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# GUIDE

TO SAN DIEGO



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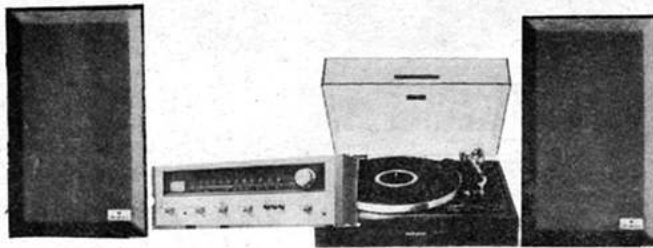
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# SWEAT

— Albert Barret —

In San Diego one can't use the excuses for not exercising regularly that one can in other U.S. urban areas (that the weather is too bad or that there is no place for exercise). Here, there is no reason for one to remain an armchair athlete, not in our "city in motion". Our taxes are supporting a wide variety of excellent facilities. Now that the tourists have left, these places should be practically deserted for the next few months.

**JOGGING**

All you need is some light weight clothes, a good pair of running shoes, a little desire, and somewhere to run.

To find out the whereabouts of a surfer's secret place you have to use the ultimate in cunning and, if that should fail, medieval torture. Runners, however, are most eager to share pleasant places to jog for several reasons: "You don't feel so strange if you are part of a crowd," "misery loves company" (for those who are really pushing themselves), "provides more targets and thus cuts down the chances of dog bite." With these thoughts in mind I will present the following short list of super places to run:

1. **Point Loma Lighthouse Run.** 10 kilometers or 6.25 miles, accurate. Start at Catalina Boulevard at DuPont Street, take Catalina south, loop around the Old Point Loma Lighthouse and return to the start. As you must cross through Government property you should check to be sure that the gate is open before starting the run; it's usually open from 9:00 a.m. to 5:30 p.m. Watch out for motorists; the view on both sides of the road is so spectacular that a driver's attention may be distracted.

2. **Convair Run or East Mission Bay Loop.** 8.2 miles, approximate. Start at the south end of Crown Point Shore Park parking lot, take Crown Point Drive south to Ingraham, Ingraham south over both bridges, left at Sea World turnoff, skirt Sea World's parking lots, east on Sea World Drive, north on East Mission Bay Drive, skirt the outside fence of the Mission Bay par three course, west on Grant up the small rise, left on Morrell, Morrell south to Crown Point Drive and return to start. The Convair Recreation Association has measured and marked the course with yellow letters "CRA" and there are mile markers. Restrooms and fountains are available at the start and along the East Mission Bay section of the run.

3. **Mission Beach.** Years ago some civic-minded soul inscribed the notation on the end of the sea wall in front of 2656 Ocean Front Walk in South Mission, "2.6 miles to pier." Since no one has crossed it out or defaced it, it must be fairly accurate. From my eyeballing it, the distance from the Jetty to Crystal Pier would be about 0.1 farther than 2.7 miles. Restrooms, fountains and cold showers are available at both ends of the run. Both the beach itself and the "board walk" are very popular places to run. Joggers are out at all times of the day and every evening. Runners should watch out for dogs

and dog droppings as the municipal dog control ordinances are obviously flaunted along the beach.

At times in the early evening there is so much weed being smoked along the sea wall that a jogger would have trouble beating a bust for H & S 11365, "being in a place where..."

4. **Mount Soledad.** 5.4 miles round trip. Start at Kate Sessions Park, go north on Soledad Road, continue north on Soledad Mountain Road up to the top of the "mountain," loop around the Cross and return to the start. Restrooms and fountains are available at the bottom. Elevation is 278 feet above sea level at the start and 808 at the finish. (The run requires a fair amount of effort and probably should not be attempted by anyone suffering from cardiac distress.)

5. **San Clemente Canyon.** There is a parking area near the intersection of Regents Road and San Clemente Freeway (State Highway 52.) A trail runs east and west from this parking area. It is approximately

one mile west from the start to Interstate 5 and three miles from the start to the eastern end of the canyon trail at Interstate 805 and the NAS Miramar boundary. The really dedicated runner can extend the run by crossing the Miramar boundary and continuing on the trail up to its end at a pond. The whole run is on dirt and rock trails in and out of the wooded areas in the canyon; a nice way to get away from it all. Restrooms are available at the start. Watch out for fledgling moto-crossers; sometimes the temptation grows too strong and they take to these trails illegally.

6. **Balboa Park.** The park contains many miles of trails over every type of surface imaginable. Joggers are all over the park at all times of the day with the heaviest traffic during the noon hour and after work. The best guide to the trails, distances, and degrees of difficulty is to ask another jogger. Everyone will have his own favorite workout in the park. Showers and locker room facilities are available. Valuables are best left at home or locked in your trunk.

7. **East Mission Bay Park.** 3.25 miles round-trip. This run is on the concrete walk which extends from the public parking lot just south of the Hilton Inn north to the boundary of De Anza Trailer Park. If you would rather run on grass, all but a few feet of the course can be run on the well-manicured lawn right next to the walk. Mileage increments are marked on the walk but may be somewhat confusing. Lots of restrooms, fountains, and cold water shower facilities are available along the route.

8. **Shelter Island.** It's approximately 2.3 miles, round-trip, from the circle in front of the Bali Hai to the Coast Guard flag-pole and back. This run can also be made on the grass.

9. **West Mission Bay.** The shortest way possible on the loop around the west portion of Mission Bay (sometimes called Sail Bay) is 5.4 miles. The route includes parts of Bayside Walk, the New Ventura Bridge, both bridges on Ingraham, parts of Riviera Drive and Pacific Beach Drive, and several obvious short-cuts. This is a real thinking

# SWEAT

Seventy-one public tennis courts... seventy-one!

**TENNIS**

The City Fathers have thoughtfully provided San Diegans with 71 public tennis courts. This move looks like long-range planning in the right direction; all of these courts were completed long before the Riggs-King debacle. With the

equally large number of private courts taking some of the pressure off the "people's" courts, everyone should have a chance to learn the game.

71 courts that can be used almost 365 days and nights (some are lighted) a year does not seem like

such a big deal until one realizes that court time was going for \$40 an hour in New York City last winter.

The following is a list of public tennis courts compiled by the San Diego Parks and Recreation Department:

LOCATION		Number of Courts	Number of lighted courts
Cabrillo Playground	3051 Canon, Pt. Loma	223-6627	2
Colina del Sol Recreation Center.	5319 Orange Avenue	583-0303	6
Emerald Hills Park	So. of Highway 94 & East of Kelton Rd.		2
Encanto Park & Recreation Center	65th & Wunderlin St.	264-4111	2
Highland & Landis Recreation Center	Highland & Landis Sts.	283-2574	2
La Jolla Recreation Center	615 Prospect St., L.J.	454-2071	9
Mission Hills	Washington Pl. & Randolph Sts.		2
Morley Field-Folsom Tennis Center	Morley Field Dr. at Texas	295-5362	25
Mountain View Park	40th & Ocean View Blvd.	264-3044	2
North Park Park & Recreation Center	4044 Idaho St.	296-4747	3
Pacific Beach Recreation Center	1405 Diamond	488-2302	2
San Ysidro Recreation Center	West Park & Hall Sts.	428-2125	2
Mission Bay Youth Field (semi-public)	2639 Grand Ave.	273-9177	6
Robb Field	2525 Bacon St.	224-7581	6

man's run for the first few times; the hazards include getting semi-lost, car-boat traffic at Dana Landing, lost boy scouts on Vacation Isle, traffic on Riviera compounded by high-rise construction, and dogs on Bayside Walk. Anything under 30 minutes is nothing to scoff at.

10. **Old Sea World Drive measured mile.** A truly accurate, certified, etc., measured mile is being established on the old (no longer in use) section of Sea World Drive immediately adjacent to the north bank of the flood channel. Presently there is a nail in a white circle at each end of this straight stretch of road. These points are exactly 5271.061 feet apart (measurement was done by Wally Rick of Rick Engineering with a machine accurate to 1/4 inch per mile).

There are also, of course, the back-country runs — if you live out away from the city — all the beaches (even Black's), and most high schools (many keep their tracks locked during non-school hours, but the fences can easily be penetrated).

The City Parks and Recreation Department sponsors a very successful jogging class which is free and meets every Monday, Wednesday, and Friday, from 5:30 to 6:30 p.m. at Sixth and Laurel in Balboa Park. Classes consist of yoga-stretching and supervised jogging. The instructor, Ms. Donna Gookin, also gives nutrition tips to those who are interested. There are no age limits (within reason) and no restrictions as to ability. Progress can be measured at each Friday class with the timed 5000 meter run.

For those who would like to take the step up to competition, the answer is the San Diego Track Club. The Club sponsors competitive Family Fun Runs (short distances; two to six miles, followed by good, healthy eats) to the prestigious annual Mission Bay Marathon (26 miles, over 400 entrants). The Club, with over 500 members, also sponsors blood drives and the San Diego Indoor Games. Call Wayne Zook for membership information, 223-8774.

Most of these facilities are used on a first-come first-serve basis. The honor system is followed; if people are waiting to use the courts, the limit is one set for singles and two sets for doubles.

For those who feel that they must sneak onto any one of the large number of private courts in the area, several words of caution. Dress the part. See the tailor at your local FedMart for a passable set of whites. Act like you know what you are doing on and off the court. Use extreme discretion and don't push your luck. Remember the case of the local attorney who was playing on a swingles apartments' courts (uninvited) and barely ended up winning the resulting civil action for trespassing.

If you are a beginner wishing to learn the basics, or an accomplished hustler who wants to improve his overhead smash, the City Department of Parks and Recreation has a deal for you. Group lessons are available at the unheard-of rates of \$5.00 for ten lessons (groups limited to eight per instructor). Better get hot; there is a rumor that the price will go up to \$7.50 for the same lessons next year. These classes are available at Colina del Sol Recreation Center, Robb Field, and Pacific Beach Recreation Center. For more information, contact Ms. Mary Ann Oberle, City Recreation Specialist, at 236-5717.



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of the Crystal Palace Theatre. Older than he looks.



**PETER BOEHMER**  
Symbol of "the movement" for most of San Diego.



**MARGARET CASTRO**  
Brown women's libber.



**LOU CURTISS**  
of Folk Arts. Chairman of the Friends of Old Time Music. The only one in the music business who's not a promo-man.



**JAN DIEPERSLOOT**  
founder of the San Diego Street Journal now itinerant journalist.



**JONATHAN GAGE**  
One of the prime movers in what was *The New Gadfly*, now the *San Diego Edition*



**JACK HABERSTROH**  
Father of the Bug Line.

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**ROGER HEDGECOCK.**  
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superalpha, karate instructor and physicist. Founded School and Institute for the Study of Attention in Encinitas.



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Sept. 27 - Oct. 11 Volume 5, Issue 4

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**MAVOURNEEN O'CONNOR**

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**JOHN PORTER**

One of the first "movement" lawyers.



**MEL STEINFELD**

editor of the San Diego Times Review, yet another paper based on the hopes of McGovern voting figures in San Diego.



**PAULINE OLIVERAS**

Avant garde music composer.



**TED REED**

of the Crystal Palace Theatre. Former book store owner, now brings the most avant-garde theatre to San Diego.



**LEE TEACHER**

maker of Muscle Beach Party and founder of the Pour House before it became Bully's in La Jolla.



**JAMES PAGNI**

The real guy behind those rock concerts at the Sports Arena.



**ROGER RUFFIN**

A respected local attorney who was once called "San Diego's hippie judge" by the L.A. Times



**PAULA THARP**

friend of Peter Bohemer's and victim of the Secret Army Organization.



**RUTH PEYTON**

Head of the Pacific Beach Planners and a thorn in the side of the San Diego Regional Coastal Commission.



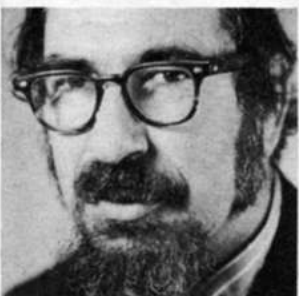
**RICHARD "PETE" SAVITZ**

First long-haired attorney in town.



**JACK WALSH**

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former philosophy professor at UCSD, author of The Second Oswald, local leader of radical chic.



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What Neil Morgan never told you.

# A GUIDE TO GUIDES



— John Martin —

So you want to get to know San Diego and you decide to go whole hog — you buy all three of the paperback guides available in town. *San Diego Guide*, *San Diego On Foot*, and *San Diego: the Unconventional City*. Just what do these booklets tell you about the soul of our city?

1. *San Diego Guide* (at \$1.25 the cheapest of the three) tells you that the soul of San Diego can be bought cheap. As you flip through the pages, you notice a wide array of advertising by a wide array of local businesses; the Bali Hai, Ten Downing, The Fishery, Hunter's Books, Catalina Realty, Bodanica, Jo's Flower Shop, Penny Realty. Not so strange. But strange indeed is the fact that the *Guide* feels compelled, while discussing North Mission Beach, for example, to tell you to drop in the Brookside Winery on Mission Bay Drive, and while you're at it, at the Brookside Wineries in Bonita and Escondido. And strange indeed that below this little blurb you see a nice-sized Brookside Winery ad. And strange it is that though the restaurants included on the chapter on "Restaurants" have all been chosen because of "(1) preparation of food, (2) service, (3) consistency, (4) location and (5) price," none of the restaurants that happen to advertise in the *Guide* fail to meet these rigorous criteria! Enough said.

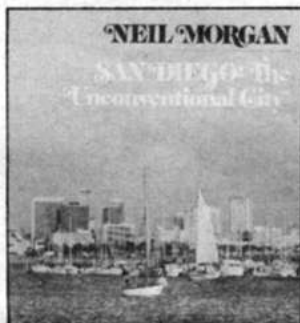


2. *San Diego On Foot* (\$1.95) tells you that the soul of San Diego is in the body. That is, San Diego is an outdoors city, conducive to physical exercise. And what better way to reconnoiter an outdoors town than by walking through it; *On Foot* lists twenty-one different walks to take in San Diego. The walks vary in time required from a half hour at Cabrillo National Monument or at the California Cliff Walk (along Point Loma) to the three to four hours or the half day the author recommends that you devote to La Jolla's scientific and academic community or to Old Town. The author, Ms. Carol Mendel, who can be seen "jogging near her Point Loma home," gives highly intelligent accounts of both the scenic (she even gives the Latin names for plants — *Quercus dumosa* is the scrub oak you'll find at Torrey Pines State Reserve!) and the historical (who else will tell you that Helen Hunt Jackson based the character of *Ramona* on an adopted daughter of the Estudillo family of San Diego's Old Town?)

Another thing *On Foot* says about the soul of San Diego is that it is fragmented into little satellites. Unlike Boston or San Francisco — two cities of comparable size — in San Diego you can't take one single walking tour and "see the city"; downtown San Diego is only apportioned nine of *On Foot's* ninety pages. There is no practical way to walk from Coronado's Ocean

Boulevard (one of the recommended walks) to Sunset Cliffs (another walk) to Shelter Island (another), so even Ms. Mendel, who doesn't believe in seeing the world "from behind a windshield," would have to drive her car between the disparate walking areas. A city divided.

Two major complaints you might have about *On Foot*. First, if you are a tourist, you might appreciate more use of bold face type and stars to help better alert you to points of interest. Like the green Michelin guides you might have used in Europe. True, the bold type and stars will make the book more cluttered and less pretty, but if you're a tourist, you don't care. Secondly, the author doesn't really say much about the *flavor* of San Diego: what the people are like, why they came here, what their aspirations are, what they think. Perhaps this is understandable, because Ms. Mendel came here only in 1965 and is too humble to deal with such subjects as a newcomer. Perhaps also she had the feeling that the subject is not proper for a guide to the city. Whatever the reasons, for a more sociological or human approach to San Diego, you have to shell out \$3.95 for



3. Neil Morgan's *San Diego: The Unconventional City*. Neil Morgan is really corny, he really is. His columns in the *Evening Tribune*, and this book, seem to be nothing more than a series of anecdotes showing what a "truly wonderful" place San Diego is. "It (San Diego) seems to have the best chance for becoming the city of tomorrow..." Or, from an airplane: "The Coronado Bridge, with its golden lights, is the graceful necklace that its boosters have claimed. San Diego is at its mysterious best from the air at night, and coming home at such a time makes all the restless movement seem almost worthwhile." Or the almost maudlin chapter he devotes to his father's 100th birthday! (What could this possibly have to do with San Diego?)

But it isn't the gushiness in Neil Morgan that tells you so much about the nature of San Diego. It's the gossipy quality of his writing. It's true that many of the anecdotes are about everyday people — a Chula Vista widow who outlived her husband, a Mission Hills woman who stopped her car on Interstate 8 to get rid of her son's pet lizard. But too many of Morgan's references in his columns, and in this book, are sheer gossip about San Diego rich people. I mean, really, what does knowing that PSA President Floyd Andrews sometimes commutes by a PSA helicopter which lands at his home tell us about San Diego, except that the place is fertile for small-town gossip. Just how often can Morgan offer quips he's heard at Coronado and La Jolla cocktail parties and expect to keep a sympathetic audience?

To complement these three guides to our town, here is a list of ten places you must experience to get the flavor of San Diego:

1. The fishing pier at Imperial Beach
2. The San Diego Rowing (and old-men-sunbathers) Club
3. The Palace Bar (next to the Off Broadway Theater). Remnants of San Diego's burlesque days.
4. A walk around Tecate.
5. Chuey's Mexican Restaurant in Southeast San Diego.
6. The Sportsman's Palace. Center of the black music scene in town.
7. Horton Plaza.
9. The elevators at one of the major banks downtown on a Monday morning.
10. The piers at Naval Station 32nd Street.

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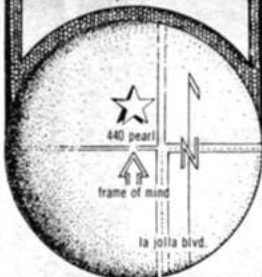
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# WHERE TO GET FIXED WHEN YOU'RE BROKE

—Sherry Sloat—

San Diego has a lot of good community clinics which have been formed because of a growing dissatisfaction with more expensive and inaccessible traditional health care systems. Each clinic is unique in an attempt to respond to the particular community, but all believe that health care is "a right, not a privilege." Patients are encouraged to participate in their own health care by "learning about their bodies." Donations of money, volunteer time, or usable items are encouraged.

**American Indian Free Clinic**  
1550 Sixth Avenue  
San Diego 234-5324  
contact: Peggy Duran  
Medical clinic: Wednesday, 6:00 to 9:00 p.m.

Information and social services: Monday through Friday, 8:00 a.m. to 5:00 p.m.

**Beach Area Community Clinic**  
3705 Mission Boulevard  
San Diego 488-0644  
contact: Stewart Shaw, Geoff Gordon, Sue Frederickson  
Open: Sunday through Friday, 1:00 to 11:00 p.m. (first aid and counseling).

Medical Clinic: Sunday through Friday, 7:00 to 10:00 p.m.

Legal clinic: Monday through Thursday, 7:00 to 9:00 p.m.

Women's clinic (pregnancy testing, counseling, and referral).

Pediatric clinic: Tuesdays 9:30 a.m. to 12:00 noon.

**Chicano Free Clinic**  
1809 National Avenue  
San Diego 233-9252  
Contact: Irma Barrato, Carmen Boaz

Referrals and social services — medical, immigration service, transportation and interpreting: Monday through Friday, 8:30 a.m. to 5:30 p.m.

Medical clinic: Tuesdays and Thursdays, 6:00 to 8:00 p.m.

Classes: English as a second language and citizenship, Tuesdays and Thursdays, 9:00 a.m. to 12:00 noon.

**Community Clinic**  
1410 Laurel Street  
Oceanside 757-4566  
contact: Dale Hendrickson  
General Medical clinic: Tuesdays and Thursdays, 6:30 to 10:00 p.m.  
Information and referrals: daily

**East County Community Clinic**  
121 West Main Street  
El Cajon 444-1194

General medical clinic: Mondays and Tuesdays, 6:00 to 8:00 p.m.

**Escondido Community Clinic**  
401 North Spruce  
Escondido 747-6610  
Contact: Carol Cornelius

Youth clinic (12 to 21 years): Monday, 4:00 to 6:00 p.m.

General medical: Tuesdays, 2:00 to 6:00 p.m.; Thursdays, 4:00 to 8:00 p.m.

Pap smear screening clinic: last Friday of month, 7:00 to 9:00 p.m.

Information and referral daily.

**Imperial Beach Free Clinic**  
154 Palm Avenue  
Imperial Beach 429-3733  
Contact: John Farnum, Larry Potts

Open daily for information.

Community center: Monday through Friday, 1:00 to 9:00 p.m.

General medical, legal counseling, social services, pregnancy counseling: Tuesday and Thursday, 7:00 to 11:00 p.m.

Women's clinic: Monday, 7:00 to 11:00 p.m.

**Linda Vista Health Care Center**  
6963 Linda Vista Road  
San Diego 279-0925  
Contact: Bernie Cordes

Serving residents of Linda Vista. Open Monday through Friday,

9:00 a.m. to 5:00 p.m.; Saturday, 9:00 a.m. to 1:00 p.m.

Medical clinic: Monday through Friday, 1:00 to 5:00 p.m.; Saturday, 9:00 to 12:00 noon.

**Samahan Health Clinic**  
300 East 15th Street  
National City 234-1360 or 262-8957

Contact: Carmen Tamayo  
General medical clinic: Fridays, 6:30 to 9:30 p.m.

**San Dieguito Community Clinic**  
1240 North Highway 101  
Leucadia 436-0634

General medical clinic: Monday, 6:00 to 9:00 p.m.

Children's clinic: Wednesday, 6:00 to 9:00 p.m.

Pap smear screening clinic: fourth Tuesday of every month, 6:00 to 9:00 p.m.

**Senior Citizens Clinic**  
10th Avenue at C Street  
San Diego 234-4790

Contact: Nancy Baughman  
General medical clinic: 8:00 a.m. to 4:00 p.m., week-days.

Limited to people age 55 and over. Transportation can be arranged.

**Senior Citizens Health Screening Clinic**  
2970 Fifth Avenue  
San Diego 299-6340

Contact: Nancy Baughman  
Limited to people age 55 and over. After application, appointments

are made for two consecutive Saturdays, one for complete testing and one for doctor's exam and counseling.

Open Monday, Wednesday, and Friday, 9:00 a.m. to 5:00 p.m.; Tuesday and Thursday, 9:00 a.m. to 6:00 p.m.

Clinics held on Saturday by appointment.

If further appointments are needed, patients are referred to their private physicians or to the Senior Citizens Clinic at 10th and C Streets.

**Southeast Community Crisis Center**  
2754 Imperial Avenue  
San Diego 239-0325

Contact: Claire Pratt  
Crisis intervention and social services: Monday through Friday, 9:00 a.m. to 10:00 p.m.

Medical clinic: Monday, Wednesday, and Friday, 6:00 to 9:30 p.m.

Pregnancy counseling: during medical clinic hours.

Legal clinic: Tuesday and Thursday, 7:00 to 9:30 p.m.

Self-help drug program, Monday through Friday, 10:00 a.m. to 5:30 p.m.

**Vista Community Clinic**  
114 North Hillside Terrace  
Vista 726-1321

Contact: Suzanne Botello  
General medical clinic: Tuesday and Thursday, 6:30 to 10:00 p.m.

Information and referrals daily.



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## Small Bites From A Year's Feast of Reviews

### The Blue Man

"...This tiny French restaurant, located in the unlikely town of Lemon Grove, is the most exciting one I've discovered in the four years I've lived in San Diego. This is a restaurant straight out of the best of bourgeoisie France. For those who think that the famous, and expensive, Auberge in La Jolla is the best place to eat French cooking, try The Blue Man: it's the poor man's Auberge."  
Kathleen Woodward, October 5, 1972.

### The Greenery

"...I thought of the famous eating scene in *Tom Jones* where Tom and Jenny Waters eat a magnificent meal as a prelude to — or part of — their making love. Although The Greenery certainly doesn't have the robust exuberance of the old English inn at Upton, it does share one important characteristic with it: it's a good place for lovers."  
Kathleen Woodward, October 19, 1972.

### The Fontainebleu at the Westgate Plaza Hotel

"Like the decor, the service is truly aristocratic, not colored by condescension. The waiters wear white gloves, hand your napkin to you, and deftly warm brandy glasses over a gas flame which is wheeled to your table. A piano and bass

play smooth music from another time and place — 'September Song.' 'I Could Have Danced All Night.' And you begin to think you could be Zelda and Scott Fitzgerald at the Plaza Hotel in New York in the twenties."  
Kathleen Woodward, October 26, 1972.

### The Korea House

"I wanted a *real* Korean dish, so I asked the waiting person for a small bowl of Kim Chee soup. She would not at first give it to me. 'It's too hot. Ahhg. It's too hot.' I asked again, and again, and she left it on the table with a shrug and a grimace."  
Jeff Weinstein, November 23, 1972.

### The Shanghai

"...I decided to dictate and order what I alone thought would be the perfect Chinese meal-of-the-moment (for two) at the Shanghai: sea-weed soup — in a fine egg and chicken broth, very mild; a bottle of cold dry Riesling, or something like it; some plain broiled duck, served in small pieces with no sauce; peapods and mushrooms; more wine; Shanghai lobster — a wonderful creamy dish; a pause; iced lichee nuts — which are the most sexually suggestive fruits I know, with texture like moist skin, slightly nauseating to the taste; cognac. After which we reeled out of the red room, satisfied and hap-

py and poor."  
Jeff Weinstein, December 7, 1972.

### Guilio's and Figaro's

"But tomato sauce is not Italian food, and least two restaurants — Guilio's in Pacific Beach and Figaro's on Washington Street — do not depend on it at all."  
"Next scene: a very small comfortable restaurant, on Washington Street. We enter, and see two people we know, vegetarian 'gourmets'. We were accosted: 'No! You will *not* review this wonderful place. (now pleadingly) Oh, please, it's the only place we have left."  
Jeff Weinstein, December 21, 1972.

### La Paloma

"It's a long drive to Encinitas from San Diego, but it's worth it. La Paloma is low-key and low-pressure and somehow entirely natural, and it goes one perfect step beyond La Jolla's Unicorn — it has film, books *and* food."  
Kathleen Woodward, January 18, 1972.

### The Poop Deck in Oceanside

"...we realized just how uniformly thoughtless cooking can ruin perfectly good food. To list: the salad was soggy (left too long somewhere), the rice had small bits of raw grains (or jujubees?) hiding maliciously, the baked potato must have sat plump in the oven since the restaurant opened (they *can* be over-cooked) and had skin like an old wetsuit, the trout (frozen, from Idaho) was dry and flavorless, covered with slivers of burnt almonds which looked very much like cockroaches..."  
Jeff Weinstein, February 1, 1973.

### Chiki Hai in Tijuana

"Also, the people who come in to play guitar for 'couples' are sometimes good, certainly better than the drunken clientele who sing along. Their main menu is a wonderful list of dinner entrees ranging from about two to three dollars, perhaps 20 to 25 items, some that are repeated daily and some special ones that appear as the food is available or as the cook chooses, like Spanish quail. Which, by the way, is stewed quail in a burgundy wine sauce, very sloppy and tasty..."  
Jeff Weinstein, February 15, 1973.

### Mom and Ppp's Soul Food Square

"Now, way back in my heritage is a German strain which carried through to my mother in the form of her ability to cook oxtails, usually in a stew. But my Mom's got nothing on this blue-waitresses-dressed Ma. And this black Mom's a lot quicker. Five minutes is maximum till you've got a plate full of beans, rice, collards and meaty oxtails that are lively, spicy, and whose full flavor reflects a day of careful simmering. Plus you get a side dish of sweet, buttered cornbread pancakes."  
Brandon Wander, March 1, 1973.

### The Auberge in Del Mar

"The sweetbreads were fine, but the tomato was stuffed with little canned shrimp and bottled mayonnaise, which, compared to the sweetbreads, was insulting... The steak was fair, sitting on a sodden piece of ancient eggplant, but my salmon pie was gorgeous, surrounded by a beautiful fluted crust of browned potato."  
Jeff Weinstein, March 15, 1973.

### The Prophet

"...it (the Prophet) seems to have a subculture following of many

different San Diego people, and since recommendations of good eating are few, I thought I'd try it... We had an appetizer of hummus (which, if I remember correctly, is a paste made of garbanzo beans and spices) on pita (Syrian bread) which was not particularly well-prepared but O.K. I asked for a dinner of stuffed mushrooms, and was served a visually beautiful dish of dark circllets sitting in white glistening sauce, out of which bean sprouts grew like hair..."  
Jeff Weinstein, March 29, 1973.

### Lourdes Filipino Restaurant

"...as the plump girl from the kitchen began setting the steaming plates of adobo and squid down, the sight of squid tentacles sent a chill down my spine. "Well," I forced a look of confidence, "here goes."  
H. Phelps Jones, April 19, 1973.

### La Cantina Ventura

"...Jack in the Box may mix soya beans in its tacos, but not Jose. Shredded beef. What really convinced me of the authenticity of the food here is the inclusion of a few ugly green peas in the servings of rice. I don't like the peas, but since I'd been served them before in Mexican homes, I got the feeling La Cantina was not a hoax."  
John Martin, July 5, 1973.

### Notsom Flotsom

"Over the cackling and creaking we could just make out the KPRI-type music. 'I'd take tourists here,' said my friend, 'this place is just as much Southern California as a colonial restaurant is New England!' ...'Apple and cherry pie tonight,' the waiter reported, 'and the cherry's real good — I just had some myself.' We had visions of

(continued on page 9)

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REVIEWS

(continued from page 8)

him dipping his finger in the pie, but took his recommendation."

Kathleen Woodward, August 2, 1973

*The Happy Frenchman*

"...the turnover of tourists who just 'adored' the place was astronomical. The ladies' room, just a little bit larger than an airplane toilet, was jammed inside with a line of seven waiting outside. One lady tourist advised me to try the asparagus sandwich. 'It's, you know, gourmet,' she said, 'It's French, but you might like it.'"

Kathleen Woodward, August 16, 1973

*Mandolin Wind*

"Besides the usual steak and fish, Mandolin Wind offers such intriguing entrees as sweet and sour bones (prime ribs broiled in a sweet and sour sauce) and peyote chicken (a spicy sweet and sour sauce without peyote)."

Phyllis Wilson, August 30, 1973

*Grant Grill*

"But all this... doesn't mean that the Grant Grill is just another phoney Hotel Circle-Shelter Island

restaurant. It's not, it's not at all. It's a *real* restaurant, a big city restaurant with white tablecloths and napkins nicely folded on your bread-and-butter plate, wood paneling such as you'd find in a gentlemen's club, Silver Springs water, red velvet drapes, high lighting, large black leather booths, a Ponce de Leon poster, and the inevitable aquarium that forms part of a window."

Kathleen Woodward, September 13, 1973

*Jack Slattery's*

At Jack Slattery's, a five-month old Solana Beach restaurant, you can eat "The Feast," a mammoth meal for two or more, if you call 24 hours in advance. We did, and the night we were there, we weren't the only ones. Near us a group of 23 — attorneys, they told us — had their feast (the bill: over \$200) carried to them on planks the size of small stretchers.

Kathleen Woodward, September 27, 1973

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# cheesecake



fact, it has become less of an East Coast specialty — now there are recipes like "The Detroiter," "Californian Cheesecake," and "Low-Fat Cheesecake". After countless cheesecakes, one long distance phone call, and several gallons of gas, I have a good idea of the sizes, styles, and flavors of cheesecake to be found in San Diego. I'm sure there's a cheesecake for you.

**THE SUPERMARKETER —**

Your local Safeway/AlphaBeta-Vons/FoodBasket carries two kinds of cheesecake. For the frozen best — and most people are acquainted with it already — there's Sara Lee "Original Cheesecake," which costs around a dollar, and is a fantastic frozen food. One disadvantage: the frozen group takes over an hour for a complete thaw job.

The alternative is the mix. Royal and Jell-O offer ready-to-fix

cheesecake in a box for about half the price of the frozen variety. There are only a few extra ingredients you need to throw in, and after whipping the filling up in a bowl, you pour it into the crust and the whole affair goes into the refrigerator to set. Strong points: no need to bake in oven, rates "quick" on the time scale, Nice price, too. Weak points: tastes excessively sweet (I'd leave out the sugar in the crust), and it looks, feels, and tastes like pudding.

**THE SPECIALTY SHOPPER —**

If you want class, Alexander's European Pastries and Quality Cakes (625 Pearl Street in La Jolla) makes cheesecakes for the elite. Sandor Bajor and wife bake them for around six dollars each, and they must be ordered in advance — it raises the freshness standard a few notches.

Their European cheesecake has a delicate crust, lining nine inches (diameter) of thick, fluffy cheese filling and finished off with a cream topping speckled with fresh strawberries. Complaints: the topping was too soft (needs to be chilled awhile) and it could have contained less sour cream. At first the cake seems light — but wait an hour or so and your stomach will feel as though it were hit with a lead sinker.

The cheesecakes are sort of nice at Alexander's, however the price is not so kind. But don't panic — six dollars is *not* the running rate for cheesecake around the area. Up the coast, on 642 First Street in Encinitas, G. "Al" Meisner and Harry A. Adams have been operating Demar cheesecake bakery since Thursday, August 16.

They sell New York style cheesecake in lots of sizes and at eye-level prices. It's also ready when you are — no waiting. Their range goes from tiny — for one person they offer a cute little 4 oz. size costing 50 cents for plain, and 55 cents for honey flavor — to enormous: if you've got a crowd of sixteen to twenty people they make

a five-pounder priced at \$7.50 for plain and marble, \$7.75 for honey, and \$8.00 for coffee or chocolate. Their average sizes go from \$2.50 to \$4.50 depending upon flavors.

The New York style recipe didn't start here; it was transplanted. Demar's main bakery is in Thornwood, N.Y. and they have a franchise on the East Coast which spreads from Boston to Washington, D.C. Their cheesecake is super-good though not extravagant (strawberries are not an added attraction). The crust is thin, but the filling is thick, rich and 'tight', as opposed to Alexander's 'loose' style. The ingredients are all natural. No artificial flavors, colors, or shortcut items. Demar gets a star for a good cheesecake all-around.

It has been rumored that Sam's Home-made Cheesecake in San Diego makes the best in the area. Although they have been turning them out for about twenty-four years, and are now selling them in many supermarkets, restaurants and the like, I don't think Sam's is all what it's cracked up to be.

I tried a strawberry cheesecake of theirs (they also have plain, rum, pineapple, chocolate, and of all strange flavors, galliano), which I bought at a nearby Big Bear express. I don't know whether their specialty is crust, but half of that cake was made of it. The strawberry part was simply a layer which coated the top of the 1/2 inch thick regular filling. I didn't know whether their cheesecake had always been this way, or whether it was simply one of the many victims of mass production.

To get a better idea, I made a visit to the 'Home of Sam's Home-Made Cheesecake' at 3202 Mission Blvd. The minute you walk in the door you are bombarded with stacks of cheesecake boxes. Out of the dim, dusty light came a salesperson, and I asked to speak to Sam. Not there. All right. I asked if it was true that damaged products or "seconds" were

available at a reduced price.

Yes, they could be bought at half price, but there weren't any to be had at that time. There are three sizes of cheesecake, and I asked for a small, plain flavor. Well, small at that time came only in rum and galliano. So I bought a medium. I found the same generous amount of graham crust layered with 3/4 of an inch of cheese filling. Almost the same results as the supermarket cheesecake.

The filling is pretty good — I wish there were more of it to taste. The crust ain't so hot, especially the way they pack it in there. One thing I can say for Sam's though, is that compared to everyone else's, their prices are "El Cheapo". Small size costs only a dollar, medium is \$1.50, with the large (serving 12 to 14 people) at a bargain rate of \$4.00. The servings are average if you cut along the dotted line they trace across the top for each slice.

**THE HOME BAKER —**

To obtain the most satisfaction from your cheesecake experience, you can make it yourself. Here's my mom's recipe:

**Crust :**

- 1 3/4 cups graham cracker crumbs (20 crackers)
- 1/4 cup finely chopped walnuts
- 1/2 tsp. ground cinnamon
- 1/2 cup butter or margarine, melted

In bowl, combine crumbs, walnuts, and cinnamon. Add melted butter or margarine and mix thoroughly. Press on bottom and 1 1/2 to 2 inches up sides of 9-inch springform pan. Comment: secret of added flavor in this recipe is the fact that there are the finely chopped walnuts and cinnamon in the crust.

**Filling:**

- 3 eggs
- 2 8-ounce packages cream cheese, softened (important that it be room-temperature softened, otherwise there are lumps)
- 1 cup sugar

(continued on pg. 14, col. 1)

—Cathy Benamow—  
Although the West Coast is not noted for its Jewish delicatessens, cheese-cake production (and consumption) here is alive and well. In

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# WHAT KIND OF PAPER IS THIS ANYWAY? READER

Gerry Corrigan, a Navy lieutenant stationed in Coronado called up and said he just had to share the MCRD Officers' Club with the outside world.

Albert Barret is an attorney who went to Kenyon College for undergraduate work and was brought here by the *Providence*. (Albert and editor Alex were roommates while Albert was a law student and Alex was an undergraduate.) Gale Fox came to San Diego with her husband Larry who is a scientist at Naval Electronics Laboratory. Connie Bruck is a wife and mother who taught a course on New Journalism at University of California Extension last fall; her husband Ben is San Diego's most famous balloonist.

And now, much more than before, the *Reader* is getting its writers from individuals who send in articles unsolicited.

The idea behind the *Reader* was to provide a forum for good writers and at the same time be a functional guide to life in San Diego, with reviews of movies, theatres, and restaurants, as well as consumer surveys and free classified ads. From the beginning, people have urged us to be more political, but now — after a year — more people seem relieved that we're not. A crucial factor in the paper's direction, though, is the will of the writers. Since the *Reader* can afford very little to pay its writers, they tend to determine where the paper goes.

How has the paper done, business-wise? Well, distribution has been all-important. The idea of giving it away free seemed to be the only solution. It would have taken too much money and too much hype to get lots of people to pay for a paper they'd never heard of before; it would have been unconscionable to do what most new papers do — sell very few copies and lie to advertisers about circulation. So the only real answer was to give the paper away free and hope the advertisers (who from the beginning could be guaranteed honest circulation figures and would get very good results from their ads) would multiply. That has seemed to work. The number of papers picked up around town has gone up to the point where the *Reader* has had to go up to 30,000 copies with this issue. Advertisers have gotten remarkable results. Warehouse Records got 500 responses to an ad they placed in February; Carol Glasier of Cost Less got 50 responses to a classified ad she put in several weeks ago. And the testimonials go on and on.

How has the paper *really* done, business-wise? Well, we lost about \$7100 our first year and most of the staff have gone into heavy personal debt and/or abject poverty. Advertising seems to be picking up enough now to pay our weekly printing and typesetting bills without borrowing more money. But then it's the beginning of the school year and summer and winter tend to be much slower seasons. And who knows what the economy will be like? We only hope there will be a second year and a Second Anniversary Issue.

The San Diego *Reader* really got started last summer (1972) when the editor, Alex Farnsley, left his job at a racing car shop in National City. It was then that Farnsley (who was also known for subscribing to more newspapers than anyone else in San Diego) and Jim Holman (who had left the Navy in San Diego to help start the Chicago *Reader* a year earlier) began talking seriously and looking for others to join them. In the year to come, Holman was to borrow bank money for the paper against savings he had made while in the service overseas.

The writers came from everywhere. The secretary at UCSD's Literature Department said, "Oh, I have a friend who'd be interested — I just had dinner with her the other night. She has been trying to write for *San Diego Magazine* but they've given her the run-around." And so we fell in love with Kathy Woodward. Kathy, who had graduated from Smith in 1966, had married Bob Woodward (now one of the two Washington Post reporters who broke the Watergate floodgate); he brought her to San Diego when he got stationed here with the Navy. She had taught at San Diego State for a while, at a French university for a while, and is now on the verge of getting her Ph.D. at UCSD.

Kathy introduced us to Jonathan Saville, who is a professor of literature at UCSD, and to Jeff Weinstein who is a graduate student there.

The secretary of UCSD's Visual Arts Department referred us to Duncan Shepherd who was brought out to San Diego from Columbia University several years ago by the famous film scholar, Manny Farber. Duncan introduced Alan Pesin, who teaches film with him.

Jane Weisman called up in January from San Diego State's journalism department, and Ted Burke called up from Mesa College. Jane entered the Mission Bay Marathon to prove her determination to write, and Ted stayed around and played his harmonica — er, harp — until it was decided that it was less punishment to proofread his stories. Then Steve Esmedina, also from Mesa, began to send in stories.

Sue Ray's architect-husband met Alex at a warehouse downtown and asked if Alex wanted to see some things his wife had written.



KATHLEEN WOODWARD



CONNIE BRUCK



TED BURKE



JANE WEISMAN STEIN



GALE FOX



JONATHAN SAVILLE



DUNCAN SHEPHERD



ALAN PESIN



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# mental health care

Compared to what other cities offer, the County's Mental Health Services is pretty good and pretty human.

—Dr. Donald Kripke—

The two largest dispensers of mental health services in San Diego are the UCSD Department of Psychiatry and the County's Community Mental Health Services. They operate with both the assets and liabilities of their size, complexity, and money. On the positive side, they offer 24-hour availability and flexibility of services. But they're also hierarchical and hence sometimes impersonal or confusing.

### THE UNIVERSITY

A recent addition to the University Hospital Emergency Room (225 Dickinson, San Diego, 294-6222) is the full time presence of a psychiatrist whom you can ask to see. You won't be turned away at the door for lack of funds, though inpatient hospitalization there, with rare exceptions, does require insurance, MediCal, or inordinate prosperity. If you go there seeking help, be prepared for the eclectic vibes of a city Emergency Room, and the paperwork, and the waiting. Nevertheless, you're likely to see a young, tuned-in shrink with good social service back-up and knowledge of resources.

The University's psychiatric gem is their Clinic at Fifth and University. Although it doesn't offer true emergency services, a daytime call to 297-2903 will put you in touch with someone who can set up an initial evaluation with 24 hours or less if need be. Or you will be seen briefly, right off the street, if you show up between 3:00 and 5:00 p.m. Monday through Thursday. The Clinic is deep in good personnel and fees are adjusted. Most people think it's a good place; not everybody.

One little-known service they offer is psychopharmacologic consultation to non-medically trained therapists anywhere in San Diego. That means you can be seen at the Clinic, and your regular therapist can be in touch with a shrink there to discuss the possibility of medication as an adjunct to your regular treatment.

The University has yet another appendage: the Department of Psychiatry at the VA Hospital, 3350 La Jolla Village Drive, La Jolla. Any veteran can go requesting psychiatric evaluation, week-days, usually during working hours. However, there's also someone there for immediate consultation at any time, day or night. Now, the VA might not be our most horrendous bureaucracy, but few will deny that it's in the running. A local hip psychiatrist thinks the VA system could push the mellowest of long-haired shrinks into the other camp. That's not true, and you'll be heard if you go, but you will notice the bureaucracy.

### THE COUNTY

The center of San Diego County's Mental Health Services is at 345 Dickinson, San Diego (right next door to University Hospital), 291-7550. There's a 24-hour screening clinic with surprisingly little inconvenience in getting to see either a psychiatrist or psychiatric social worker. Compared to what other cities offer, it's pretty good and pretty human. The complex also houses a large out-patient department and a full-scale psychiatric hospital to serve the county. Satellite clinics are:

El Cajon  
220 South First Street  
El Cajon 440-0521

Escondido  
620 East Valley Parkway,  
Escondido 745-4200

Oceanside  
516 East Cassidy Street,  
Oceanside 722-1293

Southeast San Diego  
4235 National Avenue  
San Diego 262-0841

Chula Vista  
279 Fourth Avenue  
Chula Vista 427-4661

Kearny Mesa  
Douglas Young Clinic  
7910 First Street  
San Diego 278-6710

In addition to these several mental health services, the University and County provide specific services for drug problems. The UCSD Medical School's Department of Psychiatry runs the Narcotic Treatment Program, headquartered at 13th and Market. Call Paul Moore at 239-3018 to find out how to get into the program. Also, there's a hot line, 239-0193, with access to 24-hour physician back-up. The program offers prolonged narcotics de-toxification and rehabilitation facilities at Deer Park in Escondido and multiple out-patient tracks — no fun — including methadone maintenance, abstinence, and groups at several San Diego locations. Out-patient de-toxification, until now hard to come by, should be available by the time this reaches print. The Narcotic Treatment Program helps barb as well as heroin addicts, using contracts with hospitals for de-tox prior to transfer to Deer Park.

DEFY (Drug Education for Youth) is a County facility geared primarily to educate, but with flexibility to help out troubled kids. The hot line is open 24 hours: for San Diego, 297-3339, for North County, 722-3339, or ZENITH 3339. Walk-in counseling at 3067 Fifth Avenue, San Diego, Monday through Friday, 8:00 a.m. to 8:00 p.m., Saturday and Sunday, 4:00 p.m. to 8:00 p.m.; in Oceanside at 516 Fourth Street, Monday through Friday, 9:00 a.m. to 7:00 p.m. □

(Dr. Donald Kripke, after completing his psychiatric residency at the Veterans Administration Hospital, La Jolla, opened up private practice. He is also on the faculty at UCSD's School of Medicine, Department of Psychiatry.)

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# A GRIM FALL HARVEST OF FILMS

— Duncan Shepherd —

On the last weekend of September the UCSD Fall Films series kicked off and, small surprise, stubbed its toe. According to my informants, who had shown up to see, as promised, Godard's *Weekend* and Penn's *Mickey One*, showtime rolled around and rolled on by, and finally, after a generous allowance for squirming in seats and twiddling of thumbs, it was divulged the films did not arrive on time, sorry folks. They did not arrive on time, or they were not ordered on time, or who really cares how this particular pratfall was engineered? This very thing — no show tonight, come back next week — has happened before, and it will happen again, and it is just another chalk mark on the debit side of a film series which leans to that side on a forty-five degree tilt.

The auditorium in which UCSD's film series takes place — the Undergraduate Science Building, room 2722, on Revelle Campus — is not the ideal movie-viewing locale, for seven or ten reasons I could drop. And there are other annoyances about the way they show their films (the split-second intermissions between films on double-feature programs, the showing of cinemascope movies in cropped prints). But, to hold the present discussion within tidy borders and to prevent it from taking on the exorbitant wrath of an avalanche, it is simply the selection of films for the Fall season at UCSD that will be under gaze — make that a glower.

The general situation of film exhibition in San Diego is not agonizingly out-of-whack with

In this city there are, all told, about one and four-fifths theatres which could be classified as "art theatres"... The difference between San Diego and some places, however, is in the role played by local colleges and universities as gap-fillers... ...the most stimulating prospect for Fall is the projected appearance at UCSD of the Italian filmmaker Roberto Rossellini, in person, and in company of screenings of some of his works, old and new.

what exists in other cities around the country, excepting of course New York and perhaps this or that burg, too. In this city there are, all told, about one and four-fifths theatres which could be classified as "art theatres," catering to the more specialized tastes in new or old, and relatively rare, movies. And that figure — thought it may vary depending upon who is doing the estimates — is a sum total, arrived at by adding the contributions of borderline, or chameleon, theaters (the cozy Capri, for example, might be counted as approximately one-third of an art house).

The difference between San Diego and some places, however, is in the role played by local colleges and universities as gap-fillers in the presentation of the less common motion pictures. Their contribution to this end is inevitably spotty. Pathetically spotty. And the cynic could detract a great deal else from the idea of colleges as nests of serious-mindedness (student

audiences are notorious for cackling, whistling, and guffawing in wrong places). But, nevertheless, under any conditions the opportunity to see films which would be otherwise unavailable west of Manhattan is to be applauded. Reasons for such applause are thin in this area, unhappily.

First of all, the film showings on local campuses are fairly well-kept secrets. San Diego State runs a film series with some titles in it that you might want to see: Godard's *My Life to Live*, October 17; Mizoguchi's *The Life of O-Haru* (this is printed on their schedule as *The Life of O'Hara*, but it is only known that way in Boston), November 30; De Sica's *Umberto D*, December 5. However, you have to be a card-carrying Aztec to get into the events, unless you care to lurk around the entrance in hopes of being picked up by somebody on the way in, but this is sometimes a health hazard. The only film series in the area that I am personally familiar with is the one at UCSD,

which is open to the public, and runs three nights a week, Tuesday, Friday, Saturday.

It is their collection of films which concerns me here. The films making up the UCSD series are certainly not all of the same ilk, but this only complicates the complaint.

At worst, the University apparently wishes to carry on competition with the Roxy and the Pacific Drive In and every other theater in town: When the likes of *Fists of Fury*, *The Graduate*, *The Professionals*, *Bullitt*, *Slaughterhouse Five* are shown on a college campus, as they will be this Fall, the event may be mildly termed as wasted time, squandered opportunity, dereliction of duty, or criminal negligence. Any of these films, and more like them, may be seen tomorrow night around town or next week on TV. And the benefits of showing them on campus — keeping students off the street at night, or cutting down on students' gas bills — are not

enough to offset the tedium of seeing the same dreary titles, once more, which are in the San Diego *Union* every week of the year.

What complicates the complaint is that some of the movies on UCSD's Fall schedule are definitely worth seeing, at least once. This must be admitted, even in the grumpiest mood, and even in spite of the world-wide renown, acceptance, and gush in which many of these movies are caked. (Other movies of equal renown that appear on the schedule — *Giant*, *Henry V*, *On the Waterfront* — never did, and less so now, deserve the attention.) These Fall happenings will be turning up in the *Reader's* weekly film guide, but some of them are worth marking now on your calendars: on November 3, Chaplin's *Monsieur Verdoux* and Hawks' *His Girl Friday*; on November 10, Kurosawa's *Sanjuro* (but, be warned, this is a wide-screen movie, and when Kurosawa's wide-screen *Yojimbo* was shown here earlier, it was a narrow-screen version, cropped); on December 1, Satyajit Ray's *Pather Panchali* (Ray has made around twenty movies since this one, his first; several of them are as good or better, and all of them are less often seen than this one).

Each of these films, the cream, can be defended in the name of all those people in the potential audience who have never seen them. Those people should have their chance, okay. (The film series might be called Remedial Film Classics.) And these are films which will make people glow and purr; however, there is no thrill about them. They are encrusted in golden reputations, and the savvy it takes to select them for showing is a faculty of any obtuse orangutang.

(continued on pg. 14, col. 2)

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# BETWEEN A ROCK CLUB AND A HARD PLACE

*It's Saturday night and I just got paid  
Don't fool about my money  
Don't try to save  
My friends say go go hand a time  
It's Saturday night, and I feel just fine  
Gonna rock it up...*

—Claude Nesselrode—  
—Hannah Laibe—

It's kind of like the guys in The Endless Summer. But instead of chasing the perfect wave, we've been wandering aimlessly throughout San Diego looking for the perfect rock and roll club.

Back East in college there was The Point. Perfectly located at the intersection of State Route 10 and U.S. 20. Loud music and beer. Lots of college friends and townie strangers. And the happy giddiness of pick-ups by both sexes.

We were really saddened when the South Cardiff Lodge failed to reopen this summer. Located just across the highway from the ocean between Solana Beach and Cardiff-by-the-Sea. The Lodge was an almost perfect rock and roll place. Big, funky, cheap, and the beach was a perfect place to walk, run, love, swim, or sick off the dizziness so that we could drive home. In our memory, the bands were always

Disappointed by this loss, and fueled with a memory, off we went

in search of the perfect rock and roll dance spot.

Before going on, some conclusions are in order. We discovered no rip-offs. We were strangers to all the clubs, and never felt quite at home with the widely varying crowds. Except for some suspicions about a tip-stealing waitress in one place, everything was honest, friendly, and above board. Unlike some of our Eastern experiences, all of the bands were pretty good, they played long sets, and there were no hidden minimums or exorbitant drink charges.

Ledbetters was a Monday night gas. Arriving early during happy first-rate. It was at The Lodge that McLeod (the mime/band) first left us speechless. Even in mid-week there was always a decent crowd, sprinkled with some old friends, hour (50¢ pitchers), we found a male-dominated bar, half watching a ball game on TV and half playing games — from pool to electronic ping-pong. A bleacher affair along the far wall gave forebodings of a

high school dance with a jillion boys ogling the three dancing girls. But it just didn't happen that way. We guess that the men were just cheap, and got there early to save the admission price (which is charged only after 8 p.m.) Inflation fighters tip: Ledbetters is fond of putting free admission coupons in campus and alternative papers. They sometimes forget to put in an expiration date, so they can be saved forever.

By 8:30 when the band started, the place was packed and we were loaded. And it didn't let up all night. Ear-splitting rock and roll from Chuck Berry to the Stones kept the dance floor crowded. Most men and women seemed to regard Ledbetters as a place to dance with everyone as friends.

Throughout the bedlam, there's plenty of action at the game tables. We asked one Football expert if all the noise interfered with the game. "Naw, it just adds to the excitement".

Ledbetters' main problem is that it's just too small for the crowd.

For non-smokers, the haze is a problem. The music is too loud — our ears rang the next day. Others tell us of waiting an hour outside just to get in.

Neutral Grounds has attempted to be more than a rock and roll dance club. In the early summer they brought in several big-name acts and switched to a nightclub format. With admission prices of \$2.00 to \$3.50, there were shows with Mike Blomfield, Mary McCreary, Joe McDonald and the All Star Band, and others. For us, dancing and listening to these performers, in a more intimate atmosphere than the Sports Arena or the Community Concourse, with a couple of beers thrown in at the same relative price, was quite a bargain, but, alas, San Diegans confirmed our impression that it's a bush town, and the big-name club idea is stagnant for lack of support. We have not visited Neutral Grounds as a not-so-big-name club.

Harvey Wallbanger's was easily the classiest joint of the lot, even on a Wednesday evening. A sign on the door forwarns, "We invite you to come in and enjoy yourself. Please NO bare feet, jeans or jean jackets, hats, insignias or emblems, ripped or torn clothes, or vest tank tops." Dressed to the hilt, we walked into a spacious den, with a spacious stage, and a spacious bar, spacious large tables with soft deep wrap-around benches — very chic, and very comfortable.

The Burgandy Express band, "— just in from Oregon," began its first set at nine sharp. Outfitted in black sateen, with every beautifully tailored hair in place, they began with polish, the current rendition

of "2001". They warmed up quickly, to a still empty house, doing best on Credence Clearwater and worst on Stevie Wonder. By 9:30, the place was still relatively empty, and Sharon, one of the waitresses vying for our trade, apologized, "It takes a while to get busy."

Sure enough, at 10:15, the beautiful people arrived. It was all of a sudden and like a fashion show. At each number, there would be three or four new couples on the dance floor. First was a woman who looked like a flamenco dancer. Her partner was in a perfectly cut high-waisted blue suit. Bronzed navels below colorful halter tops were in abundance. Men crossed the floor in a trucking-in-reverse gait, clicking their platform heels. Wallbangers is clearly "the in spot."

Wallbangers could be a thoroughly enjoyable place, though a bit too high tone for our taste. But the sexist nature of its decor and promotion leave a bitter taste. We assume the owners thought it funny to label the bathrooms "Bangers" and "Bangees", call their drink (at \$2.00, four shots of various liqueurs, something like an alcoholic smoothie) the "Gangbanger", and put caricatures above the stage, a woman portrayed with glasses, and books, next to an OMBAC shirted he-man, one hand dangling a bra, and the other a pop-top beer can. We were offended.

On another weekday evening, we visited Palais 500, a very smooth place. A friendly person checked our I.D.s at the door, and directed us through a dining room to The Home of Kirk Bates, where we

(continued on page 15)

### cheesecake

(continued from page 10)

- 2 tps. vanilla
- 1 dash salt
- 3 cups dairy sour cream

Combine eggs, cream cheese, the 1 cup sugar, vanilla, and salt; beat until smooth. Blend in sour cream. Pour into crust. Bake in 275° oven for 35 minutes or till set; filling will be soft. (Slight trick in knowing when it's done — soft but mustn't be too soft.) Cool; chill thoroughly, 4 to 5 hours. (Do not remove frame until chilled).

Can be served as is, or strawberry glaze may be made:  
2 cups fresh strawberries  
½ cup water  
4 tps. cornstarch  
1/3 cup sugar

Crush 1 cup of the strawberries. Add water and cook 2 minutes; sieve (or whir in blender). Mix cornstarch and the sugar; slowly stir in hot berry mixture. Bring to boiling, stirring constantly. Cook and stir till thickened and bubbly.

Cool to room temperature. Halve remaining berries. Arrange atop cheesecake in a design; pour on glaze. Chill 2 hours. Makes 10 servings.

Some of you maybe wondering by now where the Jewishness of cheesecake went. Try a delicatessen near San Diego State called Blumer's. Or, the ultimate — a short trip to New York for a nice little Jewish Delicatessen around 2nd Avenue. □

### FALL HARVEST

(continued from page 13)

calling on the random knowledge of film history he has acquired by holding his ear to hollow tree trunks.

Patner Panchali and Monsier Verdoux, and so on, are movies that everyone knows, and everyone should see. And in the exhibition of them, consequently, there is no risk, no adventure, no advance, no chance of discovery, and no optimism. There is instead the con-

temptment with full houses, and happy audiences, and fat smiles all around. This is not the only way to run a film program. There are, in existence elsewhere, University-sponsored film societies that give you the sensation of being in the presence of programmers who know and care about movies, that give you coherent and unified series of films, that give you mimeographed hand-outs with information about the movie of the week, that give you an over-the-microphone greeting, and introduction to the film, and we'll see you in the lobby later and please let us know your suggestions. But memories of film programs which are run this way, competently and committedly, seem from here like some sort of rural fantasy that vanished with corner grocery stores, soda fountains, and doctors who make housecalls.

It is just slightly disheartening, while not altogether unexpected, that more imagination, dare,

progressiveness, or something did not go into the planning. With over forty films, divided over three different nights, it ought to have been possible to squeeze in something a little new, fresh, up-to-date. Something besides the usual hallowed movies, approved at the box-office by Richard Schnickel and Judith Crist. It would not seem that, at the University of California, turning a profit and filling the seats ought to be on everyone's mind every night of the week.

The one night that demonstrates what might have been accomplished is this coming Saturday, the 13th, when there will be a showing of Marcel Ophuls' documentary on the Irish conflict, *A Sense of Loss*. This is a new film that has not yet played in San Diego, and it is an admirable use of time, space, and money to bring it here. (Although the thought-process that is responsible is probably not dissimilar from the one that caused Arthur Jacobs to

follow one *Planet of the Apes* movie with four more, since, last Spring, UCSD premiered Marcel Ophuls' documentary *The Sorrow and the Pity*, and this is undoubtedly a literal-minded try to recapture the glory.) Another example of what is possible, in the way of coherent programming, are the series of films sponsored by UC Extension School and shown at the Unicorn: this Fall, it is a series of Japanese films, including Kurosawa's *Red Beard*, October 10, and Ozu's *Floating Weeds*, November 21; in the past, it was a series of Latin American films.

At the moment, the most stimulating prospect for Fall is the projected appearance at UCSD of the Italian film-maker Roberto Rossellini, in person, and in company of screenings of some of his works, old and new. The planned date is October 28, but this project is still in the works, and we'll have to wait and see if, and in what shape, it comes out of the oven. □

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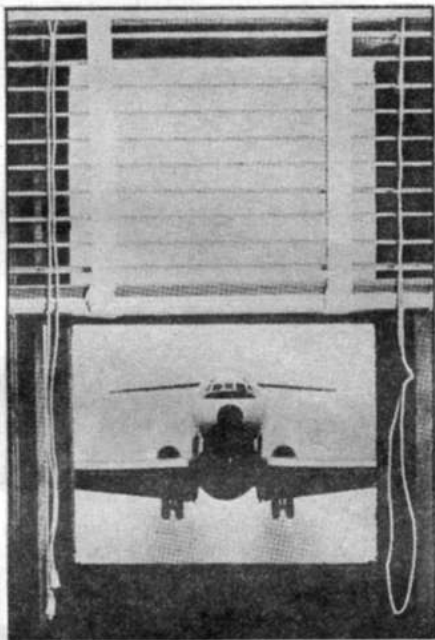
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**ROCK CLUBS**

(continued from page 14)

were greeted by a blond pompadoured double knit and white-shoed chap who led us to a table and directed a waitress to us. There's no admission charge, but it costs \$1.00 to have a glass at your table, be it filled with beer, coke, or water, and \$1.25 for a mixed drink. The Palais 500 is the red velvet heaven for half of San Diego. For the place seems big enough to hold that many, and every San Diego type was seen there, from the traveling salesmen of Hotel Circle to the surfers from Ocean Beach.

Kirk Bates and the Leaves of Grass, the only band in town on a monster billboard, is very easy to listen to, and can imitate anybody — Blood Sweat and Tears' best and (again) Stevie Wonder's worst. There are two smallish rectangles of linoleum stuck on either side of the stage — for dancing on.

Palais 500 leaves the impression that it was created as a Las Vegas nightclub, huge, carpeted, ornate, and professional. As a rock and roll club it's overdressed, but still accommodating.

The Palace (now called JJ's) loses only on location. It's impossible to find. It's on the Pacific Highway service road, a couple blocks northwest of Washington Street. Because of safety fences, you have to approach it from Washington Street. Apparently, location is everything.

It's an airplane-hangar proportioned room, with a delicatessen/snack bar on one side and a beer bar on the other. No alcohol is allowed in the rock and roll part of

the club itself, so that those "prohibited from consuming alcoholic beverages by law by reason of age" can only dance their heads off. But not many were.

We stayed mainly in the bar, jawing with the amusing bartender. The Allman Brothers concert was the reason for the lack of a crowd. Which was a shame. The beer is cheap (75¢ for a 28 oz or so Texas goblet), the band good (the only one with even a smattering of soul), and the building perfect for a mob.

Jim Pagni, the local concert producer, is the reason for the name change. He promises to showcase name acts at reasonable prices starting about October 1st.

The waitresses at the Red Coat Inn wear just that — red coats with nifty little tails (as in coat). It's located in the bowling alley near the corner of University and College Avenues. Its low ceilings and lack of ventilation caused problems for the non-smokers of our group. Even with no admission charge, 85¢ for a glass (not a mug or a bottle) of warm beer seemed high. A sign advertises beer at 35¢ a glass, \$1.25 a pitcher on Thursday nights.

A lot of people in their upper 20's scanned the room trying to catch another's eye. The band was competent, but not exciting. Maybe it was our mood, but we weren't turned on.

We had a good time looking around San Diego for the dance of a life-time, but we got tired and broke, too. We visited each of the clubs only once or twice, often in mid-week. So, these have been our impressions, not conclusions. □

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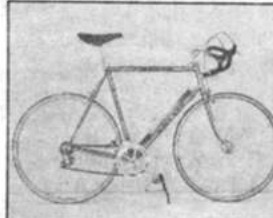
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— Jane Weisman Stein —

With food prices rising, the problem of creating good, economical meals at home seems to grow beyond the normal tattered pocketbook. Now, some possible solutions to this problem might include free-loading meals from wealthy friends or going on a food stamp diet. But searching out the "Cheap Eats" places around town is perhaps a better alternative to either. "Cheap Eats" places are those rare kinds of San Diego places, mostly in the beach areas, that offer specials on complete meals for under a dollar. Most of these places feature these specials once or twice a week, but by visiting each place for its special, a thrifty, hungry person can eat a week's worth of nourishing, balanced meals for around five dollars.

When one first thinks about a cheap meal served in mass quantities, thoughts of left-overs fried in old grease may come to the mind. The nourishment of Cheap Eats meals, however, is surprisingly high, although they range in taste from very good to merely starvation prevention. Portions are generous, at least definitely worth what you pay. If you don't mind eating from paper plates, with plastic forks (and sitting on the curb or in the parking lots if you're under 21 — several of these places serve alcohol), this guide to Cheap Eats will help those "fed up" with the high cost of sustaining life.

This guide will exclude all fast food, chain-operated eateries that supply hamburgers, hot dogs, pizza, etc. Although that kind of food can be purchased for under a dollar, only freshly prepared, substantial meals from small, privately owned operations will be dealt with here.)

A survey of the Cheap Eats places is a week-long operation:

## CHEAP

### MONDAY

**The People, 4790 Voltaire, Ocean Beach, 223-9773.** Today a delicious vegetable dish called "Mexican stew" is served over rice, with tortillas, for 50 cents. Dinner is served around 4:30 p.m. and continues until Mitzi, the friendly bartender-cook, runs out of stew. There is seating for forty at three standard tables, and six low tables with cushions on the floor. If you enjoy the sun or cool ocean breezes, visit the outdoor Garden which seats 36. Even non-vegetarians would enjoy this freshly prepared vegetable stew, made from zucchini, tomatoes, several other vegetables and cheese, and served over white rice. The portion amply fills a paper plate and tastes as if it is made with lots of care and time.

While you wait for dinner, enjoy the aquariums built into the bar. The People is a dark, casual bar, decorated with Polynesian fish nets and murals. Those under 21 must evacuate the premises by 8 p.m. Live entertainment is featured nightly and there is a large selection of beer and wine.

## CHEAP

### TUESDAY

For the cheapest meal of the week, head down the coast to **The Pennant, 2893 South Mission Blvd., South Mission Beach.** A 19 cent spaghetti dinner is served on



# CHEAP EATS REVISITED

HOW TO EAT IN SAN DIEGO ON A DOLLAR A DAY

Tuesdays at 6:30 p.m. until 10 p.m.

The Pennant, (488-1671), a small, cozy bar, has been serving food for five years. For 19 cents, you can find a plate full of spaghetti with sauce, and a piece of garlic bread. The spaghetti may not compete with an Italian momma's, but it is tasty. If you're still hungry, splurge another 19 cents on a second helping. The place is very busy on Tuesdays, but spaghetti is enjoyable when eaten en masse. Jack, the owner, says he serves food as a service to his customers, mostly young people living down at the beach.

## CHEAP

### WEDNESDAY

If you can handle another spaghetti dinner, this time with a salad and a huge piece of buttered French bread, try **Maynard's, 1060 Garnet, Pacific Beach, 488-9346.** Spaghetti dinner is 60 cents, double orders for \$1.20, served from 6 p.m. to 11 p.m.

The bar is filled with a rowdy, noisy, biker crowd. But if you're a minor, or just looking for a delicious dinner, visit the cook at the rear of the building. The kitchen window opens out to the parking lot for easy ordering. The cook says he's from Costa Rica, and tells you he's been cooking since he was nine. He creates the meat sauce in a huge black pot, and ladles the soft, fat spaghetti from two equally huge pots. The meal is ready to go in a few minutes, and is served on a good, heavy duty paper plate. The sauce is a gourmet's delight, with bits of meat and onions simmered into a delicious, steamy, treat for the taste buds. Along with the spaghetti and a hot, buttery slice of bread, comes a tossed green salad covered with a savory Italian dressing.

Maynard's spaghetti was the best dinner sampled, based on flavor, freshness, the size of serving, and nutritional value. If you sit on the parking lot wall to feast, the cook

will call you "baby doll" and amuse you with tales of his childhood in South America.

If spaghetti two nights in a row would get you down, an equally tasty meal can be obtained for the same 50 cents, back at the People in Ocean Beach.

Mitzi, the bartender-cook there, starts creating the chow mein on Wednesday afternoon with fresh Chinese vegetables. Topping the mound of chow mein served on white rice, is a pile of crunchy chow mein noodles. With soy sauce, and maybe a shot of sake, The People's chow mein dinner can compare with chow mein from a Chinese restaurant, at about a tenth of the price. If you're still hungry after the chow mein, try a unique, delicious munchie, a Chinese pork bun, imported from a place in L.A., the only place that makes them in Southern California. For 35 cents, sample the bun, which is a soft, sweet puff made from rice flour, and filled with well-seasoned bits of pork. The bun is steamed and served with HOT Chinese mustard.

## CHEAP

### THURSDAY

Tonight there are two excellent opportunities for cheap Mexican dinners; the choice would depend on whether you find yourself getting hungry in Pacific Beach, or in the State College area.

If you are in Pacific Beach, try **Tug's, corner of Emerald and Mission Blvd. (488-5882).** Delicious Mexican food is served daily from 12 noon to 2 a.m. but the Thursday night special is a real deal. For 60 cents, you receive three tacos, a tostada, and a large salad. The food is served from a tiny kitchen in the back of the bar. If you are under 21 but go in during the afternoon and the bartender is nice, he may let you eat inside. But, if not, take your plate down to the nearby cliff overlooking the ocean. It's a nice place to enjoy a meal.

On the other days, as well as Thursday, Tug's serves three 50 cent combination plates and one 60 cent plate. Number one, is two tacos, a salad and refried beans. Number two, is one taco, a tostada, and beans. Number three consists of three tacos and beans, and the 60 cent meal is two tacos, a tostada and salad. The beans are a bit runny, but the meals are filling and worth every penny. Bill, a bartender at Tug's, says some people eat there every day, if that's any recommendation. For those over 21, Tug's has a long padded bar, with a full selection of beer and liquor. There are two pool tables and a foosball game for after dinner enjoyment.

People near SDSU can mosey over to **Andy's Saloon, 7149 El Cajon Blvd. (460-5145).** You have to be 21 to eat inside, but you could ask a friend to bring out the 50 cent special to the curb. Andy's Mexican dinner is very similar to the one at Tug's. For two quarters, you receive two rolled tacos, (filled with something there was so little of, I couldn't figure out what it was) a delicious tostada, refried beans, and a separate salad with thousand island dressing.

The rolled tacos tend to be soggy, but are rich with corn flavor and great to dip in the rich, peppery hot sauce. Cheese and hot sauce cover the lettuce, tomatoes, and beans of the crisp fried tostada. The tostada is delicious and filling, leaving your mouth warm and happy for ten minutes after you finish eating.

Beer at Andy's is 30 cents a mug, and \$1.50 a pitcher. Mugs of fruit wines sell for 35 cents, and for 40 cents you can drink sangria, ruby chablis, or burgundy. Andy's bartender will make any mug of wine into a wine cooler at no extra charge.

Dinner is served from 6 to 10 p.m., in the comfortable, old roadhouse atmosphere.

## FRIDAY

Bring your mouth back to Maynard's for their Mexican plate, 60 cents, served from 6 p.m. until 11 p.m. Again, Maynard's wins for the tastiest cheap eats around. On Friday the plate is filled with two crunchy, beef taquitos, fluffy Spanish rice, and mellow, delicious, refried beans. The dinner is freshly cooked by our Costa Rican friend, and the plate heaped to overflowing.

The weekend offers additional opportunities for cheap eats in San Diego. Saturday and Sunday are the days to try an inexpensive breakfast. With the price of eggs, milk, and bread spiraling upward, it often pays to eat out and leave the dirty frying pans to someone else.

## CHEAP

### SATURDAY

**Pied Piper Pies, 4110 West Point Loma Blvd., Ocean Beach, 222-1113.** Breakfast is served from 7 a.m. to 11:30 a.m. for 89¢.

Alan, the cook, will prepare two eggs to your specifications, and the pleasant waitresses will bring to you your made-to-order eggs, with a pile of hash brown potatoes, and a piece of toast with butter. Coffee, if needed to get your morning motor running, is 20 cents a cup. The Pied Piper is a small, modern coffee shop, but it's nicer than other breakfast havens around.

To satisfy a greater breakfast hunger, and if you can afford to spend \$1.25, return to the Pennant, for their Saturday morning meals. From 9 a.m. until 1 p.m., enjoy three eggs, bacon and sausage, plus a drink of your choice. (Screwdrivers and Bloody Marys are the regular favorites.) You'll not only leave with a full stomach, but a happy head.

## CHEAP

### SUNDAY

If your funds are in good shape, return to the Pennant and for another \$1.25, try their spicy omelette, served with refried beans, taco shells, and your favorite drink, available from 9 a.m. until 1 p.m.

For only 60 cents, visit Maynard's for the third time, for their omelette, filled with peppers and served with *chorizo*, a hot, delicious Mexican sausage. Breakfast is served at Maynard's from an early 8 a.m. until the last group arrives just before they stop serving at 12 noon.

In Ocean Beach, you could begin the day with a chili omelette and toast, enjoyed in the outdoor garden at The People. The filling and tasty omelettes are served from 10 a.m. until around 2 p.m. for only 50 cents. Mitzi and Jerry also offer an intriguing Saki Bloody Mary for 50 cents, while breakfast is being served.

## CHEAP

On any day of the week it is nice to end your meal with a tasty dessert. It is almost hard to believe that you can find a delicious dessert for a nickel any more, but it's possible. For a nickel a scoop, all 19 Thrifty Drug Stores in San Diego sell fantastic ice cream. Thrifty's stores are located all over the county, from Poway to National City, open from 9 a.m. until 10 p.m. Since I live not more than 150 feet from my neighborhood Thrifty Drug, I have sampled and delighted in many flavors. Thrifty features one or two "Flavors of the Month", which come and go. The Pink Grapefruit Sherbet is a tart, refreshing end to any meal. Strawberry Cheesecake is rich vanilla ice cream, swirled

(continued on page 17)



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**CHEAP**  
 (continued from pg. 16)  
 with sweet strawberries and possesses a delicate cheese flavoring. For standbys that are usually available, the Mocha Almond Fudge rates high, and even the Chocolate Chip is more chip than vanilla ice cream.

(Besides the places listed here there are a lot of church centers located around college campuses that prepare meals for hungry students and anyone else who can sniff out a good cheap eat a mile away. Also around town, especially in the downtown area, there are a lot of other places offering good food at low prices. Share your discoveries!)  
 The Cheap Eats sponsors say that they don't make any money on their meals, but do it as "a public service". Obviously, the theory is that if you like a place for its cheap eats, you'll buy something more — another more expensive meal or a drink or two. But remember, all you need for your Cheap Eats meal is a pocketful of coins, a way to get there and an adventurous spirit. Seek Cheap Eats and ye shall find.

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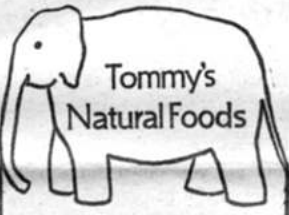


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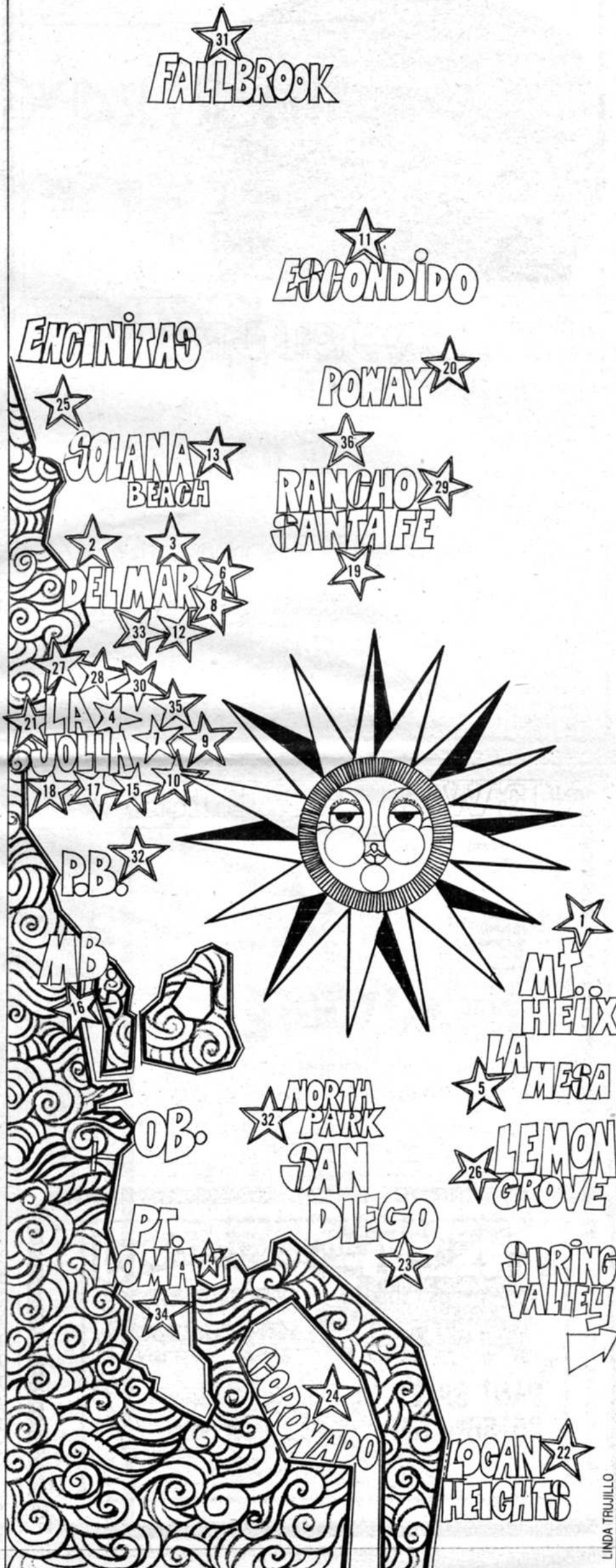
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# A MAP TO THE HOMES OF THE STARS

- 1 **The Alessio Family** — Mt. Helix — Owners of Mr. A's and representative of the nouveau-riche in San Diego.
- 2 **Desi Arnaz** — Del Mar — *Lucille Ball's* ex-husband and patient of Silverado Avenue dentist, *Dr. Kostelceky*.
- 3 **Burt Bacharach** — Del Mar — Composer and race horse owner. Lives with actress-wife *Angie Dickinson* on the Pacific each summer.
- 4 **Buzzle Bavasi** — La Jolla — Ex-owner and President of the now defunct San Diego Padres.
- 5 **Billy Casper** — La Mesa — Fifth-leading lifetime money winner on the Professional Golf Association Tour.
- 6 **Michael Crichton** — Del Mar — Author of *The Andromeda Strain* and four other novels and seven produced screenplays.
- 7 **Delmer Daves** — La Jolla — Retired movie director and screenwriter of such individualistic films as *Broken Arrow* and *The Hanging Tree*.
- 8 **Jimmy Durante** — Del Mar — Bearer of the largest proboscis in San Diego County.
- 9 **Theodore Geisel** — La Jolla — Better known as *Dr. Seuss*, author of children's books.
- 10 **Francoise Gilot** — La Jolla — Painter, ex-consort of Pablo Picasso's and now wife to *Jonas Salk*, discoverer of the Salk vaccine.
- 11 **Gale Gordon** — Escondido — Long-suffering foil to *Lucille Ball's* financial antics on *The Lucy Show*.
- 12 **Mary Jones** — Del Mar — Florsheim Shoe heiress and owner of *Cougar II*, Turf Horse of the Year.
- 13 **Stanton Kaye** — Solana Beach — Director and writer of *Brandy in the Wilderness* as well as other Underground feature-length films.
- 14 **Frankie Lane** — boat on Shelter Island.
- 15 **Otto Lang** — La Jolla — Motion picture producer of such spy thrillers as *Calling Northside 777* and *Five Fingers*.
- 16 **Susan Linkletter** — Mission Beach — *Art Linkletter's* mother.
- 17 **Gene Littler** — La Jolla — One of the top players in the PGA, and owner of four Rolls Royces.
- 18 **Herbert Marcuse** — La Jolla — Author of *One Dimensional Man* and local Marxist theorist.
- 19 **Victor Mature** — Rancho Santa Fe — Oversized star of *One Million B.C.*, *Kiss of Death*, and *Samson and Delilah*, among others.
- 20 **Tug McGraw** — Poway — Highest-paid relief pitcher in major league history. Pitches for *The New York Mets*.
- 21 **Sam Mitchell** — La Jolla — Largest single non-institutional shareholder in Xerox Corporation.
- 22 **Archie Moore** — Logan Heights — Most popular light-heavyweight boxing champion to ever put on the gloves.
- 23 **Ken Norton** — San Diego — One of only two men to have defeated *Muhammed Ali*, and future heavyweight champion of the world.
- 24 **Anita Page** — Coronado — Married to retired admiral.
- 25 **Harry Partch** — Solana Beach — Musician and inventor of musical instruments.
- 26 **David Reuben** — Lemon Grove — Middle-aged psychiatrist whose claim to fame is *Everything You Always Wanted to Know About Sex But Were Afraid to Ask*.
- 27 **Cliff Robertson** — La Jolla — Best actor Oscar winner for his role in *Charly*.
- 28 **Carl Rogers** — La Jolla — guru of encounter groups.
- 29 **Carol Smith Shannon** — Rancho Santa Fe — Daughter of *C. Arnholt Smith* who lives atop his own Westgate Plaza in a penthouse suite.
- 30 **Francine Sinatra** — La Jolla — Mother of *Frank Sinatra* and inhabitant of a condominium in 939 Coast Boulevard.
- 31 **Duke Snider** — Fallbrook — Greatest Dodger home run hitter of all time, and owner of the Valley Fort Steak House.
- 32 **Strawberry Alarm Clock** — Pacific Beach and North Park.
- 33 **Howard Taylor** — Del Mar — Elizabeth's brother. Used to have commune on Maui.
- 34 **Sally Tejada** — Point Loma — Long-time resident of San Diego and proud mother of *Raquel Welch*.
- 35 **Harold Urey** — La Jolla, near Torrey Pines Blvd. Discovered Heavy Water.
- 36 **Robert Young** — Rancho Santa Fe — movie star, now heart throb of young and old alike in his role as *Marcus Welby*.



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- The Great Gildersleeve

AND THE STARS....

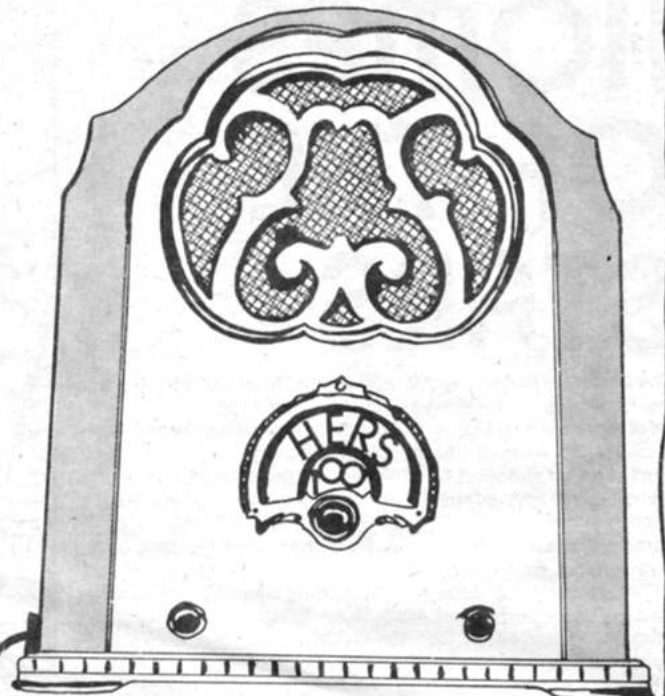
- Humphry Bogart/Lauren Bacall
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San Diego Bookstores, like food stores, range from supermart to gourmet shop. This somewhat subjective guide to a dozen or so notable San Diego book stores is compiled with hopes to satisfy every book-buyer's taste, and perhaps to inspire the casual reader to become a serious browser. The stores are grouped according to their atmosphere and contents, rather than by number and volumes or managerial philosophy.

# YOU CAN'T TELL A BOOKSTORE BY ITS LOVER

Jane Weisman Stein

## THE BROWSER

For the habitual book store browser, there are four exceptional stores that encourage undisturbed perusal of their wares.

At **The Mithras Book Store**, the sounds of baroque or classical music lend an inspirational background for serious browsing, while comfortable chairs beckon browsers to relax. The books are organized by topic, and although the sections are not all labelled, the friendly sales people are helpful in pointing customers in the right direction. Sculptures, dried flowers, and various objects of art are interspersed between the volumes. The Mithras offers a relatively large selection of books about mysticism, the occult, poetry, and philosophy, as well as an interesting array of children's books. The books are divided fairly equally between new paperbacks and used hardcover volumes. Classical, jazz, blues and imported albums, (where else can you find native music from Vietnam — both North and South — Bolivia or Bulgaria?), art post cards, and hand-strung beads are also offered for sale. The Mithras is an integral part of the Unicorn Cinema. Theater patrons must pass through the book store to enter the auditorium. 7456 La Jolla Boulevard, La Jolla. 459-4343. Open 10 a.m. to midnight every day.

Traveling inland, to North Park, the book lover can visit **The Controversial Book Store**. The hospitable owner of the small, neat store explains that "controversial" means "debatable," according to the dictionary, and "there isn't a book out that isn't debatable!" The store features books about economics, philosophy, sociology, and a wonderful group of paperback dictionaries and thesauruses. Several tables are piled with best selling books, gift books, and art books. Browsing is encouraged by the Controversial Book Store, although sitting down is not.

Be sure to examine the big table in the rear of the store. It is packed with hundreds of used paperbacks, all selling for ten cents each. 3021 University Avenue, San Diego. 296-1560. Monday through Saturday, 9:00 a.m. to 5:30 p.m., Fridays until 8:00 p.m.

One of the most peaceful places to be surrounded by books is in one of the most bustling downtown corners. **Wahrenbrock's Book House**, at Sixth and Broadway. This huge, overstuffed book store is the city's oldest, and the store personnel seem the most

knowledgable. A girl asks for a certain book, and the manager asks, "Are you in Miss So-and-So's class?" And then to his assistant: "This home ec professor out at State assigns the same thing to her students, year after year." And then he gives her three or four suggestions.

As you enter, thousands of colored stacks of used hardcover books tower above, tall ladders on both the front and back of the store. The atmosphere is quiet and cool, even during the busy downtown lunch hour.

Browsing is a pleasure with the sales people eager to help, but waiting to be asked. The sections are clearly marked and it seems no topic is excluded at Wahrenbrock's — history, theatre, war, travel — every branch of science and philosophy, literature and civilization, travel and art are here. This is also the place to come for out-of-print or antique books. The stairways are edged with incredible multi-volumed sets. A twelve volume set of the *Dispatches of the Duke of Wellington*, complete with a signed letter from the Duke, can be bought for \$55.

Downstairs in the cool basement is one of the most complete paperback book collections I visited. 649 Broadway, San Diego. 232-0132. Open Monday through Thursday 9:30 a.m. to 5:30 p.m. and on Fridays until 9:00 p.m.

While you are downtown, it is worth a walk to the **Bargain Book Store**, also one of San Diego's oldest book emporiums. The store is extremely neat; the books appear to be carefully dusted and straightened daily. Most of the volumes are used, hardcover books. Used paperbacks are stacked in the middle aisle shelves. The section of books on Americana is fascinating and impressive, and one can find National Geographic Magazines dating from the early 1900's. Sets of historical works, and out-of-print books are also featured in this quiet, uncluttered book store. 1053 Eighth Avenue, San Diego.

## THE SPECIALTY SEEKER

Though normally a phenomenon of only the large city, even specialty bookstores can be found in San Diego. **The Gospel Bible Book Store**, for example, offers a unique and extensive group of religious books. This huge, department store-like book store has a complete selection of Christian writings, Bibles, records, posters,

and even religious toys and post-cards. There are so many books, pamphlets, guides and assorted religious paraphernalia, that several long hours meditating on one's choices can be spent here by the devoutly religious or the interested atheist. 831 Sixth Avenue, San Diego. 239-1249. Open 9:00 a.m. to 5:30 p.m. except Sundays.

A second fascinating specialty book store, **The Women's Store**, is, contrary to rumor, open to patrons of both sexes. The small, inviting store is completely managed and staffed by volunteer women who offer coffee and tea to all browsers. On the Monday evening I visited the store, a women's rap group was meeting in the rear of the store.

Books are arranged in several nicely organized sections: women in history, poetry, fiction, third world women, alternative life styles, women in politics, and autobiographies. A variety of cookbooks, health care books and non-sexist children's books are also stocked.

All profits from the store are used for women's movement projects. 4157 Adams Avenue, in Kensington (San Diego). 281-4181. Open Monday, Tuesday, and Friday from 12:00 noon to 9:00 p.m. and varying hours on other days of the week.

Nearby on Adams Avenue is another specialty book store, **Isis Books**, named, according to the soft-spoken, bearded owner, after Isis, the Egyptian goddess of creation and "the Mother of All." The store specializes in books about eastern and western religions, astrology, "metaphysics" and mythology. Most volumes are used and hardcover. There is also an ample collection of new paperbacks. The small store is pleasant to browse through: plants, driftwood, and drawings among the books. Soft classical music playing enhances the peaceful atmosphere of Isis, but the owner says much of his business now is by mail order for out-of-towners. Isis offers a large collection of books on theosophy, astrology, and ancient eastern philosophies, as well as several reasonably priced used books on art and artists.

Incense and interesting art cards are for sale, and the owners encourage selling or trading books to their shop. 4059 Adams Avenue, San Diego. 280-4670. Open Monday through Saturday, 11:00 a.m. to 7:00 p.m.

Close to the ocean, and full of beautiful books and treasures, is the **Earth-Song Book Store**, an out-

let for the art work and crafts of local craftsmen. Batiks, stained-glass, ceramics, and macramé are displayed along with a varied selection of books. Earth-Song has well-stocked philosophy, poetry, and ecology sections. Upstairs is a wonderland for children, a room filled solely with children's books and toys. All the books are selected by the owners, who say they are trying to stay away from "computerized" book buying.

## THE STUDENT

Most community colleges and local universities have their own book stores, but two university stores offer the most comprehensive stock of texts and technical books. **The University of California, San Diego Book Store** doesn't encourage browsing. The noise and the bright fluorescent lighting make it a place to visit only when you know the certain book you want to buy. Most of the books are paperbacks, with a huge selection of books on the popular university courses, i.e., psychology, sociology, education, art, philosophy. The best sellers and new books are here, and you can also find notebooks, sweat shirts, and toiletries. It is an excellent university book store, but is not a place to loiter, unless you wait until the text book buying rush is over. Matthews Campus, UCSD. 453-2000, extension 1360.

The largest local university book store is San Diego State's **Aztec Bookshop, Ltd.** The shop is huge and bustling and very much like a busy department store. The second floor is jammed with text books, all shelved alphabetically by author. The main floor boasts a massive number of books on hundreds of subjects from art history to macramé to zen, all lined up in shelves under red-lettered signs.

The check-out lines are long at the start of the semester, but after the initial rush on books, the store is very pleasant to wander through. There is a section of gift books by Gibran, Thoreau, and many other poets and authors. A large collection of greeting cards, posters, and stationery make it a good place to pick up a gift after you find your text books. There are always books on sale, the bestsellers can be found here, and browsers hang around the well-stocked magazine rack for hours.

## THE SUBURBANITE

The book stores frequented most by the average shopper are those located in shopping malls.

**Pickwick Shops** are the largest shopping center book stores around. There are rarely less than fifty browsers wandering among the hundreds of thousands of books covering every subject. (Part of the bigness is illusory, though, because of the large overstock kept on the shelves.) The books are neatly stacked and set up in well-defined sections. Browsing is a pleasure if you don't mind the noise and bright lights. Pickwick salespeople are a challenge to track down, making unbothered browsing easy.

All the best sellers are here first in San Diego. Tables at the front of the store offer excellent bargains for a huge variety of books. Hardcover books full of photographs of dogs, flowers, antiques, coins, cars, and recipes seem to always be on sale, making great gifts. Mission Valley Center in San Diego and Plaza Camino Real in Carlsbad. Open from 10:00 a.m. weekdays and shorter hours on the weekends.

Several other chain book stores can be found in shopping plazas. One of the smaller, but well-stocked general interest book stores is the **Walden Book Store**.

Walden Book Stores have been on the east coast for fifty years, but in California for only the past three. The stores are spacious and orderly, with the newest books and best sellers in stock. A handy, "New in Paperback" section allows the customer to see at a glance if a favorite hardcover book is down to his price level. Walden is a fine place to browse through if your only contact with book stores occurs with a visit to a shopping mall. College Grove Center in El Cajon, and Parkway Plaza Center.

**Hunter's Books**, in Grossmont Center is a disappointing, cluttered shop. Christmas cards were on sale, for half price, and the greeting card section filled the rear of the store. Hunter's Books seemed more like a card shop that sells books. The books were leaning on their shelves, the sales people seemed distracted, and stacks of books covered the check-out counter the day I visited. Most of the books are paperbacks, with the usual array of glossy, gift books on sale. Other than the welcome "No Smoking" sign on the door, Hunter's Books does not offer the most pleasant browsing atmosphere. But, it does supply a large number of current fiction, and philosophy for the shopping mall book shopper. Grossmont Center in La Mesa and 7505 Girard Avenue in La Jolla.

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Ace Drive-In	8015 Imperial, Lemon Grove	469-5328
Aero Drive-In	1470 East Broadway, El Cajon	444-8800
Alvarado Drive-In	7910 El Cajon Blvd.	469-9008
Aztec	665 5th	233-6723
Balboa	4th & E	233-3326
Big Sky Drive-In	2245 Main, Chula Vista	423-3377
Broadway	Broadway at 8th	233-6473
Cabrillo	329 Plaza, Downtown	239-8719
California	1112 4th	234-8259
Campus Drive-In	6147 El Cajon Blvd.	582-1717
Capri	3812 Park	298-0577
Casino	643 5th St.	232-8878
Center 3 Cinema	2120 Camino del Rio North	297-1888
Century Twin Cinema	54th & El Cajon Blvd.	582-7690
Cinema Leo	944 Garnet, Pacific Beach	488-3353
Cinema 21	1440 Hotel Circle North	291-2121
Cinerama	5889 University	583-6201
Clairemont	4140 Clairemont Mesa	274-0901
College	6303 El Cajon Blvd.	286-1455
Cove	7730 Girard, La Jolla	459-5404
Del Mar Drive-In	Highway 5 at Via de la Valle	755-8757
El Cajon	330 West Main, El Cajon	444-3272
Fashion Valley 4	110 Fashion Valley	291-4404
Fine Arts	1818 Garnet, Pacific Beach	274-4000
Fox	720 B	233-6331
Frontier Drive-In	3601 Midway	222-6996
Grossmont	5500 Grossmont Center Dr., La Mesa	465-7100
Harbor Drive-In	32nd and D, National City	477-1392
Helix	7966 La Mesa, La Mesa	463-4485
Jerry Lewis	9692 Campo Road, Spring Valley	460-9781
Jerry Lewis iwins	475 5th, Chula Vista	422-5287
Ken	4061 Adams	283-5909
La Paloma	471 1st Street, Encinitas	753-3955
Linda	6913 Linda Vista Rd.	277-1389
Loma	3150 Rosecrans	224-3344
Midway Drive-In	3901 Midway	223-8342
North Park	2895 University	295-9378
Pacific Drive-In	Balboa and Garnet	274-1400
Palomar College	Room P-3, Escondido	744-1150
Parkway Theatres, 1, 2, 3	1286 Fletcher Parkway	449-7800
Plaza	323 Plaza, Downtown	232-0501
Roxy	4642 Cass, Pacific Beach	488-3303
Rancho Drive-In	Federal and Euclid	264-1337
Solana Beach	Solana Beach	755-9719
South Bay Drive-In	2170 Coronado, Imperial Beach	423-2727
Spreckels	Broadway and 2nd	233-6541
State	4712 El Cajon Blvd.	284-1428
Strand	4950 Newport	223-3141
Tower	Broadway at India	232-7351
Tu-Vu Drive-In	5535 Kearny Villa Road	277-4688
UA Cinema	Interstate 8 at Magnolia, El Cajon	440-0306
UCSD	2722 USB Revelle Campus	453-2000
Unicorn	7456 La Jolla Blvd.	459-4341
Valley Circle	Mission Valley Center West	297-3931
Village	820 Orange Avenue, Coronado	435-6161
Vogue	226 3rd, Chula Vista	422-1436

# LEGITIMATE THEATRES

Actors' Quarter	480 Elm	234-9325
California State Univ. Theatre	San Diego	286-6033
Cassius Carter Stage	Balboa Park	239-2255
City College Theatre	14th & C Sts.	239-7854
Civic Theatre (Comm. Concourse)	3rd & B Sts.	236-6500
Coronado Playhouse	Silver Strand, Coro.	435-4856
Crystal Palace Theatre	3785 Ocean Front Walk	488-8001
Jewish Community Center	4079 54th	583-3300
Mission Playhouse	3960 Mason, Old Town	295-6453
Off Broadway Theatre	314 F Street	235-6535

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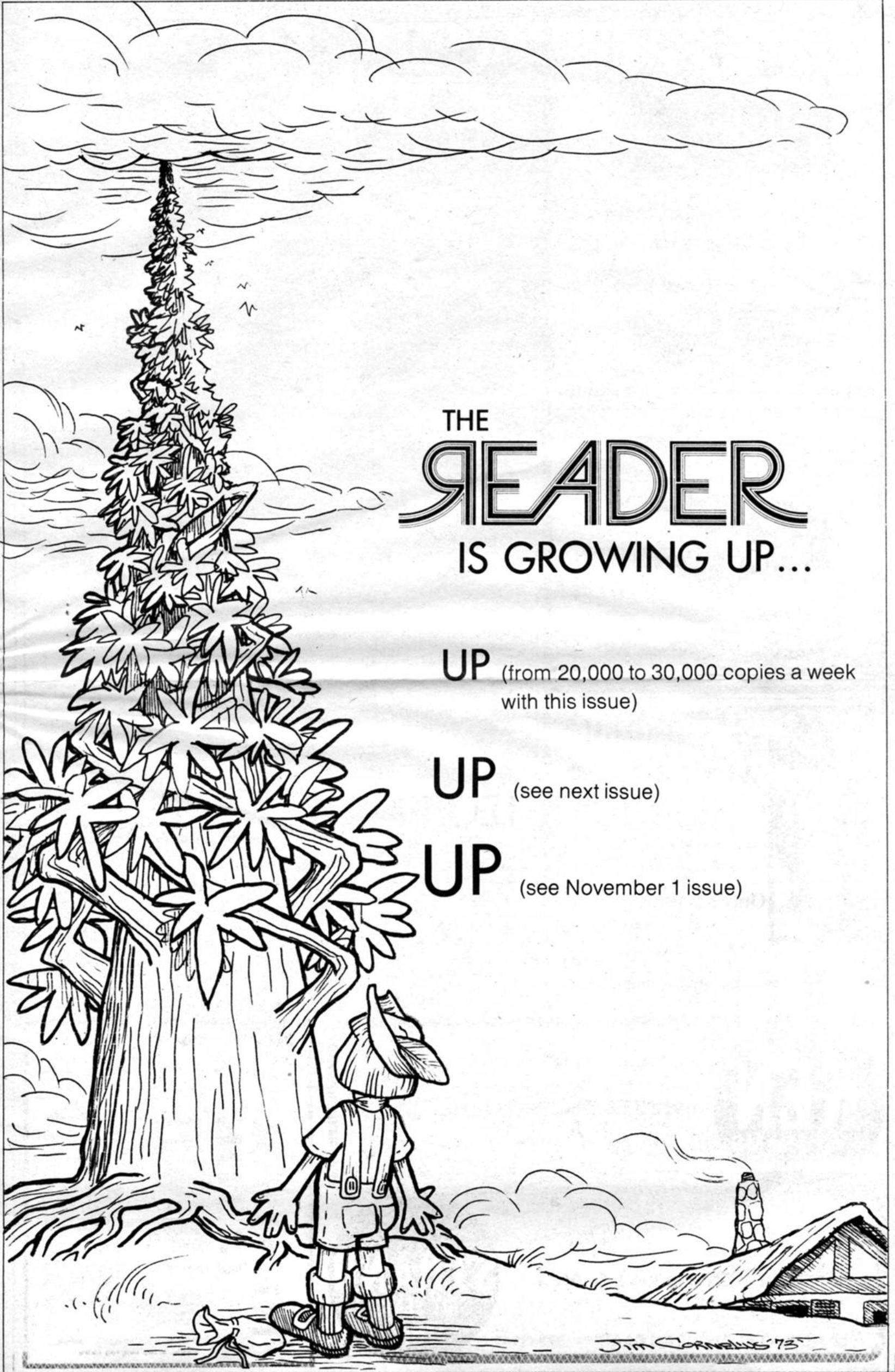
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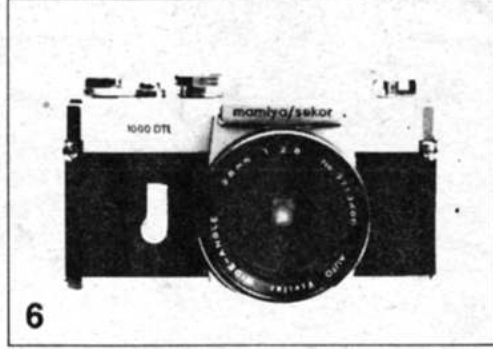
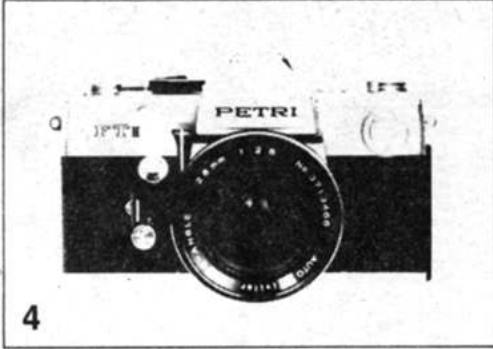
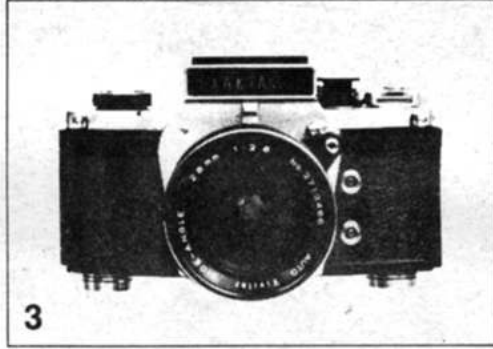
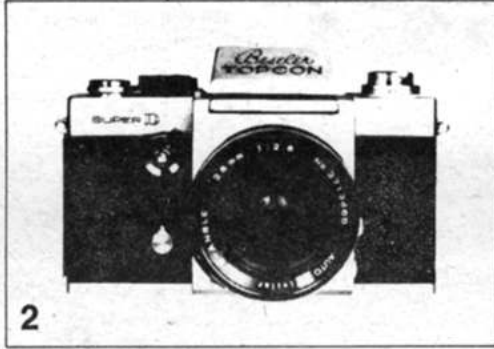
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