More Money and Get a Better Job
We make it easy to get started

MEDICAL

Topics Are:
Medical Assisting
Respiratory Therapy
X-Ray Technology (Ltd. Scope)
Laboratory Technology
Pharmacy Technology
Healthcare Administration
Medical Coding/Billing
Nursing Administration
Medical Specialties
Medical Office Administration
Preparation for Certifications/Licenses**

COMPUTERS BUSINESS & ACCOUNTING

- Financial Aid Available for Qualified Students
- Associate's, Bachelor's & Master's Degrees
- Employment Assistance for Graduates
- Preparation for Certifications and Licenses**
- Accredited Member ACCSCT
- Programs Approved for Veterans

Evening, Day & Online Classes Start Next Month

LAPTOP COMPUTER!
Use it in college and keep it when you graduate.
Certain restrictions apply. Call for details.



California College San Diego
2820 Camino Del Rio South, San Diego, CA 92108

1-800-622-2416
www.californiacollege.info

Life's good working as a
Dental Assistant

We offer specialized training for:

- Medical Assistant
- Surgical Technology
- Respiratory Therapy
- Insurance Coding & Billing Specialist
- Dental Assistant
- Vocational Nursing
- Massage Therapy



CONCORDE
CAREER COLLEGE
Specializing in Healthcare Training

Call daytime, evenings or Saturdays!
1-888-715-9886
www.concorde4me.com



Get your career started!

Paralegal Certificate Program

Approved by the American Bar Association
Employment Assistance
Day & Evening Classes
Internships
Financial Aid Available



University of San Diego
(619)260-4579
www.sandiego.edu/paralegal

Test Preparation
LSAT, GMAT, GRE, SAT

Sharpen Your Skills!
Experienced Faculty
Practice Exams
Convenient Schedules
Free Refresher Classes (within 1 year of paid course completion)

www.sandiego.edu/testprep



MEDICAL ASSISTING. Fast and affordable. 20% tuition reduction for 2009! Start a new career in 6 months. Job placement assistance, financing, free books/ supplies. Train with San Diego's best doctors. Small classes, free tutoring, more certifications in less time. Best value guaranteed. Call 888-585-7537. www.CMCSanDiego.com.



MEDICAL BILLING/ CODING. Comprehensive course offers the skills needed to solve insurance billing and coding problems, complete insurance claim forms, trace delinquent claims and to appeal denied claims. CPT Coding book (Introductions, Guidelines, Evaluation and Management, Surgery, Radiology, Laboratory and Medicine Procedures for Physician Billing); ICD-9 Coding Book (Introduction and Guidelines for Diagnosis Coding and Hospital Procedure Coding); the HCPCS Coding Manual for Supplies; learning the rules and regulations of the basic third party payers (insurances) and reimbursement. Includes a computer lab module which simulates working at a doctor's office using the computer, beginning with making appointments right through to sending claim forms and patient bills. Course length: 12 weeks. Tuition assistance available for those eligible. Votec Training, 8304 Clairemont Mesa Boulevard #110, San Diego, 92111. 858-565-0663. www.votectraining.com.



MEDICAL CODING/ BILLING. Classes start soon! California College San Diego offers day, evening, and online classes. Medical Assisting, Respiratory Therapy, Lab Technology, Pharmacy Technology, X-ray Technology (limited scope), Healthcare Administration, Nursing Administration, Medical Specialties, Medical Office Administration. Associate's/ Bachelor's

degrees, Certifications and Licenses. Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid (if qualified). Classes begin each month! Enroll today! CCSD, 2820 Camino Del Rio South, San Diego (92108). 800-635-2761. www.californiacollege.info.



MEDICAL INSURANCE. Billing Medical Insurance. UEI also offers programs for Pharmacy Technician, Dental Assistant, Business Office Administration, Massage Therapist. Approved Veterans, Rehab, WIA. Job Placement Assistance, Financial Aid (if qualified). United Education Institute, 3666 Kearny Villa Road, #100, 92123; 310 3rd Avenue, #C6, Chula Vista 91910. Call today! 1-877-206-1915. Visit our website: www.infrofromuei.com.



MEDICAL OFFICE ASSISTANT. Fast and affordable. 20% tuition reduction for 2009! Start a new career in 6 months. Job placement assistance, financing, free books/ supplies. Train with San Diego's best doctors. Small classes, free tutoring, more certifications in less time. Best value guaranteed. Call 888-585-7537. www.CMCSanDiego.com.



MEDICAL SPECIALTIES: Medical Assisting, Respiratory Therapy, X-ray technology (limited scope), Lab Technology, Pharmacy Technology, Healthcare Administration, Medical Coding/Billing, Nursing Administration, Medical Specialties, Medical Office Administration, Associate's/Bachelor's degrees, Certifications and Licenses. Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid

(if qualified). Classes begin each month! Enroll today! California College San Diego, 2820 Camino Del Rio South, San Diego (92108). 1-800-635-2761. www.californiacollege.info.

MS-INFORMATION SCIENCES. Coleman University. New name, same excellence in education. Classes begin soon! Be career ready in one year! Over 90% placement rate. VA approved, career services available, financial aid available for those who qualify. Kearny Mesa/ San Marcos. Visit: www.coleman.edu. Call today!! 800-430-2030.



NURSING ADMINISTRATION: Day, evening, and online classes start soon! Also offered: Medical Assisting, Respiratory Therapy, Lab Technology, Pharmacy Technology, X-RAY Technology (limited scope), Healthcare Administration, Medical Coding/Billing, Medical Specialties, Medical Office Administration, Associate's/Bachelor's degrees, Certifications and Licenses. Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid (if qualified). Classes begin each month! Enroll today! California College San Diego, 2820 Camino Del Rio South, San Diego (92108). 1-800-635-2761. www.californiacollege.info.



NURSING CAREERS. Nursing and Medical Career Training offered at Kaplan College. Kaplan College offers on-the-job training, career placement. Financial aid available for those who qualify. San Diego and North County campuses. Call Kaplan College today! 800-984-3658, Dept. 684, or visit www.KaplanCollege.com.

Financial Aid Now Available

For students who qualify

Invest in something real...
Invest in yourself.

Classes start July 7th & 8th



Call today:
888-594-3184
or visit:
www.IPSB.edu

International Professional School of Bodywork

College of Massage and Holistic Health

"Touching Humanity One Body At A Time."

Accredited by the Commission on Massage Therapy Accreditation (COMTA).



9025 Balboa Avenue, Suite 130,
San Diego, CA 92123

Train for a career you'll love.



Just 8 months at UEI College!

NO High School Diploma or GED Required

WWW.MYUEI.COM

- » Medical Assistant
- » Massage Therapy*
- » Medical Billing & Insurance Coding
- » Dental Assistant
- » Pharmacy Technician*
- » Business Office Administration
- » Computer Systems Technician

Introducing 2 New Programs
Business Management – AAS Degree Program*
Criminal Justice*

Call Today!
877.355.9044



Chula Vista / San Diego, CA

Not All Programs Available at All Campuses
Financial Aid Available if Qualified
Lifetime Job Placement Assistance
+ Length of Programs May Vary
* HS Diploma/GED Required

MILD ABANDON

by E.J. Pettinger ©2009

E.J. Pettinger's
Mild Abandon

EJPE@2009 mildabandon.net

"Mom, I'm trying to debunk, like, everything, and work on an alternative to music. So, you tell me, when do I have time to move a couch?"



PHARMACY TECHNICIAN. Intensive course, providing the skills and knowledge leading to licensure as a Pharmacy Technician. Work under the direction of a licensed Pharmacist. Assist the Pharmacist in filling prescriptions, compounding medications, assisting patients and ordering supplies. Carry out calculations required for common dosage determination, employing both metric/apothecary systems. Identify/employ pharmaceutical and medical terms, abbreviations, symbols commonly used in prescribing, dispensing, record keeping of medications. Identify drugs, dosages, routes of administration, dosage forms, storage requirements. Perform procedures and techniques relating to manufacturing, packaging, labeling of drug products. Course length: 12 weeks. Tuition assistance available for those eligible. Votec Training, 8304 Clairemont Mesa Boulevard #110, San Diego, 92111. 858-565-0336. www.votectraining.com.

PLATT (MEDIA ARTS) COLLEGE offers classes in Web Design, Graphic Design, Video Production, 3D Animation. Bachelor and Associate degrees, fixed tuition costs, day and evening classes, placement assistance, financial aid if qualified. Call today for a free info pack: 1-866-752-8826. Visit: www.MediaArtSchool.com.

PRIVATE INVESTIGATOR. Start a new career in 2 months or less at U.S. College! Morning, afternoon and evening classes. WIA and low cost funding, workers comp, small classes. Universal Schools and Colleges of Health and Human Services, San Diego: 619-858-3480; San Marcos: 760-918-8198. www.uscmcd.com.



PROFESSIONAL MEDICAL TECH. Fast and affordable. 20% tuition reduction for 2009! Start a new career in 6 months. Job placement assistance, financing, free books/supplies. Train with San Diego's best doctors. Small classes, free tutoring, more certifications in less time. Best value guaranteed. Call 858-585-7537. www.CMCSanDiego.com.



RESPIRATORY THERAPY COURSE. Day, evening, and online classes start soon! Also offered: Medical Assisting, Lab Technology, Pharmacy Technology, X-ray Technology (limited scope), Healthcare Administration, Medical Coding/Billing, Medical Specialties, Medical Office Administration. Associate's/Bachelor's degrees, Certifications and Licenses, Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance for graduates, financial aid (if qualified). Enroll today! CCSD, 2820 Camino Del Rio South, San Diego (92108). 1-800-635-2761. www.californiacollege.info.

RESPIRATORY THERAPY: (Associate of Occupational Science). Train in less than two years for this specialty that focuses on prevention, diagnoses, treatment, management and rehabilitation of patients with breathing or other cardiopulmonary disorders. Pima Medical Institute, 888-239-9445. 780 Bay Boulevard, Chula Vista (I-5 at J Street). www.pmi.edu.

RESPIRATORY THERAPY. Get started without a High School Diploma! Concorde offers: A.S. in Respiratory Therapy, Massage Therapy, Surgical Technology, Medical Assistant, Dental Assistant, Vocational Nursing, Insurance Coding & Billing courses. Now enrolling, call today! Concorde Career Institute, 4393 Imperial Avenue, Suite 100, San Diego 92113. 888-254-6904; www.concorde4me.com.

SECURITY GUARD TRAINING. Become a fully trained and certified Private Security Guard in just 52 hours/2 weeks! Certificate: Power to Arrest, Liabilities and Legal Aspects, Observation and Documentation, Communication and Significance, BSIS Car/Permits: Guard Card/Baton Permit, Firearm Permit/Tear Gas, First Aid/CPR. Now accepting: WIA/TAA, Vocational Rehab, Dislocated Workers, Private Pay and others. Coast Career Institute, 1330 E. Valley Parkway, Escondido, CA 92024; 311 Third Avenue, Chula Vista, CA 91910, 619-420-0437.

SPORTS MEDICINE TECH. Call U.S. Colleges for more information. WIA and low-cost funding, Workers' Comp. Small classes: Universal Schools and Colleges of Health and Human Services, San Diego: 619-858-3480; San Marcos: 760-918-8198. www.uscmcd.com.

SURGICAL TECHNOLOGY. Start your year with a new career. We also offer courses in Massage Therapy, Medical Assisting, Respiratory Therapy, Insurance Coding and Billing, Dental Assisting, and Vocational Nursing. Call today for more information! Concorde Career College, 4393 Imperial Avenue, Suite 100, San Diego, 888-254-6904; www.concorde4me.com.

TEACHER EDUCATION. Azusa Pacific University prepares educators to grasp the teachable moment, in and outside the lesson plan. APU offers 36 credential/Master's degree opportunities, NCATE-accredited programs recognized by all 50 states and internationally, a degree completion program in Human Development (HDEV) designed for future teachers. Become a better teacher, counselor, coach, or administrator. San Diego Regional Center, call 877-210-8839; visit www.apu.edu/sandiego; e-mail sandiego@apu.edu. Murrieta Regional Center, call 877-210-8841; visit www.apu.edu/murrieta; e-mail murrieta@apu.edu.



TELECOMMUNICATIONS TECHNICIAN. Includes Fiber Optics Technician Certification. Get into an expanding field! A new career in 12 weeks! Telecommunications Technicians install networks of low-voltage and fiber optic cabling that are used for the transmission of video, voice and data or other types of signaling. 858-565-0663. www.votectraining.com.

TELECOMMUNICATIONS. 3-week intensive hands-on course in Fiber Optics, Telecommunications, Data Cabling, Day/evening classes, WIA/Workers' Comp/EDD. State approved. Easy financing for those who qualify. Call today! 760-471-9561. Visit NCTC in North County, 1324 East Mission Road, San Marcos, CA 92069. E-mail: nctc2@hotmail.com; or visit: www.nctc.nu.

TRUCK DRIVING SCHOOL. Earn big bucks! Drive big trucks. Western Truck School San Diego offers classroom and over-the-road instruction. Class A/4 weeks; Class B/1 week! **We have a job waiting for you, if qualified.** No layoffs. No outsourcing. Veteran/WIA approved. Tuition reimbursement. Day, night, weekend classes. 619-670-3384. www.westerntruckschool.com.

TRUCK DRIVING. Drive your way into a new career! Great pay and benefits.

Class A/ Class B training. Placement assistance. Campuses in San Diego, Temecula, Riverside and Santa Ana. United Truck Driving School, 800-764-2020. www.drivetrucks.com.

VETERINARY ASSISTANT PROGRAM: Just 30 weeks to a career filled with fun and fun! Love your patients and your job as you nurture the health and well-being of animals. Pima Medical Institute offers financial aid if qualified and lifetime job placement assistance. 888-239-9445. 780 Bay Boulevard, Chula Vista. www.pmi.edu.

VOCATIONAL NURSING. Get started without a High School Diploma! Concorde also offers: A.S. in Respiratory Therapy, Massage Therapy, Surgical Technology, Medical Assistant, Dental Assistant, Insurance Coding/Billing courses. Now enrolling, call today! Concorde Career Institute, 4393 Imperial Avenue, Suite 100, San Diego 92113. 888-254-6904; www.ContactConcorde.com.

WEB DESIGN, GRAPHIC DESIGN, 3D Animation, Video Production. Platt College offers Bachelor and Associate degrees, fixed tuition costs, day and evening classes, placement assistance, financial aid if qualified. Call today for a free info pack: 1-866-752-8826. Visit: www.MediaArtSchool.com.

BUSINESS OPPORTUNITIES

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

\$600 WEEKLY POTENTIAL helping the government part time. No experience, no selling. Call 1-888-213-5225. Ad Code L-5. Void in Maryland and South Dakota. (AAN CAN)

ALL CASH VENDING ROUTES! 80% profit potential with 25 local vending machines and candy for \$9995. Other packages available! Multivend, LLC. Call 800-920-7869.

ATTITUDE IS EVERYTHING! Being at the right place at the right time can earn you serious money. For information, call Dr. Karl at 619-550-7636.

AVON. Excellent income potential in today's changing economy! Perfect for self-starters with a commitment to helping others succeed. \$10 gets you started. www.youravon.com/kennis. Call Kathleen, independent sales representative: 619-429-1253; 888-429-1253.

BE A MILLIONAIRE FROM HOME! Mangosteen juice! Super powerful antioxidants! Gets rid of pain/inflammation! Whole food vitamins! Clean, green, toxin-free skincare! www.dianehinkle.info, 619-283-5185.

BE YOUR OWN BOSS. Join the fastest growing, new commercial cleaning franchise business in the U.S.! Full time/part time. Guaranteed customers. We provide training, equipment and financing. Let our 50 years of experience work for you. \$1400 down. 760-930-2051. www.system4usa.com.

BEAUTY SHOP FOR SALE. On one of the busiest corners in Clairemont at Balboa and Genesee. For appointment, call 858-277-7003 or 858-449-6449.

CLEANING FRANCHISE FOR SALE! Mission Valley area. A great way to make some extra cash! Must sell! Owner leaving San Diego. Asking \$4500 Call 619-438-8780.

GET PAID LIKE A CEO. Potential to make your annual income a monthly income. Home based business. Have time freedom! Not an MLM! www.lifestyleforu.com. 800-510-6037.

Health Coaches Wanted

One of Fortune Magazine's "Fastest Growing Companies," Medifast, expanding in Southern California. Complete training provided. Proven track



PHARMACY LAB TECH. Day, evening, and online classes start soon! Medical Assisting, X-ray Technology (limited scope), Respiratory Therapy, Healthcare Administration, Medical Coding/Billing, Nursing Administration, Medical Specialties, Medical Office Administration. Associate's/Bachelor's degrees, Certifications and Licenses, Programs approved for Veterans. Accredited member ACCSCT. See Job Giant, page 5. Job placement assistance

for graduates, financial aid (if qualified). Classes begin each month! Enroll today! California College San Diego, 2820 Camino Del Rio South, San Diego (92108). 1-800-635-2761. www.californiacollege.info.



PHARMACY TECH. UEI also offers programs for Medical Coding/Billing, Dental Assistant, Business Office Administration, Massage Therapist. Approved Veterans, Rehab, WIA. Job Placement Assistance, Financial Aid (if qualified). United Education Institute, 3666 Kearny Villa Road, #100, 92123, 310 3rd Avenue, #C6, Chula Vista 91910. 1-877-206-1915. www.infofromuei.com.

PHARMACY TECHNICIAN TRAINING: Assist licensed Pharmacists in providing medication and healthcare products to patients. Graduate in 8 months! Morning, afternoon, evening classes; lifetime job placement assistance and financial aid if qualified. Pima Medical Institute, 888-239-9445. 780 Bay Boulevard in Chula Vista (I-5 at J Street). www.pmi.edu.



PHARMACY TECHNICIAN. Train to become a Pharmacy Technician or other Medical Professional at Kaplan College (formerly Maric College). Kaplan College offers on-the-job training, career placement. Financial aid available for those who qualify. San Diego and North County campuses. Call today! 800-984-8543, Dept. 684, or visit www.KaplanCollege.com.



PHARMACY TECHNICIAN. Be job-ready in just 8 months. Get the skills employers look for, from instructors with real-world experience. Day or evening classes available. Evening classes in just 9 months. Small classes, free tutoring. WIA, VA benefit approved, job placement assistance, financial aid available (if qualified), accept non-high school graduates. Valley Career College, 878 Jackman Street, El Cajon, 1 block west of Parkway Plaza. 619-593-5111. ValleyCareerCollege.com.

INSTRUCTION

THE CABRILLO ACADEMY OF THE SWORD
Beginners' Classes
Advanced Training
Sales of Replica Swords & Daggers
Instruction in Theatrical Swordplay
On Antique Row in Normal Heights
(619) 584-2478
cabrillosword.com

FENCING



Grand Creation Salon
1010 Grand Ave.
Pacific Beach
(858) 274-1235
Booth rental \$150/week. (619) 808-4639

FREE HAIRCUT
(reg. \$40) with any color or highlight treatment.

20% OFF
any single service.
New clients only through 7/9/09.

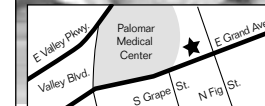
Japanese Straightening available.

Best massage in Escondido! **\$10 off 1-hour massage**



Deep tissue Aromatherapy Swedish ~ Shiatsu ~ Thai

Touch of Health
651 E. Grand Ave.
(corner of Fig & E. Grand)
760-432-0083



Open 7 days 9 am-9 pm

Visa & Mastercard accepted. Lic. #162807



Chris Shipp
Construction
El Cajon

If it's a recent invention, I'd have to say the cell phone. I've had one for so long now and can't imagine what I'd do without it. I have two of them while I'm at work. We're not supposed to be on it while we work or are driving. And when I'm driving, I'm not hands-free either. Sometimes I'll be talking and a cop comes by and I have to tell the person to hold on, as I put the phone by my side. You can accomplish a lot while talking on the phone when you're in your vehicle.



Tracy Lindsley
Hod Carrier
Crest

There are so many. I would say electric cars, but they have too many problems. I'm thinking wind-power energy, those things that turn and the turbines create energy. I really like those big Slurpee straws that are made of aluminum. They stay cold. You can use them over and over again. My man bought me two dozen of them, and they work well for other drinks, too.



David Sawyer
Construction and Flooring
El Cajon

Maybe I'm just saying this because I had one a few minutes ago, but those blue mountains on the Coors cans. It lets you know when the beer is ice cold. When it gets warm, it changes color. But it's so hot today that I'm thinking the best invention ever is probably air conditioning. Nothing beats that on a warm day.



Kevin Henderson
Caterer
El Cajon

This might sound weird, but I'm going to say this meat slicer I have. My dad's old buddy was a butcher and had a shop in the '20s and '30s. He boxed that thing up, but I recently started using it. It's 70 years old, and it hasn't been sharpened and still works like brand new. I'm assuming these things were invented in the '20s because electricity had only been used a decade earlier.



Beverly Nurse
Retired
El Cajon

I'm a bit older, so I saw a lot of things invented. I remember our first little black-and-white TV. I remember when the microwave was invented. Imagine people today trying to go without one of those. But I have to say, I get the most use out of my cell phone. I frequently drive people to our church, and often that's the only way people can get a hold of me is by calling my cell.



Michael Bush
Retired
Escondido

It would be two things that I would've killed for back in college — a computer and a photocopy machine. The computer because of how much easier it is to write things on. We had to type things out on special paper, since we didn't even have White-Out then for mistakes. It's so much easier now. And when going to a library to research something, you'd have to write out all these notes in longhand. Now you can pay a nickel or a dime and just have copies made in the research section.

record, over 100 coaches earning 6 figures. Commission only. 858-451-1403.

PART TIME. Looking for a home-based business? Join our Walkins team today. Flexible, part time, excellent training provided. Free info at www.zestybiz.com.

PET CARE BUSINESS FOR SALE. Home based. Active client list. Low overhead. \$65K net. Accepting offers. \$20,000. 619-405-9264.

REMOVE YOURSELF FROM the Rat Race permanently. \$250K first year potential. This is not an MLM, serious inquiries only. www.Swanlifestyle.com. 1-800-439-1160.

SERIOUS ABOUT MAKING MONEY? Start your own business. Looking for self-motivated people eager to make money and change their lives. Call 951-491-1607.

SUCCESS FROM HOME! \$200-\$1000 per day. Nothing to stock, ship, or consume. No MLM. 800-401-2390. Take a free tour for all the details! www.My123PowerTeam.com.

TELEMARKETING. Do you enjoy talking on the phone? If so, this is the perfect work-from-home position. You will be making outbound calls to local businesses, in an effort to help increase the local awareness of their product or service. Ability to make \$500 to \$1000 per week. Set your own schedule. Call or fax resume to/leave message 24 hours: 888-743-9952.

TOP SALE PROS: \$350K 1st year potential. Home business, training provided. 800-439-1160. www.swanlifestyle.com.

CLASSES / LESSONS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

ABANDON YOUR ACTING FEARS! Actors' Workshop Studios. San Diego's #1 film/TV studio! Professional 3-camera set. Weekly in-house auditions with Hollywood/local casting directors, producers, agents. www.actorsworkshopstudios.com; 858-587-6666.

ACCLAIMED INTERNATIONAL singer/pianist/ songwriter/ recording artist/ producer offering voice/ piano lessons. Fully equipped studio. Launch your music career! \$55/hour. Celeste, 858-467-0776. www.celestecenter.com.

BHAGAVAD-GITA classes by a Vedic Scholar. Monday-Wednesday, 7:20pm-8:30pm. Hare Krishna Temple, 1030 Grand, Pacific Beach 92109. 858-272-8263.

DRUM INSTRUCTION. I teach what you want and need to know. Get more playing enjoyment. Be musical! All levels accepted. Hoffman Drum Studio, Kirk, 619-287-6518.

ENGLISH TUTORING. Master's degree instructor. English as a second language, TOEFL, grammar, writing, pronunciation. Native speaker grammar, refinement. Reasonable rates. jaygo@cox.net, 619-528-8663 or 619-410-2002.

FIRST LESSON FREE. Drum lessons in Solana Beach, at Music Mart. All ages, beginning and advanced players. All music styles. Teaching 15 years. Mark, 858-245-4882.

FREE WRITERS' WORKSHOP. Reopening— all skill levels, genres. Barnes & Noble (Westview parking— Mira Mesa). First Tuesday of each month, 7pm. Claudia, 858-693-3939 or info@cre8ink.com.

FRENCH LESSONS. The best, most popular French lessons in San Diego, from \$9.99/hour. Learn with a teacher from Paris! Materials included. www.fromenglishtofrench.com. Sophie, 619-339-7993.

GUITAR INSTRUCTION: Degreed professional, 30 years' experience. All styles. Especially good with young people and children. Your first lesson is free! Call Gary at 619-655-0499.

GUITAR LESSONS/RECORDING. Learn to play, sing your favorite songs. Experienced instruction tailored to your goals. Record a demo; session work. Craig Blaine, 619-417-4080. www.icbmusic.com.

GUITAR. BLUE GUITAR. Lessons with San Diego's best teaching staff. Blues, rock, classical, flamenco, banjo, ukulele and mandolin. 5959 Mission Gorge Road. 619-283-2700. www.theblueguitar.com.

HORSEBACK RIDING. Bethany Pappani Training. Individual/family/trail lessons.

Miniature horse with pink cart available for parties. Summer camp available. Experienced trainer, exquisite horses. 619-885-8232.

Bonita Valley Arts Academy

Music and creative arts at affordable prices for youth and adults: Band, Guitar, Percussion, Piano, Painting, String Orchestra. Qualified instructors specializing in performing and teaching. Fall Session 8/17-11/2. Register now! www.bonitavalley.com/artsacademy.mv. 619-475-8000.

PIANO ACHIEVEMENT: Free lesson/interview. Classical, popular, jazz. Very patient master teacher/performer offers top quality, individualized instruction for all ages, beginning through advanced. Check www.LeeGalloway.com for info. 619-281-8118.

PIANO LESSONS. Master's degree Music Education. Member of Music Teachers' Association of California. Any age, any style. Flexible hours. Individual programs for each student. 858-625-0053.

SAT TEST PREPARATION. USD Test Preparation Courses. Sharpen your skills! Experienced faculty. Practice Exams. Convenient schedules. Free Refresher Classes (within 1 year of paid course completion). www.sandiego.edu/testprep. 619-260-4579.

SPANISH LESSONS. Private tutoring. Master's degree and credentialed instructor. Conversation, writing, and grammar. Bilingual. Competitive rates. References. E-mail: jaygo@cox.net. Jay, 619-528-8663 or 619-410-2002.

VIOLIN LESSONS. Combined with ear training and solfeggio. Learn correct technique, good intonation. Also music theory instruction. 1st lesson free! Over 25 years' experience. M. Nader Tabar, Doctor of Musical Arts. 858-453-2822.

MASSAGE

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

MASSAGE BY BODYBUILDER, for your health and pleasure. Consistently told, "The best massage I've ever had!" Friendly. Professional. IPSB graduate. gr8massage@aol.com or call Robert, 619-232-2142.

30 MINUTES FREE when you purchase 1 hour of the best massage you'll ever have. 8 years' experience. Ladies and gentlemen welcome. Also Russian Sport Massage, therapeutic stretching. Quiet spa setting, including shower. Holistic Therapeutic by Candy. MT#653. 7am to 8pm. 619-339-8191.

GET TOUCHED BY A BEACH GIRL! \$60-\$100/hour. Warm therapist in discreet Ocean Beach location. 9am-6pm Monday- Friday; 12-4pm Saturday. HHP#24374. 619-794-5774.

AFFORDABLE MASSAGE! teachers special! Treat yourself or significant other to a wonderful, relaxing massage. Women, men, couples. Gift certificates available. Incall/outcall. MTP-3382. Call Ken, 619-449-6689.

LOVELY HANDS BY DESTINY! Best light touch and deep massage with warm oil. In-call available. MTP-0969. Call 760-415-8155.

HEALING TOUCH BY MIREILLE. European therapist with 20 years' experience. Come to enjoy a wonderful and affordable massage. Outcalls. Lic-006369. First time special! 619-994-9147. www.healingtouchbymireille.com.

ANGELIC TOUCH. Special offer! Feather light, light to deep- tension release. Incall/outcall. 7 days. Last minute/ hotel appointments available. License #367609. Nicole, 760-828-2618.

A LASTING IMPRESSION. The moment you have waited for. Rose petal soft fingertips offering tender touch and a caring, beautiful massage. Instant healings, just sensational! Last-minute scheduling available. Incalls/outcalls. Hotels welcomed. Credit cards. MT-658. Mercedes, 760-726-1100.

READY TO BE TREATED like royalty? In a beautiful atmosphere with a skilled, friendly masseuse. Full body therapeutic. Deep to soothing light. 10am-9pm. Juliah, 619-209-0430.

IT'S A GREAT DAY! A massage will make it better! Take some time. Get away. How about now? What do you say? Ask about our specials. Lic-20003001485. 619-226-0378.

EXPERIENCE THE PARADISE of my sensational massage. Let my soothing

hands release all your tension and stress away. MT-0922. Natori, 760-451-2319.

AFFORDABLE DEEP TISSUE / SPORTS Massage. Specializing in migraine headaches, neck, shoulder, back, tightness/injury. Flexible hours. Centrally located. \$60. BTC#06002949. Health and Vision Acupuncture & Massage Center. www.DeepTissueMassage.biz. 619-519-5335.

COUPLE'S MASSAGE. Beautifully decorated room with tables side by side. Relaxation Plus, Little Italy, 20% off all services. Gift certificates. 7 days/week. HHP-92009389. 619-295-5595.

LUXURIOUS MASSAGE! \$75/ hour includes body shampoo. 1-1/2 hours, \$95. Escape. Perfect European massage. Caring, skilled female therapist. Swedish, Shiatsu, Sport, Reflexology. Park Boulevard. In/outcalls. Lic-930070051. Brigitte, 619-297-8600; Celeste, 619-581-1101.

DEEP TISSUE/ HOT STONE/ Sports massage, \$60/ hour. I combine skillful, soothing massage, advanced therapeutic techniques and thorough stretching for dramatic relaxation that lasts. Pain/injury/stress. Betsy, HHP#99007729. www.betsymassage.com. 858-442-3210.

COME ON, JUST MAKE THE CALL and take a one-hour break to experience the royal treatment! I give a seriously great massage. I'm located off I-5 and Manchester exit. Relaxing, private atmosphere. HHP. Lic-96001467. Kim, 619-417-9226.

SERVICES

Best Oriental Massage In Town!!!

Jacuzzi Shower
Walk-Ins Welcome

ASIA SPA

We invite you to experience one of the best massages by professional staff!!

License #152498 15 Fwy. Escondido Blvd.
8th St.
760-738-9553
Open 7 Days • 9am-9pm

829 S. Escondido Blvd.
Corner of 9th + Escondido

PAYDAY ADVANCES

Need cash today?

EZ-LOANS

San Diego • 888-502-9162 **National City • 888-492-5964**
6364-A El Cajon Blvd. 640 National City Blvd. #130

www.needafewbones.com Taxes • Faxes • Stamps • Copies

Licensed by Department of Corporations Pursuant to CA Deferred Deposit Transaction Law

First loan interest-free!
O.A.C. With ad.

Astound your friends & become famous!

THE READER PUZZLE:

RULES OF THE GAME

- Each week we're printing a list of EVERYONE who submits the correct answers to the previous week's puzzle. See this week's contenders below.
- When you successfully complete a puzzle, we'll also print a brief (10 words or less) message that you've written. This is optional, but it's a great way to express yourself. You may submit a new message weekly. We reserve the right to reject offensive text.
- We're keeping track of how many puzzles you successfully complete. But your information will only be printed when you successfully complete a puzzle AND get it to us by 7:00 a.m., Monday.
- Entries must be faxed to **619-231-0489** or **619-233-7907** or mailed to Reader Puzzle, P.O. Box 85803, San Diego, CA 92186-5803, or delivered through our mail slot at 1703 India Street in Little Italy, or scanned and e-mailed to: puzzles@sreader.com. Submissions must be attached to e-mails in JPG format, 800 by 800 pixels, maximum file size of 1MB. Submissions that don't fit the format will not be counted or viewed.
- 5 Reader T-shirts are awarded weekly to contenders chosen randomly!

And now for the really small print:

- All answers must be legible and entered in the spaces provided.
- Late entries will not be considered.
- One entry per person per week or you will be disqualified.
- Employees of the Reader and their immediate families are not eligible.

Across

- WNBA All Star Leslie
- "Su-u-ure"
- Instrument heard on the Beatles' "Rubber Soul"
- Playtex products
- "_____ the Explorer"
- Egg producer
- Rowing equipment belonging to a former First Lady?
- Delibes opera
- MLB team with a "W" insignia

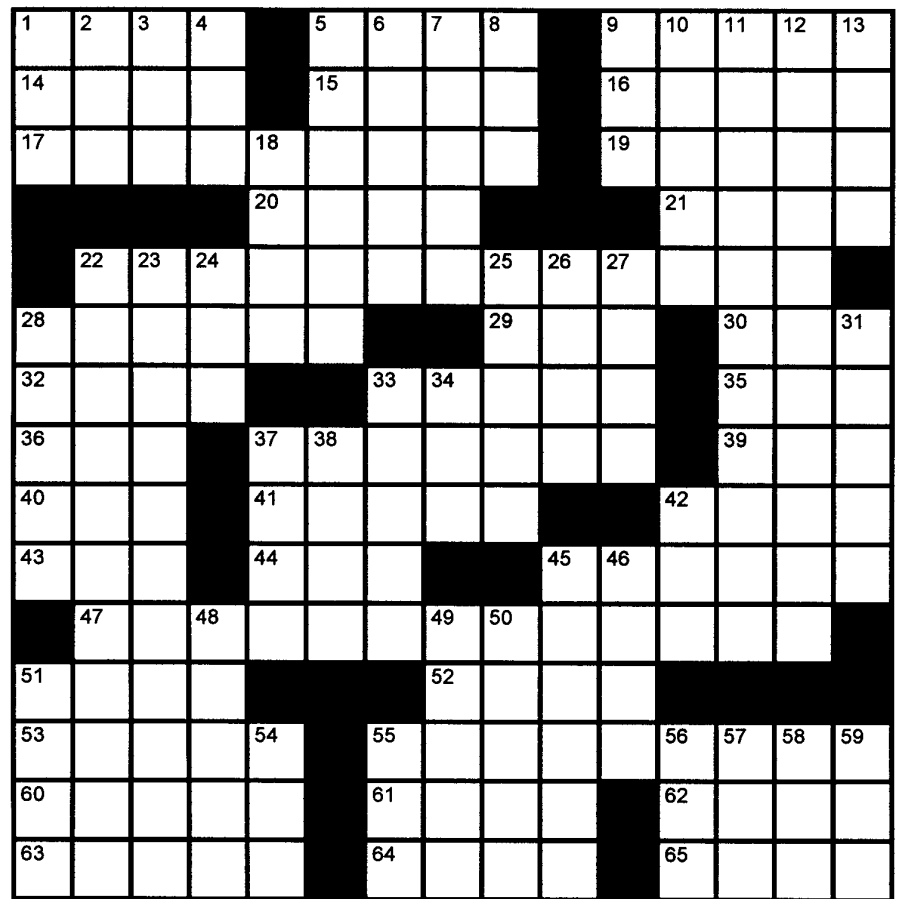
- The first "N" of CNN
- Made sure the marquee actor was compensated?
- Espy
- Foofaraw
- Espy
- "The Time Machine" race
- Turn signal
- "Patience _____ virtue"
- Intend (to)
- Overdue debts ... or a two-word description of this puzzle's themed answers
- UFO fliers
- Mil. ranks
- High times?
- Archipelago unit
- Theologian's sch.
- Singer Waits
- Frame shop stock
- What a person with a fear of flying says when the travel arrangements have been made?

- "You never had _____ good!"
- Flat-topped land feature
- Old Testament book
- A family member along with an old name in late night TV?
- Team building?
- Type of sax
- Take back
- "Phooey!"
- Slog (through)
- Keats or Yeats

Down

- Great Society monogram
- Portfolio part, for short
- Cul-de-_____
- Request
- Brainstorm

- It may take a toll
- Rub out
- It's all over the road
- Pine-_____
- "_____ to be alone" (quote attributed to Greta Garbo)
- Rest
- Athlete seated at a table, maybe
- Bakery loaves
- Visiting the White House, say
- It's less than a leer
- Cyclotron
- Jr.'s Jr.
- Singer Irene et al.
- Bouquet
- Females on a farm
- Actress Patricia and others
- Softens
- Kitchen drawer?
- Stimpy's TV pal
- Prefix with inflammatory
- Origin
- "Who am _____ say?"
- Vermont ski resort, in short
- "What _____ state of affairs!"
- 1999 Baseball Hall of Fame inductee Robin
- "_____ ears!"
- "Cool!"
- _____ uproar
- More, to Manuel
- It shows you the way
- One of a litter
- 2009, por ejemplo
- Suffix with block or stock
- Raise a stink?



© 2009 DAVID LEVINSON WILK

We cannot accept your entry without the following:

Name: _____
 Address: _____
 Neighborhood/City: _____
 State: _____ Zip Code: _____
 Circle T-shirt size: M L XL
 Personal Message: _____

LAST WEEK'S PUZZLE:

Due to an editorial error, the puzzle's grid and clues were mismatched in the June 18 issue.

ABSOLUTELY WORLD CLASS massage! Exquisite and memorable! Enter your private oasis with soft hands, soothing scents and a sweet touch. Reward yourself! Lic-95001894. Call 858-259-6677.

SPECIAL PRICE! \$10 off and free body scrub or body shampoo with 1- hour of massage. Lic-20060003419. Call today and ask for Izabela. 619-281-8851.

HILLCREST/ NORTH PARK location. 16 years' experience. Swedish, Myofascial Release, deep tissue, Reflexology and Lomi-Lomi. ATM, credit cards accepted. 96009525. Frank, 619-933-7477. frank@frankarce.com.

BEAUTIFUL BIRD FEATHERS. Feel the sensation of feathers, the pleasure of heated cream and the warmth of a sensual soul. Robin, glamourgirlforyou@ymail.com.

RELAX IN MY HANDS. Satisfying stress-release massage by professional, experienced HHP. You'll like it! Lic-22746. Call Ken, 619-417-1350.

YVONNE'S MAGIC HANDS. Enjoy a nurturing light touch for deep relaxation. These are hands you will never forget. Lic-93004782. For appointment, call 619-260-1950.

DONNA'S MASSAGE. Experienced, healthy, 40s. Providing massage 15 years. Studio office in garden courtyard. Private, clean. Really nice! Lic-13375. 619-886-3333.

CHRIS BLISS TOUCH MASSAGE. Experience soothing, reassuring, exquisite care. Surround yourself in a beautiful, relaxing environment. Lic-HHP1991008706. 7 days, 10am-6pm. Credit cards welcome. 619-206-0992.

SUMIKO SPA! Get the Asian touch! Skilled in the ultimate Oriental massage. HHP-23991. Call now to schedule: 9:30am-11pm. 2629 El Cajon Boulevard. 619-574-0522.

THE ALMOST PERFECT MASSAGE. 1-1/2 hours, \$75. Absolutely first-rate, healing deep muscle Swedish massage. Excellent shoulder work. Legitimate, nonsexual, experienced, references. Lic-97005459. Jim, 619-459-6872.

PEACE OFFERINGS by Aphrodite. A haute, flourishing, holistic, eclectic buzz. Experience balance, nourishment in earth's element. Sublime delight! Seven days of unending bliss. In/ out calls. Hotel visits. HHP-0088. www.aphroditessmassage.com, 858-454-6664.

ALINA'S SPECIAL MASSAGE. In-call/ outcalls/ hotel service. 7 days. Unique experience. Balance body and mind. International techniques. Gift certificates. Lic-93007588. 619-708-1261.

HILLCREST SPA: HALF/ FULL DAY. Massage, body wraps, acupuncture, hypnotherapy, microdermabrasion, peels, waxing (including unisex Brazilian), sensitive- area bleaching,

permanent makeup, more! Lic-G028769. Steve, 619-300-7229.

MASSAGE, FACIALS, WAXING, Scrubs. In-call and outcall. Tuesday- Sunday, 10am-7pm. Next day appointment available. La Jolla/ Hillcrest. Lic#Z83313. 760-884-9981.

GODDESS AWAKENING. A sensual indulgence with peace offerings. Flower explosions infused with 100% exotic essential oils. \$90 dollars, 90 minutes unending bliss. Call for a meeting of the body and mind. HHP-0088. www.aphroditessmassage.com. 858-454-6664.

NATURAL HEALTH & FITNESS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

\$5 OFF MEDICAL MARIJUANA* Nonprofit collective. Free memberships! Open 9am-9pm daily. Visa/Mastercard accepted. In compliance with Health & Safety Code 11362.5, Prop 215, SB 420. *New members only. One ad per customer. Expires July 31, 2009. Herbal Health Options, 619-463-HERB (4372). 9612 Dale Avenue, Suite 2, Spring Valley, CA 91977.

\$65 COLON HYDROTHERAPY, \$40 Ionic Foot Spa Detox. Get one free with package of four. New office in California Health Center. Donna, 760-908-7665, 760-839-3448, colonicwellness@cox.net.

ALL PORCELAIN CROWN \$450. Fillings starting at \$75. Porcelain Veneers, \$740. Simple Extractions, \$95. Free X-rays. Joseph Tucker, D.D.S., is now accepting new patients. Emergencies and walk-ins welcome. Now with expanded hours: Open Mondays, Wednesdays, Fridays and Saturdays. Discounted menu for cash patients. Now accepting PPO insurance. Comprehensive experience in Endodontics, Fixed Prosthodontics, Oral Surgery and Implant Placement. Root canals, extractions including wisdom teeth, removable and fixed prosthodontics. 5210 Balboa Avenue, San Diego 92117 (west of Rite-Aid at Balboa and Genesee). 858-279-3455. www.BalboaDentist.com.

AQUASPERSE/HYDRASPERSE. Hydrassage and 2-in-1 Lotion. Any unscented gallon now \$34 (add fragrance for \$2 more.) Innovative Body Science, manufacturer. Massage oils, lotions, scrubs, wraps, and more! All natural. Eco-friendly products. Organic. Sulfate and Paraben-free. Professional sizes. Serving the massage and spa community since 1986. Monday-Friday, 8am-4:30pm: 6350 Yarrow Drive, Suite

D, Carlsbad 92011 and 2825 State Street, Carlsbad 92009. 760-603-0772. 888-700-7727. innovativebodyscience.com.

BALLY TOTAL FITNESS. Lifetime membership. Nationwide. 858-277-5029.

DETOX HERE. Ionic Foot Bath and Massage Detox Session for energy, weight loss, and joint pain relief. Removes toxins: heavy metals, pesticides, food additives. FDA Sanctioned. Special: \$40. www.wholefoodenergy.com. Call today! 800-984-0064.

EAT REAL FOOD, STILL LOSE WEIGHT! Lose weight naturally and have more energy. No starving the body. No meal replacements or special foods to buy. No drugs or surgery. Ultra Lite, the professional weight loss system, developed by a Naturopath in Australia, is now available in the U.S. Learn how to eat and properly combine foods to keep the body burning fat! 858-279-7600. www.DrAmes.net, click on Ultra Lite.

EMERGENCY DENTISTRY. Walk-ins and emergencies welcomed. Now with expanded hours! Open Mondays, Wednesdays, Fridays and Saturdays. Accepting new patients. Discounted menu for cash patients. PPO dental insurance accepted. All porcelain crowns, \$450. Porcelain Veneers, \$740. Simple Extractions, \$95. Fillings starting at \$75.

***Promotional offers cannot be used in conjunction with insurance. Comprehensive experience in Endodontics, Fixed Prosthodontics, Oral Surgery and Implant Placement. Root canals, extractions including wisdom teeth, removable and fixed prosthodontics. Joseph Tucker, D.D.S., 5210 Balboa Avenue, San Diego 92117 (west of Rite-Aid at Balboa and Genesee). www.BalboaDentist.com. 858-279-3455.**

HEALTH MESSAGE from the doctor: Affordable blood testing can uncover the root of your health problems. Science-based nutrition and follow-up recommendations can make the difference! Don't miss Dr. Joni Labbe, host of "A Healthier Way," heard every Saturday, 10am-noon on AM 1170 KCBQ. Free Consultation! Labbe Health Center, 877-600-5222. Dr. Joni Labbe, D.C., Certified Clinical Nutritionist. Labbehealthcenter.com.

HILLCREST COMPASSION CARE. Medical Cannabis Non-Profit Collective in compliance with Health and Safety Code 11362.5, Prop 215, SB 420. Valid doctor's recommendation and California ID required. Must be 21 and over. Free membership. Free parking. Monday-Saturday, 9:00 am-10:00 pm. Sunday, 12

Typo Patrol Results

Issue of June 18, 2009

Restaurant Listings

p.112 Fish Market *should be* in Mission Valley not Fashion Valley

T. Cooper (San Diego) \$10

Reader Puzzle

p.142 multiple technical errors

Iggie Guerrero (San Diego) was first one to notice \$10

Event Listings

p.64 Hullabaloo *should be* Hullabaloo

Pop Quiz

p.156 Bjork (p.67) *should be* (p.76)

Theater Listings

p.94 in in-progress *should be* an in-progress

Gian Ghio (Chula Vista) \$30

Straight from the Hip

p.21 impertive *should be* imperative

My Delicious Ed-ucation

p.100 number 15 bus *should be* number 10 bus

Robert Tucceri (El Cajon) \$20

Event Listings

p.60 Comic-con *should be* Comic-Con

Happy Hour

p.92 maragritas *should be* margaritas

Karen Guarnotta (San Diego) \$20

T.G.I.F

p.23 disk jockey *should be* disc jockey

Event Listings

p.56 SoundOn *should be* soundON

Theater Listings

p.94 Tommy Gnosis *should be* Tommy Gnosis

p.94 Kurner. *should be* Kurner,

My Delicious Ed-ucation

p.102 Cahuila *should be* Coahuila

Happy Hour

p.92 Marie Calender's *should be* Marie Callender's

p.93 margrita *should be* margaritas

Restaurant Listings

p.120 Czazee Burger & Toli's Crazy Burger—duplicate listing

p.117 *parillada* *should be* *parillada*

p.107 *Cuahutemoc* *should be* *Cuahtémoc*

Music Listings

p.78 Capeda's *should be* Cepeda's

"Wash DC" (San Diego) \$110

Stringers

p.10 had...ran across *should be* had...run across

p.12 homes-tand *should be* home stand

Ben Cooper (San Diego) \$20

Theater Listings

p.94 and will inspire *should be* and it will inspire

Gary Jensen (San Diego) \$10

You must send in a copy of the printed error — either the actual page or a copy (including page number).

Exceptions: direct quotations, slang, colloquialisms, house/writer style idiosyncrasies. Exempt: ads, blogs, user reviews, movie showtimes, puzzle results, and letters to the editor. Submissions accepted until Monday at 7 a.m. after the issue in question. First identification of error wins \$10 or a Reader Typo Patrol T-shirt (indicate preference). Winnings limited to \$300/year per household. Mail to: Typo Patrol, SD Reader, Box 85803, San Diego, CA 92186; or fax to 619-231-0489; or deliver to 1703 India Street in Little Italy (we have an after-hours mail slot).

your wedding day unfold on digital photography. Hourly rates, special events. Kidnapper of Images, Beverly, 858-736-4472; 858-274-4472.

AZUL PRODUCTIONS. Creative services for your special occasion. Photography, videography, DJs and event coordinators for all occasions! We offer affordable, high quality services for every budget. Serving all of San Diego. www. azulproductions.com, 619-246-0915 or 760-224-8287.

BRIDAL BAZAAR. Sunday, July 19. San Diego Convention Center, Hall H. 10am-4pm. Over 250 exhibitors with everything for your wedding. Info, coupons, www. bridalbazaar.com.

CARICATURE ARTIST. Always a hit at parties, picnics, weddings, etc. Great rates! 15-20 caricatures per hour. Available throughout San Diego County. 619-972-1564.

CLASSICAL/SPANISH GUITAR. Professional guitarist will play at your wedding/ special event. Classical, Spanish, Flamenco guitar. Audio samples and more at www.williamwilson.com. Contact William, 619-300-6284.

CUSTOM JEWELRY. Large selection of gold and diamond wedding sets. We specialize in custom designs, 20-60% off selected items. Full-service jewelry shop, watches, cleaning, service, resizing. Kenz Jewelers, 619-670-0700.

DISC JOCKEYS/LIVE BANDS/ novelty acts. Weddings, corporate, parties. 400 bands, 10 DJs to choose from. All types of music. Affordable! Since 1973. 619-223-5732. www.musicasyoulikeit.com.

I'LL MARRY YOU! Ceremonies performed outside or inside. You choose. Licensed minister. Complete ceremony, \$139. Includes extras. More information? Call 24-hour phone. 619-399-3173. www.weddingstocelebrate.com.

WE LOVE WHAT WE DO! Brides and Grooms like you have trusted Kellerman Photography to capture their special moments for over 20 years. We are personable, experienced & affordable! Custom packages/military discounts. Weekday & Sunday discounts. 760-505-8900, 858-775-2601. SanDiegoWeddingPhotography.com.

WEDDING PHOTOGRAPHER. Edrey Photography will make your wedding day the most precious memory of your life. Please visit us at www.photoedrey.com or call Edrey, 760-470-6365.

WEDDING PHOTOGRAPHY. Professional photographer who finds/creates special moments on your wedding day! Unlimited digital photos plus modified on CD or DVD. Visit: www.hg-photos.com. 619-864-4614.

STAGE NOTES

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

ABILITY THROUGH TRAINING. The Robert Wald Actor's Studio focuses on moment-to-moment reality training. These classes unlock the actor's ability to work spontaneously and with the realism and intensity advocated by the industry's creative legends. Beginners welcome. Thursday evening class available, 6:30pm-10:30pm or Saturday mornings. Call for information. 619-542-1216.

ACTING CLASSES. Community Actors Theatre. Beginning, intermediate. 2957 54th Street, San Diego, CA 92105. For details call Tim Evans, 619-298-8392, or 619-865-7341. Jennie Hamilton, 619-264-3391.

BEST NEW ACTING WORKSHOP. Monologues, cold readings, audition techniques taught by award-winning director: Patricia Elmore Costa. Guest Director: Nanci Washburn. Mondays, 7/13/09-8/17/09, 6:30-9pm. pelmore@san.rr.com, www.sddactorstheatre.net.

MODELS. Amateur models needed for photo, video, web work. Ages 18-60. All types. No experience necessary. Cash paid. Professional setting. Call Jenn, 619-379-4964.

MOVIE EXTRAS NEEDED. Earn \$150 to \$300 per day. All looks, types and ages. Feature films, television, commercials, and print. No experience necessary. 1-800-340-8404 x2001. (AAN CAN)

COUNSELING & SUPPORT GROUPS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

ADDITIONS/ STRESS PROBLEMS: Couples, individual therapy. Depression, anxiety, Post-Traumatic Stress Disorder, support groups. Intervention. Samuel Newman MFT and Associates. License #MFC25066. Sliding scale. 619-944-1346.

ANGER MANAGEMENT classes. Court listed 5-6 week, 2-hour anger management classes. For more information, call Martha Noderer at 619-920-5730.

ANXIOUS? DEPRESSED? Relationship issues? Parenting/ family issues? Insurance and sliding scale accepted. Individuals, couples, children adolescents/ families. Private Mission Valley location, Phaedra Scoortis, MA, MFT, MFC-43174. 619-972-0209.

ARE YOU MAD? Learn how to manage your anger constructively. Gain power, control, reduce conflict and improve your relationships. Classes begin soon. Mission Valley. Jay Schneider, LCSW, Lic-9573, www.manageangerdaily.com. 858-538-5587.

CLINICAL HYPNOTHERAPY. "What the mind can conceive, the body can achieve." All issues addressed. Free consultation. Patricia R. Parlin, Ed.D. CHT403-250. Call 619-442-3661 or 619-504-1935.

DREAMWORK. Curious? Unsettled dreams? MFT hours? Jungian dreamwork for understanding, life issues, transitions, growth. Caring and respectful. \$40/ 1-hour session. Paul Hartsuyker, MFT-15896. www.sandiegotherapists.com/hartsuyker.html. 619-269-8939.

FEELING STUCK? STRESSED? Experiencing crisis? Relationship issues? Career problems? Family conflicts? Grief? Past trauma? Take back your world. Trish Deignan, LCSW21861. Free consultation: 619-723-9244.

GAY/ BISEXUAL MEN: Supportive individual therapy. Depression, anxiety, confusion, addictions, spiritual/ religious issues. Married, closeted welcome. Discretion, confidentiality assured. Mel Karmen, PhD, MFC-12709. 619-296-9442.

HERPES/ HUMAN PAPILLOMAVIRUS Support group. Accurate medical information and support. Call: 619-491-1194. www.SanDiegoCityHELP.org.

INTERMITTENT PSYCHOTHERAPIST. Unsure you need/want therapy? We walk, you talk. Someone to process with, vent. 25+ years' experience, 30-minute complimentary initial visit. 619-808-5218.

LOW-FEE COUNSELING. Children, adolescents, families, couples, adults. Sliding scale. For more information, call Martha Noderer at 619-920-5730.

NOTICES

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

ADDICTED TO INTERNET pornography/sex? Out of control? You're not alone. Sex and Love Addicts Anonymous, a 12-step fellowship. P.O. Box 3791, San Diego 92163. 619-685-7211.

AL-ANON. Grupo paz mental. Sufré por el alcoholismo en su familia? Juntas sesionan Martes, 5:30pm-7pm, y Sábados, 1-2:30pm. 3450 Bonita Road, #207, Bonita, CA 91902.

ALCOHOLICOS ANONIMOS. Reunión de mujeres. Sesión Miércoles, 9am-10:30am. Desea dejar de beber? Lleve una vida útil y feliz! 3450 Bonita Road, Suite #207. 619-280-7224.

ALCOHOLICOS ANONIMOS. Problemas con el alcohol? Nosotros le ayudamos a vivir mejor. Sesiones Lunes-Viernes, 7am y 8pm. Sábados, 8am y 7pm. Domingo, 8am y 5pm. Grupo Bonita Hlsapano, 3450 Bonita Road #207. 619-280-7224.

AMNESTY INTERNATIONAL works for human rights. Meetings: 7pm, 2nd and 4th Thursdays. First Unitarian Church. 4190 Front (opposite UCSD Medical Center). Information: 619-283-1637.

ARE DRUGS A PROBLEM? We can help. Call Narcotics Anonymous. 619-584-1007. In Espanol, 619-491-1984. In North County, 866-331-1958. Together we can.

BREAST CANCER 3-DAY WALK. The walk is November 20-22. I am Sunshine, 75 years young, doing 6th Breast Cancer walk to find a cure for Breast Cancer. I would appreciate your sponsorship if possible. 760-757-2191.

CAN PRAYER HEAL? Discover freedom and wellness. Find out how prayer works for you to eliminate chronic disease, pain, fear, anxiety, depression. 858-272-3246.

CANNABIS PATIENT ACT. (Association Cannabis Therapeutics). Nonprofit. Seeks caregiver/ patient interns with questions about cooperatives, clones, medicine, growing guidelines. Proposition 215 guidelines. Meth kills. 619-528-0907.

DINNER-ON-A-DOLLAR. Free newsletter. www.dinneronadollar.com/newsletter.html or e-mail: hungry@dinneronadollar.com. We need your recipes too, please. Claudia, 858-693-3939.

DIVORCECARE. Sundays, 9am. 10791 Tierrasanta Boulevard, East Wing, CVCF Campus. Free support group for those heartbroken by divorce, separation. DVD seminar, refreshments, conversation. trinitycounseling@hotmail.com. 619-461-4480.

FREE CUSTOMIZED EMPLOYMENT Program for **Veterans with a Service Connected Disability** or those **Honorably Discharged within the last 48 months.** Space is limited. Call 619-424-6860.

SERVICES

Escondido Spa

(New Management)

Aroma body shampoo, aroma Jacuzzi, Oriental massage & table shower

760-743-1421

255 North Ash #107

7 days 9 am-9 pm

Lic. #162163

Pacific Beach 1943 Grand Ave.

Yoshi Massage

Oriental Spa & Hot Tub
Swedish • Deep Tissue
858-274-5371
9 am-10 pm • 7 days

Lic. 99005303

noon-9:00 pm. Hillcrest Compassion Care, 1295 University Avenue (on the corner of University and Richmond, across from McDonald's), Suite 10, San Diego 92103. 619-291-4420. www.sandiegomedicalmarijuana.com.

MEDICAL CANNABIS NON-PROFIT Collective in compliance with Health and Safety Code 11362.5, Prop 215, SB 420. Valid doctor's recommendation and California ID required. **Must be 21 and over.** Free membership. Free parking. Monday-Saturday, 9:00 am-10:00pm. Sunday, 12 noon-9:00 pm. Hillcrest Compassion Care, 1295 University Avenue (on the corner of University and Richmond, across from McDonald's), Suite 10, San Diego 92103. 619-291-4420. www.sandiegomedicalmarijuana.com.

NEW TAI CHI, QI GONG CLASSES. First class is free. Visitors welcome. Taoist Sanctuary, 4229 Park Boulevard, San Diego, 92103. 619-692-1155 or www.taoistsanctuary.org.

RETURN TO GOOD HEALTH! Certified Clinical Nutritionist can help. Affordable, comprehensive blood test used as a nutritional tool. Results received within a

few days. Free Consultation! Dr. Joni Labbe, D.C., Certified Functional Blood Chemistry. Labbe Health Center, 877-600-5222. www.labbehealthcenter.com.

SPIRITUAL HEALER AND PSYCHIC. Hands-on healing, long distance, psychic healings. Past-life readings, soul purpose, career. Readings highly accurate. Spanish and English. Rosie, 858-483-4615.

WELLNESS PROFESSIONALS! You are invited to a free presentation. Find out how you will attract, engage and retain new business! July 9th at 6:30 pm, Gaia Day Spa. Free parking available RSVP: Maureen @ (619) 606-2133 1299 Prospect St., 92037. www.althealthconnect.com

PARENT RESOURCES

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

BABYLAND DIAPER CAKES. Bibs, blanket, pacifier holder, washcloth or clothing. Accessories and price may vary. 3-tier starts at \$45. Collette Aloï, 858-484-1467 or aloï2@san.rr.com.

CO-PARENTING CLASSES For divorced parents. 6 weeks, 2 hours. For more information, call Martha Noderer at 619-920-5730.

IS YOUR CHILD OUT OF CONTROL? Need a better relationship with your children? For more information about the South Bay Parent Project, call 619-691-9643, www.TurningTheHeartsCenter.org. Disponible en español.

WEDDING & PARTY GUIDE

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

AWARD-WINNING PHOTOGRAPHER. Special \$800—200 photos/ DVD. See

A-1 Health Acupressure

\$10 off with coupon

940 E. Valley Parkway Suite H • Escondido

Open Daily 9 am-9 pm

760-745-2018

Lic. #164251

Bamboo Asiatic Spa

GRAND OPENING JULY 8TH

\$20 off one-hour massage

Deep tissue • Philippine Shiatsu • Swedish

4442 Vandever Ave. San Diego, 92120

Open 7 days a week

9:30 am-10:30 pm

Convenient parking in front

619-368-9568

Lic FG 02-419944

\$10 off 1-hour massage

or \$5 off 1/2-hour

With ad. Through 7/9/09.

All types of massage

Table shampoo • Jacuzzi

Shanghai ACUPRESSURE

CLOSE TO LA MESA & EL CAJON

6957 El Cajon Blvd. #104 (at 70th St., off-street entrance)

619-463-3677

Licence #1993010519

Tropical Oriental Massage

Grand Opening!

\$20 off 1-hr. massage

Deep Tissue • Philippine Shiatsu • Swedish

5837 Mission Gorge Rd., Ste. C San Diego 92120

(Parking available in Mandarin Restaurant lot)

7 days 9 am-11 pm

619-563-0993

Lic. #008700

\$25 off 1-hour Oriental massage

Includes your choice of hot tub, Jacuzzi or table shower. Featuring deep tissue and Swedish massage.

Royal Spa

6124 University Ave.

At College Ave. Plenty of parking in back.

619.229.0509

Open 7 days 9 am-10 pm

Lic. #2009000814

Another Chance for Fame and Glory!

THE READER SUDOKU PUZZLES:

RULES OF THE GAME

- 1) You may only submit one Sudoku puzzle per week from the four levels of difficulty (Easy, Medium, Hard or Evil).
- 2) Each week we're printing a list of everyone who submits the correct answers to the previous week's puzzles. See this week's contenders below.
- 3) When you successfully complete a puzzle, we'll also print a brief (10 words

or less) message that you've written. This is optional, but it's a great way to express yourself. You may submit a new message weekly. We reserve the right to reject offensive text.

- 4) We're keeping track of how many puzzles you successfully complete. But your information will only be printed when you successfully complete a puzzle AND get it to us by 7:00 a.m. Monday.
- 5) Entries must be faxed to **619-233-7907** or mailed to Reader Puzzle, P.O. Box 85803, San Diego, CA 92186-5803, or delivered through our mail slot at 1703 India Street in Little Italy, or scanned and e-mailed to:

Sudoku@sreader.com. Submissions must be attached to e-mails in JPG format, 800 by 800 pixels, maximum file size of 1MB. Submissions that don't fit the format will not be counted or viewed.

- 6) 5 Reader T-shirts are awarded weekly to contenders chosen randomly!
- 7) All answers must be legible and entered in the spaces provided.
- 8) Late entries will not be considered.
- 9) One entry per person per week or you will be disqualified.
- 10) Employees of the Reader and their immediate families are not eligible.

EASY:

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

MEDIUM:

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

HARD:

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

EVIL:

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

We cannot accept your entry without the following:

Name: _____

Address: _____

Neighborhood/City: _____

State: _____ Zip Code: _____

Circle T-shirt size: M L XL

Personal Message: _____

SOLUTION TO LAST WEEK'S SUDOKU PUZZLES:

EASY:

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

MEDIUM:

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

HARD:

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

EVIL:

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

SEE YOUR RANKING ONLINE!

Now you can go online to check your ranking and communicate with each other! Simply visit: www.SDReader.com/puzzle. The new ranking is posted each Wednesday. To use the "comments" feature, you must be a registered site member.

THIS WEEK'S CONTENDERS:

☛ indicates T-shirt winner. Number indicates successful entries.

EASY:

- Mary Arana, Encinitas, 8.** That was one wacky crossword.
- Margaret Elliott, Ranch Bernardo, 7.** We need to take a trip to Tucson ASAP.
- Joy E. Fernandez, Chula Vista, 7.** Happy 2nd B'day Chase!
- Don Prince, Serra Mesa, 7.** Let gays get married - what are you homophobes afraid of?
- John Prince, Serra Mesa, 7.** Mockingbird Shaman! Four times with inverted head he spoke.
- Alfred Egaran, San Diego, 6.** I hope I sent it on time this week!
- John Pertle, Santee, 6.** John 4:9-10; Romans 5:8; John 3:16; John 3:16; Peter 2:24.
- Ann Winder, Hillcrest, 6.** Glad the Sudoku wasn't messed up this week.
- Jim Koziol, UTC, 5.**
- Erin Nogle, Ocean Beach, 5.** "The Hangover" was hilarious!
- J.J. Cwiak, San Diego, 4.** 10 - 4
- Shane A. Thompson, Golden Hills, 4.** Ericka, if you're a flower, I'm the soil.
- Emma Gonzales, Chula Vista, 3.**
- Curt Morey, Chula Vista, 3.** What are dissolvable staples?
- Don Morton, Solana Beach, 3.** Good fun while riding the Coaster.
- Ron Stoeckel, Tierrasanta, 3.** Ellen loves me.
- Jonathan Bowman, San Diego, 2.** Turn off the TV and read "Walden" by Thoreau!
- Kaitlyn Sarka, San Carlos, 2.** Summer school bites.

- Glory Cadenhead, Clairemont, 2.** I'm better at words. Here's my stab at numbers.
- Dennis Beabout, Temecula, 1.** What's up with the crossword puzzle?
- Sue Coffey, Southwest SD, 1.** It's not the same. Clues must match the puzzle.
- Sharon Dang, La Mesa, 1.** Thanx - this was fun.
- Paula Davis, San Diego, 1.** Crystal, thanks for the email entry lesson. Love, Mom.
- Madison Grepo, Chula Vista, 1.**
- Hilma Johnsen, San Diego, 1.** Not so easy.
- ☛ **Shanita McLeod, Lemon Grove, 1.** O my goodness I'm pregnant!
- Ray Sappington, Clairemont, 1.**
- Natalie Sawyer, Vista, 1.** Happy Birthday Miss Dora Diaz!!! XOXO
- Nancy Teruya, Rancho Penasquitos, 1.**
- Cindy Traisi, Ramona, 1.** Support fund for Animals Wildlife Center.
- Donovan Vick, San Diego, 1.** D. and A.P. 4ever.
- David Virissimo, Point Loma, 1.** I like vanilla pudding.
- Dawn Wilson, Palm Desert, 1.** Change is always good.

MEDIUM:

- Frank Kuzniar, Carlsbad, 8.** Crossword puzzle.
- R.M. Read, San Diego, 8.** Happy Birthday Erik!
- Janie Redmond, Cardiff, 8.** Baby, I'm amazed.
- Jo Mujica, San Diego, 6.** Happy Birthday June!
- Paul Boland, Bay Park, 5.**
- Dave Small, San Carlos, 5.**

- Tiffany Renteria, San Diego, 5.** Has anyone seen my Turtle? Phillip? Where are you?
- Shannon Barry, Pine Valley, 4.** See Mulan Jr. at San Diego Junior Theatre, 619126-7112
- Ben Espe, Mission Valley, 4.** It's summertime!
- Neil Gibbs, 3.** Wasting time again.
- Kodukso, Poway, 3.** Baja California our 51st state.
- Cindy Quinto, Golden Hill, 3.** Well needed little vacation.
- Chris Siemens, San Diego, 3.** 2:28am, finally done with the easy; ten words remain!
- Becca Cates, Jamul, 2.** One day I will win a tee-shirt.
- Sylvia June, El Cajon, 2.** SD Reader Rocks!
- Alex Morlett, La Mesa, 2.** Everybody wants to know Mary Friedman too!
- David Tomasin, San Diego, 2.**
- Dora Diaz, Escondido, 1.** Happy B-day Dora Diaz.
- Terri Hutchinson, San Diego, 1.** I like pudding. Do you like pudding?
- Bernie Malihan, Mira Mesa, 1.** Do I get a shirt?
- H. Maniscalco, National City, 1.** Where's the Sudoku Club?
- Katherine Portwood, Little Italy, 1.** Finally moving to "Hard" category!
- Scott Robertson, Alpine, 1.**
- Geri Sappington, Clairemont, 1.** We're movin' on up!
- ☛ **Thomas Stam, Lakeside, 1.** Pauley - You're a misfit.
- Joel Suzuki, Mission Valley, 1.** Did anyone solve this week's crossword?
- Zina Wyman, Carlsbad, 1.** A bit rusty.

HARD:

- Martha Awdziejewicz, Clairemont, 8.**
- Howard Donnelly, Mission Valley, 5.**
- Sally Lukes, Serra Mesa, 5.**
- Glenn Walker, La Jolla, 5.** I'll never get to the top.
- Ray Hunt, Rancho Penasquitos, 4.** Hey, hey, Miranda Rae welcome to Califom-i-a.
- Steve Desterhaft, University City, 3.**
- Mandy Smith, Boulevard, 3.** Are you really - conserving, recycling, reusing...Really?
- Jane Flammang, Encinitas, 2.**
- John Strauch, Point Loma, 2.** Beat Alzheimers at Adventures in Bridge.
- Ginger Truschke, San Diego, 2.**
- Rachel Baker, La Mesa, 1.** I love my fiance, Erik M.
- Harry Chiou, Mira Mesa, 1.**
- Tiu Dexter, San Diego, 1.** Always fun to play Sudoku!
- Lisa DiPalma, Allied Gardens, 1.** Just noticed puzzles the week the crossword is undoable!
- Matthew Horr, San Diego, 1.** Welcome home Hunter 610! WFGF.
- Jeff Loeb, San Diego, 1.** Another Hard one solved.
- ☛ **Neil Massenzo, Pacific Beach, 1.** Dedicated to #1 Mom: Vanessa, and children Ethan and Isaiah!
- Rebekah Mathiew, San Diego, 1.** Yeah, I got the hard one!
- Alex Moran, San Diego, 1.** "Love is like war: Easy to begin, Hard to end."
- Marty Sinigatan, Point Loma, 1.** If it smells like cologne, leave it alone!
- Eileen Spreque, Oceanside, 1.** At Last! A legal addiction.

THIS WEEK'S CONTENDERS CONTINUED:

☛ indicates T-shirt winner. Number indicates successful entries.

Gregory Swajian, Palm Desert, 1. Happy 4th of July.

Chris Thelen, University Heights, 1. In every competition there must be a LOSER.

DeKenya Williams, Bonsall, 1. I am so smart... S-M-R-T!

EVIL:

Daniel Aames, Carmel Valley, 8. Everyone share! See you at SDReader.com/puzzle.

Joe Arbusto, Rancho Penasquitos, 8. Single payer is the only answer! End of discussion!

Jean Bradley, Spring Valley, 8. Love my girls: Wendy, Spunky, Cricket, Lucy and Call.

Jeff Doerner, Clairemont, 8.

Linda J. Hall, La Mesa, 8. Hello to my friends at RCH.

Richard K. Johnson, La Jolla, 8.

Norman Kenney, Carlsbad, 8. Summer is here! Happy Kiera! Happy Boda!

Ralph Levy, La Jolla, 8. One week left before the big trip.

Gary Mocko, Ocean Beach, 8. Do the Locomotion...sdmm.org.

P.J. Mole, Point Loma, 8. Sometimes it seems like luck.

Michael Panther, Point Loma, 8. What happened to my beloved crossword puzzle? \$153 please.

Gregory Parsons, Carlsbad, 8. Best surfer in the water is one having most fun.

Jim Piburn, Point Loma, 8.

Don Reckles, Carmel Valley, 8. Happy Anniversary Mom and Dad/Nana and Papa. WLY, DKSR

Joe Steinbach, Clairemont, 8. Save gas - ride the bus.

Glenn A. Walker, Pacific Beach, 8. Nothing exists by and for itself.

Susan Williams, North Park, 8. Wishing peace and freedom in Iran.

Barry Xin, San Diego, 8.

Olga Betteridge, Ocean Beach, 7. I want sol to continue.

Tim Betteridge, Hillcrest, 7. The numbers add up to one thing - I love you.

Mike Bullock, Rancho Bernardo, 7.

Clyde Christie, East Village, 7. "...Is all the sad world needs." Ella Wheeler Wilcox..."

D. Faulkner, University Heights, 7. Puzzle too hard? Try evil!

Lily Gonzalez, Logan Heights, 7.

Paula Henderson, La Jolla, 7.

Julio Magno, San Diego, 7. US Postal Sudoku Expert. Hi Eileen!

William Quinter, San Diego, 7. Mr. Tree please don't blow your suicidal wind at me!

Rich Sewell, Ocean Beach, 7. May the best chile win at the OB Street Faire!

Tim Winder, Hillcrest, 7. Happy Father's Day, Dad.

Joseph Ciprian, Little Italy, 6. What happened to the Reader crossword puzzle?

J.C. Uribe, San Ysidro, 6.

Harry Walker, La Jolla, 6.

Steve Wilson, Spring Valley, 6.

Myrna Wosk, La Jolla, 6.

Woody Anderson, Carmel Valley, 5. Thanks for the Dad's Day gifts Kris and Elliott.

Evelyn Greco, San Diego, 5. The Reader Rocks.

Steve K., Ocean Beach, 5. Bike>Hybrid>car

124855...9.

Linda Kokel, Tierrasanta, 5. Triers are winners.

William Nowatnick, Allied Gardens, 5. \$19500

Susy Parnell, La Mesa, 5.

Ric Witt, Clairemont, 5. Hello Summer!!! Have a great week.

Carolyn Woodbury, Chula Vista, 5. Reduce, reuse, recycle and drive less and slower.

Paul Wright, Lemon Grove, 5. Maybe I'll try hard for a while.

Mark Xitco, San Diego, 5. Way to go!

Larry Clark, Clairemont, 4. Ask me no questions and I'll tell you no lies.

Ron Lucero, San Diego, 4. Hello to all SDUPD sudoku fans.

Michael McGriffin, Bay Park, 4. You really messed up this week's crossword.

Roberto Mora, San Diego, 4. Can Pythagoras, Euclid, Archimedes, Leonardo, Einstein or Obama solve this?

Helen Person, Santee, 4.

Star Powell, Escondido, 4. Step it up Austin!!!

Elizabeth Rainbolt, Mission Valley, 4.

Larry Terbell, Golden Hill, 4.

Delfin Bernardo, National City, 3. Hello to Patron Rogelio, Christina.

Scott Heimer, Mission Valley, 3. Hi Mom!

Haley Hodnett, San Diego, 3.

Andrew Klapoetke-Reese, Hillcrest, 3. Thanks, Jo (and friends) for the softball practice.

Mitchel Lamoureux, North Park, 3. Mashpotato, mashpotato.

Lisa Overton, Spring Valley, 3. I'd rather do the messed-up crossword.

Michael Rewa, Allied Gardens, 3.

Yuko T., San Diego, 3. Happy 1st Father's Day!

You are the best father.

Tom Thetford, Lemon Grove, 3.

Jeff Vaglio, Poway, 3. 3 Evil in a row!

Eric Anderson, Elfin Forrest, 2. Evil is tough.

Thomas Daley, San Diego, 2. Organization is half the battle!

Sheri Deniger, San Marcos, 2. I love you Darryl!

Mike Goldman, San Carlos, 2. Good luck to all next week!

Ralph Hayward, El Cajon, 2. Flame and gory!

Patrick Henson, Lakeside, 2. 8 easy, medium, hard and evil all in pen.

Gary Lorenc, Encinitas, 2. Painful or sick, or maybe even perverse, but not evil.

Mgnor Morales, San Diego, 2. I love you Gloria at Sonny.

Uy Ngo Quoc, Vista, 2. Happy Father's Day Mike and Mr. Dong.

Donna Swing, La Mesa, 2. More time for "Evil", what with the crossword glitch.

Bob Rickman, Carlsbad, 2. How about a 16X16.

Ed Vicino, El Cajon, 2. How do I get there?

Andrew Bartlett, Ocean Beach, 1. Diana, you're the best, hope your foot gets better soon.

Mary Beavers, San Diego, 1. I loved the name "Evil" for your most difficult puzzle!

Atom C., North Park, 1.

Joseph Conway, University City, 1. Hello Shadi!

Philip Erdelsky, North Park, 1. My computer solved it in the blink of an eye.

Donald Erwin, San Marcos, 1. For Johnathan,

Deon, Claire Elizabeth and Carter Jay.

Marco Gamez, Ocean Beach, 1. Who's going to loan me \$10,000 for the WSOP?

☛ **Michael Gussett, San Diego, 1.** I bet you thought I was gonna jump that seat.

Natalie Hernandez, San Diego, 1. "Happy Birthday Daddy!"

Mike Maniss, Lakeside, 1. Lorie, June 27th Happy 20th first date Anniversary. Love Mike.

☛ **James Mands, La Jolla, 1.**

Gloria Morales, City Heights, 1. My son needs to work.

Bruce Ness, Mira Mesa, 1. Does anyone like "loco" Sudoku instead of 3x3's?

Michael Nowatnick, San Diego, 1. Repeal Prop D!

Amanda Peruchiti, El Cajon, 1. I love you Mr. Munch McGee!

Ted Tarris, Serra Mesa, 1. Baba-Booey! Baba-Booey! Baba-Booey!

Felina Thom, Lemon Grove, 1.

David Thygrson, Poway, 1. Congratulations Sulani! You'll be the best Vet ever.

FREE PSYCHIC HEALING/ Lecture Clinic. Free readings for new visitors. Mondays, 7:30pm, 7/6, 8/3, 9/7, 10/5. Vessa's Clairvoyant Program students. 4455 Morena Boulevard, Suite 108, 858-509-7582.

IS YOUR CHILD OUT OF CONTROL? Need a better relationship with your children? For more information about the South Bay Parent Project, call 619-691-9643. www.TurningTheHeartsCenter.org. Disponible en espanol.

MOVIE BUFFS. Interested in watching movies then discussing them afterwards (like book clubs)? Ages 25 to mature welcome. Please call 619-850-6075 or 858-231-0647.

OBSESSIVE COMPULSIVE anonymous. 12 step meeting for people with OCD. Free. Mondays, 8-7pm/ Thursdays, 7:15-8:15pm. Department of Health Services, 3851 Rosecrans Street, Mission Room. OCAhelp@cox.net.

OVEREATERS ANONYMOUS. Meetings daily. No dues or fees. 619-521-2538. www.oasandiego.org.

PATHWORK DISCUSSION. "How to Cope with Negativity—One's Own and Others," 7/21, 7-9pm, Mission Valley. Open meeting, no fee, materials available. Call for directions, 619-296-9046.

PRAYER BASED SOLUTIONS for problems. Achieve inner peace and balance, eliminate chronic disease, pain, lose crippling fear, addiction. 858-272-3246.

PRIVATE COUNSELING. Your journey can be clearer, more peaceful; relationship issues, body image, self-esteem, anger. I can help. Work toward acceptance of yourself. Fee. 619-838-6817.

RAPTORS' NATIONALLY ACCLAIMED speaker. All ages. Organizations, Garden clubs, Schools. 40 years' experience, references. Air Superiority. 760-445-2023.

Gain National Exposure

Reach over 4 million young, active, educated readers for only \$995 by advertising in 110 weekly newspapers like this one. **Call The Reader at 619-235-8200.** (AAN CAN)

RELAY FOR LIFE. Downtown, volunteers needed. 24-hour relay 8/15/09-8/16/09. American Cancer Society, raise awareness/ money, someday eradicate all cancer. More information: mcbrooke321@yahoo.com, www.relayforlife.org/sandiegodowntownca.

SERVICES

Sunny's Spa

Oriental Massage
Shower • Jacuzzi
Relax/Renew
Restore/Energize

\$50 for 30 Min.

\$80 for 1 Hour

With ad.

619-583-5722

4938 El Cajon Blvd.
(at Winona Street)

Open 9 am every day

Lic. #2006012505

Asian Body Care

16769 Bernardo
Center Dr. #K-28

Rancho Bernardo
(near the post office)

858-675-0048

Major credit cards.

<http://ca.local.yahoo.biz/asianbodycare>

Lic. #2006010764

New location!



FABIO SANTOS
**BRAZILIAN
JIU-JITSU
ACADEMY**

Free Intro

619-229-0022

6156 Mission Gorge Rd., Ste. L
San Diego, CA 92120

Grand Opening!

Moonlight

ACUPRESSURE

\$20 Off

One Hour

The Best
Oriental Massage

760-796-4122

301 E. Washington Ave.
Suite A (at Juniper) • Escondido

Visa & MasterCard accepted.

Deep Tissue, Shiatsu or Swedish

**Oriental
massage**

\$20 off

Includes a 1-hour massage and
your choice of body shampoo,
sauna or steam room.
With this ad.

**Naomi
MASSAGE CENTER**

3960 4th Ave., Hillcrest
619-299-9519

Open 10 am-10 pm daily

Lic. #Z006014054



**Oriental
Massage
Specialists**

Dr. O'Side Massage

2110 S. Coast Hwy.

Suite G
Oceanside, CA 92054

760-721-8698

Lic. #DC11717

Won's Acupressure

\$10 off 1-hour massage! With coupon.

MASSAGE & STRESS RELIEF

Jacuzzi • Body Shampoo

3817 32nd Street (across from CVS)

619-563-5777 • Open daily 9-9

Lic. #2008015569

**ORIENTAL
THERAPY**

Stress Relief

Acupressure

Jacuzzi • Hot Baths

760.233.7877

1645 E. Valley Parkway
Escondido
7 days 9 am-10 pm
License No. 145302



**\$10 Off
Massage**

1 hour \$90 • 45 min. \$70 • 30 min. \$50

Choose Deep Tissue, Swedish, or Acupressure
with table shampoo

\$10 Off with this ad

Friendly Spa

200 W. El Norte Pkwy #200 • Escondido

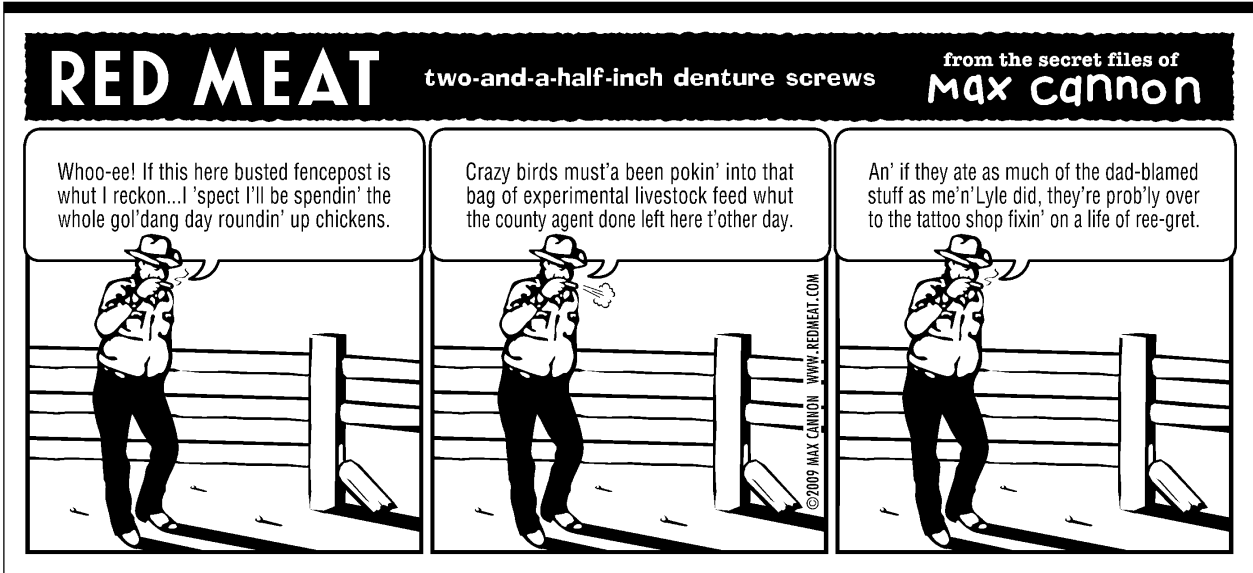
760-294-1764 • Open 7 days 10 am-9 pm



License #165277

RED MEAT

by Max Cannon ©2009



REMEMBER THIS? THEN I NEED YOU! Penetrators, Hitmakers, Dinettes, Crawdaddys, DFX2, Abbey Road, mean anything to you? 1978-1984 San Diego. Need memories, memorabilia, photos. deadtrek@cox.net.

SELF-EMPOWERING RECOVERY lecture series at Practical Recovery. 6/26/09, "AA vs. CBT Approach," presented by Linda Lewis. Free. Friday, 1-2pm. 858-546-1100.

TWELVE STEPS NOT WORKING for you? Try a self-empowering, skill-building approach with S.M.A.R.T. Recovery. Free support groups. www.practicalrecovery.com.

TRAVEL & GETAWAYS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

BIG BEAR COOL CABINS. Cabin or luxury home on or near the lake. Fireplace, BBQ, DVD, kitchen, hot tub and more. Professional housekeeping, towels, and linens are included. Pet-friendly available. Check rates and book online. www.bigbearcoolcabins.com or 800-550-8779.

BUILD YOUR MEXICO SURF ADVENTURE! One trip, multiple destinations from Mazatlan to Puerto Escondido. Kayaking, fishing, and Spanish classes available. Check us out: www.buenavidaadventures.com, 760-672-2180.

CUPID'S CASTLE B&B. Spring special \$25 off with ad. Fairytale castle near Harrah's Casino. Jacuzzis, balconies, TVs, bathrobes, breakfast, snacks. Voted most romantic getaway. Near wineries. Wedding facility. Cupid's Castle B&B. www.adreamcastle.com. 760-742-3306.

MISSION HILLS Summer vacation rental \$3500. 3 bedroom, 2-1/2 bath Spanish home just minutes from Downtown, beaches, freeways and Balboa Park. Fully furnished, linens provided, all entertainment systems. All appliances including washer/dryer and gas barbecue. Patio dining with private garden. Housekeeper/gardener provided. No pets/smoking. Paula Keenan, Agent, 619-871-8915/619-574-5128.

REDUCE YOUR STRESS! For a relaxing getaway, we have cabins from \$74 plus tax! Southern California's 2nd best kept secret, 6200' in the sky! 11 individual log cabins, fireplaces, kitchens.

Reservations: Edelweiss Lodge, 951-659-2787, www.1cabin4u.com.

SAN DIEGO TO LAX. Shared Ride Shuttle: \$60 one way; \$110 round trip. Reservations recommended. Cash walk-ups OK on space-available basis. Information: 619-471-5210.

TRAVEL WORLDWIDE anywhere, anytime. Enjoy the vacation of your dreams at a fraction of the cost, choosing from thousands of luxury resorts and cruises. Call 951-491-1607. Visit my website: www.travelandbusinessopportunity.com/.

WORLDWIDE/TRENDWEST TIMESHARE. Originally valued \$11,000. 6000 annual points, 7200 already banked, 6000 available to borrow. \$111 quarterly dues. Account paid for/ current. \$7000. 619-607-1788.

MUSIC EQUIPMENT / INSTRUMENTS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

AMERICAN STRAT, with piezo bridge pickup added, custom color, with hard case, \$550, cash only. Call Gary, 619-283-3774.

AMPS AND GUITARS. Marshall JMP Combo 50 Watt \$1199, Ibanez S540 Japan \$439, Fender Mexican Fat Strat \$249, Fender Jaguar Japan \$699, Trace Elliot Super Tramp Twin \$399, Peavey MX Tube 100 watt \$200, Fender Cyber Twin \$550, Fender Satellite DSP Effects \$299, VHT 1x12 Speaker cabinet \$249, Maton ECW80 \$949. At MozeGuitars.com, 619-698-1185.

APEX MUSIC SINCE 1952! Get the gear you need at affordable prices. Sales, repairs and rentals. No one compares! 6210 El Cajon Boulevard. 619-583-1431. www.apex4me.com.

CASH BACK! Friday, June 26, get 10% cash back with the purchase of any Fender guitar, bass or amp! Plus, bring in your electric guitar and 2 cans of food and get it restrung and setup for free! Guitar Trader of San Diego, 7120 Clairemont Mesa Blvd. 858-565-8814.

CELLO, MADE IN 1907 German, excellent sound. Bruckner 1907, listed maker good condition. Perfect for advanced student or professional. 619-884-6897.

EFFECTS PEDALS—100s of different kinds in stock! Fulltone, Menatone, T-Rex, Maxon, Visual Sound, Barber, Xotic, Durham. Choose from many brands. www.SuperSoundMusic.com or call 760-739-9099.

GUITARS. Setup \$25. Sales—Fender Squier Strat (3), \$80/each. Minor repairs. Lessons also available. 40 years' experience playing. References on request. Call Tom, 619-857-5463.

HAVE FUN FOR THIS SUMMER! Singing, piano, guitar, all instruments. Lessons at home or our studios! Spectacular, motivating, skilled teachers. www.CaliforniaMusicStudios.com or call Dawn, 800-227-6222.

LEXICON LXP-15 digital reverb, \$125. Samson PL1602 rack-mount stereo keyboard mixer, \$100. Edlrol SD-20 table-top synthesizer module, \$175. Concertina, \$75. 619-397-3463.

PIANOS WANTED! All pianos! Cash paid. Also, quality furniture and antiques. 1 piece or houseful. Bonded. Licensed. Since 1965. Same-day pick up. 1-800-840-4447. www.southcoastauktion.net.

MUSIC MUSICIANS AVAILABLE / WANTED

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

BASSIST NEEDED. For original projects. Record, showcase, see what happens. www.myspace.com/paulwhitakerdrums. Use the e-mail address published on the page.

DRUMMER AVAILABLE. Can play all styles. Looking for wedding, party, and casino venues. East County resident. 30 years' experience. 760-445-2900.

FEMALE VOCALS AVAILABLE. For recording. Have references plus demo. 619-297-6128.

GUITARIST / SONGWRITER NEEDED drummer and bass player to form band. Classic punk to modern alternative. Oceanside Beach area. 760-707-9110.

KEYBOARD / PIANO ACCOMPANIST to play with praise band, 9am. Help lead worship, have faith to serve. Inquiries/job description, contact church office: 760-758-9817, www.slrvumc.org.

LEAD GUITARIST and bass player wanted to play for the band Soundrops. Musical influences: Radiohead. E-mail Jesse, sprinkleonyou@gmail.com. Or call Dan, 858-837-1851.

NEED SINGER? Professional male singer (Graduated from "MI" in L.A.). Open for demos, background, back up (studio or live), jungles, character voice. More information 619-410-4896.

PRODUCER seeks prolific, talented composers, performers, any age, with original material. Needs interns, copyists, songwriters. We have professional tools. 619-528-0907, www.myspace.com/sherilopez, www.myspace.com/isitfrankzappa, www.myspace.com/physlspyr, www.myspace.com/mindcontrolmonkeys, www.myspace.com/concretesummersday.

SINGER WANTED. Conviction, pipes, growl, call it what you want, can you cut it? Experienced. Three have set. Clash. Pogues. Rancid. Partisans. Social D. 760-520-4601.

SOPRANO SOLOIST FOR CHURCH of the Nativity. 1 rehearsal/3 masses Sundays, 7:40-11:20am. For recent repertoire go to www.nativitycatholic.org/church. Singers contact Paul Batchelor, 858-756-1911, pbatchelor@nativitycatholic.org.

MUSIC SERVICES

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

ATTENTION: BASS PLAYERS. A definite goal! Let's translate your goal into reality. The art of bass studying. Contact the Basscat Danny, 619-813-7653.

AUDIO RECORDING STUDIO. Spacious, commercial location. 24-48 tracks. ProTools HD, ADAT, analog tape. 60 channel console. Steinway piano. Vintage microphones/preamps/signal processors. www.hitsinglerecording.com. 619-258-1080.

BLITZRECORDING.COM. Tracking, mixing and mastering professionals. Transfer/restore analog or ADAT tapes to ProTools HD for vocal tuning, drum replacement and remixing as low as \$35/hour. 619-260-0837.

CD AND DVD DUPLICATION and replication. Complete 100-piece retail-ready packages from \$230. 1000-piece CD packages from \$925. Full print and packaging. 760-747-2734.

CD COPIES and mastering. Near SDSU. Print art directly to CD. We will beat any price. No minimums for CD duplication. 619-540-5827.

CD DUPLICATION SPECIAL! 100 CDs in jewel cases with 2-panel cover, tray liner and shrink wrap. Full color, \$2.40 each. Call 858-541-0256.

FREE GUITAR SETUP and free strings by Fender. Fender Bench Check and Food Drive Friday, June 26. Donate just 2 cans! Any 6-string electric! Call for details. Plus \$100 Fender rebates on American Standard guitars and basses.

Guitar Trader of San Diego, 7120 Clairemont Mesa Blvd. 858-565-8814.

GUITAR REPAIR. Quick turnaround on routine jobs, setups, and adjustments. Fast, professional service. Why wait? Call Bill Meyer, Tecolote Guitar Works, Bay Park, 619-276-1677. www.tecoloteguitarworks.com.

RECORD A DEMO at HobarTrax. Efficient, experienced engineer. Pro Tools, Mackie, Avalon, etc. Session musicians available, all styles. Creative, inspiring atmosphere, \$30/hour. www.hobartrax.com, 858-243-7728.

RECORD AT EARTHLING Studios. Analog and digital multitrack recording and mastering services. Call Mike for rates at 619-441-8341.

RECORD AND MASTER AT EXUM. Studio! Comfortable, relaxed atmosphere. Protools HD3. Great drum sounds! Baldwin Grand Piano! Fast. Efficient. 20 years' experience. 2" analog. www.exumrecording.com, 760-739-9700.

RECORD AT EMPIRE STUDIOS. \$30/hour, engineer included. Specializing in Electronic, Rap, Urban music. High-end equipment, Mac G5, Neumann U-87, Avalon. Visit www.empirerecordings.com. 619-249-8355.

RECORD AT CV STUDIOS. San Diego's best value! ProTools, professional gear. Rates from \$25/hour. Get the sound you want without pressures of expensive studios. Jon, 858-414-2143.

RECORD AT EPICENTRE Studio. Pro Tools HD- quality recording. Full service digital recording, mixing and mastering. Library of pre-made beats. 5-hour blocks for \$175 or \$40/hour. www.epicentre.org, 858-271-4000 x15.

RECORD AT KING'S RANSOM Studio. Top vintage and contemporary gear for fat, warm sound. All styles music welcome. I care about your project as much as you do! Fast and efficient. \$30/hour and up. 619-278-8752.

REHEARSAL IN OCEAN BEACH at Spotless. 1922 Bacon Street across from Winston's. 3 air-conditioned rooms with PA, available for hourly rentals. Parking, loading. 619-523-3073.

REHEARSAL STUDIOS for musicians, artists. Handy College Area location. Monthly rentals only. Large with storage. Air conditioning. We will get back to you promptly. 858-335-8455.

REHEARSAL STUDIOS: 24-hour, air conditioned lockout studios, \$250-\$300. PA, drum sets, amplifiers available. North County. Call 619-957-5686.

MUSIC

- Spanish Concert Classics and Flamenco
- Huss & Dalton, Taylor, Tom Anderson, Santa Cruz and McPherson Guitars
- Legendary Repairs by Yuris Zeltins, Drew Gallahar, Pat Quinn & William Dominick
- Lessons with Robin Henkel, Anna Troy, Steve Nichols, & Zack Coffman
- G&L • Blueridge Guitars • Deering Banjos
- Ko'olau, Pono, Kanelei & Kamaka Hawaiian Ukuleles
- Amplifiers from Victoria, Orange, Savage, Fishman, Roland & more

Blue Guitar Welcomes Cole Clark Guitars of Australia! The Fat Ladies are in stock!



The Blue Guitar Established 1961

5959 Mission Gorge Rd., Ste. 101, Mission Valley (across from S.D. Toyota) 619.283.2700 • www.theblueguitar.com New Hours: Mon.-Fri. 11-7 • Sat. 11-5 • Closed Sun.

Offering the finest new, used and vintage instruments



buffalobros.com Home of the 100% Upgrade Policy

4901 El Camino Real, Carlsbad, CA 92008 (760) 434-4567 Mon.-Fri. 9 am-6 pm, Sat. 10 am-5 pm, Sun. 12-4 pm

PET CENTRAL

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

AQUARIUM SALE at Octopus Garden. 20H aquarium, \$20; 29 for \$29; 40R \$40. Even a 60E is just \$60. Other tank specials also. Lots of healthy saltwater fish and beautiful corals. Protein skimmers. Lighting systems, pumps, decorations and supplies at low prices at Octopus Garden. Noon-9pm, 7 days. Call 858-576-7449.

AQUARIUMS AND PONDS! Freshwater/saltwater fish. Extensive reef animals. 9000 square feet. Low warehouse prices! Expertise not found in Southern California cookie-cutter stores! Aquatic Warehouse. 5466 Complex Street #204, San Diego. Behind Superior Courthouse, off Clairemont Mesa Boulevard. www.aquaticwarehouse.com. Daily, 10am-7pm. Saturday, 10am-6pm. Sunday, 11am-6pm. 858-467-9297.

BENGAL LEOPARD babies. The mild side of wild. Spectrally beautiful. TICA registered. Jacob sheep babies from Israel found in Genesis 28-30. North County. 760-724-9316.

BUY/SELL/TRADE reptiles, amphibians, turtles, tortoises, snakes, lizards. Largest reptile selection in Southern California. Voted #1 in San Diego. Pet Kingdom, 619-224-2841.

CAT CAGE. Sturdy, huge, 5'x4-1/2'. Two story, PVC wire, includes 4 interior shelves. Used outdoors, metal parts rusty/worn but OK condition. \$225. 619-328-7131.

CAT CARRIER. Portable. Also, a scratching post. \$20/both or \$15/carrier, \$5/scratching post. 619-490-5143.

CHIHUAHUA. Female, fox tail. 3 years old. Sweet. Beautiful, elegant. Medium hair. Light brown. \$75. 619-347-6408.

CHOW SHEPHERD MIX. Loving, 2 year old female. She does tricks, great watch dog. Toys/food/bed included. Needs good home. Call 619-274-1137.

KITTEN. Cutie, fluffy, black and white female. 9 weeks, playful, friendly. \$35. 619-328-7131.

KITTEN. Adorable, fluffy, "Miss Morris." Orange and white tabby, friendly and special. \$65. 619-328-7131.

KITTENS. Adorable, fluffy, sweet, playful, ready for new homes. Females, black/white, orange, \$45. Leave message, 619-328-7131.

KITTENS / CATS. 10 weeks +. Cute, friendly, virus tested, neutered, vaccinated, dewormed, defleated. Tuesday/Thursday/Friday, 6pm-8pm, Saturday/Sunday, noon-4pm. PetSmart

La Jolla. 8657 Villa La Jolla Drive. www.sdscats.org.

KITTIES. Rescued. Beautiful. All ages. Full of love! Give them the wonderful homes they deserve. Adoption fee includes medicals, spay/neuter and microchip. 760-591-1211.

KOI PONDS AND WATER GARDENS. Equipment and supplies, free water testing, service and maintenance, construction and design, commercial and residential. Since 1988. 1975 Jamacha Road, El Cajon. Monday-Saturday, 9am-5pm (Wednesday/Friday until 6pm), Sunday 10am-4pm. 619-441-9275.

OTAYVET VETERINARY CLINIC in Tijuana, Mexico, offers low-cost, high quality services. Website: www.otayvet.com, or please call 011-52-1664-204-8079.

YORKSHIRE TERRIERS. Female: silver white, male: brown. Both 7-8 pounds. Young adults. Neutered. Loving, sweet. No young kids. Need a good home together. \$400. 619-466-0426.



24/7 on-call dog walking service

Weekly & monthly rates • Fully bonded

DOWNTOWN WALK A POOCH

619-645-5232 sdbag@rocketmail.com

REHEARSAL STUDIOS! Current special: \$100 off first month's rent with ad! Miramar Road. Monthly and hourly rates available. Universal Sound, 619-306-2222; 858-401-2973.

REHEARSAL STUDIOS. \$15/hour with PA. Monthly: \$350-\$475. 1/2 off first month's rent! Ventilated. Wi-Fi connection. Affordable recordings, screen printing, DVD, CD duplication, web design services. Dead Records, Oceanside. Cell, 760-707-8606.

REHEARSE AT ADDER. Upscale Kearny Mesa facility. All rooms have individual air conditioning, high ceilings and 24-hour access. Monthly rooms available. 858-505-8644. www.adderstudios.com.

REHEARSE AT HINDSIGHT Miramar. Hourly rooms, fully equipped (drum kit, two half stacks, bass rig, PA), starting \$18/hour. PA only \$16/hour. 858-635-9611, www.hindsightrehearsal.com.

ROOMMATES

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

BANKER'S HILL. Great view. Room with own front door access to room, private bathroom. Garage parking. I have pets. \$840, plus deposit. Female preferred. 925-989-5834.

CARLSBAD. Townhome. \$685, 1/2 utilities, plus deposit. Male/female. Room, own bath. Kitchen privileges, laundry, pool, spa. No pets/smoking. Available now. 760-805-2524.

CARLSBAD/ LA COSTA. \$800. Beautiful designer home, golf course view. Private, sunny room with private bath. Mirrored closet. Full privileges including community pool. Nonsmoker. 760-438-5458.

CHULA VISTA. Furnished rooms available, \$535 includes utilities. Cable/Internet access. Quiet neighborhood. No drugs, smoking, alcohol, pets. East of I-805. 619-482-9478/ 619-840-7299.

CLAIREMONT NORTHWEST. \$475/month, \$475 deposit. Utilities: RoadRunner, dish TV, laundry included. Shared bathroom in quiet house, available 7/1. No smoking/pets. Mike, 858-270-1436, 619-246-7447.

CLAIREMONT. 1 bedroom/ bath. Share furnished home. Indoor/ outdoor living. Luxury amenities, wireless, spa, maid. Share office. Available 7/1/2009. \$850.00, \$700.00/ deposit, 1/2 utilities. 858-449-9454.

CLAIREMONT. Nonsmoker. Room, privileges, in luxury condo complex. Large pool, game/ weight room, sauna. Great location. \$600, utilities included. Available 7/1. Shared bathroom. Bob, 858-337-8694.

CLAIREMONT. \$800/ month. Master bedroom with private bath in beautifully decorated 2 bedroom luxury apartment. Available 7/15. Deposit: \$500. 1/2 utilities. 408-710-1282.

CLAIREMONT. \$700. Share 2 bedroom 2 1/2 bath beautiful decorated townhome. Quiet neighborhood. Near shopping. Garage. Washer/ dryer. Private balcony, storage. Pool. No smoking/pets. 858-279-2625.

CLAIREMONT. \$550 includes utilities, Internet, cleaning, \$550 deposit. Sunny room, large house with yard. No smoking/ drugs/ pets/ perfumes. Parking, garage, massage chair. Celeste, 858-467-0776.

CLAIREMONT. \$450 plus \$100 deposit, 1/3 utilities. Washer/ dryer, kitchen, share bath. No drugs/ pets. Near Clairemont Mesa Boulevard. 858-565-0501.

CLAIREMONT. Fully furnished room, Internet access, washer/ dryer, full kitchen. 5 minutes to beach and UCSD campus. Male preferred. Rent \$475. Available July 1. 858-274-2558.

CLAIREMONT. Share 2 bedroom townhouse. Lovely room/ balcony. Pool, gym. Covered parking. \$725, utilities included, \$400 deposit. Female preferred. No drugs/ smoking. After 10am 858-361-7940.

CLAIREMONT/ PACIFIC BEACH. Share 2 bedroom, 1 bath condo. \$575 plus deposit, includes utilities. No smoking/ drugs/ pets. 619-872-2472.

COLLEGE/ SDSU Nice room in large 4- bedroom house. Near trolley and bus. Male preferred. \$485/ month. 619-403-3549.

COLLEGE/ SDSU. Nice room in large 4- bedroom house. Near trolley and bus. Male preferred. \$485/ month. 619-403-3549.

EASTLAKE/CHULA VISTA. \$700/ month, 1/2 utilities, \$600/ deposit. Share 2- bedroom 3- bath house, fully remodeled. Washer/ dryer, garage. Gated community, pools, Jacuzzi, tennis, golf. Near freeways, shopping, theaters. No pets. 619-581-7908.

EL CAJON. Roommate to share 2 bedroom, 2 bath home in upscale park with pool, Jacuzzi, basketball. New carpet. \$675/ month includes utilities. 619-575-2003.

GROSSMONT. \$600. Female, nonsmoking. Large room/ mirrored closets, 2 bedroom condo. Near 125. All amenities included. Maid service. Private parking. Have 2 cats. \$300 deposit. 619-698-7350.

HILLCREST/ BANKER'S HILL. Room available 7/1 in spacious home on Balboa Park. Fireplace, gated courtyard, laundry. \$600, includes utilities, first and last. 619-260-8482.

IMPERIAL BEACH. \$535 includes utilities. Share furnished 2- bedroom, 1- bath house. Near beach. I have small dog. \$175/ deposit. Leave message, 619-575-2003.

LA JOLLA SHORES. Share 2 bedroom, 2 private bath furnished condo, except bedroom. Blocks beach. Washer/ dryer inside. Pool, Jacuzzi. Gated parking. \$795. Tim, 858-642-6733.

LA JOLLA. \$550 shared room. \$700 single room. All utilities paid. Elegant. Plasma TV. Internet. Furnished. Near bus/ shops. No alcohol. For photos, getharia@aol.com. 858-450-9823.

LA JOLLA. Room available in great house. Canyon views. Washer/ dryer. Jacuzzi. Male preferred. \$725, month-to-month lease, 1 month deposit. No pets. j.n.young@me.com.

LA JOLLA/ UTC. \$570. Bedroom with private bath. 1/3 utilities. \$550 deposit. Clean home. No smoking/ drugs. Furnished or not. Available now. 858-554-0018.

LA JOLLA/ WINDANSEA. \$665-\$800. Lovely completely furnished room. Private entrance. Utilities/ wireless Internet included. Cleaning service. Nonsmoker. No drugs/ pets. References. International Researchers welcome. Available now. Summer rental now-August. 858-336-1545.

LA MESA Grossmont. \$700 plus deposit. Available July 1 or sooner. Huge master bedroom, own bath. 2 bedroom second floor with balcony. Mirrored closet doors. Pool/ spa. Off-street parking available, on-site laundry. No excessive drinking. Smoker OK. References. 619-403-6493.

LA MESA AREA Nice rooms for rent in spacious 5 bedroom house. Sweeping mountain views. Big pool. SDSU nearby. No pets. \$ 750/ up. 858-772-0005.

LA MESA. \$540. Room with sliding glass door. Unfurnished or furnished. Laundry. Quiet street. Easy parking. Close public transportation. Pet(s) possible. Storage. Leave message, 619-287-6903.

LA MESA/ COLLEGE Studio room with private entrance. Price reduced \$695. Quiet area. Walk to trolley/ shops.

Washer/ dryer. No pets. \$500 deposit. 858-243-1911.

LEMON GROVE. Female only roommate wanted for large house. \$550 includes utilities. Cable/ internet available in bedroom. Have pets. Available 7/01/09. Interested email Jackie_Dimarzo@yahoo.com.

LINDA VISTA. Move-in special! \$460. 3 bedroom home. Ocean view, central, tropical yard. Quiet. Marble. Laundry. \$300 deposit. No smoking/ pets. Male preferred. 858-518-1517.

MIRA MESA. \$575. Single room, large house, safe neighborhood. Includes utilities— electric, gas, water, cable TV, high-speed Internet. Washer/ dryer. No pet/ smoking. 858-699-7870.

MIRA MESA. Miramar College, I-15. Large room, quiet renovated home. Granite kitchen. Cool pool. Male only. No smoking/ pets/ drugs. Near bus. Available now. 619-244-5024.

MIRA MESA. Furnished room and private bath in house. \$575 including utilities. \$200 deposit. Available now. 858-564-8152.

MIRA MESA. \$725. Large master suite, private bath, 2 closets. Access to all common areas of condo. Laundry, patio. No smoking/ pets. Female only. 858-472-2668.

MISSION HILLS/ UPTOWN. Share large 2 bedroom 1 bath. Cable, wireless internet. \$750 plus 1/2 utilities. Great view from rooftop patio. On-street parking. 858-344-5175.

NORTH PARK. \$650 includes bedroom, living room, office room. Air conditioning, utilities, first last. Quiet, old, small cul-de-sac house. Mass parking. Must see Todd, 858-357-6337.

NORTH PARK. \$550 per room rent. 3 bedroom, 2 bath modern condo. Electric kitchen, dishwasher, washer/ dryer. Cat OK. Water/ garbage paid. Nonsmoking. 619-255-5195; 619-961-7531.

OCEAN BEACH/ POINT LOMA. \$750 includes utilities. Huge room, ocean views, huge house. Near beach. Awesome roommates. Hardwood floors. Huge kitchen. Washer/ dryer. Wifi/ cable. Nonsmoking. 619-569-3032.

PACIFIC BEACH. Share 2 bedroom, 2 bath apart, upstairs unit, 2 covered carports. Complex washer/ dryer. \$750 utilities included. No smoking/ pets. After 3pm 619-246-0698.

PACIFIC BEACH. Female to rent room in furnished home. Quiet street. Walk to bay and beach. Off street parking. \$850 plus utilities. 858-248-3266.

PARADISE HILLS. \$525, \$150 deposit. Clean large room. Washer/ dryer. Quiet. All utilities paid. Share bathroom, furnished room. No pets. 3 bedroom 2.5 bath. 619-475-2039.

POWAY. Master bedroom, private bath in beautifully remodeled home. \$799, shared 1/4 utilities, minimum 6 month lease, standard deposit required. Male only. Available now. 858-254-0764.

SAN DIEGO. \$750 includes 2 rooms in beautiful home in safe neighborhood. Share bath and kitchen privileges. Available July 18. \$325 deposit, 1/3 utilities. 619-508-6528.

SANTEE. Share utilities and bath. \$500/ month, small deposit. Male preferred.

Near shopping and bus. Available immediately. No smoking/ drugs. 619-995-9659 or leave message, 619-562-3812.

SCRIPPS RANCH. Spectacular room with balcony. \$650. Highway 56. New community. Beautiful room \$600. Low deposit. No pets, no smoking. Cable and internet included. 760-484-2908.

SERRA MESA. 2 rooms available, \$650/ each, \$400/ deposit. Includes utilities, laundry, cable, wireless Internet. In beautiful home. No drugs. No smoking. No pets. 858-277-7003, 858-449-6449.

SERRA MESA. 2 rooms available. \$450/ each. Female only. Utilities/ cable/ laundry included. \$100 deposit. Nice area. No drugs/ alcohol. Call Rebecca: 858-384-7331 or 619-849-0451.

SERRA MESA. Room in 3 bedroom 2.5 bath house near Mission Valley. Linda Vista, Clairemont. Canyon view. \$525/ month, \$400/ deposit, plus 1/4 utilities. 858-354-2152.

SPRING VALLEY. Male only. Sober living. \$450 plus \$50 deposit. Furnished. All utilities paid, including cable/ unlimited calls. Near bus and shops. 619-303-2030 or 619-303-1301.

TIERRASANTA. Furnished rooms in 2250-square-foot-4-bedroom, 3-bath house. No alcohol/ drugs/ pets. \$500/ week. Female only. Supportive, sober living home. SafeTransitionsforWomen.com.

TIERRASANTA. \$735. Share 2 bedroom, 2 bath condo, owner occupied. Utilities, wireless Internet included. Master bedroom, private bath. Laundry, pool, Jacuzzi. No pets/ smoking. 619-665-5602.

UTC. Apartment to share. La Scala Apartments. \$857.50 plus 1/2 utilities. Very clean and nice apartment. Please call to set an appointment for viewing. 858-642-7453.

ROOMMATE SERVICES

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

ALL AREAS. Houses for rent. Browse thousands of rental listings with photos and maps. Advertise your rental home for free! Visit www.RealRentals.com. (AAN CAN)

ALL AREAS. RENTMATES.COM. Browse hundreds of online listings with photos and maps. Find your roommate with a click of the mouse! Visit: www.Rentmates.com. (AAN CAN)

ELDERHELP Affordable housing! Seniors offer rooms for rent below market rate. Screening and background check required. Current local address required. ElderHelp of San Diego, 619-284-9281.

RENTALS COMMERCIAL

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

EL CAJON OFFICE SUITES with baths near courts and downtown. 360 square feet, 720 square feet. 140 and 152 W. Park Avenue. Vic Zeman, 619-442-8871.



GASLAMP ART SPACE! \$150/ up. High ceilings, tall windows. Gallery venue for shows. Uniquely affordable. 100-600 square feet. 402 Market. Hughes Management, 619-239-1639 x103. www.HughesManagement.net.

GOLDEN HILL/ DOWNTOWN. \$60. Small storage unit in West Golden Hill. Has power. Regular-sized door entry. Only \$120 deposit. Call Loren at 619-699-9379.

LA JOLLA. Furnished office for licensed mental health professional. Available now for Wednesdays, Fridays and Saturdays. \$375/ month. Call 858-646-9579.

LA JOLLA. \$3300. Approximately 2800 square feet of commercial space for lease in the previous Bully's Restaurant for the last 45 years, heart of Bird Rock. 5753 La Jolla Boulevard. www.centrecity.net. 619-296-6699.

MESSAGE ROOM FOR RENT at centrally located, professional message center. Includes table, linen, blanket, towel/ warmer, music. Must be licensed/ insured. \$25/ hour. contact@healinghands-sd.com. 619-574-0053.

MISSION BAY/ CLAIREMONT. Office suite. 380 square feet at 1.05. Upstairs. Next to I-5. Easy access. Free parking. Near shopping center. 2445 Morena Boulevard, #206. 619-275-3455.

OLD TOWN RETAIL/ OFFICE space. 500 square feet, ground floor newer building. Preferred location. Hardwood flooring. bathroom, painted, security, parking. Call 619-692-1465.

PACIFIC BEACH Retail store front, 1337 square feet. \$2400/ month. Available May. 1453 Garnet Avenue. Call Chris, 858-270-4492 x203.

PACIFIC BEACH. \$1.50/ square foot gross. Nice professional building. 640-1100 square feet available. Elevator, common restrooms, parking. Utilities included except phone and Internet. 2180 Garnet Avenue. Agent, 619-231-2727.

POINT LOMA Village. 1000 square feet. Air conditioning. High traffic area. Wired for security. Small patio. Close to restaurants, Bay and beach. 619-223-6121.

POINT LOMA/ MIDWAY. \$.95/ square foot. Great street frontage at this high-traffic location. 500-3000 square feet available. Improvements planned. Lock in your low rate now! 3333 Midway Drive. Agent, 619-231-2727.

RENTALS HOUSES

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

ALLIED GARDENS. \$2100. 3 bedroom, 2 bath house, family room. Gorgeous views. Fireplace. Hardwood floors. Laundry room. 2 car garage. 2 RV pads. Barbecue. 619-528-9773.

ALLIED GARDENS. \$2000. 3 bedroom, 2 bath house. Beautiful kitchen, enclosed patio. Refrigerator. Washer/ dryer. Garage. RV pad. Central air conditioning. 5346 Waring Road. 619-528-9773.

BALBOA PARK, EAST. \$1155. Steps to Morley Field. 1 bedroom, 1 bath house. Private yard. All appliances including washer and dryer. Cat OK. 619-298-9831.

BANKER'S HILL. Elegant cottage. 2 bedroom, 1 bath. Stainless steel appliances. Hardwood floors. Granite counters, crown molding, private laundry. Partial view. Pets welcome! Street parking only. \$1700. 2119 2nd Avenue. 619-221-9191.

CARDIFF. \$2895. 4 bedroom, 3 bath house with 2 car garage, fireplace, large yard, no pets. Year lease. 2000 square feet. 772 Mackinnon Court. 760-753-8575.

CHULA VISTA. \$1795. 3 bedroom, 2 bath, 1.5 garage plus bonus room. Washer/ dryer hookups. Enclosed patio. 1 pet OK with added deposit. Nonsmoking unit. 119 Elder Avenue. Agent, 619-692-4121.

CITY HEIGHTS. \$1050. Cool house, 2 bedroom, 1 bath. Front/ side yard. 2 Parking. Laundry. Nonsmoking. No section 8. No pets. 4161 42nd Street. 619-251-0030.

CITY HEIGHTS. Move-in special: 1/2 off first month's rent OAC! 1 bedroom, 1 bath, \$695. On-site laundry, parking, upper and lower units, senior or disabled citizens only. 4122-4126 39th Street. Agent, 858-560-1178.

CITY HEIGHTS. Move-in special: 1/2 off first month's rent OAC! \$995. 2 bedroom, 2 bath. Large upper unit, remodeled. New carpet and paint. Parking. 5450 University Avenue #6. Agent, 858-560-1178.

CLAIREMONT. \$2200. Charming 3 bedroom, remodeled bath. Canyon sunrise, large fenced yard! Covered patio, garage, Washer/ dryer. Open floor plan! Pets considered. Gardener. Nonsmoking. 760-420-1411.

CLAIREMONT/ BAY PARK. \$1995. Beautifully upgraded 3 bedroom, 2 bath house. 2- car garage, washer/ dryer included. Yard, small pet OK. 5619 Camber Place. Agent, 858-560-1178.

CLAIREMONT/ LINDA VISTA. Lovely 5 bedroom, 3 bath house in quiet area, \$2500. Refrigerator, washer, dryer. Near Mesa College. Nice backyard. Available July 1. 619-297-1777.

SERVICES

GRAND OPENING

\$40 Massage

Deep Tissue or Swedish Massage for Pain Relief & Headaches

Angela's Spa

858.481.3669

536 Stevens Ave. • Solana Beach

Mon.-Sun. • 9 am-9 pm • By appointment only.

www.angelaspa.com License #33131

Grand Opening in I.B.!

Formerly Chula Vista Spa

\$10 off massage

New Staff! Any session. With this ad.

GOLDEN TOUCH WELLNESS
Beyond Relaxation

1515 Palm Ave., Ste. G • 619-423-3377
next to Honey KO in Imperial Beach
Credit cards welcome • Lic. #B1995011569

BE 8-20 INCHES SLIMMER

IN JUST ONE HOUR!

NOT A TEMPORARY WATER LOSS!

- Melt inches from thighs, hips & waistline
- Detoxify
- Get rid of cellulite

\$10 OFF FAT BURNER WRAP, DOUBLE MINERAL WRAP or AIRBRUSH TAN

As seen on the Tyra Banks & Ellen shows! New clients only.

Look good for the 4th!

Burn up to 4,000 calories & 5% Body Fat in 1 treatment w/ French Sudatonic.

SUDDENLY SLIMMER

THE Body Wrap

www.suddenlyslimmer.net

858-551-5196

\$20 off 1-Hour Massage

Grand opening near airport

- Deep tissue
- Swedish
- Table shower
- Jacuzzi
- Hong Kong Massage

Open 7 days 11 am-11:30 pm

Ami's Spa

2443 Kettner Blvd.

619-231-1917

License #30672

Free Pilates Reformer Class

Buy 1 class, get 1 free.

New clients. Expires 7/9/09.

ClubPilatesSanDiego.com

4901 Morena Blvd.
(North of Costco)

858-531-2348

NORTH PARK

\$10 off

Bring ad.

Hot Baths/Body Scrubs
All Types of Massage

Oriental #1 Spa

3134 El Cajon Boulevard
619-563-7949

(1 block west of 805)
Free parking in back
Open 7 days 10 am-11 pm
License #16467

\$29 Massage

1-hour massage and full body adjustment (lic. #30211)

Call now: **619-584-8181**
3456 Camino del Rio N. #100
www.fineposture.com



DESCANSO. \$1995. House. Fabulous 3 bedroom, 2 bath custom country home on 2-1/2 acres with gourmet kitchen, rock fireplace, vaulted ceilings, skylights, garage and fruit trees. 10536 Boulder Creek Road. 619-698-6911. www.goldenmanagement.com.

EL CAJON. \$1025. Quiet 2 bedroom, 1 bath duplex. Fenced yard. Covered patio. Laundry hookup. Off-street parking. Air conditioning. Pets OK. 1275 Lyons Lane. 619-561-3618.

EL CAJON. 4 bedrooms, 3 full baths, fenced backyard, no pets/smoking. Quiet neighborhood, garage, trailer parking. 1700 square feet, central air. \$2000. Evenings. 619-588-8411.

ENCINITAS. 1 bedroom, 1 bath cottage in quiet garden setting, patio, gated property. Washer/dryer included. Nonsmoking, no pets. \$1300/month. 619-865-6843.

ESCONDIDO. \$1650. 3 bedroom, 2 bath home. New carpet, paint, countertops. 2 car garage. Refrigerator. Clean, quiet neighborhood. Won't last, leave message, 858-829-3357.

HILLCREST. \$2200. 3 bedroom, 2 bath house. High fenced yard, gated into valley end of street. Cats/dogs OK. For pictures/information: http://members.cox.net/hillcrest_valley_house. 619-992-4363.

HILLCREST. \$975. Large 1 bedroom house, newly renovated. Beautiful oak cabinets. Wooden/tile floors, crown molding, air conditioning. Yard. Deck. Off-street parking. 619-283-1534.

HILLCREST. \$1000. 1 bedroom, 1 bath cottage situated in nice courtyard setting with lush landscaping. Hardwood floors, walking distance to Balboa Park, San Diego Zoo. Available now. 3718 Park Boulevard. #3728. www.cethron.com. 619-295-1100.

KENSINGTON. 1 bedroom duplex house, \$1100. 800 square feet, wood floors, washer/dryer, stove, refrigerator, 2 space carport, storage shed. Nonsmoking. Gated. Block to village. Available 7/15. 4617 Kensington Drive, #1. 619-280-1800; 619-283-6463.

KENSINGTON. 2 bedroom, 1 bath, beautifully restored and upgraded 1924 classic Spanish with hardwood floors throughout. Original Bachelier-tile custom fireplace with gumwood built-ins that are the focal point of the living room along with the original wall sconces. Formal dining room with built-in gumwood buffet and covered ceiling painted by a local artisan that sets off vintage crystal and iron chandelier. Cook in gourmet kitchen that has been upgraded with custom-painted cabinets, new appliances, hardwood floors and sunny breakfast nook with built-ins. Mud room off kitchen with washer and dryer. Large master leads out through French doors to Sallitilo-tiled patio and expansive, lush, fenced yard. 1-car garage with lots of storage. This house has it all with original features and high-end upgrades. Walk to village and close to shopping and dining. 4665 Marlborough Drive. Available June. \$2495. 619-683-9274/ 619-846-6140. Please do not disturb tenant.

LA JOLLA. \$2350. 3 bedroom, 3 bath townhouse. Two-car garage. No pets. Fireplace. New carpet/paint. Fenced yard. Pool/Jacuzzi. Clean. 3306 Caminito Vasto. 619-275-3455.

LA MESA. 9251 Earl St. 2 bedroom 1 bath house. Yard. Washer dryer hookups. New carpet and paint. No pets. \$1200/month. \$900 deposit. 619-462-4395

LA MESA. 1 bedroom country cottage. Private, secure. Much to offer. Minutes from La Mesa Village. \$895. Utilities \$125, includes cable. No pets/smoking. 619-698-3262.

LA MESA. \$1860. Gracious 3 bedroom, 2 bath home, near SDSU. 2 car garage. Washer/dryer. Patio. Year lease. Available 7/1/09. Nonsmoking. Dogs OK. 619-713-2331.

LEMON GROVE. \$1750. 3 bedroom plus loft, 1-1/2 bath house! Totally remodeled. Wood floors, new carpet/paint and much more. Must see! 7563 Pacific Avenue. Rachael, 619-804-1044.

LEMON GROVE. \$995, utilities included. Charming 1 bedroom cottage. Large fenced yard. Quiet alley. Private driveway. Full bath/kitchen. Pets welcome. Near stores/trolley. 619-825-5504.

MISSION HILLS Summer vacation rental, \$3500. 3 bedroom, 2-1/2 bath Spanish home just minutes from Downtown, beaches, freeways and Balboa Park. Fully furnished, linens provided, all appliances including washer/dryer and gas barbecue. Patio dining with private garden. Housekeeper/gardener provided. No pets/smoking. Paula Keenan, Agent, 619-871-8915/ 619-574-5128.

MISSION VILLAGE. \$2150. House. 3 bedroom, 2 bath. One story, 2 car garage. Patio. Hardwood floors. Yard. No pets. One-year lease desired. Call Coldwell Banker Property Management. 858-488-2228.

NORTH PARK. \$1350. 2 bedroom house, den, 1 bath, fireplace, hardwood floor, 2 off-street parking, laundry. No pets. No smoking. 619-281-5131.

NORTH PARK. \$795. 1 bedroom, 1 bath house. Small yard. No pets. 4115 Van Dyke Avenue. www.cal-prop.com. 858-483-3534.

NORTH PARK. \$795. 1 bedroom, 1 bath house. New carpet with yard. Gated parking, cat only. Available 7/15/09. 3124 University Avenue. www.amgsd.com. 619-295-1165.

NORTH PARK. Charming 2 bedroom, 1 bath cottage, \$1195. Wood floors, new ceramic floors, stove, refrigerator. Pet negotiable. 3139 Boundary Street. 619-804-3325.

NORTH PARK. 1/2 off 1st! \$2150. Extra large 3 bedroom, 3 bath home, garage, family room, fireplace, washer and dryer hookups, yard. Cat OK. 3242 Lincoln Avenue. 619-804-3325.

OCEAN BEACH. 4752 Cape May, 2 bedroom, 1 bath house. \$1650, \$1700 deposit. Refrigerator, stove, washer/dryer hookups. No pets. 619-226-7368 or www.bkbinc.com.

PACIFIC BEACH. \$1695, 863 Opal. 2 bedroom, 2 bath. Block beach. Private

yard. Painted, new carpet. Storage shed. Parking. Washer/dryer hookups. Available 6/30/09. 775-219-5305.

PACIFIC BEACH. \$2350. 3 bedroom, 2 bath house, patio, fireplace, washer and dryer hookups. Fee. Free search at www.westsiderentals.com. 619-367-3333.

PACIFIC BEACH. \$2500/month. 2 bedroom, 1 bath. 1 car garage. Large, gated backyard. Walk to Kate Sessions Park. Pets OK. Available July 1. 858-334-9517.

PACIFIC BEACH. \$2900. 4 bedroom, 2 bath house, 2 car garage, laundry, quiet area of Pacific Beach. No pets. Enclosed patio. One-year lease desired. Call Coldwell Property Management. 858-488-2228.

PARADISE HILLS. \$1300. Nice, remodeled 3 bedroom, 1.5 bath duplex. Laundry hookups, 2-car parking, small pet considered. 5534 Cumberland, 92139. 619-435-0387; cell, 619-206-3089.

RANCHO PENASQUITOS. \$2950. 4 bedroom, 2-1/2 bath home. Washer/dryer. Double garage. Pool. Jacuzzi. Close to shopping/ Carmel Mountain School. Near Freeway 56. 619-944-9393. 619-640-7530.

SANTEE. \$1795. 4 bedroom, 2 bath house. 2 car garage. Large front yard, patio in backyard. Pet OK. 9148 Northcote Road. www.cai-prop.com. 858-483-3534.

SCRIPPS RANCH. \$3600. 5 bedroom, 4 bath, 3 car garage. Beautifully landscaped, must see! Large house, fireplace, fire pit in backyard. 11315 Willis Creek Road. www.sdforrent.com. 619-640-7530.

SERRA MESA. \$1750. Available early July. 3 bedroom, 2 bath. 1-car garage. No pets allowed. Corner lot. Air conditioning, washer, dryer. Harcourt Drive. Agent, 619-692-4121.

SOLANA BEACH. West of Highway 101. 2 bedrooms, 2 baths, Jacuzzi. Marble/hardwood. Chef's kitchen. Washer/dryer. Garage. Private backyard. No smoking! Pets. \$2995. 858-722-5824.

SOLANA BEACH. \$1925. Large 2 bedroom, 2-bath house, 2-car garage. No pets. Washer/dryer. Fireplace, patios, appliances. Carpet. Nice! 103 Guerrero Court. 619-275-3455.

RENTALS APARTMENTS / CONDOS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

ALPINE. Alpine Creek Apartments. Huge 1 bedroom apartment, \$850. 2 bedroom, 1-1/2 bath townhome, \$1095. 800-1200 square feet, stone flooring in entry and kitchen, spacious living room and dining room, washer/dryer in unit. No pets. 1950 Arnold Way. Move-in bonus! Call 619-445-8392.

ALPINE. 55+. Spacious, luxury living. 1 bedrooms, \$845. 2 bedrooms, \$940. \$99 deposit OAC. Creekside Meadows, 1750 Arnold Way. Call 619-445-2480.

ALPINE. Free rent until 6/30; on same day sign lease! 2 bedrooms, \$1205. \$99 deposit OAC. Newly remodeled. Private garages, fireplaces, vaulted ceilings. Resort-size pool and spa. Alpine Woods, 1829 Arnold Way. 619-445-1341.

Assisted Living East County

Assisted living. Renting 2 rooms in private home— meals, transportation, personalized living assistance and care. \$1300/ month. References available. Kate, 760-458-2151.

BALBOA PARK, EAST. \$1350. Large 2 bedroom, 1 bath. Forest-like setting. Big balcony. Vaulted ceiling. Remodeled kitchen. Storage. Carport. Secured building. Very quiet. Laundry. Gated community. No pets. 619-299-1530.

BANKER'S HILL. Cozy, affordable studios and 1 bedrooms in vintage building. Close to park and Downtown. Some utilities paid. Laundry facility. No pets. 619-234-7572.

BANKER'S HILL. \$875, utilities paid. Studio apartment, corner unit, extra windows, remodeled building, electronic entry. Parking. On-site laundry. 1820 4th Avenue. No pets. 619-300-1365, 619-588-4106.

BANKER'S HILL. \$1625. 2 bedroom, 2 bath. Bay view, parking, balcony. Air conditioning, washer/dryer. 805-264-1250.

BANKER'S HILL. \$775. Studio bedroom, 1 bath apartment. Beautiful views. Cat OK. 2230 Albatross Street #8. 858-483-3534. www.cal-prop.com.

BANKER'S HILL. \$1395. 2 bedroom, 1 bath. Classic Spanish-style unit. Spacious. Sunny. Must see. 2421 Fifth Avenue. Xlarent.com, 619-683-7638.

BANKER'S HILL. Elegant cottage. 2 bedroom, 1 bath. Stainless steel appliances. Hardwood floors. Granite counters, crown molding, private laundry. Partial view. Pets welcome! Street parking only. \$1700. 2119 2nd Avenue. 619-221-9191.

BANKER'S HILL. \$2600. 3 bedroom, 2 bath home, remodeled duplex. Laundry hookups. Private backyard. Quiet pets OK. Minimum 1-year lease. Available immediately. Owner, 619-255-9767.

BANKER'S HILL. \$1200. Rare vacancy. Huge 1 bedroom, 1 bath. Separate dining room, walk-in closet. Off-street parking. Pets on approval. Secure building. 619-233-7134.

BANKER'S HILL. \$860. View of park! Large, remodeled 1 bedroom in quiet, well-kept classic building designed by Gill. Appliances, gas included, laundry facilities. Near bus. No pets. 619-236-0452.

BANKER'S HILL. 1/2 off 1st! Extra large studio and 1 bedroom, \$750 and up. Wood floors, full-size kitchen, gated complex, laundry, cat OK. 2241 4th Avenue #203. 619-300-9487.

BANKER'S HILL. \$825. 1/2 month free! Charming, quiet, clean studios across from Balboa Park. Security gated. Utilities paid. Laundry. 3105 Fifth Avenue. 619-829-1786; 619-795-3284.

BANKER'S HILL. \$875. Cute 1 bedroom. Nice wood floors. Near Balboa Park/ downtown. Gated. Laundry facilities. Small pet OK. 1822 Third Avenue. 619-518-6985 or 619-992-7791.

BANKER'S HILL. Studios starting at \$800. Perched high above beautiful San Diego Bay. Laundry, barbecue. Community deck. Charming gated building with an artisan's touch! 128 Maple Street. Agent, 619-234-1994.

BANKER'S HILL/DOWNTOWN. \$1295. 1 bedroom townhouse. Very private. Spacious. Hardwood floors. Laundry. Patio. Free parking. Pets OK. Available now. Call Steve, 619-696-7500.

BAY PARK. \$1450. Deluxe, top floor 2 bedroom, 2 bath. Panoramic sailboat views/ your terrace! Dishwasher. Gated. Laundry. Parking. Cats! Beach/ freeway. 2805 Morena. 858-459-1544.

BAY PARK. 2 bedroom, 1 bath. Parking. Small pet. Laundry on site. Dishwasher. Remodeled. \$1200. 5562 Lauretta. 858-490-1600.

BAY PARK/MISSION BAY. \$815. Remodeled, large studio apartment. Parking. Paid utilities. No pets. New

appliances. New carpet/ paint. Laundry. 3431 Del Rey Street. 619-275-3455.

CARLSBAD. \$1250. Spacious 2 bedroom, 1 bath apartment, completely renovated, beautiful landscaping. Carport, on-site laundry. Close to village/ beach. No pets. Lease. www.thepalmsapts.info. 760-505-7736.

CARLSBAD. \$1325. 2 bedroom, 2 bath apartment, 2-car garage parking, close to beach, great location. Fee. Free search at www.westsiderentals.com. 619-367-3333.

CARLSBAD. \$1375. 2 bedroom, 1-1/2 bath townhouse- style unit in small complex. Carport, community laundry room, fenced back patio. 2950-F La Costa Avenue. Leasing Unlimited, 760-436-7273.

CARLSBAD. Beautiful 1 and 2 bedrooms from \$1150. Some with fantastic views! 1 month free with 1-year lease; or 1/2 off with 6 months. Pool, community laundry. Gated parking. Barbecue areas, spacious floor plans. Walk to the beach! No pets. 2303 Ocean Street. 760-434-7721.

CARLSBAD. 1 bedroom at \$875. Small complex with off-street parking. Remodeled. Laundry. Only blocks to Carlsbad beach! No pets. 3366 Roosevelt Street. Agent, 760-434-7721.

CARLSBAD/ Sabrina Greens. First month free! \$1650. 2 bedroom, 2 bath, downstairs. Fenced patio, freshly painted, 2 parking spaces, community pool and spa. 2625 Pinnacles #120. Leasing Unlimited, 760-436-7273.

CARLSBAD/ LA COSTA. \$1325. Large 2 bedroom, 2 bath with full-size washer/dryer, air conditioning, fireplace, pool/ spa/ sauna. Alicante Views is a special place above the La Costa Golf Course. Pet friendly. 2391 Caringa Way. Open daily. Price match! TTPM, 760-431-7575. www.alicantevIEWS.com.

CARMEL MOUNTAIN RANCH. \$1800. 2 bedroom, 2.5 bath, dual master suites. Former model, 1366 square feet, gourmet kitchen, 2-car garage, 24-hour gate guard. 18706 Caminito Pasadero. www.centricity.net. 619-296-6699.

CARMEL VALLEY. \$1795. 2 bedroom, 2 bath condo with beautiful valley views. Granite counters, stainless appliances, new carpet. 1-car garage. Washer/dryer. No pets. 3825 Elijah Court #334. www.cal-prop.com. 858-483-3534.

CARMEL VALLEY. 1 and 2 bedroom remodeled apartments, new appliances. Full-size washer/dryer. State-of-the-art fitness center, complimentary personal trainer. Heated competition lap pool. Lighted tennis courts. Free tennis/ swimming lessons. Pro tennis instructor. Sorry, no pets. The Club Torrey Pines, 12646 Torrey Bluff Drive. 1-866-354-2096. www.torrey.cc.

CASA DE ORO. Conrad Villas. 3917 Conrad Drive. 1 bedroom, 1 bath, \$895. 2 bedroom, 2 bath, \$1095. Large cottage apartment with huge patio on special \$1295! Most utilities included. Call today, 619-697-6323.

CHULA VISTA. Pets welcome! Large pool. Air conditioning. Gorgeous landscape with barbecue/ picnic areas. Extra large 24-hour laundry facilities. Unique floor plans (37 choices). Easy access to freeways and convenient to shopping and restaurants. Studios from \$875. 1 bedrooms from \$995. 2 bedrooms from \$1235. To schedule a visit today, call 888-292-0645!

CHULA VISTA. \$1150. 2 bedroom in quiet courtyard. Air conditioning, pool, spa, on-site laundry, secured parking. No pets. 212 Palomar. Call Gaby, 619-426-1381.

CHULA VISTA. \$99 moves you in! 2 bedroom, 1 bath, \$950 with \$500 deposit. Pool, laundry room. Close to mall/ freeway. No pets. Available now. 433 D Street. Call 619-757-8896.

CHULA VISTA. \$875. 1 bedroom in beautiful garden property with central vacuum and air conditioning. Controlled access parking. Coin laundry. No pets. 161 Fifth Avenue. TTPM, 619-420-8161.

CHULA VISTA. Large 2 bedroom, 2 bath apartment. Gated, central air,

dishwasher, patios, laundry, off-street parking. No pets. \$1200. Deposit \$800. Available now. 619-425-6511.

CHULA VISTA. \$775/ month. Low \$150 deposit. 1 bedroom, fully furnished. 2 blocks from Chula Vista Center and trolley. Off-street parking. Laundry room. 5211 Park Way. Office open daily (near Fifth and G). 619-420-5084.

CHULA VISTA. Large 1 bedrooms at \$850. Well-maintained property, gated community. Air conditioning, community laundry, off-street parking. No pets. Close to shopping, freeway and trolley. 2887 Main Street. Agent, 619-691-9377.

CHULA VISTA. \$795. 1 bedroom, 1 bath with all utilities included! New paint, flooring. Best deal in South Bay. On-site parking and pool. Clean, quiet, secure. 540 Flower Street. Call Krista: 619-425-5451; or Rachael: 619-804-1044.

CITY HEIGHTS. Large 1 bedroom. Totally remodeled. New carpet, paint, tile, countertops, vanity. Blinds, parking, washer/dryer on site, \$750. 619-368-9410.

CITY HEIGHTS. Move-in special. \$200 OAC. Parkore Senior Community. 1 bedroom, 1 bath, \$695. Balconies, dishwasher, air. TV room, recreation room. Free daily coffee! Section 8 welcomed. Agent, 619-229-9171.

CITY HEIGHTS. \$775. 1 bedroom. Credit check \$25 fee. Move in incentives. Gated community. Secured assigned parking. Laundry on-site. Pool. New carpet, new appliances. Clean & excellent. Convenient location, close to shops and dining, buses/transit. Nearby school and park. No pets. Contact Art at 619-283-9993.

CITY HEIGHTS. \$1700. Modern, spacious 2 bedroom home. Small, gated complex. Fireplace, washer/dryer, patios, attached garage. Year lease. \$35 per adult application fee. No pets. Stevens Real Estate, 619-422-3810.

CITY HEIGHTS. 2 bedroom with private patio, \$825, \$625 deposit. Secure and convenient. No pets. Nonsmoking and quiet. Laundry. 619-521-2050.

CITY HEIGHTS. \$800. 1 bedroom, 1 bath. Spacious, downstairs apartment. Access to shopping. Available now. 4222 Chamoune Ave. www.amgsd.com. 619-295-1165.

CITY HEIGHTS. \$800. 1 cuarto con baño. Con espacio, apartamento al nivel del piso. Cerca de tiendas. Disponible ahorita. 4222 Chamoune Ave. www.amgsd.com. 619-295-1165.

CITY HEIGHTS. 2 bedroom, 1 bathroom, 4-plex. Close to everything. On-site laundry. \$875/month. \$875/ deposit. Pets negotiable. 4812 Castle Avenue. Habla español. 619-995-1925, 619-995-1924.

CITY HEIGHTS. \$675. 1 bedroom, 1 bath. 1 parking space. On-site laundry. Close to freeways. No pets. 4348 37th Street. 1/2-off first month's rent! Agent, 619-640-2402.

CITY HEIGHTS. Recently remodeled 1 bedroom four-plex; fenced yard/ security gates; off-street parking. Small pets OK with additional deposit. \$750/month, \$750/ deposit. 4247 Poplar Street. 858-279-3023.

CITY HEIGHTS. 1 bedroom, 1 bath apartment, \$700. Assigned parking, tile floors, upstairs, water/ sewer/ trash included, Section 8 OK. 4366 51st Street #6 and #8. People Helping Others Property Management, 619-282-5400. peoplehelpingothers.com.

CITY HEIGHTS. \$750. 4275 Chamoune Avenue. 1 bedroom, 1 bath extra-large upstairs, carpet, central air conditioning, laundry room, plenty of parking not assigned. No pets. Section 8 OK. 1 bedroom, 1 bath downstairs, \$725, same amenities. Both available now. Phillips Realty, 619-291-6686.

CITY HEIGHTS. 2 bedroom, 1-1/2 bath townhome. Patio. 2 parking spaces. Private canyon setting. Laundry. \$899. 858-568-5081.

CITY HEIGHTS. \$950 rent. \$800 deposit OAC. Large 2 bedroom, 1 bath condo. Parking space, laundry, No pets, at 4377 Marlborough Street #1. Agent, 619-299-8515.

SERVICES

Granite kitchen countertops only \$1,499

Includes 30 square feet of granite, bullnose edging, plywood subtop, demo and disposal of old counters and undermount sink cutout.

Certain restrictions apply. Expires 7/1/09.

Free in-home estimates. View your future kitchen with our free advanced 3D visualization program!



Kitchen remodels at wholesale prices!

9550 Distribution Ave.
San Diego 92121

Lic. #915821

www.dodca.com

Se habla español

Free in-home estimates
888-281-5390

\$20 off any Tuesday, Wednesday or Thursday service

(\$100 minimum applies) Must present coupon at time of service. Not valid with any other discount. Residential only. Certain restrictions may apply. Valid in San Diego County only. Call for details. Service must be completed by July 27, 2009.

Don't do it yourself – sit back and relax! Call the experts at Stanley Steemer today!
Carpet, upholstery, tile and grout, area rug cleaning!



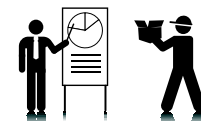
STANLEY STEEMER.

1-888-STEEM2000

Schedule on-line at: www.stanleysteemer.com



SERVICES DIRECTORY 619-235-8200



HOME

BATHROOMS

Tubs Refinished

Refinish your old, worn-out bathtubs/ sinks to look like new! Fiberglass and porcelain. All work guaranteed. Lic-560438. Bath-tubs & Sinks Refinishing Company. 619-464-5141.

Bathroom Specialist

www.QualityHomeRemodeling.com, Lic #804151. Complete remodeling from conception to completion. Quality work, affordable prices. All work guaranteed. Great referrals. Unbelievable transformations. Free estimate 619-252-3415.

BEE REMOVAL

Fast response bee removal

Don't kill the bees!
Serving the San Diego area
619-861-4262



CARPENTERS

No Job Too Tall

No job too small—Tall-T-Carpenter and General Contractor does it all! Dry rot, additions, decks, patios, remodels, repairs. Tall-T-Carpenter, Lic-649090. Call 619-672-1164.

CARPETS

Special! 3 Areas \$49

\$59 Sofas! Superior carpet/upholstery cleaning. Spot treatment, steam clean, spin-dry, 25 years' experience. 100% satisfaction guarantee. JPC Cleaning, 619-322-3673.

Famco Carpet Cleaning \$15/room

Apartments, minimum 3 (free hallway). Townhomes: 2 bedroom, \$65. Tile/grout, upholstery. Truck mounted. Free estimates. No hidden fees.
★ ALSO: HOUSECLEANING SERVICES ★
619-820-7260

CHILD CARE

Summer Camp \$95

Organized sports, crafts, field trips, ages 5-12. Preschool: Excellent academic curriculum. Ages 2-5. Open 6:30am-6:30pm. Only \$95/week. Hot meals available. 619-665-7878.

CLEANING

ACleaningSystem

Residential or offices. Deep cleaning, even on a maintenance level! High quality trained professionals. Free quotes! www.acleaningsystem.com, acleaningsystem@hotmail.com or call 619-246-6511. We appreciate your business.

Dust Bunnies?

Personalized service by experienced professionals. Move-outs, spring cleans, vacation homes, remodeling cleanup, small offices, residential. Phone quotes! Art of Clean Agency, 858-270-5558; 619-276-5558.

Cleaning Specialist

at your service. Detailed. Weekly, bi-weekly, monthly. Residential/ commercial/moveouts. 25 years' experience. Call for free estimate. We'll be your last call. 619-634-3346.

Attention Movers!

Specializing: Move-ins/ move-outs and construction site clean-ups. We clean until it shines! We do windows! Free estimates! BBB member. Liza's Cleaning. 619-864-2375; 619-640-0411.

CONCRETE

RW Masonry Company

Beautiful your home at lower prices. Concrete, custom walls, driveways and courtyards. Stamped concrete, stone and brick. Lic# 506342. 760-789-6720. www.rwmasonry.com.

CONSTRUCTION

Garcia's

Construction. Specializing in: New homes, remodels, additions, painting, drywall, stucco, tile, plumbing repair. Roofing. Concrete. Lowest rates! Lic#898089. Bonded/ Insured. Cell, 619-788-1646.

858-531-1635

Windows, doors, kitchens, baths, more.
All of San Diego.
Lic. 801137

Robert White Construction

Kitchen Remodel

and bath, room additions. Marron Construction, General Contractor. Lic#925064. 15 years' experience. Any size job. Commercial/ residential. maronconstruction@yahoo.com. Call for free estimates. 619-750-3786.

CONTRACTORS

NOTICE TO READERS: California law requires that anyone performing construction work on jobs that total \$500 or more in labor and materials must be licensed by the Contractors State License Board.



Reliable • 30 years exp.

Remodels • Additions • Decks
Patios • Fences • Window Replacement
Painting • Drywall • Stucco Repair
Free Estimates • Lic 825676
619-749-0772

ELECTRICAL

Free Estimates!

All your electrical needs. Fast, friendly service. Commercial/ residential. Service upgrades, remodels, troubleshooting, ceiling fans, can lights. Satisfaction guaranteed. Lic#917066. Rotunda Electric, 619-818-9726.

Quality Affordable

Clean, quality work. All types electrical work. Residential/ commercial. Service/ repair, panels, custom lighting, spas. Bonded/ insured. Lic#903497. Free estimates! Jacobs Electric, 619-843-9291.

FLOORING

★ UNITED FLOORING CO. ★
★ 619.646.2474 ★
★ • Hardwood • Carpet ★
★ • Resurfacing • Vinyl ★
★ • Laminate • Tile/VCT ★
★ Don't spend a fortune. Call us ★
★ first, then compare. We do it all ★
★ for the best price in town. ★
★ Save \$\$\$ today. Lic. #824009 ★

GARDENING

Blue Collar

Maintenance, clean-up hauling, weed abatement. Honest pricing for honest work. Free estimates. Contact Sean 858-625-1212.

Vu's Gardening

Yard maintenance, tree trimming, hauling, sod, sprinkler systems, clean-up, weeding. Call 619-838-8969.

GLASS AND MIRROR

Tub And Shower

doors. Mirror doors. Patio doors, windows and screens. Textured glass. Heavy glass to 3/4" thick. Install/ repair/ sales. Lic-471954. Jeff, 858-576-4321. akaglassguy.com.

HANDYMAN

Free Estimates

Handyman. Kitchens, baths, fences, decks, woodwork, plumbing, basic construction/ electrical. No job too large or too small. 619-665-7116.

M.A.R. Handyman

Electric/ plumbing. Carpentry. Tile, flooring. Home repair. Free estimates. Quality work done the first time! Lic#921601. BBB Member. Mark, business: 619-269-0585; cell, 619-674-3253.

I'm Back!

Small— Large. Kitchens. Baths. Doors. Windows. Tile. Drywall. Baseboard. Decks. Fences. Minor electrical and plumbing. Termite/ dry rot repair. References. Bill Merti, 619-546-1923.

Cheap Handimen

Remodeling, plumbing, electrical. Kitchen and bathroom remodels. Drywall, painting, decks, concrete, roofs. Rentals. 7 days a week, after hours. Licensed and insured. 760-298-3850.

Floor Covering

10% discount with ad. Commercial/ residential. Installation, bamboo, hardwood, engineered, laminate floor, tile, carpet/ vinyl. Quality work! Free estimates. Unlicensed. 619-934-9326; 760-960-0300.

Handyman Work

Electric, plumbing, carpentry, drywall, texture, painting, baseboards, molding, doors, windows, flooring, deck work and fencing. Free estimates. 760-805-9207.

Handyman Services 619-210-3981

14 years—FREE estimates, interior/exterior painting—all moulding, plumbing—electrical—drywall—interior remodeling. Unlicensed. References. Luis.



"One Call" Does It All!

12 years' professional painter/handyman. Unlicensed. Commercial/residential (inside/out). Paint, install, maintain, repair. Free estimates! Low rates. Inquire about discounts! References. Satisfaction guaranteed! Name it...we can do it!
619-260-3791

HAULING

Hojon's Demolition/Hauling

Beat any price! Removal: concrete, debris, REO/ yard cleaning. Excavation. Bob Cat Work. Weed abatement. Delivery. Tree trimming haul off. Senior discounts. Member BBB. Free estimates. Lic#881213. 20 years' experience. 619-204-2422. www.sandiegodemolitionservices.com.

\$30/Hour!

Clean 24' enclosed truck with lift gate/ dollies. Fully equipped. Furniture, recyclables. Residential/ commercial heavy lifting. Reliable and experienced. All areas. 619-528-1877.

Leon's Hauling

Appliances, furniture, garage. Reusables haul free! 24-hour service. 619-702-3270.

Hauling only \$99

Residential junk: yard clippings, appliances, furniture, recyclables, demolition, concrete, sod removal. Insured. 858-200-7130

LANDSCAPING

Quality Landscaping,

Design, concrete, pavers, flagstone, water features, lights, synthetic grass, patios, block, barbecues, fireplaces, fences, sprinklers. 10% off today. 760-532-6878.

MOVING

NOTICE TO READERS: Companies moving household goods within California must be licensed by the California Public Utilities Commission and display their CAL-T permit number.

All About Moving

First class, full service moves at reasonable rates. Exactly what you expect and deserve. Locally owned. Licensed/ insured. CAL-T-189508. Tom Floodberg, 619-247-8018.

Stern Moving

We will be proud to move you. Individually owned. Terrific references. Experienced. The most reasonable rates. Insured/licensed. Cal-T-145775. Please call 619-697-1694.

Birditt Moving

We are a full-service moving company. Specializing in senior citizen relocation. Serving San Diego 18 years. We help you downsize, ship, pack, move, unpack, re-settle, organize. Free estimates, wardrobes. Professional. Courteous. Reliable. Licensed, insured. (CAL-T-176377.) Call 619-258-8155.

ORGANIZING

Procrastinating?

Spend more time looking for things than living? Clear it out and clean it up. "At Ease" Home and Office Organization, Lori Anderson, 619-733-8139.

PAINTING

FAST PAINTING

Detailed, quality work by licensed painter with 15 years experience and local references. Interior, exterior, trim work, crown moulding, baseboard. Competitive pricing!
619-920-9400
Lic. #909913

A List Painting

Professional service – honest prices. 15% Senior Discount. Interior/exterior. Stucco repairs, drywall/texture, sanding, priming, sealing, staining. Bonded/insured. BBB. References. Lic. #710231
John: 619-665-0754

PLUMBING

45-MIN. AVG. RESPONSE

No extra charge for weekends or nights!
SOS Rooter, available 24/7.
Serving San Diego for over 35 years.
MENTION THIS AD FOR A \$20 DISCOUNT.
619-231-6670 • 858-566-2662
760-480-1700 • Lic#696549.

POOLS

We Re-Do Your Pool

Pool, replaster, repairs and more. Since 1984. Free estimates. BBB member. California State Lic-452824. Call Ruben at Baja Plastering. 800-985-4457; 619-254-4455.

Pool/Spa Service

First month free! Most pools \$90/ month plus chemicals. Spas \$50/ month. Filter cleaning, acid wash, pump/ filter installation. Mike: 619-200-0317. spadog@cox.net.

STUCCO

AC Plastering

10% Discount. Interior plastering, repairs. Exterior, re-stucco. Custom quality work, clean, reliable. 20 plus years' experience. Reasonable. Work guaranteed! Lic-694956. Arlex, 619-846-2734; 619-265-9294.

Dwayne Snider Stucco & Plaster

Restucco, hydroblast, patching, painting, drywall, res./com.
619-646-5862
Lic. 926100
drstuccosd.com

TELEPHONE SERVICES

Telephone Expert

Business/ residential. Replaces AT&T. 24 years. Phone jacks, roommates, fax, computer networking, cable TV, wall-mount TVs. Professional, honest, dependable. Lic-807261. 858-452-7413; 619-992-7413.

TILE

Repair Specialist

Tiles replaced, acid wash, regrouting, re-sealing. Showers, floors, countertops, pools, Jacuzzis. Sinks replaced. Custom designs. 35 years' experience. Ken, 760-727-3938.

WELDING

WELDING

• Mobile Welding
• Rails, Fence
• Interior design
• Repair fabrication
• Specialist in inertshield
232, 311, 7018, plus more...
• 232 Certification
619-820-7260

COMPUTER

COMPUTER

Computer Help?

Computer and Network repair service performed by certified technician. Free estimates. Fast response. Affordable prices. On-site service. 619-618-0377. www.eikohsolutions.com.

BUSINESS

BUSINESS

Building Permits

Engineering, architectural design and more. Rapid plan/ permit approvals on new or existing home/ commercial projects. Free no obligation consultation. IDG. 619-861-7016. www.id-group.us.

RESUMES



GET THE JOB YOU DESERVE
Résumés • Image Transformation
Cover Letters • Interview Prep
Results beyond your imagination!
www.impress-express.com
(858) 459-7400

Résumé help

IF YOU IMAGINE KNOWING A COMPANY THAT WOULD INTERVIEW YOU, YOU CAN DEVELOP A BETTER RÉSUMÉ!

I can help...
jefferyb1122@hotmail.com
Jeffery • 858-342-4802
Reasonable rates

FINANCIAL

BANKRUPTCY

Bankruptcy \$1099 Complete

Includes fees. Attorney Roger Stacy, 888-210-4813. Free consultation. Appointments available on Saturdays. Se habla Espanol.

Bankruptcy Attorney

Free consultation. Stop creditor calls and foreclosure. Erase debt forever. Erase second mortgage. \$100 starts attorney protection. Daniel Shay Law. www.SanDiegoBankruptcyNow.com. 619-222-SHAY(7429).

LOANS

Need Cash Fast

\$500, \$1000, or \$1500 direct to your account. No credit history required. Get cash now. For complete details go to www.topprintcash.com. (AAN CAN)

LEGAL

FAMILY LAW

Divorce

No contest divorce can save you thousands. Customize family law representation to fit your objectives/ budget. Chris Dryden, 760-448-2152. Global Legal Resources, LLP, 888-846-8901.

ATTORNEY

Arrested

for drunk driving, domestic violence or drugs? Protect your rights! Attorney Joshua Hershon, 760-448-2153. Get Global Legal Resources, LLP, fighting for you! 888-846-8901.

Loan Modifications

In default/ near default? Attorney— Real Estate Broker will work to get home loan modified. Low overhead. Reasonable rates. Call 619-804-2486. www.straightarrowsservices.com.

CRIMINAL DEFENSE

Got Warrants?

Not sure? Check your record at http://apps.sdsheriff.net/warrant/waar.aspx. Call attorney Joshua Hershon at 760-448-2153. Get Global Legal Resources, LLP, on your side! 888-846-8901.

PERSONAL

HOME CARE

Caring For You

Live in or out. Will drive you to your appointments and care for you like family.

Elderly Caregiver
Deborah Williams
858-568-1986

PRIVATE INVESTIGATOR

Hire A P.I.

Get reliable facts— make informed decisions. Confidential, discreet private investigator for individuals/businesses. Expert information gathering: surveillance, background research, unlawful discrimination investigations. 800-949-2049. www.CaliforniaLaborSolutions.com. Plic#26311.

Reader Pop Quiz

This week's questions

1. What's the local noshery that Naomi Wise reports is offering "Free Food Tuesdays"?
2. "The Mexican Ramones" described what local punk-rock originals, reuniting in town on Thursday, June 25?
3. Ed Bedford meets a movie star — sort of. What item from Big Kahuna's made an appearance in *Pulp Fiction*?
4. How were NHL star Chris Chelios and rock star Eddie Vedder acquainted with each other years and years ago?
5. Scorpions guitarist Uli Jon Roth has created an instrument he calls the ___ guitar.
6. Josh Board justifies his actions in a stranger's kitchen by telling his girlfriend, "Hey, it's a party. If I see ___, I'm eating one."
7. The six members of alt-rockers Marquez! live in what three cities?
8. Local musician Phil Bellante says _____ kept playing keyboards into her nineties.
9. Musician Sara Petite gets described as a "country version" of what alt-rock songstress in this week's local record review?
10. *The Fantasticks* is currently running at the Lamb's Players Theatre, but starting in 1960, it ran for roughly how many thousands of shows?

Last week's answers

1. Tiffany, aka Tits McGee. (p. 26)
2. "Sludge." (p. 66)
3. Dinosaur Jr. (p. 76)
4. The Java Mama Café. (p. 24)
5. Janis's bottle of Southern Comfort. (p. 72)
6. Light a match above the toilet and drop it in. (p. 159)
7. Forty years. (p. 70)
8. False. (p. 21)
9. He slaps and punches Turner. (p. 68)
10. 112 degrees. (p. 100)

Last Week's Winners:

Ken Marsh, Millicent Kent, Kasey McGill, Natanael Roberts, and Julie Liu

Rules Pop Quiz answers must include page numbers from the *Reader* print edition on which the answers are found. First five entrants to deliver correct sets of answers win Reader T-shirts or \$25 (indicate preference). Answers must be submitted by Monday at 7 a.m. after the issue in question. Only one winner per household or email address per month. Multiple entries will be disregarded. Mail answers to: Reader Pop Quiz, SD Reader, Box 85803, San Diego CA 92186; or fax to 619-231-0489; or email to Quiz@sdsreader.com; or deliver to 1703 India Street in Little Italy (we have an after-hours mail slot).

CITY HEIGHTS/ TALMADGE. \$850. Nice 2 bedroom, 1 bath apartment. Quiet building. Upstairs. Large rooms. Coin laundry. Cat OK. 4438 Menlo Avenue. Agent, 619-469-7790. www.westmanproperties.com.

CLAIREMONT \$1165 plus deposit. 2 bedroom, 2 bath. new carpet. Gated entry. Indoor kitten OK. Wood burning fireplace, icemaker. Laundry room. Call 858-337-8054; 858-637-9137.

CLAIREMONT. Move-in special! From \$1235. 2 bedroom, 1-1/2 bath. Large, sunny townhomes. Pool. Parking. No pets. The Gardens, 5544 Balboa Arms Drive. Call 858-278-5862.

CLAIREMONT. \$1195. 2 bedroom, 1.5 bath townhouse overlooking canyon. Quiet triplex, cul-de-sac. New wood floors/ carpet, balcony, on-site laundry. Near Clairemont Square. No pets. 619-286-3400.

CLAIREMONT. 1 bedroom, 1 bath, \$995. Parking, pool. Laundry on site. Gated. 5150 Balboa Arms Drive. Call Thea, 858-571-0104.

CLAIREMONT. 1/2 off first month's or 1 month free! \$850-\$1150. 1 and 2 bedroom. Balcony, pool, laundry, off-street parking. 7322 Mesa College Drive. 858-560-6204.

CLAIREMONT. Free continental breakfast buffet, maid/ linen service! No lease! Free utilities! Studios starting \$1195/ month*, weekly starting \$395* (subject to change, based on availability). 6-month lease program. Heated pool/ spa. Laundry. Microwave. Refrigerator. Easy freeway access. Centrally located. High-speed Internet. California Suites Hotel, 5415 Clairemont Mesa Boulevard. 888-475-7147. www.sdsreader.com/news/rent2035.

CLAIREMONT. \$1225. Remodeled 2 bedroom, 1 bath duplex. One-car garage. No pets. New tiles. New stove. Appliances. Fenced yard. Clean. 3627 Joplin Avenue. 619-275-3455.

Senior 55+
Clairemont. \$895. 1 bedroom apartment, freshly painted, on-site laundry. Near bus.

No pets. Available now. Section 8 welcome. Appointments only. 858-735-4099; 858-560-8362.

CLAIREMONT/ BAY PARK. \$1150. 2 bedroom, 1 bath. Large, upper corner unit, on-site laundry, assigned parking. Near Mission Bay. 2537 Chicago Street #10. Agent, 858-560-1178.

CLAIREMONT/ BAY PARK. \$995. 1 bedroom, 1 bath duplex with yard, 1-car garage and parking space. 3240 Jemez Drive. Agent, 858-560-1178.

CLAIREMONT/ KEARNY MESA. Wexford Manor. Large 1 and 2 bedrooms in beautiful complex with pool, spa, laundry, air conditioning, dishwasher. Sorry, no pets. \$995-\$1275. Photos at www.wexfordliving.com. 7870 Stalmer Street. 858-277-4843.

CLAIREMONT/ SERRA MESA. 3 bedroom, 2 bath. \$1725. Pool, amenities. New paint, carpet. Close to I-15, 163. Available 7/1. Pets OK with deposit. Craig's: #1218447499. 858-829-1268.

COLLEGE AREA. \$1375. 3 bedroom, 2 bath apartment in contemporary building, central air conditioning. Security underground parking. Year lease. 4742 Seminole Drive. Call 619-469-0031.

COLLEGE AREA. \$1150/up. Large 2 bedroom, 1 bath. Totally refurbished, off-street parking, on-site laundry. Water/ trash paid. Section 8 OK. Pet on approval. 858-455-5956.

COLLEGE AREA. \$1350. Two luxury master suites. 2 bedroom, 2 bath. Deck, pool, hardwood floors. Quiet location, near shopping. Covered parking. Available late June-7/1. 619-850-4545.

COLLEGE AREA. \$1195 +. 2 bedroom, 2 bath condos. Hardwood floor. New carpet/ tile. Balcony/ patio. Gas stove, microwave. Central air/ heat. Dishwasher. Washer/ dryer hookups. Gated. 2 miles to SDSU. Near all/ golf course. Pets upon approval. 5170 Orange Avenue, 92115. **1 month free**, for details call 619-285-3822.

COLLEGE AREA. Large, extra nice 3 bedroom, 1 bath, \$1350. Patio, 2 off-street parking spots, new carpet, on-site laundry. No pets. Available now. 619-564-8764.

COLLEGE AREA. \$795. 1 bedroom, 1 bath apartment, month-to-month lease, great location near SDSU. Fee. Free search at www.westsiderentals.com. 619-367-3333.

COLLEGE AREA. \$975. 2 bedroom, 1 bath apartment, 6-month lease, pool, parking included. Fee. Free search at www.westsiderentals.com. 619-367-3333.

COLLEGE AREA. \$850 rent, \$700 deposit OAC. Upper 2 bedroom, 1 bath apartment. Newer carpet, parking lot, laundry, no pets at 6735 El Cajon Blvd. #B-5. Agent, 619-299-8515.

COLLEGE AREA. \$1350-\$1400. 2 bedroom, 2 bath, air conditioning, parking, coin-operated laundry, walk to SDSU. Available August 2009. 5565 Hardy Avenue. www.stevenleproperties.com. 619-295-1161.

COLLEGE AREA. \$850. 1 bedroom, 1 bath apartment. Reduced move in. Gated community. Section 8 welcome. Laundry on site. Off-street parking. Close to transportation. 4310 54th Street, Units #201, #102. www.sdforrent.com. 619-640-7530.

COLLEGE AREA. \$750 month-to-month. Large, quiet 1 bedroom apartment. Assigned parking, beautiful patio, air conditioning. No pets. 4444 49th Street, north of El Cajon Boulevard. 858-278-6135. 619-309-5039. 619-549-9542.

COLLEGE AREA. \$750. Spacious 1 bedroom upper. New carpet/ paint. Near bus line, College Grove Shopping Center. On-site laundry. No pets. 3553 College. Agent, 619-298-7724.

COLLEGE AREA. Move-in special! \$900. 1 bedroom. Fireplace. Central heat/ air. Microwave, dishwasher. Balcony. Gated. Intercom entry. 4828 Art Street. Agent, 619-298-7724.

COLLEGE AREA. 1 bedroom, 1 bath, \$895. \$500 off 1st month! Additional \$100 military discount. No application fee. Internet access. Gourmet kitchen. Microwave. Gas range. Air conditioning/ heating. Walk-in closet. Controlled access. Free poolside Wi-Fi. Barbecue/ picnic areas. Cat friendly. Parking. Walking distance to campus. Near bus, trolley. Aztec Pacific Apartments, 6663 Montezuma Road. 1-800-433-6120. www.pacificliving.com. www.sdsreader.com/news/rent1042.

COLLEGE AREA. \$750. 5502 Adelaide Avenue. 1 bedroom, 1 bath, large. New carpet, laundry room, plenty of parking not assigned. Phillips Realty, 619-291-6686.

COLLEGE AREA. Spacious studios, 1 and 2 bedrooms from \$825. Deposit \$99. Near SDSU, steps to trolley with all amenities. **\$500 off first month!** 5474 Reservoir Drive. TPPM, 619-582-5195.

COLLEGE AREA. 1 bedroom from \$800. \$400 off first month's rent. Pool, laundry, barbecue. Close to SDSU and all conveniences. No pets. 4333 College Avenue. 619-287-8380.

COLLEGE AREA/ TALMADGE. \$795. Quiet, upper 1 bedroom. 1/2 off first month's rent! Air conditioning, walk-in closet, laundry on site. Gated, parking. Call 619-582-9672.

COLLEGE. Move-in special! \$830, \$780 deposit. Renovated 1 bedroom upstairs apartment, on-site laundry, off-street parking. No pets. No Section 8. 4912-D 67th Street. 619-565-7300.

COLLEGE. Move-in special! \$930, \$880 deposit. Renovated 2 bedroom apartments, on-site laundry, off-street parking. No pets. No Section 8. 4908 67th Street. 619-565-7300.

COLLEGE. \$1025. Remodeled 2 bedroom, 1 bath. New paint/ carpet. Close to all. Clean, quiet, secure. If you can find one better, rent it. 4437 College Avenue. Call Rachael, 619-804-1044.



COLLEGE. \$695. 1 bedroom, 1 bath apartment. All utilities paid. Laundry, off-street parking. 7232 El Cajon Boulevard #2. 619-698-6911. www.goldenmanagement.com.



COLLEGE. \$550. Studio apartment. All utilities paid. Laundry. 7232 El Cajon Boulevard #13. 619-698-6911. www.goldenmanagement.com.

COLLEGE/ TALMADGE. \$800 and up. Extremely large 1 and 2 bedroom, 2 bath. View. Air conditioning. Brand new carpeting, paint and tile. All amenities, controlled entry, parking, laundry on premises. Park-like setting. Fine residential area near all. 4546 52nd Street. Also 1 bedroom, 4016 Ohio. 619-287-1996 or 619-461-9415. North Park: 619-280-7788.

COLLEGE/TALMADGE. \$1095. Special \$600 off first month! Sparkling 2 bedroom, 2 bath. Quiet, secure. All remodeled. Splendid kitchen. New carpet. 4435 48th Street. 619-203-9784.

CORTEZ HILL. \$1500. Reduced move in. Loft condo with swimming pool and Jacuzzi, hardwood flooring, washer and dryer in unit, stainless steel appliances. No pets. 889 Date Street. www.sdforrent.com. 619-640-7530.

CROWN POINT. \$1015. 1 bedroom, 1 bath apartment. Upstairs unit with 1 car garage. 2014 Oliver Avenue #5. No pets. www.cal-prop.com. 858-483-3534.

CROWN POINT. \$1075. 1 bedroom, 1 bath apartment. Walk to Mission Bay. New carpet and paint. No pets. 4009 Honeycutt Street. 858-438-3534. www.cal-prop.com.

DEL CERRO. Condo, \$1200. 2 bedroom, 1-1/2 bath, lower unit, small patio, parking. 5483 Adobe Falls Road, #8. www.centrecity.net. 619-296-6699.

DEL MAR \$1250. 1 bedroom, 1 bath condo. New carpet and custom paint. Clean, quiet, secure. Ready now. On-site parking, laundry, pool. 13754 Mango Drive. Call Rachael, 619-804-1044.

DEL MAR. 2 bedroom, \$1995; 2 bedrooms with great ocean view, \$2095 and \$2295. Gated, nonsmoking community. Pool, spa. 201 Fourth Street. 858-481-9585; mikeatla@aol.com.

DEL MAR. \$1825. 3 bedroom, 2 bath condo, located in the Del Mar Bluffs. On-site parking, pool and laundry. If you can find one better, rent it. 13754 Mango Drive. Jeff, 619-713-1044.

DEL MAR. \$1450. 2 bedroom, 1-1/2 bath townhouse-style apartment. Stroll to Torrey Pines Reserve and Beach, restaurants. Parking, 12760 Via Cortina. TPPM, 858-699-3851.

DEL MAR. Gorgeous, large 1 bedroom apartments at \$1426 with a 12-month prorated 1 month free with garage! Beach complex with heated pool, spa, fitness center, outdoor barbecue island, dishwasher, microwave and garage. 526 Camino Del Mar. Agent, 858-755-4721.

DOWNTOWN NORTH. \$975. 1 bedroom. Stove, refrigerator, dishwasher, private balcony, coin laundry, parking, entry intercom system. Cat OK with additional \$300 deposit. Available now. 215 West Grape. 858-270-2071. Del Sol Property Management, Broker. www.delsolpm.com.

DOWNTOWN, EAST. \$695. Sunny 1 bedroom, 1 bath. Close to trolley station. Parking. 4852.5 Market Street. Xilarent.com. Call 619-683-7638.

DOWNTOWN. Studio 15, furnished studio apartment homes. \$631-\$758. Includes twin bed, built-in desk, chair, flat screen TV/ DVD player, private bathroom, armoire, two-burner stove top, microwave, under counter refrigerator. Common area amenities include theater room, community dining/ lounge room with large screen TV, wireless internet access, full size community kitchen, laundry facilities, vending machines. Credit check, references, background check required. 1475 Imperial Avenue. 888-210-4807, studio15@solari-ent.com.

DOWNTOWN. Brand new rooms near City College. Single rooms with kitchenettes from \$140/ week, deposit (long-term). Includes utilities/ cable. Quiet, secure. Shared bath/ laundry. Hotel Mediterranean. 619-231-8656. www.hotelmed-sd.com.

DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.

DOWNTOWN. Comfortable rooms, \$450/ up. Studios, \$650/ up. Near Gaslamp District. Very quiet and clean. Free cable TV, on-site laundry, vending machines, community kitchen, shared bathrooms. Near shopping, restaurants, movie theatres and Horton Plaza. No pets. Arlington Apartments, 701 7th Avenue. Hughes Management, 619-231-2385. www.HughesManagement.net. www.sdsreader.com/news/rent2097.

DOWNTOWN. Cozy rooms, \$486-\$625. Very comfortable, convenient location. Historic building near C Street Trolley. Choice of shared or private bathrooms. Free cable TV, on-site laundry, vending machines, modern elevator, no pets. Southern Hotel, 1159 6th Avenue at B. Hughes Management, 619-239-3808. www.HughesManagement.net. www.sdsreader.com/news/rent2099.

DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.

DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.

DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.

DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.

DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.

DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.

DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.

DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.

DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.

DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.

DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.

DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.

DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.

DOWNTOWN. Studios with kitchen and bath, \$625-\$700. Single room with private bathroom, \$550-\$595. Nonsmoking. No pets. 10th and E Street. Hughes Management, 619-231-2385. www.HughesManagement.net.

SERVICES

Grand Opening Escondido
VIP Spa
Massage 1-hour \$70
Includes free table shampoo
1/2-hour \$45
Skincare • Waxing
Relocated from Greenbrier Dr. • Oceanside
1151 E. Washington #A1
Escondido (Corner of Ash)
Walk-ins welcome. Open 9 am - 9 pm
760-796-7935
License #164179

Precision Cut \$45 (reg. \$55)
Partial Hi-Lite \$50 (reg. \$90)
Eyebrow Wax \$10 (reg. \$20)
Eyelash Extensions \$125
Offers valid with this ad. First-time clients only.
Specializing in hi/low lites and up-dos.
Over 20 years of experience.
SALON
3760 Sports Arena Blvd.
(behind Red Lobster)
619.221.9160

Aria Spa
Oriental Massage
Stress reduction
Body Shampoo
Japanese Jacuzzi
(858) 495-0777
3904 Convoy Street, Suite 118
(Next to Original Pancake House, additional parking and entrance in the rear)
License #2008000924

Jaehee Spa
\$20 off 1-hour Jacuzzi massage
\$10 off 40-min. massage or \$5 off 1/2-hour
Favorite massage in San Diego
Table shower & Jacuzzi
9357 Mira Mesa Blvd.
(At the corner of Black Mtn. Rd., next to Roberto's Taco Shop)
San Diego • 858.831.0653
M-F 10-9:30, Sat. & Sun. 10-9
License #24099

\$10 Off Any Massage
Must bring ad.
Jacuzzi & Hot Tub
Dry & Steam Sauna
Mon.-Sun. 9 am-9 pm
Credit cards accepted.
SUNSET Acupressure Massage
THE TOUCH OF THE ORIENT
1911 SUNSET DRIVE
ESCONDIDO • 760-735-8850
Lic. #140248

\$10 off 1-hour massage
\$5 off 30-min. massage
Oriental
Full Body • Hot Stone
Therapeutic Massage
Mercury Spa
4411 Mercury St. #104
1-888-286-8671
License #B2007028882
*With coupon.



DOWNTOWN. Economical furnished rooms, \$450-\$550, best price, save money. Conveniently located on C Street trolley line, near restaurants, free cable TV, shared bathrooms, on-site laundry facilities, vending machines, elevator service, no pets, 636 C Street (between 6th and 7th), C Street Inn, Hughes Management, 619-234-4165. www.HughesManagement.net. www.sdreader.com/news/rent2098.

DOWNTOWN. Gaslamp area. \$425-\$550. Community kitchen, shared bath, on-site laundry, vending machines, no pets. Star Hotel, 522 7th Avenue. Hughes Management, 619-235-6068. HughesManagement.net.

DOWNTOWN. Outstanding furnished rooms, \$450-\$500. Heart of Gaslamp. Shared bathrooms. Community kitchen. Free cable. No pets. Windsor Hotel, 843 4th Avenue. 619-235-6068. Hughes Management. www.HughesManagement.net.

DOWNTOWN. Attractive rooms. Shared rooms. Shared baths. Utilities included. Near City College. \$450-\$595/ month. 719 14th Street. Villa Victoria. Hughes Management. 619-239-1639 x103. www.HughesManagement.net.

DOWNTOWN. Fully furnished studios with utilities included. Rates start at \$160/week. Free wireless Internet. Baltic Inn: 521 6th Avenue. 619-237-0687. www.affordablehousingdsd.com.

DOWNTOWN. Premier location. Furnished studios with full baths, from \$199/weekly. Two award-winning buildings to choose from with 24-hour staff, gyms, laundry rooms, sun decks. Free wireless Internet. Island Inn: 202 Island Avenue (Second and Island), 619-232-

4138. J Street Inn: 222 J Street, 619-696-6922. www.affordablehousingdsd.com.

DOWNTOWN. Beautiful building, new furnished rooms. Refrigerator, microwave, TV, cable. Starting at \$175 weekly. 920 Beech Street. Call 619-234-1952.

DOWNTOWN. \$175/ weekly/ up. Nice, furnished rooms, some with private baths. Free cable/ WiFi. On-site laundry. 24- hour desk. 1450 4th Avenue (at Ash). Mention Reader for special. 619-233-4439.

DOWNTOWN. \$175/ weekly/ up. Nice, furnished rooms. Free cable. On-site laundry. 24- hour desk. 1335 J Street. Mention Reader ad for special pricing. 619-234-7771.

DOWNTOWN. Stay the week, stay the month! Monthly rates from \$21.03/ night. Wireless Internet in all rooms. 1-2 blocks to bus, train. Flat- screen TVs. Weekly rates from \$37.14/ night: Community kitchen and dining area. European- style

detached bathrooms. Monthly rentals must qualify under the SD Housing Commission's low- income program. Subject to availability. Taxes not included. 500 West Hotel, 500 West Broadway, 500WestHotel.com. Toll free: 888-895-0875 or 619-234-5252.

DOWNTOWN. \$599. Studio, 1 bath apartment, one- year minimum lease, refrigerator, stove. Fee. Free search at www.westsiderentals.com. 619-367-3333.

DOWNTOWN. \$1265. 1 bedroom, 1 bath apartment, pet OK, flexible lease, heated rooftop pool, fitness centers, gated, spectacular views. Fee. Free search at www.westsiderentals.com. 619-367-3333.

DOWNTOWN. \$1950. 2 bedroom, 2 bath condo, 2- car parking, central air, washer/ dryer, rooftop pool/ Jacuzzi, fitness, sauna. Fee. Free search at www.westsiderentals.com. 619-367-3333.

DOWNTOWN. \$1710. 2 bedroom, 2 bath apartment, pet OK, 1- car parking,

balcony, views, large closets, pool, fitness, barbecue. Fee. Free search at www.westsiderentals.com. 619-367-3333.

DOWNTOWN. Move- in special. \$775/up. Cozy studio. All utilities included. Laundry. Street parking. No pets. Close to Balboa Park. 1758 6th Avenue. Agent, 619-298-7724.

DOWNTOWN/ Union Square. 1/2 off first month! \$1625. 2 bedroom top- floor loft. Underground parking, community workout room with spa. 1465 C Street. Leasing Unlimited, 760-436-7273.

DOWNTOWN/ CORTEZ HILL. \$2350. 2 bedroom, 2 bath condo. Live atop the historic El Cortez! New paint, carpet. High ceilings, valet parking. Early July move- in for August 1 rental start. Just like getting a month free! No pets. Deposit \$2350. Call Loren at 619-699-9379.

DOWNTOWN/ EAST VILLAGE. Half off 1st/ 2nd month's rent! \$668 including utilities

with 12- month lease, single occupancy (income qualify— ask for details). Furnished. Air conditioning. Full bath. Kitchenette. Internet. Balcony with bay/ ballpark views. Clubhouse. Business center. Gated community. Near bus/ trolley. Island Village, 1245 Market Street. 1-800-351-0613. www.sdreader.com/news/rent2070.

DOWNTOWN/ EAST VILLAGE. Low \$400-\$700 deposits! Studios, 1 bedrooms, 2 bedrooms and 3 bedrooms from \$1025. (Pet friendly, certain breeds restricted).

Near Petco Park. Rooftop Terrace, Business Center, Courtyard Feature, Fitness Center, Controlled Underground Parking, Washer/ dryer, Dishwasher, Microwave, Patio/ balcony, Walk-in closet. Air conditioning. Pets under 30lbs. Ask about our move-in specials! Entrada, 453 13th Street. www.entrada453.com. 1-888-204-9735. www.sdreader.com/news/rent2102.



Natural Health Directory

6 1 9 - 2 3 5 - 8 2 0 0



Eliminate Allergies Naturally - Drug Free!

Eczema :: Asthma :: Headaches :: Hives
Hayfever :: Chronic Infections :: Fatigue
Sinusitis :: Food & Environmental Sensitivities

Great results for children and adults.
No needles necessary.
Covered by some insurance programs.



Jill Nakama,
L.Ac., O.M.D.
22 years experience
Trained in China

2437 Morena Blvd. #201
San Diego • 619-275-4501
www.eliminateallergies.com

Healing made affordable!

No pills • No prescriptions

Plug into the Earth's healing energy while you sleep!
Clinically proven • Earthing Sheets & Recovery Travel Bags
Secret behind US team Tour de France 7-time champions

1-800-984-0064 \$20 off with ad
Whole Food Energy, San Diego

"My 80-year-old mother wakes up with her back pain-free now after sleeping on the earthing sheet."
S.K., San Diego



\$20 off ionic footbath & massage

Reg. \$60 for 1-hour session. Expires 6/30/09. FDA-sanctioned.
Toxins Out - Energy In

www.wholefoodenergy.com
Appointments: 1-800-984-0064



SLEEP WITHOUT CHEMICALS!

Organic, chemical-free latex rubber, wool & organic cotton mattresses
Very comfortable & affordable



- ✓ No benzene
- ✓ No formaldehyde
- ✓ No polyurethane
- ✓ No chemical fire retardant

Mattress World
1601 University Avenue Hillcrest
BBB 619-260-8000
www.sandiegobeds.com

Natural Food Stores



20% off vitamins*
*Suggested retail, select brands

Natural and organic groceries, dairy, produce, meats, fish
Fresh daily salad, soup, sushi, juice & coffee bar • Beer & wine
All-natural deli & bakery • Over 200 bulk bins
Nutritional supplements • Natural body care
Health seminars • Wine tastings

Open 7 days, 8 am-9 pm
225 Vista Village Drive • Vista, CA 92083

760-758-7175
www.frazierfarmsmarket.com

innovative body science
innovativebodyscience.com



MANUFACTURER OF
Hydrasperse • Aquasperse
Hydrassage • 2 in 1 Lotion

Any unscented gallon now \$34
(add fragrance for \$2 more!)

Massage Oils • Lotions • Scrubs
Wraps • And more!

- All natural • Eco-friendly products
- Organic • Sulfate & paraben-free
- Professional sizes

Monday-Friday 8 am-4:30 pm
6350 Yarrow Dr. Ste. D - Carlsbad

2825 State St. - Carlsbad
(760) 603-0772 • 888-700-SPAS (7727)

Serving the massage & spa community since 1986.

Burn body fat... lose weight naturally!



The professional weight loss system Ultra Lite, developed by a naturopath in Australia, is now available in the U.S. Ultra Lite teaches you how to eat and properly combine foods to keep the body burning fat. Get started now to a healthier, happier lifestyle.

"I personally used this system to go from a size 14 to a size 6 in just 10 weeks."

- Jeanne Ames, D.C.

- No meal replacements or special foods to buy - eat real food
- No drugs or surgery • No starving the body

858-279-7600 • www.DrAmes.net, click on Ultra Lite

30 minutes free massage

when you purchase 1 hour

619-339-8191

Holistic Therapeutic by Candy

License #653



Asian Massage

\$45 1/2 hr. • \$65 1 hr.
\$95 1-1/2 hrs.

Ladies and gentlemen welcome. Discount for couples.

- Deep Tissue • Swedish • Acupressure
- Sports • Thai Stretching
- Reflexology • Pain Management
- Ionic Foot Detox • Salt Scrub

Tranquility Spa

3333 Midway Dr., Ste 203

San Diego, CA 92110

619-226-2056

tranquilityspa.com

Lic. #200801405

Pain Relief Beyond Belief

1 Free Float Session*

All the benefits of the Dead Sea right here in San Diego



Recommended by doctors, sports trainers, and therapists, Mineral Spa Floatation Therapy is gaining popularity as a luxurious escape and powerful tool for strengthening the immune system and improving health. Proven benefits include:

- Stress reduction • Athletic performance enhancement
- Relief of chronic pain, gastrointestinal & cardiovascular ailments
- Reduction or elimination of harmful habits • Improved focus & creativity

Call: 858.279.3301 • E-mail: mark@floatspasandiego.com
www.FLOATSpaSanDiego.com

*To qualify for this offer, please bring a friend who pays the full hourly rate. Limited time only.

DOWNTOWN/ GASLAMP. Las Flores Hotel. Small, quiet. \$125/ week and up. Four- week minimum. Color TV with basic cable. Refrigerator in most rooms. Secure. 619-235-6820.

DOWNTOWN/ GASLAMP. Move-in Specials. Live/ Work Lofts in the heart of The Gaslamp! Roof decks with barbecue. Laundry on every floor. Parking available. Seven locations Downtown. Select pets OK. Visit loft leasing office: 315 Fourth Avenue. 619-231-1505 x12. www.trilogymanagement.com. Also visit www.sreader.com/news/rent2064.

DOWNTOWN/ LITTLE ITALY. From \$800/ month. Private bath, cable TV, microwave, refrigerator. Utilities included. Secure, quiet, charming. Efficiency apartments with laundry. Near trolley/ bus lines, blocks from harbor. On-site manager. Villa Caterina, 1654 Columbia Street. 619-232-3400.

DOWNTOWN/ MARINA DISTRICT. \$2750. Luxury condo renaissance, 2 bedroom, 2-1/2 bath. 1300 square feet, 7th floor, view! Amenities. Available 8/1. Parking. 24- hour concierge. 619-813-0458.

DOWNTOWN/CORTEZ HILL. 1 bedroom, \$905. Studios, \$775 and up. Limited access building. Charming, quiet, residential neighborhood. Utilities paid, on-site laundry. No pets. EOH. 619-299-8746.

DOWNTOWN/LITTLE ITALY. Columbia Lofts. Large 1 bedrooms, 1-1/2 baths, track lighting. City and harbor views. Washer/ dryers. \$1600-\$1800. www.sdurbanliving.com, 619-255-0526.

DOWNTOWN/LITTLE ITALY. Studio apartment, \$895. 9' ceilings, ideal location. Secure, quiet building with laundry. 1534 Front, near Beech Street. 619-233-7428.

EAST SAN DIEGO. \$695. Furnished studio alcove apartment. Complete living room, bedroom and kitchen furniture. No SDG&E deposit or hookup fee required. Near 52nd and University, 5101 Towle Court. Close to SDSU. Laundry room. Off- street parking. Low \$300 deposit. 619-281-9451.

EAST SAN DIEGO. \$725. Spacious 1 bedroom, downstairs, in our lovely, small, gated community. On-site laundry.

Assigned parking. No pets. 4336 Estrella Avenue. 619-298-7724.

EL CAJON. Villa Toscana has 1 bedrooms, \$1195; 2 bedrooms, \$1495; and 3 bedrooms, \$1795. Offering elegance and luxury. Located in Rancho San Diego, about 14 miles east of Downtown. Excellent shopping, recreational facilities. Gated, garages, carports available for rent. Sparkling pool, relaxing spa, fitness center, beautiful barbecue areas. Please call our leasing office to schedule a tour of our community today! Villa Toscana, 1-888-237-2751, 1451 Erabham Street, El Cajon, 92019. Office Hours Monday-Friday, 10am-5pm; Saturday, 11am-4pm.

EL CAJON. 1/2 off 2nd month OAC! 1 bedroom, \$700+. Appliances, on-site laundry, air, pool, off-street parking. Lushly landscaped. 294 Ballantyne. 619-334-7934.

EL CAJON. 2 bedroom. Large size. \$950-\$1050. Balcony. Pool. Air conditioning. Small pet OK. 716 Broadway. El Cajon City. 619-312-2356.

EL CAJON. \$775. Clean 1- bedroom. \$950, 2 bedroom apartments. Gated parking. Pool. Laundry room. Barbecue area. Central heat/air, stove, refrigerator, ceiling fans. Lease. 619-312-0606.

EL CAJON. \$1200. Luxury, spotless 1 bedroom, 1 bath, bamboo flooring. Everything new. All appliances. Nonsmoking. Cat OK. Available now. Primrose Drive. Appointment, 619-593-3620; mpcrealty@sbcglobal.net.

EL CAJON. \$950. 2 bedroom, 2 bath, new carpet/ vinyl, air conditioning, dishwasher, off- street parking, on- site laundry. 619-401-8067. www.sadaptbrokers.com.

EL CAJON. \$900 and up. 2 bedrooms, 1 and 2 stories. Amenities. Pool, park- like grounds, laundry on premises, parking. Near town, shops, bus. 743 South Magnolia Avenue. 619-579-0174 or 619-464-1818.

EL CAJON. 1/2 off first month's rent! 2 bedroom, 2 bath condo, \$950. Wall air conditioning/ heat, microwave, dishwasher, breakfast bar, community pool/ spa, parking, gated complex. Small pets OK. 732 E. Lexington #7. People Helping Others Property Management, 619-282-5400. peoplehelpingothers.com.

EL CAJON. 1 bedroom starting at \$725. El Cajon's best maintained property with beautiful courtyard and sparkling pool. No

pets. 1072 East Madison Avenue. TPPM, 619-444-1614. www.fourwindsapts.info.

EL CAJON. \$750-\$800. 1 bedroom apartments. New carpet, paint. Assigned parking. Laundry. No pets. Available now. 452 Emerald Avenue. More Property Management, 858-514-8201.

EL CAJON. Cajon Villas. \$1000. Deposit \$500. 2 bedroom, 2 bath. Pool. Parking. Air conditioning. Laundry room. No pets. Available now. 933 Peach Avenue. 619-447-9193.

EL CAJON. \$875. 1423 Peach Avenue. Large 2 bedroom, 1 bath upstairs, carpet, dishwasher, laundry room, one assigned parking. Section 8 OK. No pets. Phillips Realty, 619-291-6686.

EL CAJON. 2 bedroom, 1 bath starting at \$895. 3 bedroom, 1.5 bath, \$1045. Great location with on-site parking and laundry. 432 Dominguez Way. TPPM, 619-405-4500.

EL CAJON. Gated community park. Trailers for rent, different sizes. From \$550-\$850. Plus utilities/ deposit. Conveniently located, close to trolley, bus, shopping. No pets. 619-334-0591.

ENCANTO. \$750/ each month (for 6 months). 1 bedroom apartments, downstairs. Laundry facilities. Spacious, clean, quiet. 5492 Imperial Avenue. No pets. Available now. 619-266-1701.

ENCINITAS. Old Encinitas, Near beach. \$975. Clean, bright, cozy 1 bedroom, 1 bath apartment. Nonsmoking. Parking. Indoor cat OK. Deposit. 929 3rd Street, apt#B. 619-249-7117.

ENCINITAS. \$825 and up. Sick of roommates? Cozy beach trailers in quiet park. Near beach, Coaster, restaurants, shops. 152 North Coast Highway 101. 760-753-4101.

ENCINITAS. \$1125, 1 bedroom. \$1325, 2 bedroom, 2 bath. Ask about move-in special! Small complex. Patios. Assigned parking, laundry, New paint. Bright, airy. Garden setting. 1 block to beach. Close to shopping, freeway, coaster. No pets/ smoking. 760-929-1950.

ENCINITAS. \$1250. 1 bedroom. Quiet. Well- located west of Pacific Coast Highway near beach. Laundry. No pets. 810-F Third Street. TPPM, 760-436-6441.

ESCONDIDO. \$775. 1 bedroom, 2 bedrooms, \$975. Pool, air conditioning, laundry, parking. Open house Saturday and Sunday, 11am-2pm. 702 North Fig Street. 760-796-7965.

ESCONDIDO. \$1195-\$1495. Tired of apartment living? 2 and 3 bedroom manufactured homes offer spectacular hilltop views. Full- sized washer/ dryer, some small yards. Peaceful community. Sorry, no pets. 1924 Sheridan Avenue. 760-745-1677.

ESCONDIDO. \$775. Pet friendly, 1 bedroom with balcony/ patio on property with open space. Air conditioning, fireplace, pool and spa. Se habla español. \$500 off 1st month! 720 East Mission. TPPM, 760-815-6210.

FASHION VALLEY WEST. \$1450. 3- bedroom, 2- bath units available. Upstairs and downstairs units. Some with balconies. All have dishwasher and washer/ dryer hookups! Available now. 5845-5865 Lauretta Street. 619-222-4836 x14 or www.sunsetpacificrealty.com.

FASHION VALLEY. \$1250. 1/2 Off 1st Month! 2 bedroom. Beautiful valley view. Across from USD. Well maintained, newer complex. Top floor/ scenic corner. Balcony/ outdoor dining. 858-717-6004.

FASHION VALLEY. \$975. Large 1- bedroom, 1- bath apartment. Huge walk-in closet. Dishwasher. On- site parking. Balcony. No pets. 5720 Gaines Street. 619-299-3477.

FASHION VALLEY. \$1100. Large 2- bedroom, 1- bath apartment. Huge walk-in closet. Dishwasher. On- site parking. Balcony. No pets. 5720 Gaines Street. 619-299-3477.

FASHION VALLEY. The Courtyards. \$1275. 960 square feet, 1 bedroom, underground parking, resort- like: pool/ spa/ tennis. Lease. No pets/ smoking. ETS Realty, rosie2801@aol.com, 858-560-5564.

FASHION VALLEY. \$1150 rent, \$800 deposit OAC. Large 2 bedroom, 2 bath. Parking, laundry. Near USD. No pets, at 1330 Eureka Street #1. Agent. 619-298-5820.

FASHION VALLEY/ USD. \$1000 rent, \$800 deposit OAC. 2 bedroom, 1 bath. Parking for 2 cars, laundry, no pets, at 5550 Mildred Street #6 and #7. Agent. 619-291-1755.

FASHION VALLEY/ USD. \$1575. 3 bedroom, 2 bath. Stove, refrigerator, dishwasher, coin laundry, fireplace, balcony. 5720 Lauretta. 858-270-2071. Del Sol Property Management, Broker. www.delsolpm.com.

GOLDEN HILL. \$1650. 3 bedroom, 1 bath townhome. Contemporary setting, fully remodeled. Upstairs patio. 1300 square feet. Minutes to downtown. Garage. Laundry facility. Security entry. 619-247-7327.

GOLDEN HILL. 2 units available! 1 bedroom, 1 baths, \$600 and \$775/ month. Hardwood floors. Great neighborhood, on-site laundry. No dogs. 2412 E Street. 619-857-3706.

GOLDEN HILL. \$800. Nice, clean 1 bedroom, hardwood floors. Available now. Small building. Laundry. Stop by—ask for Claudia to show, 2621 C. Daisy, 858-829-2419.

GOLDEN HILL. \$750. 1- bedroom duplex, large deck with bay view. Carpet, stove,

refrigerator. Near bus. No pets. Call 858-277-7166.

GOLDEN HILL. 1/2 off 1st month! Studio, \$775. Hardwood floors, decorator colors, on-site laundry. On bus line. Pets OK with deposit. 970 23rd Street. 619-231-8723.

GOLDEN HILL/ DOWNTOWN. \$700. Studio in charming West Golden Hill Victorian. Shared yard. Laundry on site. Utilities included. No pets. Deposit \$500. Call Loren at 619-699-9379.

GOLDEN HILL/ DOWNTOWN. \$250 off 1st month! Save money, walk to trolley/ Downtown. 2 bedroom, 2 bath, \$1395. Free application. Views! Controlled access. Washer/ dryer. Dishwasher. Refrigerator. Stove/ range. Microwave. Central air conditioning/ heat. Rooftop deck. Spa. Outdoor barbecue lounge. Underground parking. Pet friendly! Golden Pacific, 1015 19th Street. Call today, 1-800-433-6156. www.pacificliving.com. www.sreader.com/news/rent2028.

GOLDEN HILL/ DOWNTOWN. \$950. 1 bedroom, 1 bath in charming Golden Hill Victorian. Hardwood floors. Shared yard. On-site laundry. One parking space. Utilities included. Deposit \$900. Call Loren at 619-699-9379.

HILLCREST. Pets OK! Bright, remodeled 2 bedroom. Hardwood. Washer/ dryer. Large deck/ patio overlooking canyon. 1 block Balboa Park. 1512 Myrtle. \$1495. 619-549-4959, 619-325-1470 x303.

HILLCREST. Bright 2 bedroom, 1 bath. Hardwood floors, completely remodeled, washer/ dryer. Enclosed yard. Pets OK. Great location! 4135 Georgia. \$1395. 619-549-4959, 619-325-1470 x303.

HILLCREST. On the Park! Remodeled 2 bedroom, 1 bath. Great views! Hardwood floors. On-site laundry. \$1650/ month. Reduction with good credit. 3521 Georgia. Agent. 619-886-9565.

HILLCREST. \$3000. Stunning tri- level 3- bedroom, 3-1/2- bath row home. Upgraded throughout. Gourmet kitchen, fireplace, double garage. Large private patio. Small pet OK. Available 8/1/09. Close to shopping, restaurants and UCSD Hospital. 115 West Montecito Way. 619-523-2355.

HILLCREST. \$1295. 2 master bedrooms, 2 bathrooms, 2 walk- in closets. Parking, laundry, quiet neighborhood. No smoking, no pets. 4510 Maryland Street. Lee, 619-985-5332.

HILLCREST. Spacious 1 and 2 bedrooms! Berber carpet, fireplace, spa, gym, intercom and elevator. Sorry, no pets. Hillcrest Summit, 4134 4th Avenue. See photos at www.wexfordliving.com. Call 619-299-0047.

HILLCREST. \$200/ week and up. Refrigerators, cable TV and HBO. Embassy Hotel, 3645 Park Boulevard, San Diego 92103. 619-296-3141.

HILLCREST. \$950. 1 bedroom, upstairs, front, remodeled. Stove, refrigerator, dishwasher, microwave, coin laundry. Cat OK with additional \$300 deposit. Convenient location in the center of Hillcrest. Available now. 3730 First Avenue. 858-270-2071. Del Sol Property Management, Broker. www.delsolpm.com.

HILLCREST. Move- in special! \$1295. 2 bedroom, 2 bath apartments. Balcony, fireplace, views. Pool. Laundry. Parking. Pet friendly. 4053 8th. 619-297-0269.

HILLCREST. \$870. 1 bedroom, 1 bath apartment. 1 parking. Walk to Balboa Park. 3607 Third Avenue #B. www.cal-prop.com. 858-483-3534.

HILLCREST. \$925. 1 bedroom, 1 bath apartment. Charming building, central location. 3675 Georgia Street. No pets. 858-483-3534. www.cal-prop.com.

HILLCREST. \$1175. 1 bedroom, 1 bath apartment. Large bedroom and living

room, central location, 1 parking. No pets. 3609 3rd Avenue. www.cal-prop.com. 858-483-3534.

HILLCREST. 2 bedroom, 1 bath. Laundry, parking, storage. Rent: \$1250. 4226 Cleveland Avenue. Call Mike: 858-490-1600; or Kenny: 619-255-4944.

HILLCREST. 2 bedroom, 1 bath: \$1295. Gated. Parking. On-site laundry. Small pet. 1/2 off deposit! 1033 Robinson Street. 858-490-1600, 619-295-1210.

HILLCREST. Apartment, \$1400, large 2 bedroom, 2 bath. \$825, studio. Pool, canyon view. Close to all. Recreation room, laundry, parking. Cat OK. 4201 Sixth Avenue. Sleepy Hollow Apartments. www.centrecity.net. 619-298-1059.

HILLCREST. \$975. Studio, 1 bath apartment, hardwood floors, kitchen featuring stainless- steel appliances, granite countertops, new cabinetry. Fee. Free Search at www.westsiderentals.com. 619-367-3333.

HILLCREST. \$850 rent, \$800 deposit OAC. Large 1 bedroom duplex, parking lot, no pets at 3855 First Avenue. Agent. 619-299-8515.

HILLCREST. \$1100. 2 bedroom, 1 bath. Nice units in beautifully maintained gated complex. Walk to famous San Diego Zoo. Available 7/1. On-site manager "Bill," 619-298-8934. 3634 Park Blvd #3648. 619-295-1100. www.cethron.com.

HILLCREST. \$900. 1 bedroom, 1 bath. Nice units in beautifully maintained gated complex. Walk to famous San Diego Zoo. Available 7/1. On-site manager "Bill," 619-298-8934. 3634 Park Blvd. #3642-1/2. 619-295-1100. www.cethron.com.

HILLCREST. \$1950. Spacious 3- bedroom, 2- story. Excellent location, 3978 Park. Fireplace, laundry hookups, parking. Mixed- use zoning. Live where you work! No pets. 619-298-7724.

HILLCREST. Hillcrest Palms. Senior complex, 55+. \$900. 1 bedroom apartments. Gated community. Convenient location. Near hospitals, restaurants, shopping. No pets. 4042 Albatross Street. 619-574-0784.

HILLCREST. \$790. 1 bedroom. Charming upper duplex, quiet complex with shared yard area. Walk to bus, shops and restaurants. No pets. Agent. 619-296-3189.

HILLCREST. \$800. 3820 Georgia Street. 1 bedroom, 1 bath. Upstairs, laundry room, 4 closets. One assigned parking. No pets. Phillips Realty, 619-291-6686.

HILLCREST. Near Balboa Park. 3611-1/2 Indiana. 2 bedroom, 1 bath, upstairs, clean, carpeted. Laundry on site. No pets. \$1200. Garage available, \$100. Call Nancy, 858-354-9060.

HILLCREST/ BANKER'S HILL. \$875. Studio with full kitchen, stove, refrigerator, coin laundry, shared brick courtyard, gated entry system. Cat OK with additional \$300 deposit. Available 7/05/09. 3502 First. Del Sol Property Management, broker, www.delsolpm.com. 858-270-2071. Manager, Michael, 619-296-1918, mtcerda@pacbell.net.

HILLCREST/ MISSION HILLS. \$1350. Very large 2 bedroom with new carpet and tile. Small backyard with gate to your parking place. Very quiet street. Walk to shops. Locked lobby with intercom. On-site laundry. Small pet OK. 3836 Front Street. Available 7/20. Shown by appointment. Broker. 619-548-4599.

IMPERIAL BEACH. \$775. 1 bedroom in well- maintained garden setting. Pool. Parking. Laundry. No pets. 1445 Grove Avenue. TPPM, 619-575-0778.

KEARNY MESA. \$865. 1 bedrooms. Large upper/ lower units, balcony, parking, laundry and pool. Near Mesa College, hospitals, Mission/ Fashion Valley, freeways. No pets. Agent, 858-576-6396.

KENSINGTON. \$995. Clean 2 bedroom, upstairs. Gated complex. Stove, refrigerator. Laundry facilities, off- street parking. Water/ trash paid. No pets. Available now. Deposit. 619-971-1145 or 619-579-8027.

KENSINGTON. \$950-\$1225. Reduced move in. 1 and 2 bedroom/ 1 bath

RENTALS

FANTASTIC SUMMER SPECIALS!

Studios	1 bdr.	2 bdr.
FROM	FROM	FROM
\$875	\$995	\$1,235

Prices subject to change.

Pets welcome (dogs & cats up to 20 lbs.) ♦ Large pool ♦ Air conditioning
Gorgeous landscaping ♦ Large 2-story clubhouse with billiards
Beautiful BBQ/picnic area ♦ Extra-large 24-hour laundry facilities
Spacious and unique floor plans (37 different layouts) ♦ Easy freeway access
Convenient to schools, shopping, restaurants and theaters

Call for weekly specials: 1-888-292-0645
or e-mail: BonitaGlenApts@sbcglobal.net

250 Bonita Glen Dr. • Chula Vista

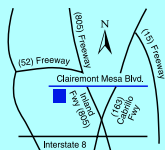
The Villages at
**Bonita
Glen** APARTMENT
COMMUNITY

Studios starting at \$1195/month* Weekly starting at \$395*

- Free continental breakfast buffet
- Free maid/linen service!
- No lease! Free utilities!

- Heated pool and spa
- Laundry facilities
- Microwave ▶ Refrigerator
- Easy freeway access ▶ Centrally located
- High-speed Internet service

California Suites Hotel
5415 Clairemont Mesa Blvd.
San Diego, CA 92117
1-888-475-7147
www.californiasuiteshotel.com
*Rates subject to change.
Based on availability.



SPECIAL:
Get One Month Free ROOMS. FOR. RENT.
SENIORS, VETS, DISABLED
\$550 (shared) / \$700 (single)
per month
• Free meals
• Utilities included
619-846-6993
www.brightdayliving.com



ATTN: SDSU STUDENTS
"off"
Your on campus housing experience!
Get free rent, free tuition or a prepaid credit card!
Studios, 1, 2, 3 bedrooms starting at \$895

- 40 steps to campus
- 6 swimming pools
- Large apartment homes
- No parking pass needed at SDSU
- Around the corner from Peterson Gym/Rec Center
- Fantastic views of San Diego
- Leasing office available 7 days a week

ALBERT'S COLLEGE APARTMENTS
5460 55th Street | San Diego | 1.800.760.5518

apartment, up and downstairs, laundry on site, street parking, no pets. Section 8 OK. 4508 and 4510 Kensington Drive. www.sdforrent.com. 619-640-7530.

KENSINGTON/TALMADGE. \$1150. Spacious 2- bedroom, 2- bath apartment. Condo- quality building. Washer/ dryer included. Fireplace. Carport. No pets. 4444 Highland Avenue. Agent, 619-469-7790. www.westmanproperties.com.

LA COSTA/CARLSBAD. \$1325. Large 2 bedroom, 2 bath with full- size washer/ dryer, air conditioning, fireplace, pool/ spa/ sauna. Alicante Views is a special place above the La Costa Golf Course. Pet friendly. 2391 Caringa Way. Open daily. **Price match!** TPPM, 760-431-7575. www.alicantevIEWS.com.

LA JOLLA townhouse close to La Jolla Village Square, stores, theaters, UCSD. 2 bedroom, 1-1/2 bath, double garage, Pergo floor downstairs, newer carpet upstairs, washer/ dryer, refrigerator, built-in microwave, decks with garden view. Quiet, airy end unit. For pictures, e-mail gmorris127@aol.com. \$1950/ month. 858-504-0499.

LA JOLLA VILLAGE. 2 bedroom, 2 bath. Great condo. Pets OK. New paint. Parking. Close to beach, shops. \$2250/ month. Agent: 619-366-4886.

LA JOLLA WINDANSEA. \$2395. 3 bedroom, 2 bath townhouse, new carpet, paint, fireplace. 1- car garage, 1- off- street space. No pets. No smoking. 619-281-5131.

LA JOLLA. 2 bedroom, 2 bath. Blocks to beach. In Via La Jolla Community. Available 7/1. Year lease. \$1785/ month. Refrigerator. Call Courtney, 949-637-9391.

LA JOLLA. \$1850. 2 bedroom, 2.5 bath condo. Tri- level, wood flooring, close to UCSD and UTC. No pets. 3330 Via Alicante. www.cal-prop.com. 858-483-3534.

LA JOLLA. \$995. studio. \$350 off first month. In village, new windows, laundry, no pets. 7555 Herschel. 858-361-0844.

LA JOLLA. \$3700, unfurnished. \$4200, furnished. 2 bedroom, 2 bath with ocean views in Birdrock area. 2- car garage. Open living floor plan. Washer, dryer. All appliances. Available. 5372 Chelsea Street. Must see! Alta Vista Properties, 858-274-3600. www.altavistaproperties.net.

LA JOLLA. 1/2 block from Windansea Beach. Yours for sun, surf, sunsets. Large 1 bedroom, enormous closet, laundry, pool and, above all, location. \$1249. 858-536-1900.

LA JOLLA. \$995. Spacious, secluded studio in great location, a block from ocean. New carpet and paint, full kitchen. Pet negotiable. 445 Ravina Street. 619-804-3325.

LA JOLLA. \$1185. Remodeled 1 bedroom condo. Washer/ dryer. No pets. New hardwood floor/ tile. Appliances. Balcony, storage. Pool/ Jacuzzi. 3550 Lebon Drive. 619-275-3455.

LA JOLLA. Starting at \$1640, 1 bedroom. Hardwood floors. Walk to Marine Street Beach. Close to restaurants and shops on Prospect Street. Coin laundry. Street parking. No pets. 337-1/2 Prospect Street. TPPM, 858-344-8987.

LA JOLLA/ UTC. \$1190. 1 bedroom, 1 bath unfurnished apartment. Parking. Appliances. Laundry. Garden complex. Cat OK. 858-459-8789, cell: 323-365-8084.

LA JOLLA/ UTC. \$2700. 2- story townhouse. 3 bedrooms, high ceilings, 2-1/2 baths. Large balcony. Hardwood. 2- car garage. Large patio. Tennis, pool. Storage. 858-625-0053.

LA JOLLA/ UTC. \$1400. 2 bedroom, 2 bath condo, pool, 2- car garage, parking, refrigerator, stove, dishwasher. Fee. Free search at www.westsiderentals.com. 619-367-3333.

LA JOLLA/ UTC. \$1250. 1 bedroom, 1 bath apartment, pool, washer/ dryer in unit, dishwasher, subterranean parking. Fee. Free search at www.westsiderentals.com. 619-367-3333.

LA MESA. 4863 Cypress St. #A 1 bedroom 1 bath. Hardwood floors. Stove, refrigerator, patio. No pets. Water, trash, sewer paid. \$850. \$800 deposit. 619-462-4395

LA MESA. 2 bedroom, 1 bath. Laundry, off- street parking. 7629 Normal Ave. Tara. 619-303-0895.

LA MESA. Section 8 welcome. 2 bedroom, 1 bath. Laundry, off- street parking. 7631 Normal Ave. Tara, 619-303-0895.

LA MESA. Premier gated community. Great location, newly remodeled and upgraded 1 and 2 bedrooms. Granite counters, designer flooring and fixtures. New appliances including washer/ dryer. Lots of closet and cabinet space. Private, enclosed patios. **Great move-in specials and reduced rates!** To schedule an appointment, please call **Adagio, 1-866-622-9888.**

LA MESA. \$3250. Large 5 bedroom, 3 bath house. Approximately 3250 square feet. House has had extensive renovation with new carpet, vinyl flooring; fresh paint; new kitchen cabinets, countertops and appliances. Fireplace in living room. Large family room has French doors that open onto a large patio. Second- story master bedroom has completely new master bath with all new fixtures.

Bedrooms on ground floor have interior and exterior access. 4343 Helix Canyon Drive, La Mesa. To SDSU it's only 12 minutes (6.2 miles). Call Chris, 858-270-4492 x203.

LA MESA. Huge apartment homes in great La Mesa neighborhood. Storage space. Near shopping and public transportation. 1 bedroom, 1 bath, \$925. 2 bedroom, 2 bath, \$1200-\$1375. 2- bedroom townhouse, \$1345. Community pool, laundry, covered parking. 619-697-3285. For photo, floor plans, map and directions, see website: www.sreader.com/news/rent1035.

LA MESA. \$200 off first. 2- bedroom townhomes, corner locations on cul-de-sac. Patio/ backyard unit includes dishwasher. Parking, on-site laundry. No pets. \$995- \$1015, trash/ water included. 619-954-5286.

LA MESA. 2 bedroom, 2 bath, \$1150. Available 7/15/09. Storage. No pets. \$25 credit. 5435 Morengo Avenue. 619-698-7926. www.villaknollsapts.com.

LA MESA. \$850/ month. Large 1 bedroom apartment, dishwasher. Covered parking. Pool, laundry, Jacuzzi. Small pet upon approval. 7506 Parkway Drive. Section 8 may be approved. Foreclosure- proof. 619-991-9665, 619-448-5592.

LA MESA. \$725. Junior 1 bedroom. New carpet and vinyl. Large closets. Off-street parking. On-site laundry. \$100 off first month OAC. Call 619-462-1550, www.sadaptbrokers.com.

LA MESA. \$995. 2 bedroom, 2 bath spacious apartment. Parking. 875 square feet. 1-year lease, laundry. No pets. 7656 Normal Avenue #C. 858-483-3534. www.cal-prop.com.

LA MESA. 1 bedroom. Laundry on site. Parking. Easy freeway access. Rent: \$995. 5027 Guava. Call Tami, 619-244-3115.

LA MESA. 2 bedroom, 2 bath, \$1125. 2 bedroom, 1 bath from \$1025. 1 bedroom, \$885. On-site laundry. Parking. Pool. 5436 Vincetta Court. Sarka, 619-417-4964.

LA MESA. 1 bedroom, 1 bath. Laundry on site. Pool, gated, parking. Rent: \$850. 1/2 off first month's rent. 4905 73rd Street. Call: 619-697-8458.

LA MESA. \$795. \$300 off first month! 1 bedroom, quiet, dishwasher, air conditioning, balcony, intercom entry, laundry. Off- street parking. 4311 Parks Avenue. 619-460-5406.

LA MESA. \$1275. 2 bedroom, 2 bath. La Mesa Racquet and Swim Club top- level condo with 1st month free. Boasts granite counters, air conditioning, dark wood laminate flooring, large bedrooms, large living room window for a bright, sunny view, pool and spa. Pets OK on approval. 858-598-1111 x192. utopiamanagement.com.

LA MESA. 3 bedroom, 2 bath condo, \$1700. Central air conditioning/ heat, fireplace, balcony, washer/ dryer, community pool and spa, 1- car garage. 7780 Parkway Drive #1401. People Helping Others Property Management. 619-282-5400, peoplehelpingothers.com.

LA MESA. \$300 off first month's rent! 2 bedroom, 1 bath duplex, \$1175. Upstairs, wall air/ heat, fenced backyard, 1- car garage, washer/ dryer. Pets OK. 6163 Horton Drive. People Helping Others Property Management, 619-282-5400, peoplehelpingothers.com.

LA MESA. \$675. studio. Well- maintained property with meandering courtyard. Quiet and private. 4444 Parks Avenue. TPPM, 619-463-3882. www.villaparks.com.

LA MESA. Mellmanor Apartments. \$930/ up, 1 bedroom. \$1230/ up, 2 bedroom. Across Grossmont Center, trolley, Costco. Quiet, spacious units. Pools. 8750 Mellmanor Drive. 619-461-1940.

LA MESA. Villa Morocco. 1 bedroom, \$920. Spacious. Near Grossmont Center. Great neighborhood. Near all. 5545 Morro Way. 619-589-8854.

LA MESA. 3+ bedrooms, 3-1/2 baths, \$2100. Fashionable tri-level townhouse, partially furnished, stainless steel appliances, underground parking. For living/ work use. Agent, 619-296-3189.

LA MESA. \$1075. Extra large 2 bedroom, 1 bath. All new carpet, paint and blinds. Air conditioning, balcony. Close to lake. 6004 Lake Murray Boulevard. 619-804-3325.

LA MESA. 1/2 off first month! \$825. Extra large 1 bedroom, 1 bath. Beautiful wood cabinets, air conditioning, laundry, parking, near downtown La Mesa. 4325 Lowell Street #12. 619-460-1074.

LA MESA. \$1650/ month. 3 bedroom, 2 bath condo. 1561 estimated square feet. Refrigerator, stove/ oven, dishwasher, microwave, washer/ dryer. Community offers pool and Jacuzzi. Agent, 619-471-2201.

LA MESA/ COLLEGE. \$950. 2 bedroom, 1 bath. New paint, carpet, clean, quiet, secure. On-site laundry. **Ready now!** 7240 El Cajon Boulevard. Jeff, 619-713-1044.

LA MESA/ FLETCHER PARKWAY. Super spacious 1 bedrooms starting at \$975. **Open house Saturday, 9am-5:30pm.** Award- winning community. Pool, spa. Great location! No pets. 5500 Morro Way. TPPM, 619-466-8444 or 619-884-7900. www.villageaptslamesa.com.

LA MESA/ MT HELIX. Enchanting/ unique. 1000 square foot studio. Panoramic views, landscaped acre. Private, bright. Washer/ dryer. Utilities included. Small pets. \$1185. Jill, 619-228-4501.

1/2 off 1st & 2nd months rent

\$668 per month

including utilities!

With 12-month lease. Single occupancy. (Income qualify — ask for details!)
(Restrictions apply.) 3 months of free cable.



Features:

- Air conditioning
- Full bath
- Kitchenette
- Balcony with bay/ballpark views
- Cable ready
- Microwave
- Internet access
- 4 laundries on-site

- Clubhouse
- Business center
- Gated community
- Courtyard
- On-site management
- Close to shopping, restaurants, entertainment
- Easy access to bus/trolley
- Near freeways

Island Village



1245 Market Street, San Diego 92101
Located in East Village near Petco Park

Daily from 8 am to 6 pm
Call toll-free: **1-800-351-0613**



\$1195 1 bdrm/1 bth
866 sq. ft.

\$1495 2 bdrm/2 bth
1145 sq. ft.

\$1795 3 bdrm/2 bth
1315 sq. ft.



- Call for Specials
- Full-Size Washer & Dryer
- Garages Available
- Gated Community
- Large Grassy Courtyard
- Playground
- Fitness Center
- Sparkling Pool & Spa
- BBQ Areas
- Private Balconies



1-888-237-2751

Affordable Elegance & Luxury in Rancho San Diego

Sensational Summer Specials!

Call for details.
Studios starting at \$895
1 bedrooms starting at \$1095 • 2 bedrooms starting at \$1595



Olympic-size pool, 2 spas, 2 basketball courts, 5 lighted tennis courts w/pros, clubhouse & barbecue area, 6 laundry facilities, movie night, heat & A/C, close to freeways, cats welcome, Saturday continental breakfast, new business center

Bay Pointe Apartments • 3866 Ingraham St., Pacific Beach • Toll-free: 1-888-451-8713
E-mail: baypointeapts@san.rr.com • www.baypointeapartmenthomes.com

**Comfortable...
Exceptional...
Apartment Homes**

- Friendly, professional staff
- Full-size washer/dryer included
- Reserved covered parking
- Award-winning school district
- State-of-the-art fitness center
- Complimentary personal trainer
- Heated competition lap pool
- Lighted tennis courts
- Free tennis and swimming lessons
- Pro tennis instructor
- Sorry, no pets

LOOKING FOR AFFORDABLE LUXURY LIVING?

The Club Torrey Pines is a pleasant place to call home. We are nestled in a quiet neighborhood of Carmel Valley.

Call for Current Rates!
We offer FLEXIBLE lease rates and terms. Units are priced individually and monthly rents can be adjusted based on length of lease!



Visit our website at: www.torrey.cc

12646 Torrey Bluff Drive
San Diego, CA 92130
(866) 354-2096
ClubTorreyPines_DouglasAllred@crossfiremail.com



Facing Mortgage Default?

We may be able to help.
"You still need a home!"

2 bedroom / 2 bath Apartments in North Park from \$1090-\$1175
(840 sq. ft. – 1200 sq. ft.)

- 2 cats OK with deposit • Fireplace • Large kitchens
- Dishwasher • Gated underground parking
- Onsite laundry facilities • Lots of storage
- Close to schools, colleges, freeways and buslines!

Call 1-888-252-7397



\$150 off rent

First full month's rent. With this ad.

LA MESA/CASA DE ORO. 1 bedroom, \$945-\$995. 2 bedroom, 2 bath, \$1145-\$1195. 3 bedroom, 2 bath, \$1395-\$1445. Air/heat. Huge patios/balconies. Gated access and parking. Small pets OK. Elegant, sculptured courtyards with flower gardens, fountains, gas lamps, park benches. Charming. New Orleans ambience. 3903 Conrad Drive. 866-894-6343. www.sreader.com/news/rent/1017.

LAKESIDE Nice 1 bedroom at \$710 in quiet 55+ community. \$200 off first month! Laundry, air conditioning, clubhouse. Parking. 12133 Rockcrest Road. Agent, 619-443-9611.

LAKESIDE. Starting at \$1025. 2 and 3 bedroom apartments. Pool, Jacuzzi. Small dogs allowed. Laundry room. Available now. Reserved parking. Deposit \$300. 619-956-6341.

LAKESIDE. \$975. 2 bedroom, 1 bath, spacious. Laundry. Parking. Available now. On-site manager. 619-561-4155. 12718 Mapleview Avenue #7 and #10. www.amgsd.com. 619-295-1165.

LAKESIDE. Move-in special: 1st month 1/2 off! 2 bedroom, 1 bath. On-site laundry. \$800. 12346 Parkside Street #2. See at northcuttproperties.com. Agent, 858-505-1300.

LAKESIDE. 2 bedroom, 1 bath, \$810. 1 bedroom, \$700. Near shopping. Easy freeway access. Off-street parking. On-site laundry. 12369 Lakeshore Drive #10. Northcuttproperties.com. Agent, 858-505-1300.

LEMON GROVE. 1 bedrooms, newly remodeled. Great price! \$775/month. Great location. Cat welcome. Pool, laundry, parking. Free Wi-Fi. 8413-8427 Broadway. 619-462-6798. www.sdpbtobrokers.com.

LINDA VISTA. 2 bedroom, 1-1/2 bath townhouse, \$1395. Special! Just remodeled—all new from windows to appliances. Washer/dryer hookups, dishwasher, tankless water heater, fully carpeted, private backyard, 2 parking spaces, in the heart of San Diego, close to Fashion Valley and USD. No pets, please. Come and check us out! Office at 7025 Eastman Street. 619-249-9585.

LINDA VISTA. 2 bedroom, 1 bath, \$981 for 6 months plus a secret special! It is a 2-level townhouse. 875 square feet, backyard, assigned parking and park-like front courts. New laundry in complex.

Centrally located. Deposit \$900. No pets, please. Office at 7025 Eastman Street (right next to KFC). Call 619-249-9585.

LINDA VISTA. \$2100. 3 bedrooms, 2-1/2 baths. Each room has balcony. Just built, rear unit of duplex. 2 car garage. Available 7/1/09. \$2100 deposit. 858-736-5505.

LINDA VISTA. \$1200. 1 bedroom, 1 bath duplex, one-story duplex. Hardwood floors. Big, fenced backyard. Pets OK. 2871 Comstock Street. www.centrecity.net. 619-296-6699.

LINDA VISTA. \$1395. 2 bedroom, 2 bath condo. Washer/dryer. Parking. Pool. Patio. Close to Mesa College. No pets. Call Coldwell Banker Property Management, 858-488-2228.

LINDA VISTA/KEARNY MESA. \$1125. Large 2 bedroom, 2 bath condo. 1 car garage. Extra large patio. No pets. 8022 Linda Vista Road #1N. 858-483-3534. www.cal-prop.com.

LINDA VISTA/USD. 2 bedroom, 2 bath upstairs, fireplace, dishwasher. Gated complex. On-site laundry. Parking. \$1350/month. 5530 Riley Street #5. More Property Management, 858-514-8201.

LINDA VISTA/USD. Move-in special. 2 bedroom, 2 bath upstairs. Washer/dryer. Vaulted ceilings. 1 parking. \$1400/month. 5646 Riley Street. More Property Management, 858-514-8201.

LITTLE ITALY. Furnished studios available. Weekly special from \$195/week. Other options are also available. Open house every day, 8am-6pm. Call for details. 619-595-0111. www.vantaggiosuites.com.

LOGAN HEIGHTS. Near Navy Shipyard. \$740, all utilities paid. Nice, large studio; separate kitchen. Quiet, gated. Near bus/trolley. 2818 Boston. No pets. 619-435-0387. 619-206-3089.

LOGAN HEIGHTS. \$1000/month. \$500 deposit. 2 bedrooms. Refrigerator. Small yard, pets OK. Credit check. Available July 1. North 39th Street. 858-775-3965.

LOGAN HEIGHTS/SHELLTOWN. \$500. Cute studio, newly renovated, new stove, refrigerator and flooring. Laundry on site. 3735 Dalbergia Street, #5. Call Rogelio at 619-231-0374. www.centrecity.net.

MIRA MESA. 1/2 off 1st! Large, upper 1 bedroom, 1 bath, \$895. Stove, refrigerator, large walk-in closet, parking, laundry. Cat OK. 8767 Mira Mesa #8. 619-804-3325.

MIRA MESA/SORRENTO VALLEY. \$1295. \$500 off first month! 2 bedroom, 2 bath. Fireplace. Washer/dryer in unit, refrigerator, covered parking. Nice neighborhood. Available now. Deposit required. Cat OK. Year lease. Including trash/water. New paint. Pool/Jacuzzi. 619-244-4212.

MISSION BAY/BAY PARK. Pristine 1 bedrooms starting at \$895. 2 bedrooms at \$1160. Bay Park's best maintained property with beautiful courtyard and sparkling pool. Perfect Mission Bay location with easy freeway access. No pets. 2520 Chicago Street. TPPM, 619-405-7200. www.debonairapts.com.

MISSION BAY/BAY PARK. \$825. Spacious studio in fantastic location. Bay view. Controlled access. Laundry. 2871 Morena Boulevard. TPPM, 619-275-1352.

MISSION BEACH. \$3595. Fantastic! Modern! Spacious! 3 bedroom, 3 bath, fireplace, patio, deck, 2 car garage, block to beach. No pets. Lease. 813 Isthmus Court. 858-459-7391.

MISSION BEACH. \$1225. 1 bedroom, 1 bath. Clean, cute. Garage. Steps to the beach. No pets. Year-round lease. 619-234-4621 858-459-8894.

MISSION BEACH. Extra large, clean 2 bedroom, 1 bath, \$1600. Garage parking. On Mission Boulevard. No pets. Available now. 1-year lease. 619-269-7624.

MISSION BEACH. \$1795. 2 bedroom, parking, appliance, laundry on site, steps to beach. 712 Santa Rita Place #D. 858-272-9547.

MISSION BEACH. \$2250. Newly remodeled 3 bedroom, appliances, 2 parking spaces, laundry facility on site and just steps to beach. 748 Wavecrest Court. 858-272-9547.

MISSION BEACH. \$2600. Updated upper condo: 2 bedrooms, 2 baths, loft/private deck, double garage, beach close. 735 Brighton. www.askchenyann.com. Pacific Sunset Group. 800-736-8774, 619-275-2011.

MISSION BEACH. \$795. Studio. Block to ocean/bay! Includes stove, refrigerator, parking space. Excellent condition. No pets. 3275 Mission Boulevard. Shore Management, 858-274-3500.

MISSION BEACH. \$2495. Views! Block to beaches and Belmont Park. 3- bedroom, 3.5 bath apartment. New carpet and paint. Dishwasher. Very clean. Two-car garage. Laundry in unit. Shore Management, 858-274-3500.

MISSION BEACH. \$1350. Downstairs 1 bedroom, hardwood floors, 1 parking. No

pets. 807 Venice Court. More Property Management, 858-514-8201.

MISSION BEACH. \$2100. 827 San Jose Place. 2 bedroom, 2.5 bath. Deck on second floor, two single garages, washer and dryer, year-round lease. Available now. Phillips Realty, 858-354-2344.

MISSION BEACH. \$2295. Furnished, secure townhouse for September 1 through May 31. Large 2 bedroom, 2 bath, 2 car garage. Large open floor plan. Washer/dryer. No pets. 9-month lease desired. Call Coldwell Banker Property Management, 858-488-2228.

MISSION BEACH. 1 bedroom. Walk to beach and Bay! Hardwood floors. 1-car garage. \$999. 3629 Mission Boulevard. 858-568-5081.

MISSION BEACH/SOUTH. \$1150. 1-bedroom upstairs front unit. Bright and sunny. Stove, refrigerator, shared courtyard, seconds to beach or bay. Coin laundry. Cat OK with additional \$300 deposit. Available 7/1/09. 731-1/2 Ensenada Court. Del Sol Property Management, www.delsolpm.com. Broker, 858-270-2071.

MISSION BEACH/SOUTH. \$725. Small studio apartment plus garage/ storage only. Paid SDG&E. No pets. Refrigerator only. Carpet. Share courtyard. Clean. 747-1/2 Avalon Court. 619-275-3455.

MISSION HILLS, SOUTH. \$1250. 2 bedroom, 1 bath. Remodeled kitchen, new flooring, small complex, cat OK. Off-street parking, patio. 3636 State Street. 858-576-8292.

MISSION HILLS. \$1575. Spacious 2 bedroom, 2 bath. Top floor, security building, fireplace, balcony, skylights, washer/dryer in unit, new stainless appliances. Anita, 619-246-8393.

MISSION HILLS. \$1200/ up. 1 bedroom, 1 bath. 2 bedroom, 2 bath. Laundry. Parking. Pets OK. La Paloma Apartments. Open daily, 1-5pm. 3911 Dove. 619-297-1134.

MISSION HILLS. 1 bedroom, 1 bath apartment. Charming, historic, private. Open beam ceilings, parking, washer/dryer. View. \$1145/month. One year lease. Nonsmoking. No pets. 619-980-6700.

MISSION HILLS. \$725. Studio, new carpet. Private parking. Kitchen/bath. Clean! Take India Street west to Chalmers, turn right to 1527 Linwood Street, Apt #3. Available now. 619-318-6477.

MISSION HILLS. \$775. Quiet hillside studio, city views. Close to Downtown and Hillcrest. No pets. Near bus stop. 2722 Reynard Way, #C. www.centrecity.net. 619-296-6699.

MISSION HILLS. Boutique complex. 1 bedroom, hardwood, off-street parking, on-site laundry. Small pet OK. \$965, \$99 deposit with good credit/ year lease. Linda, 619-203-9233.

MISSION HILLS. \$750/up, spacious studio. Hardwood, Murphy beds, intercom entry. Some utilities included. No pets. 619-298-7724.

MISSION HILLS. \$845 studio in beautiful, newer controlled-access building near UCSD Medical Center. Gated parking. Laundry. No pets. 4022 Albatross. TPPM, 619-293-0373.

MISSION HILLS/HILLCREST. 1 bedroom, \$945. Recently remodeled. Quiet, pool, barbecue, dishwasher, on-site laundry, covered parking. No pets. EOH. 619-299-8746.

MISSION HILLS/HILLCREST. 1 bedroom, 1 bath. Prime location. Walking distance to restaurants & shops. Shared common yard. Charming, Quiet, Peaceful, 425 West University. \$850. 619-260-0752

First Month Free! Mission Hills/Hillcrest. New, luxurious, very large 2-bedroom, 2-bath condos, \$2400. Designer kitchen, washer/dryer, HVAC, decks, parking, security. Credit check. 3972 Albatross Street. Call Broker at 619-293-3118 x5.

MISSION HILLS/OLD TOWN. \$950-\$999. 1 bedroom. New cabinets/appliances/ carpet, off-street parking. Nonsmoking. No pets. Near Thomas Jefferson Law School/transit center. 619-990-3846.

MISSION VALLEY WEST/USD. Summer special! From \$750. Unique, nicely upgraded studios. Near trolley. 2-month lease available. High ceilings. Gated. Landscaped courtyard. <http://www.info101.net>. 619-297-3000.

MISSION VALLEY, EAST. Large 2 bedroom, 2 bath, \$1275/month. New floor tile, kitchen and bath. Pool, amenities and garage. No pets. Available 7/1. Call 619-977-8861.

MISSION VALLEY. \$750/ \$995 up. Move-in special! 1 and 2 bedrooms. Air conditioning. New paint. Pool. Cabinets. Granite countertops. Near restaurants, trolley, shopping. 858-717-5423.

MISSION VALLEY. \$1425. 2 bedroom, 2 bath luxury condo in River Run. Newer stove/blinds, upgraded flooring. All amenities. Pool/gym. Available 8/1. Carl, 619-972-4203.

MISSION VALLEY. \$1175. 2 bedroom, 1 bath condo. Spacious unit, centrally located, parking, laundry, pool, balcony. 1-year lease. No pets. 6052 Rancho Mission #410. 858-483-3534. www.cal-prop.com.

MISSION VALLEY. \$1495. 3 bedroom, 2 bath condo. Remodeled in 2008. Balcony and on-site pool. No pets. 6191 Rancho Mission Road #201. 858-483-3534. www.cal-prop.com.

MISSION VALLEY. \$1060. 1 bedroom, 1 bath apartment, parking included, fitness center, fireplace. Fee. Free search at www.westsiderentals.com. 619-367-3333.

MISSION VALLEY. \$1865. 2 bedroom, 2 bath apartment, cat OK, parking included, air, washer/dryer, community pools, spa, more. Fee. Free search at www.westsiderentals.com. 619-367-3333.

MISSION VALLEY. \$2500. 3 bedroom, 2 bath condo in gated community. Laundry on site. Off-street parking. Close to transportation. 5805 Friars Road. www.sdforrent.com. 619-640-7530.

MISSION VALLEY. \$900. Large 1 bedroom condo. Downstairs, off-street parking. Pool, spa, laundry room. Park-like setting. Near trolley. Available now. 858-273-5228; 858-652-9222.

MISSION VALLEY. \$1250. **1/2 Off 1st Month!** 2 bedroom. Beautiful valley view. Across from USD. Well maintained, newer complex. Top floor/ scenic corner. Balcony/ outdoor dining. 858-717-6004.

MISSION VALLEY. \$1795. Escala. Newer 2 bedroom, 2.5 bath townhouse, upgraded kitchen and baths. 2 car garage. Laundry. Pool. No pets. Call Coldwell Banker Property Management, 858-488-2228.

MISSION VALLEY. \$1295. Lovely 2 bedroom, 2 bath condo, upstairs unit, overlooking pool. New carpet and paint. Laundry in complex. Balcony. Open floor plan. Close to the freeways and shopping. No pets. Call Coldwell Banker Property Management, 858-488-2228.

MISSION VALLEY. 1/2 off first! \$995. Close to Fashion Valley! Upper 1 bedroom, 1 bath, gated, appliances, washer and dryer, air conditioning, pool, spa, parking. 6780 Friars Road #248. 619-794-5177.

MISSION VALLEY. \$1975/ month, rest of June is free! Stonecrest. Beautiful 2 bedroom, 2-1/2 bath with 2-car garage for rent, conveniently located just minutes from freeways 8 and 15. Patio located at the ground floor overlooking the valley below. This is a corner unit that offers a much larger view than most of the apartments. Large shopping complex within 10-minute walk from your front door. Contact Ryan, 760-271-1484, or e-mail rdswayer@hotmail.com.

MISSION VALLEY. \$795 studio. Free basic cable, on-site laundry. No pets. Nonsmoking. Park Villas. 1/2 off first month's rent! Call Agent, 619-692-4121.

MISSION VALLEY. \$1395. 2 bedroom, 2 bath condo. Center of Mission Valley. Laundry in complex. 1 parking space. Large patio. Open floor plan. No pets. Call Coldwell Banker Property Management, 858-488-2228.

MISSION VALLEY. \$1195. 1/2 off 1st month's rent! 2 bedroom, 2 bath. Free basic cable, on-site laundry. No pets. Park Villas Complex. Agent, 619-692-4121.

MISSION VALLEY/USD. \$2060. 3 bedroom, 2 bath spacious townhome, 2 car garage, bonus room. Washer/dryer. Near Fashion Valley, freeways. Available now. Lisa, 215-360-7265.

MISSION VALLEY/USD. Newly remodeled, 4 master bedrooms, 3 bath, 2-story, 2200 square feet, 4 parking spaces, large living room, 2 huge balconies with panoramic ocean views, hardwoods/ carpeting. Washer/dryer in unit, dishwasher, private yard/ Jacuzzi. Pets OK. \$3500 (includes water). 858-353-6878.

MISSION VALLEY/TALMADGE/KENSINGTON. 1/2 off first month! \$99 moves you in! Call for details. Free credit application. 2 bedrooms, 2 baths at \$1325. Gated community! Pool, spa. Free Wi-Fi access. Outdoor billiards, barbecue lounge. Fitness center. Computer lab with printer. Laundry center with flat screen TVs! Parking. Pet friendly! Mission Pacific Apartments, 4454 44th Street. Please call for military special! 1-800-372-9146. missionpacific.pacificliving.com. www.pacificliving.com. sreader.com/news/rent1010.

MISSION VALLEY/TALMADGE/KENSINGTON. 1/2 off first month! \$99 moves you in! Call for details. Free credit application. 2 bedrooms, 2 baths at \$1325. Gated community! Pool, spa. Free Wi-Fi access. Outdoor billiards, barbecue lounge. Fitness center. Computer lab with printer. Laundry center with flat screen TVs! Parking. Pet friendly! Mission Pacific Apartments, 4454 44th Street. Please call for military special! 1-800-372-9146. missionpacific.pacificliving.com. www.pacificliving.com. sreader.com/news/rent1010.

MISSION VALLEY/TALMADGE/KENSINGTON. 1/2 off first month! \$99 moves you in! Call for details. Free credit application. 2 bedrooms, 2 baths at \$1325. Gated community! Pool, spa. Free Wi-Fi access. Outdoor billiards, barbecue lounge. Fitness center. Computer lab with printer. Laundry center with flat screen TVs! Parking. Pet friendly! Mission Pacific Apartments, 4454 44th Street. Please call for military special! 1-800-372-9146. missionpacific.pacificliving.com. www.pacificliving.com. sreader.com/news/rent1010.

MISSION VALLEY/TALMADGE/KENSINGTON. 1/2 off first month! \$99 moves you in! Call for details. Free credit application. 2 bedrooms, 2 baths at \$1325. Gated community! Pool, spa. Free Wi-Fi access. Outdoor billiards, barbecue lounge. Fitness center. Computer lab with printer. Laundry center with flat screen TVs! Parking. Pet friendly! Mission Pacific Apartments, 4454 44th Street. Please call for military special! 1-800-372-9146. missionpacific.pacificliving.com. www.pacificliving.com. sreader.com/news/rent1010.

MISSION VALLEY/TALMADGE/KENSINGTON. 1/2 off first month! \$99 moves you in! Call for details. Free credit application. 2 bedrooms, 2 baths at \$1325. Gated community! Pool, spa. Free Wi-Fi access. Outdoor billiards, barbecue lounge. Fitness center. Computer lab with printer. Laundry center with flat screen TVs! Parking. Pet friendly! Mission Pacific Apartments, 4454 44th Street. Please call for military special! 1-800-372-9146. missionpacific.pacificliving.com. www.pacificliving.com. sreader.com/news/rent1010.

MISSION VALLEY/TALMADGE/KENSINGTON. 1/2 off first month! \$99 moves you in! Call for details. Free credit application. 2 bedrooms, 2 baths at \$1325. Gated community! Pool, spa. Free Wi-Fi access. Outdoor billiards, barbecue lounge. Fitness center. Computer lab with printer. Laundry center with flat screen TVs! Parking. Pet friendly! Mission Pacific Apartments, 4454 44th Street. Please call for military special! 1-800-372-9146. missionpacific.pacificliving.com. www.pacificliving.com. sreader.com/news/rent1010.

MORENA/USD. \$1395. 2 bedroom, 1 bath condo. 2 parking. Gated community. Close to USD. 1205 Colusa Street #12. 858-483-3534. www.cal-prop.com.

MORENA/USD. \$1975. 3 bedroom, 2 bath condo. Washer/dryer. 2 large bedrooms with walk-in closets. No pets. 1124 Eureka Street #36. 858-483-3534. www.cal-prop.com.

MOUNT HELIX/CASA DE ORO. \$400 off second month's rent! \$1099. 2 bedroom. \$1299, spacious 3 bedroom, 2 bath. Laundry. Garages. Balconies. Pool. Espanol. 619-857-0365.

NATIONAL CITY. \$750, utilities paid. Huge 1-bedroom duplex on cul-de-sac, patio, shed, 1 parking. \$750 deposit, year lease. 16th/ I. \$35 per adult application fee. No pets. Rick, 619-422-3810.

NATIONAL CITY. 2 bedroom, 1 bath, \$975/month. Parking space. Water paid. 116 Palm. Call 619-474-4441.

NATIONAL CITY. \$300 off first month's rent! 1 bedroom apartment, \$825. Newly renovated. Gated community. Laundry facility. Available in July. Hilltop Villas, 315 East 30th Street. 619-477-7442. www.melroyproperties.com.

NORMAL HEIGHTS. Hacienda-style studio, lower unit, spacious closet, washer/dryer, all new appliances, tile floors, electrical fireplace, front yard patio. \$895. No pets. 619-787-9560.

NORMAL HEIGHTS. Hacienda-style 1 bedroom apartment, large patio, washer/dryer, all appliances, granite floors, custom counters, minibar. \$995. No pets. 619-787-9560.

NORMAL HEIGHTS. \$1075. 1st month free! North of Adams. Upper 2 bedroom, 2 bath. Garage, newer secure building, parking, on-site laundry, appliances, new paint. 4743 Hawley Boulevard. 760-796-7685.

NORMAL HEIGHTS. \$995. Large 2 bedroom, 1 bath featuring new Milgard dual-pane windows, new paint, blinds, eat-in kitchen, 2-car garage with automatic opener, stove, refrigerator. No pets. Nonsmoking. Mr. A's Property Management, 619-697-1888.

NORMAL HEIGHTS. 1 bedroom, \$825. Spacious. Pool. Off-street parking. On-site laundry. Close to major freeways. Sorry, no pets! 4841 West Mountain View Drive. Call 619-282-6440. Sunriseliving.com.

NORMAL HEIGHTS. \$100 off first month! 1 bedroom, \$875 with \$700 deposit. Balcony. Newly remodeled. Pool, barbecue, laundry. Open house this Sunday, 1pm-4pm. 4566 36th Street. Call 619-284-2104; 858-205-2602.

NORMAL HEIGHTS. \$795. Senior/disabled. 1 bedroom, 1 bath, elevator, laundry room. Very nice and quiet. Section 8 OK. Available now. 619-269-3487.

NORMAL HEIGHTS. Studio, upper unit. Nice, quiet complex. Rent: \$720. Call Mike, 858-490-1600.

NORMAL HEIGHTS. 4334 Texas Street. 1 bedroom. \$400 off 1st month! \$825. Free utilities. On-site laundry. No pets. 619-226-7368 or www.bkbinc.com.

NORMAL HEIGHTS. 4669 Iowa Street. 1 bedroom. \$750. \$400 off 1st month! No pets. 619-226-7368 or www.bkbinc.com.

NORMAL HEIGHTS. 4655 33rd Street. 1 bedroom, \$800. \$400 off 1st month. Laundry, parking. No pets. 619-226-7368 or www.bkbinc.com.

NORMAL HEIGHTS. \$900. 2 bedroom, 1 bath. Downstairs unit. Gated complex. Laundry. Available now. 4580 39th Street #4594, #4586, #4590. www.cethron.com. 619-295-1100.

NORMAL HEIGHTS. \$850. 1 bedroom, 1 bath. Clean and quiet, parking, gated, laundry. Available now. 4382 Utah Street #9. www.cethron.com. 619-295-1100.

NORMAL HEIGHTS. \$850. Ground floor 1 bedroom, 1 bath. Small, quiet complex near freeways, shops, restaurants. On-site laundry, 1 parking space. Nonsmoking. Cats OK. 619-261-7415.

NORMAL HEIGHTS. \$675. Studio. Gas, water, trash paid. Newer cabinets. Ceramic tile floors. Laundry. No pets. Near Adams. www.SeeTheUnit.com. Agent, 619-298-7724.

NORMAL HEIGHTS. \$675. Small, cozy studio. Kitchen. Full bath. Near Adams. 4673-1/2 Felton Street. No pets. 619-298-7724.

NORMAL HEIGHTS. \$725. Clean 1 bedroom apartment. New carpet/paint. Stove, refrigerator. Parking space. Laundry. Security gates. No pets. 4334 35th Street. Shore Management, 858-274-3500.

NORMAL HEIGHTS. \$925. 2 bedroom apartment. Recently remodeled. Kitchen and bath. New paint. Dishwasher. Laundry. Parking. 4525 34th Street. Shore Management. Call Manager, 619-280-1334.

NORMAL HEIGHTS. \$775, \$600 deposit. 1 bedroom. Refurbished. New carpet, refrigerator, tub, fixtures. Quiet, gated. Breakfast bar. Off-street parking. Close to shopping/freeways. 619-952-7006.

NORMAL HEIGHTS. 1 bedroom apartments, \$825. Laundry. Parking. No pets. 4840 W Mountain View Drive. More Property Management, 858-514-8201.

NORMAL HEIGHTS. Move-in special. \$895. Quiet 1 bedroom. Lovely garden setting. Laundry. Parking. No pets. 4429 Idaho Street. More Property Management, 858-514-8201.

NORMAL HEIGHTS. 1 bedrooms, \$76

parking. Dishwasher. 2 cats OK with deposit. Laundry. Lots of storage. Balcony, sunset view. 888-252-7397.

NORTH PARK. 1- bedroom, 1- bath apartment, \$850. Newer carpet/ flooring. Freshly painted. Gas/ water paid. Pool. Gated, quiet, no pets, on-site laundry. 619-281-1714.

NORTH PARK. 2 bedroom, 1 bath apartment, \$1095. Newer carpet/ flooring. Freshly painted. Gas/ water paid. Pool. Gated, quiet, no pets, on-site laundry. 619-281-1714.

NORTH PARK. Newer 2- story, 3- bedroom, 2.5- bath townhome, quiet cul-de-sac. 2- car garage. Fireplace, stove, dishwasher, laundry hookups. Year lease. No pets. 951-300-6231/6232.

NORTH PARK. \$750. 55 and over. Small 1 bedroom, 1 bath. Secure building. Laundry, library, game room. Gated parking. Near all. Section 8 OK. 949-295-3574.

NORTH PARK. \$875. 2 bedroom, downstairs apartment. Small, quiet complex. Laundry, parking. Near bus. Nonsmoking. No pets. Call 619-582-4458.

NORTH PARK. Apartment, \$795. 1 bedroom, 1 bath, upper unit, refrigerator, stove, laundry, parking. Small pet OK. 4170 Texas Street, #6. www.centrecty.net. 619-296-6699.

NORTH PARK. \$825. 1 bedroom, 1 bath. Sunny upstairs unit! New vinyl and paint. Laundry facility. Deposit \$500. For info on move-in special, call 619-640-6958.

NORTH PARK. 2 bedroom, 2 bath. Gated, laundry on site, street parking. Rent: \$1175. 3919 Mississippi Street. Call Mike, 858-490-1600.

NORTH PARK. \$900. 2 bedroom, 1 bath. Laundry on site, gated. New carpet and stove. Parking available. Available now! 4269 Wilson Ave #7. www.amgsd.com. 619-295-1165.

NORTH PARK. \$1295 rent, \$800 deposit OAC. Large 2 bedroom, 1-1/2 bath, dining area, patio, laundry, no pets, at 3818 Pershing Avenue. Agent, 619-299-8515.

NORTH PARK. \$825. 1 bedroom, 1 bath. Quiet, gated complex. Laundry on site. Parking. Available now. 4375 Oregon Street, www.cethron.com, 619-295-1100.

NORTH PARK. \$1200. Studio, penthouse/ 1 bath, coin-operated laundry. Available now! 3949 Kansas Street #33. Manager, 619-750-9642.

NORTH PARK. Beautifully remodeled townhome, 2 bedrooms, 1 bath, laminate floors. Laundry on site. Two parking spaces. \$1100. No pets. Available now. 4064 36th. 619-887-8786.

NORTH PARK. Move-in special. \$1200. Spacious 2 bedroom, 2 bath, garage. Dishwasher, fireplace, patio, air. Gated. On-site laundry. No pets. 4084 Hamilton. Agent, 619-298-7724.

NORTH PARK. \$875. 1/2 off 1st month! Newly refurbished 1 bedroom apartment in small complex. Parking, on-site laundry, Cat OK. 4155 Alabama Street. Agent, 619-793-4026.

NORTH PARK. \$995. 1 bedroom, 1 bath; and \$1025. 2 bedroom, 1 bath apartments. Lower and upper levels, small patio. Gated community. Parking, on-site laundry. No pets. 4613 Alabama Street, #3 and #7. www.centrecty.net. 619-296-6699.

NORTH PARK. \$745. Large 1 bedroom apartment. Small, quiet property. Upstairs. Newer carpet, ceiling fan, coin laundry. No pets. 4127 33rd Street. Agent, 619-469-7790, www.westmanproperties.com.

NORTH PARK. Apartment. Price reduced! \$850. Newly renovated 1 bedroom, 1 bath cozy granny flat above garage. Small patio, storage, parking, laundry. 3274 Orange Avenue. www.centrecty.net. 619-296-6699.

NORTH PARK. Theater district. Bright, clean, private little studio. Tiny bathroom, no kitchen, share laundry, small pet OK. \$650 includes utilities. 619-987-0001.



NORTH PARK. \$925. Lovely 1 bedroom, 1 bath upstairs unit in beautifully maintained Spanish-style building with all appliances, air conditioning, assigned parking and laundry. Cat OK. 4077 Utah Street #6. 619-698-6111. www.goldenmanagement.com.

NORTH PARK. \$950. 4359 Alabama Street between El Cajon and Meade. 2 bedroom, 1.5 bath. New carpet, new floors in kitchen and bathrooms. Laundry room. One assigned parking. No pets. Phillips Realty, 619-291-6686.

NORTH PARK. Move-in special: 1/2 off 1st month's rent OAC! \$900. 1 bedroom, 1 bath upper unit. On-site laundry. 4370 Hamilton Street #5. Agent, 858-560-1178.

NORTH PARK. Move-in special: 1/2 off 1st month's rent OAC! \$1150. Very large, upgraded 2 bedroom, 1 bath downstairs unit. On-site laundry, parking. 4370 Hamilton Street #3. Agent, 858-560-1178.

NORTH PARK/ Hillcrest. \$1195. Spacious, bright 2 bedroom, 2 bath. Small, attractive courtyard property in excellent corner location near Hillcrest. 4192 Mississippi Street. TPPM, 619-299-9897.

NORTH PARK. \$1495. Extra large 2 bedroom, 1 bath duplex. Garage, wood floors, washer and dryer, patio, near all. Pet negotiable. 4005 Kansas Street. 619-804-3325.

NORTH PARK. \$1350. 2 bedroom apartment. Completely remodeled. This unit features a gourmet kitchen with stainless steel appliances, solid surface countertops, ceramic tile floors, plush carpeting. Crown moldings, new windows and air conditioning. Bathroom has been completely remodeled, includes full tile shower enclosure, clear glass shower doors. Bedrooms have mirrored closet doors and ceiling fans. New faux wood blinds throughout and all new fixtures. This is a family owned and managed eight unit complex. The property is gated with intercom, has on site laundry and one off street parking space. Small dog under 15lbs. \$700 security deposit. Move in special \$500 off 1st month's rent. Year lease required. Applicant must have excellent credit and rental history. Application fee \$30 for single or \$50 for couple. Don't miss out on this one! 3740 Pershing Avenue. **Contact Scott, 619-846-6615; scott@hendershawandassociates.**

NORTH PARK. 1/2 off 1st! Spacious 1 and 2 bedrooms starting at \$825. New laminate flooring, new paint, appliances and blinds, garage with additional rent. 3337 Herman. 619-804-3325.

NORTH PARK. 1/2 off 2nd! Spacious 2 bedroom, 1 bath, \$1195. Gated, all appliances, air conditioning, underground parking, laundry. Cat OK. Near all! 3928 Illinois. 619-843-0796.

NORTH PARK. 1/2 off first! \$995. Large 2 bedroom, 1 bath, gated, new paint and carpet, appliances, laundry, parking. Near all. 4036 Oregon. 619-804-3325.

NORTH PARK. 1 bedroom, 1 bath upstairs apartment. New paint, good storage, off-street parking. Near shopping. Easy access to freeway. 3662 32nd Street #5. \$850. 619-683-9274.

NORTH PARK. Move-in special: 1/2 off 1st month's rent OAC! \$895. Upgraded 1 bedroom, 1 bath duplex. On-site laundry, Pets OK. 3766 Villa Terrace. Agent, 858-560-1178.

NORTH PARK. \$700. 1 bedroom, 1 bath, senior or disabled citizen complex. \$300 deposit. 4086 Swift Avenue #15. Agent, 858-560-1178.

NORTH PARK. \$1200. Reduced move-in. 2 bedroom, 1 bath apartment in quiet, gated complex. Laundry on site. Section 8 OK. Small pets OK. 4034 Iowa Street. www.sdforrent.com. 619-640-7530.

NORTH PARK/ BURLINGAME. \$700/month. Deposit \$650. Studio (separate kitchen/ living space). All utilities paid. No hookup fees. Clean, private residential area. Available now. No Smoking. No pets. 541-472-5151.

NORTH PARK/ HILLCREST. \$795. Spacious 1 bedroom. Large closets. Off-street parking, laundry. Gated complex. Phone entry. Indoor cat upon approval. 4030 Louisiana. TPPM, Monday-Friday, 619-296-8802; Saturday/ Sunday, 619-301-9958.

Pacific Beach 92109

Free brake inspection with any service!

Oil Change Special \$14⁹⁵

Most 4-cyl. cars. Includes new oil filter, EPA, up to 5 qts. oil.
6-cyl., 8-cyl. & some oil filters extra.

Smog Check \$19⁷⁵

+\$8.25 certificate +\$52 ET. Most cars. Bring DMV notice. Extra \$6 for vans, SUVs, trucks, V8, and European. Models (years) 1976-1995 \$10 extra for Evap test. RVs: call for details.

A/C Service \$20

Plus Freon. Call for details.

Basic Tune-Up with oil change

4-cyl. \$35 6-cyl. \$39⁹⁵ 8-cyl. \$49⁹⁵
Most cars. Includes new plugs and oil filter. Inspect cap, rotor wire, air filter. Some oil filters extra. Some cars labor extra. Platinum plugs extra.

60K/90K/120K Services

4-cyl. from \$149⁹⁵
6-cyl. and 8-cyl. extra. Platinum plugs extra. Call for details.

"Check Engine" Light On?

OBDDI Diagnostic Car Fail Smog? Diagnostic Free with Repair
Some problems may require additional diagnostic procedures.

Chris's Auto Smog & Repair Center

2920 Damon Ave. #C & D
(Behind In-N-Out Burger)
858-270-1888
Must present coupon at time of service. Not to be combined with any other offer. Expires 7/8/09.

NORTH PARK/ NORMAL HEIGHTS. \$1050. 2 bedroom, 1 bath. Remodeled inside. Gated courtyard, 1 off-street parking. Small dog OK. 4382 35th Street. 92104. Lisa, 619-822-7664, b4ubug420@yahoo.com.

NORTH PARK/ NORMAL HEIGHTS. 1 bedroom, 1 bath with garage. Basic utilities included. Rent: \$950. 4653-B 30th Street. Call Mike, 858-490-1600.

OCEAN BEACH. \$1195. Block to beach! Spacious 2 bedroom apartment. Berber carpet, ceiling fans. Laundry. Shared 35' deck. Parking. No pets. Shore Management. 858-274-3500.

OCEAN BEACH. \$995. 1 bedroom, near beach, small building, roomy, clean, quiet, no pets. Nonsmoking. Nice home. 5050 Santa Monica Avenue, Manager, #14. Call 9-5pm. 619-222-3897.

OCEAN BEACH. Beautiful beachfront view! Studio, \$995. 1 bedroom, \$1100-1350. 2 bedroom, \$1500-1700. Some with great ocean views! Serene, security, garden buildings. Hardwood floors, ceramic tile, laundry. Garages available. Pets considered. For address and availability, call 619-224-1748. For applications, call 619-501-5553.

OCEAN BEACH. Studio units from \$900. 1 bedroom units from \$995. Utilities included. Now available at the Silver Spray Apartments. Walking distance to beach and Ocean Beach Pier. Minimum 6-month lease. Sorry, no pets! 619-223-8186.

OCEAN BEACH. 2 bedroom from \$1250. Enjoy comfortable year-round living at Ocean Breeze. Spacious apartments now available. This small, friendly complex is an ideal place to call home. Only 2 blocks from the beach. Sorry, no pets! 619-223-8186.

OCEAN BEACH. \$1095. 1 bedroom, 1 bath condo located right across the street from the ocean. Available now. 2111 Spray Street #8. Call 619-698-6111. www.goldenmanagement.com.

OCEAN BEACH. \$1100. Utilities paid. 1 bedroom, 1 bath. Freshly painted. 1 block to beach. Fenced yard, dog OK on approval. 5142 Muir Avenue. 619-888-6604.

OCEAN BEACH. \$960. Blocks to the beach! 1 bedroom. Clean. Parking. Laundry. No pets. Includes water/ trash. Seacoast Apartments, 5030 Lotus. Call Doris, 619-204-1651. 619-224-0759.

OCEAN BEACH. \$995. 2 bedroom, 1 bath apartment. Private patio. Parking. Close to the beach! 4373 West Point Loma Avenue #A. 858-483-3534. www.call-prop.com.

OCEAN BEACH. Walk to beach! 1 bedrooms, \$900 plus \$500 security deposit. Off-street parking. Controlled entry. Laundry room. 1/2 utilities paid. No pets. Nonsmoking. 619-223-3946.

OCEAN BEACH. 4455 Mentone Street. 2 bedroom, 2 bath, \$1225. \$200 off first month! Laundry, parking. No pets. 619-226-7368 or www.bkbinc.com.

OCEAN BEACH. 5033 Voltara Street. Studio, \$800. Free utilities, laundry. No pets. 619-226-7368 or www.bkbinc.com.

OCEAN BEACH. \$845. 1 bedroom. Mile from beach in quiet, tropical setting. Newer carpet paint. Laundry. Available immediately. 4166-68 Udall Street, #15. 619-222-9308.

OCEAN BEACH. 4712 Point Loma Avenue. 2 bedroom, 2 bath. \$400 off 1st month. \$1450. \$1000 deposit. Parking, refrigerator, stove, dishwasher. 619-226-7368 or www.bkbinc.com.

OCEAN BEACH. 2 bedroom, 2 full baths. Spacious, bright duplex. Stove, refrigerator, dishwasher. Walk-in pantry. Laundry. 2 off-street parking. \$1395. Nonsmoking, no pets. 858-457-3905.

OCEAN BEACH. \$1095. Very clean 1 bedroom cottage, free laundry. Hardwood floors. Nice kitchen. Small pets OK. 4980 Santa Monica. Josh, 619-230-1234, 619-944-1935.



OCEAN BEACH. \$1295. 1 bedroom, 1 bath condo located right across the street from the ocean. Available now. 2111 Spray Street #8. Call 619-698-6111. www.goldenmanagement.com.

OCEAN BEACH. \$1100. Utilities paid. 1 bedroom, 1 bath. Freshly painted. 1 block to beach. Fenced yard, dog OK on approval. 5142 Muir Avenue. 619-888-6604.

A U T O M O T I V E

SAN DIEGO SMOG & AUTO REPAIR CENTER

4664 Park Blvd. (at Adams Avenue) • 619-543-4828

Hours: Mon.-Fri. 8 am-5:30 pm

Sat. 8 am-3:30 pm

www.sdsmogandrepair.com



ONLY AT SAN DIEGO SMOG

We Repair & Certify Gross Polluters

2 Locations to Serve You



AutoCare Center

We install Quality NAPA parts

CLIFF BROWN AUTOMOTIVE

4491 Park Boulevard (Park & Monroe) • 619-297-4204

Serving San Diego Since 1947

Hours: Mon.-Sat. 8 am-5:30 pm

Sun. 9 am-2 pm

www.cliffbrownautomotive.com

Coupons must be presented prior to service. Senior discounts available.

CLUTCH SPECIAL

\$50 off quoted price with coupon
Includes: throwout bearing, pilot bearing bushings, disk, clutch cover. Most vehicles. Limited time offer. Front-wheel drive extra.

LUBE • OIL FILTER

FROM \$24⁹⁵
Up to 5 qts. oil. Most vehicles to 1995. Limited time offer.

CATALYTIC CONVERTER

\$30 off quoted price with coupon
Mufflers \$20 off quoted price
All types of custom muffler work done. Most vehicles. With ad. Limited time offer.

C.V. BOOT

FROM \$39⁹⁵
Includes: boot, parts, labor, grease. 1/2 price for the 2nd boot on same axle. Most vehicles. Limited time offer.

SMOG CHECK

\$16⁷⁵* + \$8.25 cert. & \$2 V.I.D.
Most vehicles. Trucks, vans & European cars extra. Limited time offer. Must bring DMV renewal notice. *All 1995 and older vehicles additional \$10 for EVAP test.

Test Only Smog Check \$39⁷⁵

+ \$8.25 cert. & \$2 V.I.D. San Diego Smog location only. We Test, Repair & Certify Test Only & Gross Polluters.

ENGINE STEAM CLEAN \$49⁹⁵

Most vehicles. With ad. Limited time offer.

30,000-MILE SERVICE SPECIAL

Service includes:
• Maintenance tune-up
• Oil and filter change
• Lube chassis
• Radiator coolant change
• Air filter replacement
• Fuel injection cleaning
• Check brakes, suspension
FROM \$179⁹⁵ 4 cyl. Most vehicles.

TIMING BELT SPECIAL

\$50 off quoted price
Recommended at 60K miles. Most vehicles. Limited time offer.

COOLING SYSTEM SPECIAL

\$39⁹⁵
ONLY
Includes: flush radiator and up to one gallon of coolant. Special coolant extra. Most vehicles. With ad. Limited time offer.

Honest - Quality Automotive Repair

We service

GM • Chrysler • Ford Imports

Toyota • Honda • Kia Mazda • Scion • Hyundai Lexus • Infiniti • Acura BMW • Mercedes Cars, Trucks, SUVs

Brake Special

\$100 Off**

\$50 per axle

Maintenance Service

Not Just An Oil Change

\$19⁹⁵

Plus \$3 EPA. Most cars.

- Synthetic-blend 5W-30 oil
- New oil filter • Check fluids
- Test charging system
- 64-point safety inspection
- Vehicle condition report • Tire rotation

30/60/90K Service

4-cyl. Basic service. **\$149⁵⁰**
Call for details.

Services available: Factory Scheduled Service
15K/45K/75K & 30K/60K/90K, Brakes, Struts, Shocks, Belts, Hoses, Radiators, Water Pumps, CV Axles, Oil Leaks, Head Gaskets, Clutches, Engine & Transmission Replacement, and much much more!



FTS AUTO®

3727 Convoy Street
Clairemont/Kearny Mesa
858-279-7724

**Cannot be combined with any other offer.

THINGPART

by Joe Sayers ©2009



OCEAN BEACH. \$1225. 2 bedroom, 2 bath upstairs unit available with dishwasher, laundry on site, balcony. No pets. 4231 Voltaire Street, #5. Call 619-222-4836 x14 or www.sunsetpacifcrealty.com.

OCEAN BEACH. \$925-\$975. 1 bedroom, 1 bath downstairs and upstairs units available. 1/2 block to ocean! Laundry on site. No pets. 5057 Narragansett Avenue, #4, #11. Call 619-222-4836 x14 or www.sunsetpacifcrealty.com.

OCEAN BEACH. \$895. 1 bedroom, 1 bath upstairs apartment with on-site laundry! New appliances and flooring in kitchen and bath. Great location, close to all No pets. 4154 Udall Street, #5. Call 619-222-4836 x14 or www.sunsetpacifcrealty.com.

OCEAN BEACH. \$925-\$950. 1 bedroom, 1 bath downstairs units available! Parking and laundry. No pets. 2243 Abbott Street, Units C and F. Call 619-222-4836 x14 or www.sunsetpacifcrealty.com.

OCEAN BEACH. \$1150. 2 bedroom, 1 bath with washer/ dryer in unit! Assigned parking. No pets. 2231 Mendocino, Unit C. Call 619-222-4836 x14 or www.sunsetpacifcrealty.com.

OCEAN BEACH. \$925. 1 bedroom, 1 bath downstairs with hardwood floors. Block to beach. Cat OK. 4964 West Point Loma Boulevard. Call 619-222-4836 x14 or www.sunsetpacifcrealty.com.

OCEAN BEACH. \$1325. 2 bedroom, 1 bath upstairs apartment with parking and laundry. New kitchen and bath. No pets. 4918 West Point Loma Boulevard #E. Call 619-222-4836 x14 or www.sunsetpacifcrealty.com.

OCEAN BEACH. \$1625. Large 2 bedroom apartment on park, deck, view, dishwasher, parking, coin laundry, storage. No smoking. Pet? 4938 West Point Loma Boulevard. 619-221-9047.

OCEAN BEACH/ POINT LOMA. 4 big bedrooms, 2-1/2 bath, \$2600. \$2250. 3 bedrooms, 2-1/2 bath. Washer/ dryer hookup. Beautiful kitchen. Underground parking. 619-987-4907.

OCEANSIDE. \$775. Newly remodeled studio near beach with patio, nice kitchen, full bath, covered and gated parking, on-site laundry. Walking distance to Sprinter train. 760-310-7736.

OCEANSIDE. Remodeled 2 bedroom, 1 bath, granite counters, tile flooring, balcony. Gated community. Pool/ spa, on-site laundry. Pets OK. \$1149. Call 760-505-7736.

OCEANSIDE. \$775. Studio apartment, 1-car parking, yard, balcony, patio, newly remodeled, 1 mile from beach. Secure, covered parking. Fee. Free search at www.westsiderentals.com. 619-367-3333.

OCEANSIDE. Large 1 and 2 bedrooms, \$850-\$1200, west of Interstate 5, just 8 blocks to beach, in vibrant downtown village. Beautiful, remodeled units. 508 North Nevada Street. See photos at www.wexfordliving.com. 760-433-8810.

OCEANSIDE. \$1100. 2 bedroom, 2 bath apartment, month-to-month lease, 1-car parking, newly painted, new carpets. Fee. Free search at www.westsiderentals.com. 619-367-3333.

OCEANSIDE. \$1750. 2 bedroom, 2 bath. \$1000 move-in special on approved credit. 1-year lease. Across from the beach! Laundry, parking. Open daily. 1312 S. Pacific Street. www.amgsd.com. 619-295-1165.

OLD TOWN. \$695-\$775. Low \$150 deposit. Fully furnished studios, alcoves, in excellent hillside location. Free basic cable. 1616 Guy Street. 619-298-6242.

OTAY MESA. 1/2 off 1st! Beautiful 3 bedroom, 2 bath townhome starting at \$1395. New carpet, paint and fixtures. Patio, storage, pool. Pet negotiable. 1628 Oro Vista #190. 619-804-3325.

OTAY MESA. 1/2 off 1st! 3 bedroom, 2-1/2 bath townhome, all appliances, laminate flooring, ceramic tile, extra large bedrooms, new carpet and paint, storage, yard. \$1595. 2117 Bluehaven. 619-384-9219.

PACIFIC BEACH NORTH. \$2495. 3 bedroom, 2 bath townhouse, all appliances, fireplace, balconies, private patio, assigned parking. No pets. 760-415-7882.

PACIFIC BEACH NORTH. \$1115. 1 bedroom, upstairs. Large, remodeled, stove, refrigerator, dishwasher, microwave, coin laundry, parking. Nice, shared courtyard. Available now. 1544-1/2 Diamond. 858-270-2071. Del Sol Property Management, Broker. www.delsolpm.com.

PACIFIC BEACH NORTH. \$1425. Large 2 bedroom, 2 bath with garage, patio. Wonderful upgrades, including travertine, Berber-style carpeting, panel doors. 1829 Chalcedony #3. 858-488-8120.

PACIFIC BEACH NORTH. \$1465. 2 bedroom, 1 bath. Large. Downstairs. Front unit. Stove. Refrigerator. Parking. New carpet. Coin laundry. 2 blocks to ocean. Cat OK with additional \$300 deposit. Available now. 830 Sapphire Street. 858-270-2071. Del Sol Property Management, Broker. www.delsolpm.com.

PACIFIC BEACH NORTH. \$1425. 2 bedroom, 1-1/2 bath townhome on quiet 4-unit property. Stove, refrigerator, dishwasher, fireplace, washer/ dryer, patio, parking. Cat OK with additional \$300 deposit. Available now. 1784 Diamond. 858-270-2071. Del Sol Property Management, Broker. www.delsolpm.com.

PACIFIC BEACH NORTH. \$1425. 2 bedroom, 1 bath with garage. Downstairs in quiet triplex behind 1852. Stove, refrigerator, dishwasher. Available now. 1854 Chalcedony. 858-270-2071. Del Sol Property Management, broker. www.delsolpm.com.

PACIFIC BEACH NORTH. \$1065. 1 bedroom, downstairs, large unit. Stove, refrigerator, patio area, coin laundry, parking. No pets. 3 blocks ocean. Available 7/10/09. 1051 Diamond Street. Del Sol Property Management, broker. www.delsolpm.com. 858-270-2071.

PACIFIC BEACH NORTH. \$875. Studio with all utilities paid. Full kitchen with stove, refrigerator, upstairs, coin laundry, 3 blocks to ocean. Cat OK with additional \$300 deposit. Available 7/27/09. 5049 Cass Street. 858-270-2071. Del Sol Property Management, Broker. www.delsolpm.com.

PACIFIC BEACH/ NORTH. \$1195: 1 bedroom, 951 B Missouri. \$1795 2 bedroom 865 Missouri, parking. Both; sunny, large, immaculate, upper duplexes, yards, laundries, gardener. No pets. 619-275-2610.

PACIFIC BEACH/ NORTH. \$1195. 1 bedroom charming unit in 4 plex. Stove, refrigerator. Large, private fenced patio area. Garage, coin laundry. 3 blocks to beach. Cat OK with additional \$300 deposit. Available 7/01/09. 1013 Opal. Del Sol Property Management, broker, www.delsolpm.com. 858-270-2071.

PACIFIC BEACH NORTH. Close to beach. 2 bedroom, 2 bath. Available 7/15. Downstairs unit in 4-plex, opens to yard. Fireplace, washer/ dryer, garage. Very nice. \$1670. 360-400-4023.

PACIFIC BEACH NORTH. Small Studio, 200 square feet, \$700, \$700 deposit, low utilities. Kitchenette. 4 blocks beach, mellow neighborhood. Washer/ dryer. No pets. 619-261-7433, 858-274-0487.

PACIFIC BEACH NORTH. \$1250. 2 bedroom, 1-1/2 bath, downstairs in quiet triplex behind 1859. Stove, refrigerator, dishwasher, fireplace. Parking. No pets. Available now. 1851 Chalcedony. 858-270-2071. Del Sol Property Management, Broker. www.delsolpm.com.

PACIFIC BEACH NORTH. \$1100. Three blocks to beach! 1 bedroom. Stove, refrigerator, microwave, ceiling fans, laundry, patio, off-street parking. No pets. 619-279-0031.

PACIFIC BEACH. \$1750. 2 bedroom apartment in small complex. Fantastic front unit! 4 blocks to beach! Laundry. No pets. Must see! 1149 Felspar. 858-945-1909.

PACIFIC BEACH. \$1595. Nicely remodeled, large 2 bedroom apartment in small complex. Fantastic front unit! 4 blocks to beach! Laundry. No pets. Must see! 1149 Felspar. 858-945-1909.

PACIFIC BEACH. \$1100. 1 bedroom, 1 bath apartment. Off-street parking. Laundry on site. No pets. 4451 Haines Street. 858-270-4492 x203.

PACIFIC BEACH. \$1200. 1 bedroom, 1 bath. 3 blocks to beach. Assigned off-street parking. Laundry on site, no pets. 1050 Hornblend. Call 858-270-4492 x203.

PACIFIC BEACH. \$2695. 3 bedroom, 2-1/2 bath townhouse. Courtyard. Near Bay. \$1795. 2 bedroom, 2 bath. Fireplace, balcony. Laundry. Nonsmoking. Available now. Pet? 858-272-7616; 619-379-3771.

PACIFIC BEACH. \$1150. 1 bedroom apartment. New carpet, paint, and flooring. Quiet, gated. Parking. Small pets OK. \$1150 deposit. 619-339-9951.

PACIFIC BEACH. \$1175/ \$1535. 1-2 bedroom, 1 bath. Nice views! Intercom entry, dishwasher. Laundry. Lovely courtyard, heated pool, assigned parking. Garage available. 858-272-4398.

PACIFIC BEACH. Move-In Special: \$500 off first month's rent with 1-year lease. \$1075-\$1125/ month: 1 bedrooms. \$1495- \$1550/ month: 2 bedrooms, 2 bath. Spacious, remodeled apartments. 6-month or 1-year lease. Parking. Heated pool. Laundry facilities. Cats OK. 2 blocks from Mission Bay. 3893 Jewell Street. Call Manager, 858-272-0068. For photos, floor plans, virtual tours, see www.apartments.com/ tucanapartments. For more information on other properties and vacancies, please visit our website at http://www.stratprop.com.

PACIFIC BEACH. \$2800. Beautiful, bright 3 bedroom, 2 bath. 4 car garage. Air

conditioning. New stainless steel kitchen. Washer/ dryer. Fireplace. View. 1601 Thomas. 858-366-5220.

PACIFIC BEACH. \$975. Large 1 bedroom, 1 bath. Off-street parking. Balcony. New flooring. Laundry. 11 blocks/ beach, 5 blocks/ bay. 2138 Balboa, #8. Pets on approval. 619-561-3618.

PACIFIC BEACH. \$1185. 1 bedroom, charming unit in quiet 4-plex. Hardwood floors. Small, shared lawn area. Stove, refrigerator. Cat OK with additional \$300 deposit. 4 blocks to ocean. Available now. 1140 Oliver. 858-270-2071. Del Sol Property Management, Broker. www.delsolpm.com.

PACIFIC BEACH. \$950. Apartment with loft bedroom. Stove, refrigerator. Available now. On alley behind 861. 861-1/2 Hornblend. 858-270-2071. Del Sol Property Management, Broker. www.delsolpm.com.

PACIFIC BEACH. \$1125. 1 bedroom; downstairs with private patio. Stove, refrigerator, dishwasher; coin laundry. Gated entry. Parking. Cat OK with additional \$300 deposit. Available 6/27/09. 1448 Thomas. 858-270-2071. Del Sol Property Management, Broker. www.delsolpm.com.

PACIFIC BEACH. Large 2 bedroom, 2 full baths. \$1450 plus deposit. Clean, quiet. Near all. Microwave, dishwasher. 2 parking spaces. 6-month lease. No pets. 1790 Diamond. Call Manager Alan, 858-245-9508.

PACIFIC BEACH. \$1395. 2 bedroom, 1 bath apartment. Upstairs corner unit. No pets. 1468 Missouri Street #4. www.cal-prop.com. 858-483-3534.

PACIFIC BEACH. \$1995. 2 bedroom, 1.5 bath condo. Penthouse with vaulted ceilings, circular fireplace, balcony and private deck. Great Sea World and Mission Bay views. Pets negotiable. 1-year lease. 3770 Crown Point Drive #304. www.cal-prop.com. 858-483-3534.

PACIFIC BEACH. Large 1 bedroom, 1 bath with patio. Available 7/7. Near beach. Parking, laundry room. Free cable. No pets. \$1100. Call Von, 858-270-9650.

PACIFIC BEACH. \$995. 1 bedroom, 1 bath apartment. Walk to Sail Bay. No pets. 1509 La Playa Avenue. www.cal-prop.com. 858-483-3534.

PACIFIC BEACH. Crown Point Apartments. \$1125-\$1495. 1 and 2 bedroom units. One block to Sail Bay. 3773 Haines Street. TTPM, 858-483-9303.

PACIFIC BEACH. \$1175. 1 bedroom, 1 bath apartment. Short walk to the bay. No pets. 1501 Reed Avenue #6. www.cal-prop.com. 858-483-3534.

PACIFIC BEACH. \$2195. 3 bedroom, 2 bath apartment. 3 blocks to the beach. No pets. 944 Loring Street #C. www.cal-prop.com. 858-483-3534.

PACIFIC BEACH. \$2195. 3 bedroom, 2.5 bath condo. Stylish with granite counters and stainless steel appliances. Air conditioning, washer/ dryer. Cat OK. 3509 Del Rey Street #206. www.cal-prop.com. 858-483-3534.

PACIFIC BEACH. \$2295. 3 bedroom, 2.5 bathroom apartment. Private patio, 2 master bedrooms. 2 parking. 1508 Missouri Street #3. www.cal-prop.com. 858-483-3534.

PACIFIC BEACH. 1 bedroom, 1 bath apartment. Parking, laundry on site. Rent: \$1000. 2128 Thomas Street. Call Mike, 858-490-1600.

PACIFIC BEACH. \$825. Studio, 1 bath apartment, parking, small complex, separate kitchen area, close to the beach and bay. Fee. Free search at www.westsiderentals.com. 619-367-3333.

PACIFIC BEACH. \$950. 1 bedroom, 1 bath apartment, six-month lease, cat OK, parking available. Fee. Free search at www.westsiderentals.com. 619-367-3333.

PACIFIC BEACH. \$1200. 2 bedroom, 1 bath apartment, new carpets, heated pool, barbecue area, 12 blocks from the beach! Fee. Free search at www.westsiderentals.com. 619-367-3333.

PACIFIC BEACH. \$1250. 2 bedroom, 1 bath apartment, flexible lease, 1-car parking, gorgeous unit, hardwood floors, granite countertops. Fee. Free search at www.westsiderentals.com. 619-367-3333.

PACIFIC BEACH. \$2600. 3 bedroom, 3 bath townhouse. \$1250 deposit. No pets. Laundry, fireplace, patio. Available now. 1452 Diamond #2, #4. 858-336-7997.

PACIFIC BEACH. 4418 Bond Street. \$400 off first month's rent. \$925, 1 bedroom. Courtyard setting. Parking. No pets. 619-226-7368 or www.bkbinc.com.

PACIFIC BEACH. 1/2 off or free month! 1 bedroom. Off-street parking, laundry room, close to shopping, no pets. \$1045. 1920 Felspar. 858-457-4509.

PACIFIC BEACH. \$1395. 2 bedroom, 2 bath, 2 parking spaces, laundry facility on site and vaulted ceilings. 2053 Garnet #1. 858-272-9547.

PACIFIC BEACH. \$1400. Reduced move-in. 2 bedroom, 1 bath apartment, upstairs, with street parking, in beach area. No pets. 1539 Chalcedony. www.sdforrent.com. 619-640-7530.

PACIFIC BEACH. Great values. Nice, clean, convenient apartments in multiple Pacific Beach locations. Studios from \$745. 1 bedrooms from \$925. 2 bedrooms from \$1415. Parking, laundry. Some buildings with gated entry, pool and/ or deck. No pets. 858-483-3796.

PACIFIC BEACH. Studio, \$850, utilities paid. \$800 security deposit. Parking. Walk to Bay. No pets. 1608 Pacific Beach Drive. 858-270-4674.

PACIFIC BEACH. Sensational Summer Specials! Studios starting \$895. 1 bedrooms starting \$1095. 2 bedrooms starting \$1595. Olympic-size pool, spas, basketball, tennis with pros, clubhouse, barbecue, laundry facilities, movie night, cats welcome, Saturday continental breakfast, business center. Bay Pointe Apartments, 3886 Ingraham, Pacific Beach. Toll-free: 1-888-451-8713. baypointeapts@san.rr.com. www.baypointeapartmenthomes.com.

PACIFIC BEACH. \$1195. 2 bedroom/ 1 bath pet friendly unit on Rose Canyon Creek pathway. 2 off-street parking spaces. **Open Saturday, 2:30-3:30.** 2612 Figueroa Boulevard. TTPM, 858-699-3851.

PACIFIC BEACH. 1 bedroom, 1 bath duplex. \$1130/month. Refrigerator, stove, washer/ dryer, front yard and patio area. 500 estimated square feet. Agent, 619-471-2201.

PACIFIC BEACH. Apartment, \$950. 1 bedroom, 1 bath, upper unit, parking. Near bus and beach. Small dog OK. 4426 Nley Street. www.centricity.net. 619-296-6699.

PACIFIC BEACH. \$1750. 2 master bedrooms with baths. 1 car garage, study room, extra half bath. Private balconies, washer/ dryer included. 2072 Emerald Street. TTPM, 858-699-3851.

PACIFIC BEACH. Starting at \$795. 1 bedroom. Garden setting, easy access location. Park, recreation room, no pets. 2710 Grand Avenue. TTPM, 858-273-8657.

PACIFIC BEACH. \$2395. 3 bedroom, 2 bath condo. Ground floor unit. Washer/ dryer. Parking. No pets. Available July 1, approximately. Coldwell Banker Property Management, 858-488-2228.

PACIFIC BEACH. \$2195. 2 bedroom, 2 bath, bay-front unit. Ground floor one-level unit. Laundry, large patio facing the bay. Stainless steel appliances. Fireplace. No pets. Call Coldwell Banker Property Management, 858-488-2228.

PACIFIC BEACH. \$99 for the rest of June! Well-maintained 1 bedroom, \$895. Clean, quiet, parking, laundry, ceiling fans, pool. No pets. Available now. 619-279-0031.

PACIFIC BEACH. \$1000. Large 1 bedroom, 1 bath. Upper, quiet, recently remodeled, view. Ceiling fans, microwave, dishwasher, laundry, reserved parking. Building well maintained. No pets. Available now. 619-279-0031.

PACIFIC BEACH. Studio, \$795. Near Bay. Large kitchen/ dining. Sory, no pets. Nonsmoking. Cozy. 4210 Haines Street. Agent, 619-692-4121.

PACIFIC BEACH. \$2250. 3 bedroom, 2-1/2 bath townhouse. Fireplace, washer/ dryer, private patio, balcony. One parking space. 1736 Hornblend Street. TTPM, 858-699-3851.

PACIFIC BEACH. 2 bedroom, 2 bath apartment, \$2100; Crown Point with bay/ city view. Recent upgrades, tile flooring,

Remanufactured Engines

Since 1974



1-year warranty

From **\$1599** installed

JACOBS ENGINES

938 Coolidge Ave. (Off I-5) National City • 619-474-2556

AUTOMOTIVE

BEST TIRE BUY
CALL FOR PRICES, BRANDS, & OTHER SIZES

IMPORT RADIAL 40K	GT METRIC	ALIGNMENT
175/70R13 \$32¹⁶	UNIROYAL	STARTS AT \$29⁹⁹
185/70R14 \$38⁵⁶	BF GOODRICH	BRAKES
185/65R14 \$42⁴⁵	MICHELIN	STARTS AT \$54⁹⁹
205/65R15 \$50⁹⁵	DUNLOP	AT FRONT DISC PADS (ORGANIC), SEMI-METALLIC \$15 EXTRA.
215/60R16 \$60⁵⁵	PIRELLI	OTHER PARTS & LABOR, IF NEEDED. ADDITIONAL.
	KELLY	CV BOOT
	WESTLAKE	STARTS AT \$59⁹⁹
	GOODYEAR	OUTER

M-F 8 AM-5 PM, SAT 8 AM-12 PM 3536 OLIVE, LEMON GROVE
VISA • MASTERCARD • AM EX • DISCOVER **(619)466-5568**

SMOG CHECK
\$15⁹⁵ Most cars.

Free retest when we do repair. Plus \$8.25 certificate and \$1.50 transfer fee. 1995 & older, \$15 for evap test. Vans, trucks & European cars extra. Cash only. Must present DMV renewal notice. *All prices plus tax. With this ad. Exp. 7/27/09.

OIL CHANGE \$23⁹⁵*
Most cars. Includes up to 5 qts. and new filter. Cash only.

BASIC TUNE-UP
4-cyl. **\$25/6-cyl. \$35/8-cyl. \$45**
Includes spark plugs. Additional parts extra. Most cars.

TIMING BELT SPECIAL \$95
Includes parts & labor. Most 4-cyl. cars. 1995 and older. Dual overhead cam extra.

BRAKES... \$10 OFF
Front & rear. Turn rotors, drums, new pads, lining. Most cars, 4WD extra.

STEVE AUTO REPAIR
1370 Garnet Ave. • Pacific Beach
(858) 274-1195 ASE

Window Tinting
Ask about California legal.

\$99 Up to 5 windows
Lifetime warranty

Navigation Safe No Bubbling

Windshields \$199 Installed Most cars
Chip Repair \$49.99

5 STAR CUSTOMS
6620 Miramar Road #104
Next to AM-PM
858-552-9292 No Fade

walk-in closet, full size washer/ dryer, assigned parking, storage and patio. Broker. 619-977-1930.

PACIFIC BEACH. \$1195. 2 bedroom, 1 bath. 2nd floor unit. One-car garage available for \$95. New carpet. **Open Saturday 1-2pm.** 2071 Emerald Street. TPPM, 858-699-3851.

PACIFIC BEACH/ Bay front. \$1175. 1 bedroom on bay-front property. New paint and coin laundry. 3918 Gresham Street #3. TPPM, 858-699-3851.

PACIFIC BEACH/ CROWN POINT. \$1425. Quiet, spacious, clean 2 bedroom, 1 bath. Near bay/shops. Gated, laundry, 2-car off-street. No pets/smoking. 858-274-4174.

PACIFIC BEACH/ CROWN POINT. \$1195. 2 bedroom, 1 bath, large, downstairs. Stove, refrigerator, parking. Coin laundry. Cat OK with additional \$300 deposit. Available now. 2154 Reed. 858-270-2071. Del Sol Property Management, Broker. www.delsolpm.com.

PACIFIC BEACH/ CROWN POINT. \$1495. 2 bedroom, 1-1/2 bath. Large. Downstairs. Stove, refrigerator, dishwasher, garage, cat OK with additional \$300 deposit. Triplex behind 1643. Available now. 1645 Oliver. Del Sol Property Management, broker. www.delsolpm.com, 858-270-2071.

PACIFIC BEACH/ CROWN POINT. Studio, 3976 Morrell Street, #2. \$950 rent/ \$550 deposit. Right on Mission Bay with water view. Large unit, great floor plan. No pets. 6-month minimum lease. Available late June. Call 858-483-3221.

PACIFIC BEACH/ CROWN POINT. \$1350. 2 bedroom. Close to Sail Bay and Ski Beach. Coin laundry on site and off-street parking. 3710 Yosemite Street. TPPM, 858-699-3851.

PACIFIC BEACH/ CROWN POINT. \$1475. 2 bedroom, 1 bath in very attractive property. Partial bay view. Steps to Sail Bay. 3805 Riviera Drive. TPPM, 858-699-3851.

PACIFIC BEACH/ CROWN POINT. \$1375. Spacious 2 bedroom, 2 bath. Pool, parking. One block to Sail Bay. 3850-3860 Haines Street. TPPM, 858-272-9635.

PACIFIC BEACH/ CROWN POINT. \$1125. Immaculate 1 bedroom. Best Crown Point location. Two blocks to bay! No pets. 3803 Jewell Street. TPPM, 619-933-7400. www.villalaplaza.com.

POINT LOMA VILLAGE. Delightful 1 bedroom apartment. Near restaurants, shopping, Bay and beach. 500 square feet. Small patio. \$900. 619-223-6121.

POINT LOMA. \$1200. 2 bedroom, 2 bath. Washer/ dryer. Pool/ spa. Balcony. Close to beaches/ shopping/ downtown. Newer appliances/ cabinets/ countertops. Call John, 858-200-7511.

POINT LOMA. \$1299. 2 bedroom, 1 bath apartment, pet OK, six-month lease, 1-car parking, balcony, carpet floors. Fee. Free search at www.westsiderentals.com. 619-367-3333.

POINT LOMA. Studios available starting at \$895! 1 bedroom, 1 bath apartments available starting at \$910! Close to ocean. Off-street parking. Spa area, on-site laundry. Cats/ dogs 20 pounds OK. Water and trash included. *Limited time offer, on approved credit, see manager for details. 2449 Solo Street. Apartment #102. San Diego, 92107. 619-224-1973. Or visit us on our website at www.sdrenting.com.

POINT LOMA. \$1075. 2 bedroom, 1 bath apartment, upper in quiet complex. Laundry. Parking. 3023 Oilphant Street. 5 minutes airport, downtown, Shelter Island. Agent, 619-222-9308.

POINT LOMA. \$1485. Secluded hill-top 2 bedroom townhouse, \$1485. Sunny, spacious end unit. Private patio, new carpet/ fixtures, upgraded tile/ marble, walk-in closets. Saunas, pool. No pets. 619-226-8158.

POINT LOMA. \$1250. Spacious 1 bedroom. Balcony doors off living room and bedroom with sunset ocean views! Walk-in closet. Upgraded 12" tile floors, marble-top wraparound vanity. No pets. 619-226-8158.

POINT LOMA. 3 bedroom/ 2 bath, \$1599. 2 bedroom, \$1334. 1 bedroom, \$1099. \$199 deposit* (*restrictions apply). Centrally located in sunny Point Loma! Pet friendly. Clubhouse. Fitness room. Jacuzzi. Business center. Tennis courts. Heated pool. Convenient parking. Close to beach and shopping. Stonewood Gardens, 3889 Midway. MG Properties, 1-866-791-9948. www.scredreader.com/news/rent2118.

POINT LOMA. \$750. Utilities included. Cable TV. Studio with balcony. Quiet and clean. 1 block to ocean. Adjacent to Robb Field. Call 619-223-3303.

POINT LOMA. \$1095. 2 bedroom, 1 bath large upstairs unit. Laundry on site! No pets! 3612 Kemper Court #11. Call 619-

SLOW WAVE

222-4836 x14 or www.sunsetpacificreality.com.

POINT LOMA. Refurbished studios at \$995 plus \$400 off first month's rent! Newly remodeled with fantastic upgrades! Extraordinary! Everything is new! Gated, parking, laundry, barbecue area. 2089 Chatsworth Boulevard. 619-222-0152.

POINT LOMA. \$1050 rent, \$800 deposit OAC. 2 bedroom, 1 bath, parking space, laundry, carpet or hardwood floors, no pets, at 2834 or 2836 Avenida De Portugal. Agent, 619-299-8515.

POINT LOMA/LOMA PORTAL. Condo. Move-in special: \$700 plus \$1200 deposit! 2 bedroom, 2 bath, dual master suites, secured building and parking. On-site laundry. 3140 Midway Drive, #A-308. www.centrecity.net. 619-296-6699.

POWAY. \$400 off first month! \$995. 1 bedroom, 1 bath. Located in the heart of beautiful Poway. Just 4 miles east of the I-15 in a gated community. Call 858-578-0114. www.casaarguello.com.

POWAY. \$2095. 3 bedroom, 2.5 bath condo. Gorgeous tri-level townhouse. Washer/ dryer, 2 car garage, air conditioning. 13069 Evening Creek Drive, Suite #56. www.cal-prop.com. 858-483-3534.

POWAY. Large 1 bedrooms at \$895. \$400 off 1st month's rent. Nice, clean. Well-maintained complex with air conditioning, off-street parking, community laundry. No pets. 12529 Oak Knoll Road. 858-486-0109.

RANCHO BERNARDO. \$1375. 2 bedroom, 2 bath condo. Quiet setting, fireplace, great room, large hall bath with washer/ dryer, walk-in closet in master bedroom, patio/ balcony. 17161 Alva Road, #1515. www.centrecity.net. 619-296-6699.

RANCHO PENASQUITOS. 2 bedroom, 1 bath from \$1150. 3 bedroom, 2 bath, \$1500. Newly remodeled. Air conditioning. Pool, spa. Carport. No pets. Rancho Villas Apartments. ranchovillas@earthlink.net, 858-484-0744.

RANCHO PENASQUITOS. 2 bedroom, 1 bath condo, \$1200. 1-car garage, porch, hardwood and carpet flooring, quiet area. Small pets OK. 13893 Via Rimini. People Helping Others Property Management, 619-282-5400, peoplehelpingothers.com.

RANCHO SAN DIEGO. Villa Toscana has 1 bedrooms, \$1195; 2 bedrooms, \$1495; and 3 bedrooms, \$1795. Offering elegance and luxury. Located in Rancho San Diego, about 14 miles east of Downtown. Excellent shopping, recreational facilities. Gated, garages, carports available for rent. Sparking pool, relaxing spa, fitness center, beautiful barbecue areas. Please call our leasing office to schedule a tour of our community today! Villa Toscana, 1-888-237-2751. 1451 Brabham Street, El Cajon, 92019. Office Hours Monday-Friday, 10am-5pm; Saturday, 11am-4pm.

SAN CARLOS. Super special! 2 and 3 bedroom townhouses. \$1375 and up. Stove, dishwasher, garage, large patio, pools, laundry facilities. Lakewood Villa Townhomes, 8492 San Carlos Drive, San Diego. 619-469-3585; 619-944-0671.

by Jesse Reklaw ©2009

SAN CARLOS. \$1200. Spacious 2 bedroom, 2 bath condo. New carpeting. Central air conditioning upstairs. Carport. Pool. Balcony. 6888 Hyde Park Drive #G. 858-232-3185

SAN CARLOS. \$1195. 2 bedroom, 1 bath condo. Pool, balcony, 2 parking. Upstairs, no pets. 6878 Navajo Road #2. www.cal-prop.com. 858-483-3534.

SAN CARLOS. \$1250. 2 bedroom, 1 bath townhome. Large, clean, garage parking, pool, backyard. No pets. 6543 Bell Bluff. 619-279-0031.

SAN CARLOS. \$1650/ month. 1259 estimated square feet. 2 bedroom, 2 bath. Wood floors. Refrigerator, stove/ oven, dishwasher, microwave. Washer, dryer. Pool, Jacuzzi. Agent, 619-471-2201.

SAN DIEGO. \$1395. Near SDSU. Large 2 bedroom, 2 bath condo in secure building. Laundry in unit. Parking. Pool. Balcony with view. No pets. Call Coldwell Banker Property Management, 858-488-2228.

AUTOMOTIVE

<p>Oil Change \$20⁹⁵ Includes new oil filter and up to 4 qts. of oil. Hazardous waste fee \$2.</p>	<p>Timing Belts \$90 and up</p>	<p>Tune-up \$29⁹⁵ and up Change spark plugs, check distributor cap and rotor, check air filter.</p>	<p>Muffler Special \$64⁹⁵ and up</p>
<p>Radiator Flush \$24⁹⁵ Plus coolant.</p>	<p>Fuel Injector Cleaning \$39⁹⁵</p>	<p>Brakes \$89⁹⁵ and up 2 wheels. Install new economy lining. Resurface drums or rotors extra. Premium lining extra.</p>	<p>Smog Check \$16⁷⁵ Plus \$8.25 per certificate. Most 1976-1995 cars only.</p>

3D Technology Alignment & New Tires Available. Most Major Brands. Call for Reader Special.
All offers valid on most cars, with coupon. Offers expire 7/8/09.

Good Auto Repair at a Good Price
"This place is not one of those chains, but it's a great place to get your car fixed. I have been going there for years. The mechanics are honest and tell you exactly what is wrong." - B.W.

Thao Auto Repair & Advanced Machine in one location to better serve you!

<p>THAO AUTO REPAIR 3400 El Cajon Blvd. • (619)640-4606 Visa • MasterCard • Se habla español Special rates for auto body repair without insurance.</p>	<p>ADVANCED MACHINE PARTS • SERVICE • WELDING Your Complete Automotive Machine Shop 3400 El Cajon Blvd. • 619-640-4609</p>
---	---

MR International Auto Repair
7030 Carroll Road • 858-455-5440
(Near Miramar Road)
Unlimited Mileage Warranty! Call for details.
Family Owned & Operated Auto Service Center

<p>Brake Special Starting at \$69* GOOD BETTER \$89* BEST \$139* Front or rear. Call for details! Parts & labor. Resurfacing rotors additional for the \$69 price. \$89 or higher includes resurfacing rotors.</p>	<p>Water Pump Starting at \$129* 4-cyl.</p>	<p>Transmission Service Includes filter Starting at \$79⁹⁹ Most cars.</p>
<p>30K/60K/90K Factory Service \$109* 4-cyl. Starting at • Replace engine oil & filter • Check timing • Inspect air filter • Rotate tires • Replenish all fluids • Inspect brake system & adjust brakes • Other services as needed</p>	<p>Timing Belt Starting at \$98* 4-cyl. Parts extra.</p>	<p>New Axles Starting at \$139^{95*} Installed! Rebuilt available. Lifetime warranty.</p>
<p>Manager's Special! Synthetic Blend Premium Oil Change Includes filter and up to 5 quarts synthetic blend oil. Most cars. Plus \$3.50 disposal fee. \$24^{99*}</p>	<p>Transmission Rebuilt Parts extra. \$399* Most cars.</p>	<p>Starters & Alternators Starting at \$190 Installed Most cars.</p>
<p>Engine Rebuild - Call for Special Price!</p>	<p>Head Gasket Starting at \$199* Labor only.</p>	<p>Japanese Engine Replacement Starting at \$1200* Installed. 6-cyl., 8-cyl. extra. Call for details.</p>
<p>Import & Domestic • Shuttle Service Available • TOWING AVAILABLE *Most cars. 10% Military Discount MasterCard / Visa / Discover</p>	<p>Clutch Special Starting at \$180* Plus parts. Rear wheel.</p>	<p>Fuel System Flush \$75⁹⁵ 2 Stage</p>

“Check engine” light on? FREE* Computer Scan



SAN MARCOS. \$1050. Free 1st month's rent! Large 2 bedroom, 1 bath. New throughout, view, large balcony, carport, private storage. Gated, small complex. No pets. Call for appointment for showing, 760-599-0989.

SAN MARCOS/ VILLA ASPERA. 1/2 off 1st month! \$1450. 2 bedroom, 2 bath with fireplace, 2-car garage, fenced patio, gated community. 404 San Marcos Blvd., #108. Leasing Unlimited, 760-436-7273.

SAN MARCOS/RANCHO CORONADO. 1/2 off first month! \$1600. 2 bedroom, 2 bath. 2 car garage, gated community, community pool, spa, workout room. 540 Almond. Leasing Unlimited, 760-436-7273.

SANTEE. Creekside Apartments. 2 bedrooms, 2 full baths starting at \$1095. Open House! Monday- Wednesday and Friday, 4pm-6pm. Saturday by appointment. Office hours Monday- Friday, 9am-1pm. 9349 Creekside Court, Santee, CA 92071. Please call us at 619-258-9261.

SCRIPPS RANCH/ POWAY. \$1790. Fabulous 2 bedroom, 2 bath condo. Attached 1 car garage. Fireplace, air conditioning. Near shopping/ freeways. Community pool/ spa. 760-533-6708; 858-405-2597.

SDSU. Under new management! Studios, 1, 2, 3 bedrooms starting at \$895. 40 steps to campus. 6 swimming pools. Large apartment homes. No parking pass needed at SDSU. Around

the corner from Peterson gym/ recreation center. Fantastic views of San Diego. Leasing office available 7 days a week. Albert's College Apartments. 5460 55th Street, San Diego, 1-800-760-5518.

SOUTH PARK. Apartment, 1 and 2 bedrooms, \$850-\$1250. Wood floors. Available now. Move-in special: 1/2 off 1st month's rent, OAC with 1-year lease. Laundry on site. Pets OK on approval with deposit. 3016 30th Street, 3001, 3008, 3009. www.stevenleproperties.com, 619-295-1161.

SOUTH PARK. 1/2 off 2nd! 1 bedroom, 1 bath cottages, \$1125 and up, crown molding, wood floors, shared yard, built-ins, pet negotiable. 2926-36 Juniper, 619-384-9219.

SOUTHEAST SAN DIEGO. Emerald Hills. Lovely 2 bedroom, 1 bath, modern interior, wood floors, ceiling fans, backyard, city view. Available now. Pets OK. \$1100. 619-542-1563.

SPRING VALLEY. Completely renovated apartments. 2 bedroom, 1 bath. 3 bedroom, 1 bath. New kitchens/ baths. Close to all. Section 8 OK. No pets. 619-277-7010.

SPRING VALLEY. 1/2 off first month! Extra large 3 bedroom, 2-1/2 bath townhome. Gated, new carpet, paint and vinyl, air conditioning, patio, pool. 8913 Arlingdale. 619-794-5177.

SPRING VALLEY. Move-in special: 1st month 1/2 off! 3 bedroom, 2 bath, \$1295. 1 parking space. Large, private yard. Excellent condition! 2390 Bancroft Drive. See at northcuttproperties.com. Agent, 858-505-1300.

SPRING VALLEY. Studio, \$600 in Seniors 55+ complex. Call for further information. 9550 Campo Road. Agent, 619-697-8435.

with lease. 4533 Contour Blvd. #5 and #5. www.cethron.com. 619-295-1100.

TALMADGE. 1 bedroom, 1 bath, \$895. 2 bedroom, 2 bath, \$1095. 1/2 off deposit (OAC). Private balconies/ patios. Air conditioning, cable, High-speed Internet ready. Laundry room. Near shopping, bus, freeways. Optional carports offer additional storage. 1/2 off first month! Shelly Croft, Sunrise Management. 619-582-3375.

TALMADGE. \$725. Spacious 1 bedroom upper. New paint, dishwasher, balcony, fireplace. Gated parking. On-site laundry. No pets. Move-in special. 619-298-7724.

TALMADGE/ COLLEGE AREA. \$825. 1 bedroom, \$1075, large 2 bedroom, 2 bath. 1/2 month free! Near SDSU. Air conditioning. Pool. Parking. Laundry. Dishwasher. 4445 Marcellena Road. 19-252-1790; 619-281-1506.

TERRASANTA. \$900. 1 bedroom, 1 bath upper apartment, newly remodeled, recreation room with activities, elevator, on-site laundry. Gated, shopping close. 62+ living. 4906 La Chuenta Drive, #202. www.centrecty.net. 619-296-6699.

UNIVERSITY CITY. \$1350. Large 2 bedroom, 1.5 bath condo. One car garage. 1 parking. No pets. Balcony. Dishwasher. Carpet. Clean. 6186 Agee Street #264. 619-275-3455.

UNIVERSITY HEIGHTS. \$945. 2 bedroom, 1 bath apartment. Downstairs corner unit, quick walk to shopping and nightlife. 4671 Utah Street #3. No pets. 858-483-3534. www.cal-prop.com.

UNIVERSITY HEIGHTS. \$950. 1/2 off 2nd month! Extra large 1 bedroom, 1 bath. Gated, all appliances, laundry, parking. Off of Adams! 4550 Louisiana #5. 619-804-3325.

UTC/ GOLDEN TRIANGLE. Ground level, 2 bedroom, 2 bath. 14'x8' master bedroom. New stove/ microwave. Washer/ dryer. Central air/ heat. Attached 2 car garage. Hardwood floors. Private patios. Nearby park, fitness trail, pool, neighborhood shopping center, bus. \$1880. 619-203-0483.

VISTA AREA. Studios, \$695. \$300 off first month's rent! Coin laundry and parking. Close to Palomar College. No pets. 1924 West Drive. Agent, 619-231-2727.

VISTA. Special: \$300 off first month's rent! 2 bedroom, 2 bath, remodeled, \$1095. Air conditioning, new carpet, new paint, large patio, storage. Gated hillside community. 760-672-6405. www.melroyproperties.com.

VISTA AREA. Studios, \$695. \$300 off first month's rent! Coin laundry and parking. Close to Palomar College. No pets. 1924 West Drive. Agent, 619-231-2727.

VISTA. Special: \$300 off first month's rent! 2 bedroom, 2 bath, remodeled, \$1095. Air conditioning, new carpet, new paint, large patio, storage. Gated hillside community. 760-672-6405. www.melroyproperties.com.

VISTA AREA. Studios, \$695. \$300 off first month's rent! Coin laundry and parking. Close to Palomar College. No pets. 1924 West Drive. Agent, 619-231-2727.

VISTA. Special: \$300 off first month's rent! 2 bedroom, 2 bath, remodeled, \$1095. Air conditioning, new carpet, new paint, large patio, storage. Gated hillside community. 760-672-6405. www.melroyproperties.com.

VISTA AREA. Studios, \$695. \$300 off first month's rent! Coin laundry and parking. Close to Palomar College. No pets. 1924 West Drive. Agent, 619-231-2727.

LA JOLLA/ UTC. Sunny, lovely 2-bedroom, 2-bath condo with pool and Jacuzzi. Monthly interest \$1695. \$15,000 down. APR only 5.9%. Call Agent, Elizabeth, at 619-286-5813.

SONA DEL RIO. \$45,000. 2 bedroom apartment with all services. 5 minutes to border. 619-454-7283.

REAL ESTATE MISCELLANEOUS
TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

ATTENTION SELLERS! We'll buy your house in 11 days or pay you \$500 cash! 24-hour information: 800-398-8864, Box 305.

FORECLOSURES AND DEFAULTS. Huge increase in daily volume! Daily reports. 30-50 new properties daily throughout San Diego County. All loans researched. Call 800-664-2567; www.CountyRecordsResearch.com.

FREE FORECLOSURE LISTINGS. Over 200,000 properties nationwide. Low down payment. Call now! 1-800-446-1328. (AAN CAN)

GOVERNMENT 100% LOANS available. FHA, VA. Bank-owned foreclosures and short sales. Pre-foreclosure homes, condos for sale. Buy them before the bank does! Agent, Elizabeth, 619-286-5813.

HOTEL OWNER WANTS TO BUY property anywhere. Small houses, big houses, condos, apartments, commercial, vacant land, and notes. Call 619-204-0610.

I BUY/ LEASE HOUSES FAST! Get an excellent price. No commission/ fees. Instant debt relief. Call Mike (USN Retired): 619-863-4592. www.SDRENTOWNHOMES.COM.

REALTOR PROS/ LOAN OFFICERS wanted. \$1000-\$3500 per day. Qualified lead support. Private gifting, IRS tax code approved. "I received \$34,000 cash to my front door in my first 3 weeks!" Joe, Banker, California. MarkIsRich.com. 888-593-8287.

ROSARITO, MEXICO, LOT. By owner. \$63,000/ best. Ocean view. Approximately 2000 square feet. All utilities, services. Accessible once built. 858-268-4233.

SEARCH BANK OWNED and Pre-Foreclosure Homes in San Diego County! Get a customized list of your price range and criteria. Josie Ranbar, Realtor, Keller Williams 858-602-9863 www.strongshore.com

TEXAS LAND, 0 DOWN! 20-acre ranches, near El Paso. Beautiful mountain views. Road access. Surveyed. \$15,900. \$159/ month. Money back guarantee. Owner financing. 1-800-843-7537. www.sunsetranches.com. (AAN CAN)

TICKETS
TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

CHARGERS TICKETS. Saturday, August 15, Seattle, 7pm. Friday, September 4, San Francisco, 7pm. Plaza, Row 10, end seats. Face value: \$95 each. 858-484-6026.

SEE THE PLAYERS UP CLOSE. Thursday, July 2, 12:35pm. Padres vs. Houston, Section 114, 2nd row (behind 3rd base dugout). \$40 each/ best. 760-436-4242.

DEL MAR. Lovely, sunny 2 bedroom, 2 bath condo with pool and Jacuzzi. Monthly interest \$1695. \$15,000 down. APR only 5.9%. Call Agent, Elizabeth, at 619-286-5813.

SPORTS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

BOAT. 16' John Dory, 25hp Evinrude, bait tank, Garmin 340c fish finder, oars, anchors, life vests. Good trailer, ready to fish. \$2500/ best. 619-804-2025.

GOLF CLUBS, 2 drivers, 2 woods, black bag, all \$40. 619-523-1782.

JET SKI. Yamaha Waverunner III, 3 seater, 1994, with brand new engine. Registration 2009. On a good trailer. What a bargain at \$1750/ best. 619-408-9733.

KAYAK. Cobra Explorer. Includes seat and paddle. \$425. 858-268-3220.

KAYAKS, used Cobra Tandem with seats and paddles. 1 kayak for \$695 and 1 for \$795 (new retail \$1200). San Diego Sailing Center, 619-297-3700.

SHORTSTOP, CENTER FIELDER needed. Slow pitch softball. 619-295-0385.

SOFTBALL TEAM needs a pitcher, left fielder and second baseman. 619-517-5791.

SOFTBALL. Monday night team needs shortstop and center fielder. Call Tom, 858-270-0123.

SURFBOARDS, WETSUITS, wakeboards wanted. We pay cash for good quality used surf, wake and water sports gear. We also buy golf, skate, softball, exercise and weight machines, scuba, rollerblades, roller skates and more. Get cash or trade for other sports and fitness equipment. Play It Again Sports. Find locations: playitagainsd.com. 858-490-0222.

SURFBOARDS. Huge sale. 9' hand shaved longboard, just \$475. 6'8" retro fishes, \$400, includes fins, leash, wax. Repair available. Hurry, give us a call: 760-809-6180.

YAMAHA WAVERUNNERS. 2, 1991. Used in fresh water. Very low hours. New seats. Problem free. On 2001 Ziemann double trailer, excellent condition. \$2290/ best. 619-408-9733.

PHOTO

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

CAMERA, VIVITAR 35mm film, 38-70 mm. Auto focus, auto zoom lens, built-in flash, case. \$25. 619-523-1782.

COMPUTERS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

BRAND NEW LAPTOPS and desktops. Bad or no credit. No problem. Smallest weekly payments. Order today and get free Nintendo Wii game system! Call now 800-840-5439. (AAN CAN)

COMPUTER CIRCULATION CENTER. Buy, sell, trade. Laptops, PCs. Repairs, upgrades, virus/ spyware removal. 24-hour turn around. 9350 Clairemont Mesa Boulevard, San Diego 92123. Call 858-573-0411.

COMPUTER STUFF. Ergo keyboards, mice, cables, much more. \$150/ all. 760-598-6906. rfort27@hotmail.com.

GET A NEW COMPUTER. Brand name laptops and desktops. Bad or no credit, no problem. Smallest weekly payments available. It's yours now. Call 800-803-8819. (AAN CAN)

LAPTOP. Pentium computer. Windows XP/ Office. Wireless Internet ready. \$235/ best. 619-200-9368.

mobile window tinting
 Competitive prices. Lifetime guarantee. 18 years' experience.
 We come to your home or office.
 619-892-2263

AUTOMOTIVE

\$10 OFF SMOG TEST

Valid on posted price. With this coupon. Expires July 25, 2009. We accept area competitors' coupons. We certify all vehicles.

San Diego Smog Test Center Only
 2912 Adams Avenue • 619-516-3536 • www.sdsmog.com
 Monday-Friday 8 am-7 pm, Saturday 8 am-4 pm, Sunday 9 am-3 pm

SHOCKS • STRUTS • AXLES • BOOTS • BEARINGS • AND MUCH MORE!

\$89⁹⁵* Brake Special
 Resurface rotors, install pads. Most cars.

\$19⁹⁵* Oil Change
 Most cars. Disposal fee included.

\$59⁹⁵* Rear Drum Brakes
 Resurface and install. Most cars.

\$189⁹⁵* Strut Special
 Most cars. Price is per pair. Installed.

Free Brake Flush with any major Brake Service!
 Free Brake Inspection!
 Certified Technicians • Lowest Prices in Town!
 Same-Day Service • Shuttle Service

THE BRAKE STOP
 4354 Twain Ave., Suite B • San Diego (off Mission Gorge Rd. by Washington Mutual)
 "Make Your Next Stop The Brake Stop!"
619-521-0689
www.thebrakestop1.com
 Mon.-Fri. 8 am-5 pm • Sat. 8 am-1 pm
 Visa • MC • Discover • AmEx
 *Offer expires 7/14/09.

SHEEP AND GOATS

PLACES OF WORSHIP REVIEWED

Denomination: Friends
Address: 10925 Hartley Road, Suite K, Santee, 619-448-5950
Founded locally: 1981
Senior pastor: Dennis Martins
Congregation size: 55
Staff size: 1
Sunday school enrollment: 8-12
Annual budget: n/a
Weekly giving: n/a
Singles program: no
Dress: casual to semiformal
Diversity: mostly but not entirely Caucasian
Sunday worship: 10 a.m.
Length of reviewed service: 1 hour
Website: none

Friends Christian Fellowship meets in a Santee office park suite artfully converted into a cozy chapel. Several times a year, they set up outreaches across the 67 at Shadow Hills Park. "One time," said Pastor Dennis Martins, "we did church over there. The week before, we'll pass out door hangers. We're trying to establish a relationship with people. Another focus is the Navy housing at Eucalyptus Ridge."

A military outreach might seem odd, given the Friends' famously pacifist heritage. "In our Faith and Practice," said Martins, "it

does talk about the traditional, time-tested pacifism thing. But it also says that each person needs to follow their conscience before God. I have a church in a military town. Any church that I know of — nobody's pro-war. Some people would say it's a necessary evil. Ultimately, the individual is the one who is accountable before God."

Spiritual combat, of course, is another sort of warfare, one the fellowship happily champions. The second song (out of six) at the service's outset was easily the most militaristic I have ever heard sung by two men weaving tight vocal harmonies over acoustic guitars. "Stand up, stand up for Jesus, the trumpet call obey/ Forth to the mighty conflict in this His glorious day/ Ye that are men, now serve Him against unnumbered foes/ Let courage rise with danger, and strength to strength oppose."

Other songs proved more typically folksy, descending into a meditative lilt that at times sounded almost like a mantra: "Holy is the Lord

God Almighty, the earth is filled with His glory." Something you could sway to.

The congregation was friendly and chatty — at the welcome, a gentleman approached and said, "I already shook your hand, but let's do one of these," before embracing me. Martins reminded the men "that we have a work-day next Saturday. We're going to be going over to Hazel's house to do some painting. She's looking forward to that with great anticipation."

But if there was more murmuring than you sometimes hear in church, there was also a good stretch of silence during the congregational praise and prayer. "Maybe you need to pour out your heart and tell God that you love Him," advised Martins. "Maybe you need to pour out your heart and tell God that you need Him. I'll give you a few minutes to do that." And he did.

Eventually, the silence was broken by a voice from the back: "Dear Father, we thank You for loving us... You give us the ability to love

You. Thank You that You are the strong, mighty God who loves us so much that You would do this for us." The prayer placed the notion of utter dependence on an Almighty Other in bright relief.

That kind of surrender to God's power and providence came through in the sermon as well. Preached by an elder from the congregation, it was actually written by someone else. "I found something while doing my research that was definitely where I was going," he explained, "so why reinvent the wheel?" It told (in first-person fashion) the story of Joseph — born to privilege, sold into slavery, prospering as a slave, thrown into prison, and ultimately rescued from the depths and brought to glory as Pharaoh's Number Two. "I want to tell you that the most significant outcome of my story is not the power and the applauding crowds, but what God did in my soul. I have witnessed the unmistakable and unshakable faithfulness of God... I was a good



Dennis Martins

Friends Christian Fellowship Santee

★★½

Sermon content	★★½
delivery	★★½
Liturgy	★★½
Music	
congregational	★★
band	★★★★
Snacks	★★★★
Architecture	★★
Friendliness	★★★★
Poor to satisfactory	(none)
Good	★
Very good	★★
Excellent	★★★★
Extraordinary	★★★★★

man. I expected God to take care of me. But instead, I was sentenced to die. I became intensely angry — did God even know or care that I existed?" Here, the preachers slipped out of Joseph's voice and into his own: "This is why Joseph is one of my heroes. His story encapsu-

lates who we really are."

Ultimately, Joseph realized that "God was with me even in that prison, in my darkest moments. I was not forgotten. God was in it." The preacher realized it, too, and quoted Job's cry of divine abandon: "Though He slay me, yet will I trust in Him."

What happens when we die?

"If we have a relationship with God through Jesus Christ," said Martins, "then when we die, our body is laid to rest or burned up into ashes, and our soul goes to be with God. Upon Jesus' return, our soul is reunited with our body — how God does that is up to God. If we don't have a relationship with Jesus Christ, our soul goes into a kind of Hades, which is sort of a holding chamber, until Jesus' return — until the final battle of good over evil, Jesus over Satan. At which time, we are sent to hell with Satan."

— Matthew Lickona

Videos of this church and others featured in this column are available at sandiegoreader.com.

LAPTOP. Compaq Presario, Windows HP. Lightly used. Paid \$1575, asking \$500/best. Call Laura. 978-729-9976.
PRINTER, HP 5600. Very good condition. \$30/best. 619-722-6380.
TOSHIBA LAPTOP. 2GB of RAM. 160GB hard drive. DVD RW. 15" screen. Computer is just a year old, comes with case/ restoration disk. \$300. 619-980-1859.
TOTAL COMPUTER Commercial service. We do everything. Installation, set-up, training, repair, networking, telephones, DSL, wiring, upgrades. \$20 in-home

diagnostics. 619-941-1809; cell, 619-607-0221.

BICYCLES

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

BICYCLES. 2. One 24" and one 26", both \$50. 858-277-7197.

LOWRIDER. 26", totally all chrome with white walls. Special stokes. Really

special. Perfect condition. \$200. Tandem. Pre-WWII. Complete but needs total restoration. \$185. 619-282-9581.

MONGOOSE 24-SPEED mountain bike, \$159. "Solution" frame, 18", 26" wheels, dual suspension, aluminum weight alloy, Shimano equipped. Dark blue/ silver. Great condition! DeBoer.sue@gmail.com.

RALEIGH TANDEM COUP, \$450. With upgrades, 26" wheels, 27 speed, multi function odometer, with helmet. \$1000 new. Has had regular professional maintenance. Larry, 858-278-5665.

WANTED / TRADE

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

BED MASSAGE vibrator. Vintage, "Magic Fingers," 25 cents. Reasonable price, please. 619-501-1883.

BOAT. Rowing or sailing, under 8' long. Okay if repair or parts needed. 619-656-2831.

CARPENTER/ LANDSCAPER wanted in exchange for furnished room and utilities.

Please come to 7505 Gayneswood Way, San Diego, 92139. Cross street is Groviev. Thank you.

CASH FOR WALT DISNEY autographs, older Disney and Disneyland items, books, paper, original animation and comic art, any type comics before 1970, autograph collections. 619-465-3090.

FISHING TACKLE. Collector wants for his personal collection wooden lures, reels, and miscellaneous by Heddon, Pflueger, Creek Chub, South Bend, Shakespeare, to name a few. 619-972-3488.

IMAC WANTED! Would like 2004 iMac in excellent condition, no problems, with

Word. If you know anyone selling theirs, please give them my number. My friend paid only \$150, which he said is a good price for such an iMac. 858-350-5200.

MANY OLD MILITARY medals are worth hundreds of dollars. I have \$3000 cash to spend. Other old military items also wanted. Especially USMC. 619-280-8089.

STATION WAGON. Toyota, Honda, Nissan. Boom box, dual cassettes. Lobby cards. Movie stills. Books on James Dean, Brando, Marilyn Monroe, Robert Mitchum, Burt Lancaster. 619-420-1028.

SUSPENSION PLUS
COMPLETE AUTOMOTIVE CENTER
SINCE 1989 • FOREIGN & DOMESTIC

MIRAMAR • (858) 558-8562
6696 Miramar Rd., Suites I & J
(Miramar Auto Center, 2 miles east of UTC mall)

POINT LOMA • (619) 223-2248
3112 Midway Dr., Ste. D (at Rosecrans, next to Discount Tire)

www.suspensionplus.net

Free brake inspection!
BRAKE SPECIAL
\$30 OFF!

Prices subject to change without notice. Must present coupon at time of service.

Free alignment inspection!
(With appointment, please)
Computerized Alignment
\$39.95

Thrust Angle
4-Wheel Alignment \$49.95

Set toes to specs. Most cars. Shims & cams extra.

Shock & Strut Special
BUY THREE, GET THE FOURTH
FREE KYB MONROE

Oil Change
\$17.95 Synthetic oil available

Includes 5 quarts 10W/30 oil and new filter. Most cars.

CALL FOR SPECIAL READER PRICES ON:
Factory-Scheduled Service • Clutch • Timing Belt • Axles
30K/60K/90K • New Radiator • Tune-up • New Belts & Hoses

Monday-Friday 8 am-5:30 pm • Saturday 8 am-4 pm. Call for details. Please call for an appointment.

WINDOW TINTING

\$59

OVER 20 YEARS OF EXPERIENCE. S.R.A. 50%

AVOID OVERHEATING • AUTO ACCIDENT • PROTECT YOUR SKIN • ENHANCE PRIVACY
PREVENT CRACKING AND FADING • ALL INSTALLATIONS HAVE LIFETIME WARRANTY

CODE/ALARM Car Alarm I

- Shock sensor
- 2 remotes
- 6-tone siren
- Flashing parking lights

\$59

AM/FM CD Player

- 45 watts x 4
- High power
- Detachable face

\$39

In-dash 7" DVD Player

- Touchscreen • Motorized face

From **\$199**

AUDIO SPORTZ
AUTO CUSTOMIZING

2000-watt Subwoofers

From **\$79**

714 E. Valley Parkway, Escondido • Toll-free: 888-220-9475
Mon.-Fri. 9 am-7 pm • Sat. 9 am-6 pm • Sun. 10 am-4 pm

See our other ad in the front of the Reader.

San Diego Reader June 25, 2009 139



STEREO GEAR/ LP RECORDS. Cash paid! Vintage/newer. Old amps, tuners, speakers, turntables. McIntosh, JBL, Marantz etc. Prerecorded reel tapes, jazz/rock records. John, 619-889-5237.

TWO WRITERS LOOKING FOR "Chicken Soup" type pet stories for new book and

toon series, with photos if possible, please. 858-693-3939, claudia@writersetc.com.

USED TRAILER. Good condition. 20'-25'. 619-222-0111.

ANTIQUES & COLLECTIBLES

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

'50s WOODEN PHONE BOOTH with working pay phone folding door and light works. Good condition. \$900/ best. 858-481-7856, email for photos, zipper92067@gmail.com.

ANSTEAD'S AUCTION. We buy antiques, collectibles, household furniture, appliances, TVs, home electronics, pianos. Prompt service. Local buyers. Licensed/ bonded. Serving San Diego since 1971. 619-233-3148; 1-888-722-2002.

ANTIQUE DRESSER. Two drawers, small cupboard top right, original beveled mirror, locks, hardware. Wood slats: back. Over 100 years old. Original finish; pine. \$150. 619-583-5122.

OIL PAINTINGS. Extra large, museum quality, popular subjects. Must see, must sell, must sacrifice. \$150, regular value \$2500-\$3000. All subjects available. Pennies on the dollar. 760-231-9531.

RECORD COLLECTION for sale, 1960s, 1970s, 1980s, classic rock, 900 records, mint condition. 619-523-1782.

ROCK & ROLL. I buy 1950s-1990s concert posters, flyers, handbills, used/ unused tickets, programs, etc. Private party. Please call 619-501-6210.

SCOTT'S INTERNATIONAL postage albums, seven, with stamps. From 1935, many sheets of US- stamps and international, 3-5 cents. \$2500/ best. Ask for list: 760-598-6906, rfort27@hotmail.com.

APPLIANCES

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

A.H. LEON'S APPLIANCES. Repairs \$99 or less. Replacement; refrigerator, stove, washer/ dryer, from \$119 and up. Year warranty. Delivery and removal available! 619-702-3270.

REFRIGERATOR. Sears Kenmore. 19'. White. Good condition. \$95/ best. 619-722-6380.

WASHERS AND DRYERS. Guaranteed. \$100-\$195 each. Over 200 to choose from. In-shop/in-home service and we sell parts. Stoves, refrigerators, dishwashers, too. Can deliver. Calwest Appliance Exchange, 619-723-1545.

ELECTRONICS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

FLAT SCREEN TV. Audiovox 27" LCD model FPE2706. Works but has cracked screen. \$75. 619-269-1194.

GET A NEW COMPUTER! Brand name laptops and desktops. Bad or no credit, no problem. Smallest weekly payments available. Call now, 1-800-816-2232. (AAN CAN)

HOME STEREO. Yamaha components, Klipsch speakers. Was \$5000 new, now \$2250/ best. 858-268-4233.

SAMSUNG T-MOBILE cell phone, \$65. Motorola cell phone, \$50. Samsung Sprint cell phone, \$50. Shelve, \$15. Haier TV, \$50. Polaroid camera, \$45. Call Charles, 858-625-1372.

TV, SHARP X-FLAT. 27". Very good condition. \$125/ best. 619-722-6380.

FURNITURE

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

BED \$100, ABSOLUTE BARGAIN! The Furniture Warehouse is now open to the public. We sell warehouse direct. Come see our large showroom. We have over 70 sets in stock from \$89! 995 Bay Boulevard, Chula Vista, 91911. Open 11am-7pm daily. Closed Monday. Credit cards accepted. Legitimate warranties in writing! Fast delivery. Call 619-426-2727. www.fwarehouse.com.

BED \$139, AN ABSOLUTE BARGAIN! Mattress Orthopedic Deluxe. New in plastic with warranty. Queen, \$139. All other sizes available. Credit cards accepted. Free delivery. Call 800-464-6420 or 800-464-6490.

BEDS. Bunk bed/ futon/ day bed/ trundle. Very versatile, can separate or sleep multiple individuals. Compare at \$259, asking \$80. 619-990-5487.

BEDS. One king, one queen, one full, and two twin sets. Can separate, or \$315/ all. 619-990-5487.

BEDS. Adjustable. Craftmatic-like, remote control. 2 twins and 1 full size, \$100, \$200, \$300. Best offer or trade. 619-670-8356.

COFFEE TABLE. Elegant faux stone. Must see. \$65/ best. 619-722-6380.

CONCRETE PATIO TABLE. Seats 6, high grade. Your choice of tile installed, all weather. \$300. Credit cards accepted. 760-250-7055.

COUCH. Base leather couch, love seat and chair, clean, \$250. SDSU/ Del Cerro area. 619-286-3939.

FURNITURE/ MATTRESSES. Al Davis Furniture and Mattress World in Hillcrest sells new furniture and mattresses at warehouse pricing lower than regular stores. Student specials. Online sales and catalogs in our store. Same location since 1960. Name brands: Simmons Beautyrest, Aireloom, Sweda, Stylus Sofas, Klausner, Zocalo, Wesley Allen, and many more brands. Member of the Better Business Bureau. Also latex, chemical-free and Swedish style Viscomemory! 1601 University Avenue, 2 blocks west of Park Boulevard, Hillcrest. Open Tuesday through Saturday. www.davisworld.com or e-mail to: info@davisworld.com. Call 619-296-1221 or toll-free at 866-35-SLEEP (866-357-5337).

FUTON/ DAYBED. Solid wood, excellent quality. Original cost \$700 from Costco in 2008, now \$300/ best/ trade. 619-326-1803.

GLASS TOP PATIO TABLE, 66"x40". 6 comfortable, attractive cushioned armchairs. Powder-coated, beige, aluminum rectangular frame. Opaque glass, umbrella opening. Originally \$600. Selling \$200. 619-465-4225.

MATTRESS \$139! AN ORTHOPEDIC. New in plastic with warranty. Queen, \$139. Twin, Full and King also available. Free delivery. Call 800-464-6420 or 800-464-6490.

TV CABINET. Solid wood, small, attractive. As is or ready for stain or paint. \$20. 619-490-5143.

GARAGE SALES

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

BONITA. Loveseat, 2 chairs, small crib, furniture, small wine refrigerator, clothing, ski boots, plenty miscellaneous. 6/27/09, 7am-3pm. Corner of Wild Oats Lane/ Central Avenue.

GARAGE SALE. Pre-moving sale, ongoing. Huge variety of items—tall, artificial cactus plant, lots of women's clothes, sizes extra small to 3x. 858-277-9776.

MOVING SALE. Sony TV, 32", works great, \$100. Electric adjustable bed, \$75. Recliner, \$20. Oak table, 48"x29", \$70. End table, \$15. Desk, \$45. 619-296-9415.

NORMAL HEIGHTS. Designer clothing, tools, appliances, books, etc. June 28, 8am-1pm. On the corner of Adams/ East Mountain View Drive, 4704 East Mountain View Drive.

NORMAL HEIGHTS. Moving sale. No price tags make offer. Couch, bookcase, dresser, matching chest of drawers, coffee table, TVs. 6/27/09, 7am-4pm. 3535 Monroe Avenue. 619-838-5126.

NORTH PARK. 6/27/09, 8am-noon. Proceeds go to Boy Scouts of America. Furniture, toys, household goods, sports gear, clothes, tools. North Park Community Church, 29th and Landis, 92104.

OCEANSIDE. Yard sale, Saturday, June 27, and Sunday, June 28, 8am-12pm. Furniture, crib, kids' clothes, DVDs, kitchenware, toys. 922 Vista Way, 92054.

PACIFIC BEACH. Huge yard sale, 7:30am-3:30pm. Saturday, 6/27. 11' sailboat, used baseball/ golf equipment, household items, decor, furniture, and more. 1154 Opal Street.

PACIFIC BEACH. Clearing out three storage garage lots of cool stuff, rugs, lamps, furniture, decorative items and more. 7am-3pm, Saturday, June 27, 1527 Loring Street.

POINT LOMA. Saturday, 6/27, 8-11am. Wide variety of items, very good condition. Women's/ babies'/ toddlers' clothing, sporting equipment, car stereo equipment, furniture. 4621 Tivoli Street.

SANTEE. Big yard sale. Everything must go! June 27, 7am. 10406 Len Way, 92071.

SOUTH PARK. Saturday, July 27, 8am. Miscellaneous household items, old yearbooks, about 800 records. LPs, 45s. 1529 Dale Street.

VISTA/ NORTH COUNTY Garage sale. 7am, Saturday, 6/27. Bicycle, toys, clothes, etc. 2311 Barley Drive.

MISCELLANEOUS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

50 BACK ISSUES out of print collector magazines pertaining to collectibles. Take all: \$20. Leave message, 760-845-3024.

AB LOUNGE SPORT. Good condition. \$60/ best. 619-722-6380.

ART. Native American Shaman, print-matted, blue tones. \$7. 619-490-5143.

BED, A PLUSH PILLOWTOP. Mattress Orthopedic. New in plastic with warranty. Queen, \$299. King, \$399. Free delivery. Credit cards accepted. Call 800-464-6420 or 800-464-6490.

BEER AND WINE BOTTLES for home beer or wine makers. Recappable/ recockable. Clean, 20 cases at \$5 each. El Cajon, 619-447-4117.

BOOKS, GARDENING. USDA Yearbook(s) of Agriculture, 1930-1992. Very good to like new. \$550 cash, call for list or appointment. Santee. 619-562-0152.

BRIDAL SPECIAL. Designer garters for the bride. 619-233-8709.

CANDLESTICK, all brass, 15-1/2" high. Price: \$55/ best. Phone, 619-296-7185.

CEMETERY PLOT. Single. Prime location. El Camino Park. San Diego. 858-277-5029.

COSTUME JEWELRY, VINTAGE. Antique postcards with stamps, \$20/ under. Canon AE-1 camera, lenses and accessories, excellent. \$150/ best. 619-722-6380.

DESK, 6 DRAWERS. Oak, 6'. Surfboard. Samsonite suitcases. Doors, interior. Child's car seat. Microwave. Computer monitor and keyboard. Typewriter. 26' trailer, live in/ travel. 858-270-0565.

ELECTRA GOLD AIR FILTER, never used! Bothered by allergies? Smog? Pet dander? Protect your lungs with this top of the line Electrostatic Air Filter made by Air Care. 20"x20"x1". Cost \$89.99, selling for \$50/ best. This will last forever. 858-350-5200.

ELECTRIC WOK. \$20. Forman electric (indoor) grill, \$20. Salton rice cooker, \$12. Stereo, Magnavox speakers, \$20. 619-523-1782.

FLOOR LAMP. Three settings, black pole with white shade. \$10. 619-490-5143.

GARDEN SPECIAL. Bamboo fencing. One at \$10, one at \$15. Bamboo plants, \$8/ plant. 619-233-8709.

GLOBE. 16" diameter, detachable from 21" floor stand, turns in any direction. Ideal for school, home, or office. \$20. Hillcrest. 619-299-7578.

HANGERS. Clear color. Some with clips for skirts/ pants. 858-277-5029.

HELMET. For rollerblades, bike, or skateboard. Keep your children safe! New, \$8. Dictionary Hill, Spring Valley. 619-466-8663.

INFANT CAR SEAT. Nice. Grieco, \$50. Snap 'N Go stroller, Costco. High chair. \$30. 760-839-9195.

KNIFE COLLECTION. Old Kershaws, Schrade IXLs. 619-260-8482.

LENOX CHINA, Charleston setting of 8, never used, \$500. 619-276-2044.

MINERAL COLLECTION. Cabs, slabs, cutting rough, varieties of Quartz, including Herkimer Diamonds, Flourite

NO BUBBLING

WINDOW TINTING

Specializing in Exotic and European Cars. Commercial and Residential.

LOWEST PRICE GUARANTEED
Quality Job
Lifetime Warranty

QUANTUM CUT
clean and accurate

Oasis Trade Window Tinting
7959 Silverton (off Miramar Road)
858-271-4440
oasistradetint.com

AUTOMOTIVE

ECONO LUBE N' TUNE & BRAKES

2924 Damon Ave. • Pacific Beach 92109 (next to In-N-Out Burger) • 858-274-4382
No appointment necessary • Mon.-Sat. 8 am-6 pm • Sunday 9 am-5 pm
We accept Visa, MC, Discover & AmEx • Se habla español

FREE brake inspection • FREE diagnostic check (OBD2)
Most vehicles. All offers valid with this ad. PB location only. Expires 7/9/09.

Gas saver performance package \$49⁹⁸
Most 4-cyl. cars. 6-cyl. \$69.98, 8-cyl. \$79.88. Improves gas mileage and engine performance. Includes tune-up with "Super Bosch" spark plugs, fuel injection service, lube, oil & filter (choice of 5W-30 or 10W-30 premium oil), and 14-point safety inspection.

Lube, oil & filter \$9⁹⁸
Most vehicles. Includes up to 5 qts. oil (5W-30 or 10W-30 premium oil), filter, lube and 21-point safety inspection. Waste fee included.

Tune-up special \$24⁹⁸
Most 4-cyl. vehicles. 6-cyl. \$34.98. 8-cyl. \$44.98. Install "Super Bosch" spark plugs, adjust timing, adjust air/fuel mixture if applicable, 14-pt. safety inspection.

Fuel Injection \$34⁹⁸
Most vehicles. Improves gas mileage and engine performance. Chemically clean. 14-point safety inspection.

A/C service \$19⁹⁸
Most vehicles. • Recover • Evacuate • Recharge. Plus Freon.

WE ALSO DO 30K•60K•90K SERVICES & OTHER MAJOR REPAIRS

WE WILL MEET OR BEAT ANY COMPETITOR'S COUPONS!

Smog Special

Test only • 15 minutes
Fast • Easy • No Appointment Needed

\$26⁷⁵ plus \$8.25 certificate & \$2 transfer fee.
Trucks, vans & SUVs \$10 extra.
EVAP testing included.
We now do European cars for same low price.

or **\$31⁷⁵** with a Free Retest
We Certify: Gross Polluters, Out of State, DMV Renewal, Change of Ownership

\$5 extra for vehicles from 1976-1995.

SMOG CLINIC
7535 Clairemont Mesa Blvd., Suite C
(Next to Kearny Mesa Bowl & Sears)
858-292-7903 Mon.-Fri. 8 am-5:30 pm • Sat. 8 am-2:30 pm
Visa • MasterCard • Coupon expires 7/9/09.
Must present coupon at time of service.

MINI OF CALIFORNIA LICENSED
SMOG CHECK
TEST ONLY

ASE CERTIFIED

Honda • Acura • Toyota • Nissan • Lexus • Infiniti
Mazda • Hyundai • Kia • Ford • Chevrolet • Dodge

Used Engines & Transmissions

Transmissions Engines

Head Gasket Replacement & Complete Valve Jobs

Ochoa's Auto Service
619-285-1251
3762 El Cajon Blvd., San Diego 92105

LEAD STORY

— Convicted Oklahoma City bombing conspirator Terry Nichols, now serving a life sentence in the Florence, Colo., “Supermax” prison, filed a 39-page federal lawsuit in March alleging unconstitutional “cruel and unusual punishment” because the refined-food, low-fiber meals give him “chronic constipation [and] bleeding hemorrhoids.” He demanded fresh raw vegetables and other high-fiber foods, necessary to “keep one’s body (i.e., God’s holy temple) in good health.” Nichols was joined in the lawsuit by fellow Supermax resident Eric Rudolph (the convicted abortion-clinic and Atlanta Olympics bomber), who claimed “gas and stomach cramps” and observed that “our bodies” are “sacred and should be treated as such.”

Government in Action!

— After three years of providing worker-training grants to a San Francisco-area multimedia coalition that includes a maker of sexualized torture videos, the California Employment Training Panel cut off funding in April, claiming that it had not realized the nature of what an outfit called *kink.com* does. The coalition protested the panel’s decision, pointing out that Kink is a law-abiding, tax-paying entity that employs 100 local people and keeps California adult video “competitive in the international marketplace” by

training employees in video editing, Photoshop, and other multimedia skills. A typical *kink.com* production may feature paid, consenting women bound, gagged, and supposedly electrically shocked.

Great Art!

— In April at a gallery in London, Mexican artist Raul Ortega Ayala’s exhibit opened with the customary hors d’oeuvres for visitors. However, since Ayala’s work specializes in the roles that food plays in our lives, he served cheese made from human breast milk, to “explor[e] our first encounter with food emphasizing its territoriality and boundaries.” He said his next piece would go the other way, with ten menus showing what “presidents, public figures, mass murderers, and cave men” ate just before dying.

— A pedestrian bridge over Interstate 80 in Berkeley, Calif., opened late last year, decorated with \$196,000 in public art by sculptor Scott Donahue. At each end of the bridge are 28-foot structures to honor the “history” and “daily life” of Berkeley, notably its tradition of citizen protests, but smaller sculpted medallions feature street scenes such as dogs romping playfully in city parks. However, as initially noted by a Fox News reporter in February, one of the medallions shows a dog defecating and another displays two dogs mating. Said a local art program official, “I think

they’re just, you know, natural science...what dogs really do.”

— New York artist Ariana Page Russell has a dermatological disorder that makes her skin puff up immediately at the slightest scratch (which renders her, she says, the “human Etch A Sketch”). She now scratches herself in deliberate patterns, to create artistic designs, which she photographs and offers for sale. Russell says she must work quickly, for her skin usually returns to normal after about an hour.

Police Report

— East St. Louis, Ill., policeman Kristopher Weston apprehended a murder suspect about 20 minutes after the crime in April, which was such a nice piece of police work that the mayor called Weston before the city council to commend him. Five minutes after Weston left the room, the council got down to regular business, the first order of which was to approve a list of police and firefighter layoffs due to budget shortfalls, and on the list because of low seniority was Weston.

Just Can’t Stop Themselves

— (1) In March, a judge in Jefferson County, Texas, probated the 90-day DUI sentence for Jeffrey Latham, 37, on condition that he not drink alco-

hol, and he ordered Latham to report to the probation office. Two hours later, Latham showed up as scheduled, drunk, and was promptly shuttled back to court. (2) A man and woman in their early 30s were arrested in April after they stripped naked and began having sex in front of tourists on the lawn at Britain’s Windsor Castle. The queen was in residence, but her living quarters are at the opposite end of the castle, and she missed the spectacle.

Creme de la Weird

— Shreepriya Gopalan filed a lawsuit in U.S. District Court in San Diego in April against Microsoft, Google, Apple, Saks Fifth Avenue, McDonalds, Starbucks, Subway, Coca-Cola, Pepsi, Chase Bank, Verizon, AT&T, and 47 other U.S. corporations, claiming that he actually owns the companies based on the Chinese divination system I Ching, which he said he invented when he was “15 or 16” years old. “These companies were I Chinged in through a metaphysical layer created and owned by me,” he wrote, but he added that, “unfortunately,” he lacks paperwork to document his claims and asks the court’s help.

Send your Weird News to Chuck Shepherd, San Diego Reader, P.O. Box 85803, San Diego, CA 92186 or to WeirdNewsTips@Yahoo.com

octahedrons, unusual tumbled, much more. 619-260-8482.

MINI REFRIGERATOR. \$35. Lawnmower, Honda, new, \$165. Car cover, \$20. Tennis racquets, \$2 each. 858-581-1869.

MOVING SALE. Aquarium/stand, refrigerator, washer/dryer, freezer, dishwasher, microwave, TVs/stands, stereo, beds, daybed, dressers, recliner, coffee/end table, chairs, vacuum, bikes. 619-670-7821.

MOWER. excellent, \$85. Kawasaki motorcycle front assembly, \$45. 8’ ladder, \$25. Tire— 195x60x14, \$6. 100 Hot Wheels, \$35. 858-581-6223.

PICTURE FRAMES. 13, includes 2 collages, \$15. Plastic tubing, 3/8”, 500 feet, various lengths, \$10. Cassettes, with case, \$10. 760-740-0267.

RCA 52” HD TV. \$300. Coffee table, oak and glass, \$40. 2 lamps, \$15/each. 4 dining chairs/table, \$35. Rug shampooer, \$20. 619-561-0123.

RUBBER STAMPS Stampin’ up! Most new. \$5/each. Background, Make a Wish, Patchwork Angel, Precious and Few Limited Edition 1998, Seasonal Stitchings, many more. 619-709-8112.

SEWING MACHINE. Euro Pro, 32 stitch, like new. Used once. \$40. 619-491-0462.

SEWING MACHINE. “New Home”, now \$100. Folding sewing machine table, now \$30. Rotary mat 18x22, rotary cutter, marker, templates, originally \$70, now \$35. Edda, 619-579-3892.

SEWING MACHINE. Singer. Featherweight, case and manual included. \$300. 619-490-5143.

SPA/ HOT TUB DELUXE. 2009 model. Neck jets, therapy seat. Never used! Warranty. Can deliver. Worth \$5950. Sell \$1950. 858-530-0980.

STORAGE SHED, 10’x12’, 2 years old, perfect condition, you move. \$200. 619-588-9291.

STROLLER. 3- wheeler for side- by- side twins. ABC design, good condition. Strong, German built. Also 2 bicycles, \$50 each. Call evenings, La Jolla, 858-454-1422.

TABLE. Glass top, 36”x50”, \$25. Desk with wheels, \$20. Office chair, \$10. Child’s restraint seat, \$20. Wedding dress, hat, shoes, size 8, \$50/ all. 858-277-7197.

WATER FILTER. New, boxed, “Pur”, 3 stages, regularly \$38, now \$20. Mirror, multi- color patchwork frame, 32”x48”, Pier 1, originally \$125, now \$60. 760-753-6996.

WHEELCHAIR AND LIFT. Large electric wheelchair with charger. Manual patient transfer lift. Make an offer. 619-466-9189.

XBOX 1. With DVD player, 3 wired controllers, 1 wireless controller. Monster cables, games. Great for numerous children/ friends over. Rarely used. \$100 firm. 619-466-8663.

MOTORCYCLES

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

FORD F100 1/2T PICKUP 1954. 63,000 miles. 100% original. Needs nothing. \$25,000/ firm price, but will trade straight across for the right Harley Davidson. 310-650-8233.

JEEP MOTORBIKE, \$250 and up. With your old bike. Call Deny, 760-746-3334.

YAMAHA YZ 450 F, 2005. Like new! Excellent condition! Current registration.

Original owner. Clear title. Rear paddle tire included. Extremely low hours. \$3000/ best. 760-803-5934.

AUTOMOTIVE CARS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

\$500! POLICE IMPOUNDS! Cars, trucks, SUVs from \$500! Hondas, Chevys, Jeeps, Toyotas, Nissans and more! For listings and information, call 800-495-0660, xC664.

Auto Pawn Loans
Auto loans secured by vehicle and title. Autos, trucks, cycles and ATVs welcome. Fast/ friendly service. Deerhorn Motors,

619-464-2131. www.autopawnsandiego.com.

BMW 328i. 2007. Gray. 21,000 miles. \$27,000. Black leather interior. Automatic. Loaded, looks/ drives like new. 773-817-5884.

BUICK CENTURY LIMITED. 2000. \$1000 down drives you away. Buy here, pay here. Vin #334744. A Plus Truck and Car Rentals, Inc. 760-633-3552.

BUICK CENTURY. 1992. White, 4 door, V4 gas saver, 88,600 miles. One owner. Nonsmoker. Meticulously maintained! 858-277-5029.

CADILLAC BROUGHAM. 1990. 46,000 original miles, car-show condition in and out. Last big tail fin made. \$5000/ trade for van/ RV/ truck? 619-443-3444.

AUTOMOTIVE

Ray Frey
Auto Center, Inc.

Complete Auto Service & Detailing

Scheduled Maintenance • Brakes • Tune-up • A/C



Ray Frey

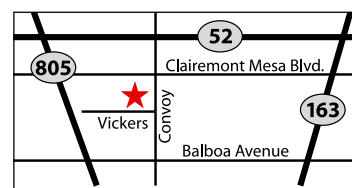
Smog Check
\$19⁹⁵*

Plus certificate and transfer fee.
*’95 and older \$10 additional.
*Monday-Friday only.

State-of-the-art equipment

Serving the Kearny Mesa area for 30+ years with honesty and integrity.

10% senior and military discounts
Discount applicable only to non-advertised repairs.



7696 Vickers Street
858-278-7077

“Check Engine” Light On?
Computer Diagnostic

Most vehicles and light trucks. Includes:

- “Service Engine Soon” light
- “Check Engine” light
- Hesitation • Hard starting
- Runs rough
- Poor gas mileage
- Dead battery
- Carburetor or fuel injection problems

\$39⁹⁵

A/C Service

\$19⁹⁵

Most vehicles. Freon extra.
Includes: • Recovery • Evacuate
• Leak test • Check hoses and belts
• Test operation

Professional Detailing Starting at **\$79⁹⁵**

Free hand car wash with any automotive service

ACURA & HONDA OWNERS
WE REPAIR AND SERVICE ALL JAPANESE CARS

OIL & FILTER CHANGE

10-point check upon request. Add \$2 for oil disposal fee.
\$18⁹⁵

FREE CODE CHECK
With repair.

FUEL INJECTION SVC.

• Reduce emissions
• Increase horsepower
• Restore performance mileage
\$39⁹⁵

BUMPER-TO-BUMPER SPECIAL

- Change oil & filter • Inspect air filter
- Rotate tires if needed
- Complete brake inspection
- Top off all fluids
- Check & adjust timing to specs
- Check undercarriage & exhaust system
- Check all hoses & belts
- Replace spark plugs
- Check radiator and fan operation • Road-test

\$59⁹⁵

BRAKE SPECIAL

(2-WHEEL)
• Install new lining
• Resurface drums/rotors extra
\$99⁹⁵ Most cars

Kearny Mesa A & H Specialists
4187 Convoy St. (next to Big O Tires) • 858-573-9999
Mon.-Fri. 7:30 am-5:30 pm, Sat. 8:00 am-3:00 pm

No Appointment Necessary!

“CHECK ENGINE” LIGHT ON?
FREE

Diagnostic with repairs.
Reg. price \$34.99. Most cars.

OIL CHANGE

\$9⁹⁹

Most cars.
Includes EPA disposal fee.

FRONT BRAKES

\$55 Most cars.

REAR BRAKES

\$65 Most cars.

Offers expire 7/2/09.

A&A JAPANESE CAR SPECIALISTS

858-549-9020

9555 Black Mountain Rd. Suite D
(1 block north of Miramar Rd.)

BestBuys

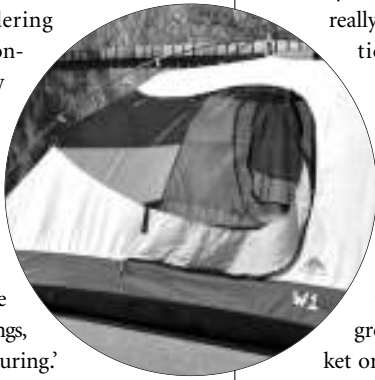
— EVE KELLY

‘My kids are like druggies,’ lamented my friend Nancy. “If you give them sugar or TV, they don’t want to stop.”

I sympathized. “I know what you mean about the TV. Between that and the computer and the video games, I feel like I’m engaged in the care and feeding of zombies.

I’m seriously considering making this an electronics-free summer. Now I just have to figure out how to occupy them without spending much money.”

“If I tell them to go play, they refuse,” said Nancy. “I find I have to let them ‘discover’ things, so I do what I call ‘featuring.’ I’ll take most of the toys out of the play area and leave just a few. We’ve been reading *Robin Hood*, so I left out the dress-up clothes and things that fit with that. Or I’ll mix up uses for certain rooms — I just made the sun porch into an engine room, with a big table and lots of toy trains. Or I’ll move a blan-



ket around the backyard — one day a picnic in one spot, the next book-reading somewhere else.”

Nancy’s kids are still pretty young; Sande’s run from six to teen. “Sometimes, my husband will set up a tent in the yard. We’ll grill something for dinner. The kids will play in the tent all day and then sleep in it at night. And of course, there’s always the beach. We like to go to Coronado in the late afternoon with a picnic dinner. And I know you want to avoid the TV, but if it’s really, really hot, I might turn on the air-conditioning and do an indoor movie marathon. I’ll play things like *Belles on Their Toes*, *Cheaper by the Dozen*.

I make popcorn and give out some old movie-theater-type candy. It’s a great way to make kids game for old movies.”

Lissa suggested tweaking routines — “maybe going to a different grocery store — an Asian supermarket or an Italian deli store. I let the kids wander the aisles, pick out something to bring home and try. Last week, we decided to visit as many bakeries around San Diego as we could. I found New York Bakery in El Cajon [619-283-6886], where they had these anise-flavored S cookies that I used to get in Queens. The owners were so nice — they gave the kids S cookies

and chatted with us, and we picked out napoleons and éclairs to bring home. It was exactly the New York bakery experience. Next, we’re heading to a Mexican bakery, and there’s a Cuban bakery we want to visit. You can learn a lot about a culture by chatting with the people who make it sweet.”

At home, Lissa loves games friendly to a broad age range. “We’ve played all-day marathons of ‘Settlers of Catan’ [\$54.99 on Amazon] — you amass resources to build settlements.”

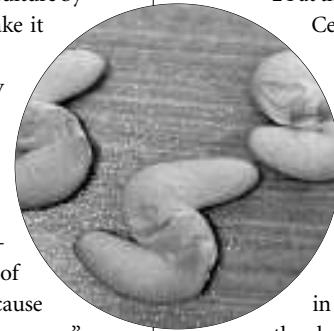
Monica was all about the free — for books, food, and fun. “Several of my kids’ reading really took off because of the library’s summer reading program,” she attested. I called my La Mesa branch. “This year’s theme is ‘Get Creative.’ It starts June 19 and runs through August 12. We have programs for birth through teens — and even one for adults. Kids receive prizes based on the number of hours they read — or number of books, for the little ones. They can also earn raffle tickets for a drawing — one of the prizes is a Nintendo DS. Throughout the week, we have crafts. You can register at your local branch or online.”

Joann Tucker at the San Diego Unified School District told me about their program, Summer Fun Café. It’s a free lunch program with no enroll-

ment, no paperwork, and no conditions, “open to children from 2 to 18. You can find a list of schools and parks that offer it at www.sandi.net/food. Our big kickoff is on June

24 at the Skyline Hills Recreational Center [8285 Skyline Drive] — we’ll have a free BBQ open to adults and kids, and San Diego Charger Matt Wilhelm will be there, along with craft tables and games.”

I gave a call to the Adams Avenue Recreation Center in Normal Heights to see what they had going on. “Our free lunch runs from June 22 until August 28, from noon to 1:00 p.m. Also, we’re going to have a portable pool set up on the blacktop. We’ll have swim lessons for a small fee, and daily free open swim times. And we have Nature Camps from July 13 to 17 and August 10 to 14 — they include games and crafts based on nature, as well as a field trip. In past years, we’ve gone to the zoo or to Sea World. The cost is just \$10 per child for the whole week.”



For more stories by this author, go to sreader.com.

CHEVROLET CORSIKA. 1993. V6, excellent condition, dependable. 94,000 original miles, new brakes/tires. Needs paint and minor repair. \$1500. 858-279-8787.

FORD FOCUS. 2003. \$500 down drives you away. Buy here, pay here. Vin #295466. A Plus Truck and Car Rentals, Inc. 760-633-3552.

HONDA ACCORD COUPE EX. 2003. Only 58,000 miles! I-VTEC, 4 cylinder engine. Tinted windows. Sun/moonroof, air conditioning, 6-disk CD changer. \$10,750/best. 619-851-3285.

LINCOLN TOWNCAR. 1998. \$1000 down drives you away. Buy here, pay here. Vin #612285. A Plus Truck and Car Rentals, Inc. 760-633-3552.

MERCEDES 560 SEL. 1987, super nice condition inside/out. Low miles. All original with new tires, brakes, radiator battery. All power. \$3200/best. 619-408-9733.

MERCEDES SL 500. Convertible, 1990, 80,000 miles. Super excellent condition. Like new hard top, charcoal gray color. All records, second owner. Bargain—\$10,900/best. 619-408-9733.

MERCEDES. Diesels. 1985, 300 D turbo. 1979 300 T wagon with 3rd row seat. Both have air conditioning, sunroofs, power locks/windows. \$2750 each. 858-278-1048.

MITSUBISHI GALANT. 2006. Tan, 3 speed. Automatic, leather seats, alarm. 43,000 miles. Tinted windows. \$14,000. Please call Damon Penny 619-584-3843.

NISSAN MAXIMA. 2000. \$1000 down drives you away. Buy here, pay here. Vin #525704. A Plus Truck and Car Rentals, Inc. 760-633-3552.

TOYOTA CAMRY LE. 2002. 75,000 miles. Automatic, 4 door, 4 cylinder. Always garaged, one owner, silver color. Reliable and looks good. \$7900. 619-583-0658.

TOYOTA COROLLA S. 2003. Low miles, super clean, fully loaded. \$9900. Vin #042056. A Plus Truck and Car Rentals, Inc. 760-633-3552.

TOYOTA COROLLA. 1990. \$500 down drives you away. Buy here, pay here. Vin #299742. A Plus Truck and Car Rentals, Inc. 760-633-3552.

TOYOTA COROLLA. LE. 1989. \$1250. 858-274-6169.

TOYOTA PRIUS. 2005. Black package #1. 45-55 mpg. Clean. Original owner, 34,000 miles. I have copy of CARFAX. Toyota Care Platinum warranty (transferable). \$17,000. 619-563-6415.

VOLVO 749 GLE. 1990. New brakes, shocks, tires, records. Excellent condition. Just smogged and registered. 173,000 miles. \$1100. 619-543-0878.

VOLVO 850. 1995. \$500 down drives you away. Buy here, pay here. Vin #096837. A Plus Truck and Car Rentals, Inc. 760-633-3552.

VOLVO 850. 1996. \$1000 down drives you away. Buy here, pay here. Vin #240990. A Plus Truck and Car Rentals, Inc. 760-633-3552.

VOLVO S80. 1999. \$1000 down drives you away. Buy here, pay here. Vin #026596. A Plus Truck and Car Rentals, Inc. 760-633-3552.

VOLVO V70. 2000. \$1000 down drives you away. Buy here, pay here. Vin #676291. A Plus Truck and Car Rentals, Inc. 760-633-3552.

AUTOMOTIVE TRUCKS / VANS / SUVs

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

CADILLAC ESCALADE. \$14,000. 2002. Fully loaded, extra clean, TVs, towing package. Vin #111085. A Plus Truck and Car Rentals, Inc. 760-633-3552.

CHEVROLET BLAZER. K5 SUV convertible. 1975. 4x4. Beautifully restored. Slightly raised, all terrain tires. 400 watt stereo. With soft and hard top. \$5900/best. 619-408-9733.

CHEVROLET DELIVERY ASTRO van. 1990. Ladder rack, big tank, 40,000 miles on engine job. Excellent mechanical condition. \$13,078. Trailer hitch, coupler and 5x10 trailer. 619-266-2786.

SMOG CHECK
Including Test Only.
\$19.95

Plus \$8.25 for certificate and \$2.50 communication fee. Most cars. Trucks, vans & SUVs extra. '95 and older add \$10 for evap. test. No appt. necessary.

ADAMS IMPORT
Mon.-Fri. 8 am-5 pm
3166 Adams Avenue
(next to 8 & 805)
619-282-5555
With ad. Expires 7/30/09.
www.adamsimport.com

SouthBay Limousine
Experience Luxury

Full service for weddings, concerts, wine tastings, and special events. San Diego to Los Angeles trip packages. Complimentary bar with champagne and beverages (based on 3-hr minimum).

We'll beat any rate... Call now!!!
877-789-8769
www.SouthBayLimo.net TCP 24270-P

Oil Change \$16.95 Most vehicles.
Smog Check \$26.95

Most vehicles. Present coupon and DMV renewal slip. Plus \$8.25 cert. Free retest when we do the repairs.

“Check Engine” Light \$29.95

Brakes \$30 off

Sports Arena/Pt. Loma

For more specials visit: PrecisionTune.com
3425 Midway Dr. (Behind Shell station)
1-888-281-5381

Coupons must be presented at time of service. Not valid with any other offer or discount or for prior service. See manager for details. All coupons expire 7/9/09.

ASE CERTIFIED
Precision Tune AutoCare

Oil Change \$19.95 4-cyl. + tax Most cars.
• Drain and replace up to 5 quarts of oil
• Install oil filter

“Check Engine” Light/ Emission Diagnostic \$34.95 Most cars.

Brakes \$89.95 from Most cars. Includes parts and labor.

GENERAL AUTO REPAIR
367 15th St. • Downtown San Diego
619-237-1043
Offers good with this ad. Expires 7-27-09.

Free shuttle service

AUTOMOTIVE

Mobile window tint

\$10 OFF Window Tint with this ad

Auto • Residential
• Over 5 years' experience • We proudly use **3M** products
• Serving all of San Diego and North County

Majestic Motorsports
1-888-213-3953

BACK WHEN *in the Reader*

Thirty Years Ago

Dear Matthew Alice:

How do you get hold of the words to a song when you can't understand them on the record?

[As] the critic Greil Marcus said in *Rock and Roll Will Stand*, an anthology of writing on rock music, a popularly sung lyric is not supposed to be understood word for word. If you feel that the words themselves are all-important, you have missed the message.

— STRAIGHT FROM THE HIP, *Matthew Alice*, June 28, 1979

Twenty-Five Years Ago

La Jollans sulked 20 years ago when Pacific Telephone altered their GLencourt 4 prefixes. To satisfy the Pac Tel computer's appetite for numbers, GLencourt 4 — the symbol of residential affluence — became the sterile 454. But even without the letters, a neighborhood was still a neighborhood. Hillcrest was always 295, 296, and 297; Coronado 435 and 437; downtown 231 to 239

(except 237); Southeast 262 or 264. No longer. The nonsequential jumble of 260, 574, and 692 are the new Hillcrest prefixes. When downtown businesses were starved for prefixes last year, Pac Tel reached out for 696; it was quickly depleted, and 699 has been added.

— CITY LIGHTS: "ALL THE FINE NEW PREFIXES," *Paul Krueger*, June 11, 1984

Twenty Years Ago

A glance through last week's *San Diego Union TV Week* and it hit me. With Don Freeman's "Point of View" column, I realized these were the works of no common man but a Sartre in John Deere cap and golf sweater.

The paragraph that did it:

Blair Brown was remembering the Old Globe production of the Thornton Wilder classic, "The Skin of Our Teeth." This one was a dandy ... it wowed the populace, including the oversigned. Frankly, I had never understood the Wilder play and I still don't...

— CITY LIGHTS: "DON'S POINT OF VIEW," *Mary Lang*, June 29, 1989

Fifteen Years Ago

San Diego's Mike Hynson was surfing's trendsetter during the sport's golden era of the mid-1960s. Hynson, who with Robert August traveled the world in search of the perfect wave in *Endless Summer* had it all: fame, looks, fortune, women, talent.

Today, Hynson, who turns 52 later this month, is living in the backyard of a friend's house in Bird Rock.

— CITY LIGHTS: "AFTER ENDLESS SUMMER COMES ENDLESS BUMMER," *Jamie Reno*, June 23, 1994

Ten Years Ago

Ring-ring. A male voice answers, "Office."

I introduce myself and say, "I'm calling bail bond offices asking anyone who answers the phone about the San Diego Padres' problems. We're in last place and some wacko judge has just croaked the new ball park. What does it mean?"

Silence.
"Padres. San Diego Padres."

No useful information was gleaned during that conversation. I am wildly disappointed and immediately call King Stahlman Bail Bonds, then Absolute, then A-l. Nothing.

— SPORTING BOX: "UNDERSTANDING. TRUSTWORTHY. COMPETENT." *Patrick Daugherty*, June 24, 1999

Five Years Ago

If something about your wife bothers you, speak right up!

There's really no good reason why your wife can't be better in every way, if only she would try harder. Scrutinize her aloud on a daily basis. Don't overlook anything. Consolidate the most desirable qualities of every woman you have ever met, seen, or imagined, and measure her against that ideal. Physical flaws are particularly potent. When she orders something fattening in a restaurant, make a face. Then follow it up with a witty sarcasm as soon as the waiter's out of earshot. At home, use TV shows



San Diego Reader, June 28, 1979

and fashion magazines. Pick women with completely different body types. If your wife's tall and slender, go for short ones on the chubby side. If she's blonde; mention in passing that you've always had a thing for redheads.

— "HOW TO GET DIVORCED: A PRACTICAL GUIDE," *Michael Ryan*, June 24, 2004

For more stories by these authors, go to sdrreader.com.

CHEVROLET SILVERADO. 2001. \$1000 down drives you away. Buy here, pay here. Vin #134503. A Plus Truck and Car Rentals, Inc. 760-633-3552.

CHEVY SILVERADO 1500 Long bed. 2006. Pickup with Delta toolbox. Automatic. Well maintained, serviced regularly. Very clean. 96,108 miles. Priced to sell, \$7000. 858-775-5125.

FORD AEROSTAR van. 1995. White, automatic transmission, V6. 200,000 miles, full power, runs well and looks good. \$795. 619-851-3680.

FORD RANGER. 2000. \$1000 down drives you away. Buy here, pay here. Vin #B80181. A Plus Truck and Car Rentals, Inc. 760-633-3552.

FORD RANGER. 2000. \$1000 down drives you away. Buy here, pay here. Vin #B63847. A Plus Truck and Car Rentals, Inc. 760-633-3552.

FORD RANGER. 2001. \$1000 down drives you away. Buy here, pay here. Vin #B25904. A Plus Truck and Car Rentals, Inc. 760-633-3552.

HUMMER H2. \$25,000. 2003. Full loaded, towing package, super clean. Vin #123845. A Plus Truck and Car Rentals, Inc. 760-633-3552.

JEEP GRAND CHEROKEE. 1998. Automatic, V8, 129,000 miles. Alloy wheels, 4 wheel drive, smogged. \$3000. 858-270-0836.

JEEP WRANGLER SE 2001. 53,000 miles. 4" lift. 33" ProComp Xterraires. Tow hooks/ D-rings included. Kenwood CD player/ Ipod jack/ remote. \$9000/ best. 858-518-8251.

NISSAN FRONTIER. 1998. \$1000 down drives you away. Buy here, pay here. Vin #367590. A Plus Truck and Car Rentals, Inc. 760-633-3552.

PLYMOUTH VAN. 1995. Cylinder mini van. New parts throughout. Runs well and will take you anywhere. Moving. \$1875/ or best offer. 619-696-5313.

TOYOTA TUNDRA. 2002. SR 5 V8. Air conditioning. Tinted windows. 101,380 miles. Thunder grey. Clean in/ out. Well-maintained by original owner. \$9000/ best. 619-454-5312.

VW CAMPER. 1983 VW Westfalia, watercool, sleeps 4, sink, refrigerator, stove, new engine, parts, all records, clean, \$7000/ best offer. 619-473-9003.

AUTOMOTIVE CLASSIC / CUSTOM CARS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

DODGE STALH RT, 1993, 5- speed, much new, must sell, moving. Call for details. \$3750/ best offer. 619-588-9291.

MG TD, 1951. Ripe for restoration. 99% there. Missing right rear window bow, now equipped with alternator versus generator. \$5500. East, 3 hours ahead, 617-930-0829.

SHELBY COBRA. 1965 replica, built 2003. Blue/ white. Less than 3000 miles. Mint condition, garaged. 619-277-7010.

WHITEWALL TIRES & TUBES. Classic, 4 inch, BF Goodrich Silvertown 700 x 15. 80% remaining tread. \$350/ best. Michael, 619-861-8430.

AUTOMOTIVE RVS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

TAILGATE, 5th WHEEL, louvered, 65" wide. 5th wheel aluminum air deflector, 59" wide x 18" high, universal mount, \$25 each. 503-440-4862.

AUTOMOTIVE PARTS

TO PLACE AN AD IN THE READER call 619-235-8200, 8:30am to 5:00pm, Monday through Friday. Deadline: 5pm Tuesday.

CAR TOP, Sears X-Cargo storage box, 18 cubic feet, locks, \$25. Pair of non-mount camper jacks, need poles, \$15. Lakeside. 503-440-4862.

DODGE, 1980. 3/8 motor plus automatic transmission, \$350 each. Dodge Caravan, 1962, 6 cylinder, good motor, \$695. Other parts. 619-670-0271.

NISSAN ARMADA/ TITAN RIMS/ Tires. Four 22" rims with tires for Nissan Armada/ Titan. Good condition. \$750 or best offer. 619-277-7010.

WANTED: Late model factory Ranger tire and rim. 619-425-8713.

Rack & Roll

• Tows up to 300 lbs.
• Folds for easy storage

7582 Clairemont Mesa Blvd.
San Diego • 858-560-8877
www.rack-it.com

Window Tint

Lifetime warranty

Rear 3 Windows

\$89

Any shade

Car Alarm

- Door protection • LED
- Keyless entry option
- Shock sensor • 2 remotes
- Parking light flash
- Starter kill

\$59

CLASSIC TINTING

For 20 years, San Diego's window tint specialists

2707 Garnet Ave. • 858-581-2294 (Next to Washington Mutual) • Open 7 Days

Fully Synthetic Oil Change and Filter

Plus 30-point inspection, reset service light, up to 5 quarts.

Only \$49⁹⁵

+ tax

Complete AC Service

Evac system, recharge system with up to 2 pounds of R134A Freon. Check for major leaks.

\$79⁹⁵

+ tax

<p>"Check Engine" Light Engine system check. FREE</p>	<p>3-way Fuel Injection Service/Cleaning Starting at \$39.95 Most cars.</p>	<p>Pre-Purchase Inspection Starting at \$39.95</p>	<p>Axle Special Replace front axle shaft assembly. \$109.95 installed per side. Most cars.</p>
<p>Brake System Special Full inspection of brake system, replace pads or shoes, machine rotors/drums, inspect calipers, clean and pack wheel bearings where applicable. Only \$124.95 Most cars.</p>		<p>30/60/90/120K Service Maintain Your Vehicle's Safety, Performance, and Value! We utilize the latest in custom tailboard technology recommended by your vehicle's manufacturer and continuously updated by AllData Software. Call for a quote. Prices vary per vehicle.</p>	

We specialize in European cars. Newest laptops for diagnostic and repairs.

AUTO TECH SPECIALISTS
7950 Clairemont Mesa Blvd.
(behind Stry Auto Group)
858-277-2850
Offers expire 7/2/09.

Free Shuttle Service
(3 hrs + wait)
Free Car Wash
(Any service \$99 or more)

Bankruptcy? Our Fees Are Less Than Those 'TV Guys'

23 years' experience in tax, real estate, plus bankruptcy. Craig Trenton, Esq. 619-544-0669.

Bankruptcy?? Only \$800 Attorney's Fees

for unsecured debt. 24 years' experience. This combo can't be beat. 619-544-0669.

Have You Been Ripped Off?

By a loan mod company? Party to a contract? Anyone? Aggressive and affordable attorneys can help you. We also handle family, immigration & bankruptcy/debt matters. Paul Benson Myong & Pamilla— 877/443-7267

Hypnosis— All Issues!

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

Bankruptcy- Ch. 7, 11 & 13

Free consultation. Honest advice from an attorney. A debt relief agency. Avatarlegal.com, 858-793-9880.

IRS Problems Got You Down?

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

Bankruptcy Chapters 7 & 13 \$300 Starts Representation

All work done by experienced Bankruptcy Attorney. BankruptcySD.com. 619-321-8125; 858-335-1162.

Divorce "Self- Help" From \$85

Lowest cost services since 1976— Reg. #54 Custody/Visit/Support, etc. Direct: 619-454-0994.

Quick & E-Z Divorce \$69.95/up

15 years' experience. Thousands of completed divorces. Issues: Child custody, support, property. 24/7 service. QuickandE-ZDivorce.com. 619-793-6796.

Simple Divorce \$149

Affordable rates, MC/Visa/Amex. Se habla espanol. Joseph B. Carnohan, Attorney. 760-722-8200.

Eliminate Your Debts! Chapter 7 \$1000

Plus court fee. Eliminate your second mortgage! Attorney Kenneth Cooke with 16 years of experience, honesty, and excellent service handling personal, corporate, business bankruptcies, both Chapters 7 & 13. Doing business the right way! 619-425-5231. Open Monday-Friday, 9am-8pm; Saturday, 9am-5pm.

Stop Home Foreclosure Ch. 13 Bankruptcy or Loan Modification

All work done by experienced attorneys with practice limited to bankruptcy mortgage laws. 858-335-1162.

Low Cost Divorce— Support

\$100 starts, easy payments, online divorce available. MC/Visa. #7. www.Legal-Choices.com. 619-593-6000.

1st Loan Interest Fee! EZ Loans & Payday Advances

Two locations! National City: 888-819-7814, San Diego: 888-830-4143. Licensed Dept. of Corporations pursuant to CA Deferred Deposit Transaction Law.

Drunk Driving Attorney

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

Start Your Credit Fresh

Bankruptcy made easy. bankruptcysd.com, 858-335-1162.

Don't Let IRS Ruin Your Life!

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

Ex-IRS Tax Attorney

Beat any price. Problems, returns, etc. 619-234-8471.

Affordable Family Lawyer

Divorce, domestic partnerships/agreements, custody, child and spousal support/modification, paternity. Call 858-490-4220 or visit us at www.GrucelaLaw.com.

Medical Marijuana Evaluations

Do You Suffer From?
AIDS/HIV, Glaucoma, Cancer, Anxiety, Multiple Sclerosis, Chronic Pain, Depression, Insomnia, Migraines, Nausea, Muscle Spasms, Seizures, Arthritis, PTSD, Anorexia, and many other conditions for which Marijuana has been reported to provide relief.

We can help...

Call us to see if you pre-qualify (866) 420-7215 www.accsocial.com

Locations in: San Diego, Temecula, Los Angeles, Long Beach, and Palm Springs

ACC ALTERNATIVE CARE CLINICS

Our most professional, friendly, compassionate and knowledgeable staff.
Low cost, 100% confidential medical marijuana evaluation.
Reliable patient verification 24/7, 365 days a year.
Contrary to common belief, there is no government list or database. All evaluations are 100% confidential.

We offer Patient Verification Cards to prove that your patient status is legitimate and verifiable.

Stop IRS/State Cold!

Ex-IRS officer. Contact: D.M. Wayne, Tax Consultant. 858-614-0223. taxolutionservices.com.

Tax Problems Solved!

Current and back taxes, offers-in-compromise, more. Low flat fees. www.tbiadvisory.com or 858-454-9031.

DUI and Criminal Defense

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

The Recession Busters!

401(k) in the toilet? Lose your job? Can't make ends meet? Earn a substantial income with little time invested. 2-minute recording: 858-605-9308.

Divorce Easy \$79-Up

Affordable Legal Assistance, 619-479-4527.

Affordable Legal Services

Do you need help with a criminal or civic matter? Call Attorney Mark G. Spencer at 619-233-8610.

Divorcing? Get Your Fair Share Through Mediation!

Work out a settlement with your spouse or partner rather than spending a fortune fighting in court. See: www.afairway.com. A Fair Way Mediation Center. 619-702-9174.

Bankruptcy- Low As \$750 Free Consult- Al Gross, Esq.

888-FAIR-PRICE (888-324-7774). AskAttorneyAl.com.

Auto Accident? Other Injury?

Free advice! Injury Law Center, 619-338-8230.

Meet Local Singles on Lavalife Voice! Call now! Must be 18+

619-618-2320.

IRS Problem?

There is a solution. Let a professional handle the IRS. Free consultation. Stephen Jackman, Tax Consultant. 619-225-9854 or skjtax@earthlink.net.

Are You Facing Eviction?

Got a 3/30/60 day notice? Sued? Fight back! Call Attorney David Wolff. 760-632-8980.

\$999 Chapter 7 Bankruptcy Includes Court Fees

Attorney rep. \$300 starts. Asaph Abrams, Esq. Free consultation. BankonitSD.com. 858-344-0500.

Car Repo'd Or About To Be?

Call now to save it! 619-544-0669.

DUI Defense Attorney

Experienced. Aggressive. Avoid court. Stay out of jail. Free consult. 619-564-8877. Visa/MC/Amex.

Aggressive Female Attorney

Criminal/Family Law. Melissa S. Lubin, 619-232-2900.

Expired Gift Cards/ Certificates

If you have an expired gift card or gift certificate, you may have legal rights. Call 619-239-1300.

No Recovery Means No Fee! Contingency Attorney Can Help

If you're injured in an accident, mistreated at work or need help with a contract or insurance claim, we'll fight for you! We're experienced and aggressive. Consultation is free, so what have you got to lose? Don't hesitate, call us today: 619-239-1300, e-mail: morris@sandiegolegal.com. Morris and Associates. Personal Injury, sexual Harassment, business Litigation.

Experienced Tax Attorney

Master of Laws in Taxation Solution to IRS, FTB, EDD, and Sales Tax problems. Tax preparation. Consulting. Reasonable rates. Personal attention. Atty Ronson Shamoun, 619-595-1655, IRSsolution.com.

Got Warrants?

Felony, Misdemeanor, DUI & Probation Case Attorneys. Abby Ertz, Esq. 619-840-4566. Summer warrants \$649!

Divorce/Custody/Support

Contact Happ Law Group P.C. 619-906-5800.

Accident/ DUI Free Consult

Ex Asst. Attorney General Dan Sochor, 760-898-0950.

Aggressive Family Attorney Experienced in Divorce

Divorce, custody, support, property, and paternity. Call 619-542-1100. www.astephenrochalaw.com.

Ch 7 Bankruptcy \$1099 Complete Includes Filing Fee

Debt relief agency. Free Consultation. Payment plans available. 8am-8pm, Monday-Friday, and 9am-5pm, Saturdays. Over 9 years of experience. Se habla Espanol. Attorney Roger Stacy, 619-253-8141.

Bankruptcy Attorney 7, 13 Stop Lawsuits & Repossessions

Call to speak to attorney. Debt Relief Agency. 858-335-1162. BankruptcySD.com.

www.bankruptcysd.com Free Attorney Consult

858-335-1162, 619-233-4415.

Strip Junior Liens. Ch. 13

Or fresh start in Ch. 7. Experienced bankruptcy. Stop all collections. Debt Relief Agency. Raymond Schimmel, Esq., 619-275-1520.

El Cajon Bankruptcy Lawyer

Free consultation. Reasonable fees. Office in El Cajon. (619) 794-0461, www.619bankruptcy.com.

Cash Fast!

\$500-\$1000/ day returning calls. No selling. IRS approved. "My first 72 hours brought me \$11,000." LeAnne, Housewife, L.A. 888-905-5888.

Sexually Harassed at Work? Hostile Work Environment? Discriminated Against? Wrongful Termination? Unpaid Overtime?

We are experienced in representing employees and will vigorously defend your rights. All too often, employees will ignore an unfair work situation, or will wait too long after a violation has occurred. Don't let this happen to you! Call attorney Michael Sousa today for a free, no obligation consultation. 858-453-6122 x15.

Accident? Injury?

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

Cash In A Flash, 50K to 1M+

Business & personal. Credit problems OK. Collateral required. Zurich Financial Consulting. 760-586-7789.

Facing A Foreclosure File 7 or 13 Bankruptcy

Save your home or wipe out negative equity. Free consultation with experienced attorney. 619-321-8125, 858-335-1162. BankruptcySD.com.

Bankruptcy, Fast Divorce

We answer the phone— Talk to a lawyer— 8am-7pm. Low down payments— Same day filing— Free advice. FixedPriceLegalCenters.com (sm). 800-993-1998.

Is The IRS After You? Help Is At www.mtax.com

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

Traffic Tickets?

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

Wipe Out 2nd Mortgages File Chapter 13 Bankruptcy

All work done by attorneys with 20 years' experience. 858-335-1162.

Get The Bankruptcy Facts

Straight talk from experienced bankruptcy lawyers. Free consult and free bankruptcy document kit: 619-295-3322. SanDiego-Bankruptcies.com.

Car Accident Victims!

25% fee. Why pay more? Demanski & Ellis, Attorneys at Law, 619-338-9880.

www.619Bankruptcy.com

Bankruptcy law firm. Free phone/in-office consult. Weekend/evening appointments OK. 619-794-0461.

Modify Your Loan, Save Your Home Start Today As Low As \$199* Accredited Member of the BBB.

www.yourhomestart.com. Se Habla Espanol. DRE Lic# 01815297. Call Homestart today: 858-581-1800 or toll free: 888-219-9796.

Auto Title Loan/Bad Credit OK

Keep the car, get the cash. \$2600/up. Loan pursuant to CFL license. checkscashed4less.com. 800-896-9062.

San Diego's Best DUI-DMV & Ticket Attorneys

Stay out of jail • Avoid court • Keep your job
Clean your record • Save your license

Learn about your rights at: www.MRDUI.com
Call now: 619-563-1010
E-mail: mrdui@mrdui.com

3990 Ninth Ave.
San Diego, CA 92103
(in Hillcrest near 163 and Washington)

Even nice people get arrested for drunk driving.

Eugene Ellis
MR. DUI, "The Professor" of DUI Law. One of the first and most experienced DUI-only attorneys in San Diego. Exclusively DUI!

Mitch Mehdy
One of San Diego's best and most experienced DMV-only attorneys.