The 2013 Student Life Guidebook
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JUST A LITTLE NOTE:

Thanks to everyone who contributed to this Guidebook, especially Jeanne McAdara who first came up with the idea of a guide for students that deals with things other than academics. I hope to make this an ongoing manual, with annual updates. I’m sure I have missed a ton of things that need to be included - which is why your comments, suggestions, input, and ideas are needed. If I forgot your favorite restaurant, or you want to alert everyone to a mechanic that totally rips people off, you can e-mail your contributions to the graduate office at gradprgm@scripps.edu.

Nicole Kresge
July 2000

Updated: January 2012 La Jolla, California
Some Facts
San Diego is located 20 miles north of Tijuana, Baja California, Mexico, and 120 miles south of the city of Los Angeles. It is the second largest city in California and the county seat of San Diego County. It has an excellent natural harbor, which has made it an important shipping and receiving point for Southern California, Arizona, New Mexico and Mexico's Baja California. It is also headquarters for the 11th U.S. Naval District with major naval and marine training bases also located here.
San Diego has large aerospace, electronic and shipbuilding industries, and is an important center for biomedical research and oceanography. It is also a distributing and processing point for the highly productive Imperial Valley agricultural area to the east.
Because of San Diego's delightful climate, its 17 miles of public, ocean beaches and many historic attractions and proximity to Mexico, many visitors, convention groups, artists and retirees vacation here. Its year-round mild climate, sunny days and warm ocean temperatures make the San Diego coast one of the nation's surfing capitals.
Some guides to San Diego can be found at:
• www.playsandiego.com
• www.signonsandiego.com
• www.sandiego.com
• www.sandiego.org
• www.cityguide.travel-guides.com

Who Lives Here?
Almost 2.8 million (2004 est.) people call San Diego County home. The county’s population is a little more than 1% of the total U.S. population. San Diego is the 7th largest city in the United States. Ethnically speaking, 66.5% are white, 5.7% Black or African American, 9% American Indian and Alaska Native, 8.9% Asian, .5% Native Hawaiian and Other Pacific Islander, 26.7% Hispanic or Latino. Note also that the county is home to a patchwork of 18 American Indian reservations. The median age of San Diegans is 30-49 years, with 11.2% over 65, and 25.7% under 18. Three out of five San Diegans have some college education, and San Diego has the fewest cigarette smokers among the major US cities. The median household income is $49,886 (2003). San Diegans spend a median rent of $1,236 a month. The median price for an existing home is $555,000; condos are $397,200. Of the registered voters in the county, 43% are Republicans, 36% are Democrats, the remainder are unaffiliated or affiliated with other parties.

The Weather
The standard weather forecast for San Diego goes like this: Night and morning low clouds and fog turning sunny by afternoon, coastal highs in the 70s, inland highs in the 80s, deserts in the mid-90s. Here is the year’s rundown with average temperatures in parentheses: January, chilly and rainy (47-63 Fahrenheit/8-17 Celsius); February, chilly and rainy (48-63 F/9-17 C); March, warming up but still raining (50-64 F/10-18 C); April, nice weather with occasional showers (53-66 F/12-19 C); May, nice with occasional fog and gloom (56-67 F/13-19 C); June, very foggy and gloomy (59-69 F/15-21 C); July, sunny (63-73 F/15-21 C); August, sunny and hot (64-74 F/18-23 C); September, sunny and occasionally humid (62-73 F/17-23 C); October, perfect weather (57-71 F/14-22 C); November, first two weeks just like October, turning colder the last two weeks (52-69 F/11-21 C); December, clear but cooler with long shadows and a little rain (48-65 F/9-18 C).
Overall, the skies are clear about 41% of the time, partly cloudy 32% of the time, and cloudy 27% of the time. The annual rainfall is 10 inches or 25 cm.

A phenomenon that occurs in September and October is the Santa Anas. These winds flow from the desert to the ocean, bringing heat, high winds, and extreme dryness. Fire danger becomes extremely high at this time.

Colleges & Universities
San Diego is filled with places of higher learning. This is a definite benefit as it ensures a large number of liberal-minded intellectual young people will be in and about the city. These schools are also a great place to take a night class if you want to brush up on a language or learn a new artistic skill. University of California San Diego (“UCSD”; www.ucsd.edu), San Diego State University (“SDSU”/“State”; www.sdsu.edu), University of San Diego (“USD”; www.acusd.edu), and San Diego City College (“City”; www.city.sdccd.cc.ca.us) are the big universities. Some smaller schools include San Diego Mesa College (intergatesdmesa.sdccd.cc.ca.us), San Diego Miramar College (www.miramar.sdccd.cc.ca.us), Miracosta College (http://www.miracosta.cc.ca.us), National University (www.nu.edu), Palomar College (www.palomar.edu), Point Loma Nazarene University (www.ptloma.edu), Grossmont College (grossmont.gccd.cc.ca.us), and The Learning Annex (www.thelearningannex.com).

Local Media
San Diego has two major papers, The Union Tribune (www.uniontrib.com) and The Reader (www.sdreader.com).

The Reader: This freebie appears at thousands of drop sites around San Diego every Thursday morning (including the Green Hospital Cafeteria and the Beckman coffee cart). Read The Reader to find out what’s going on in town during the weekend and the upcoming week. This paper features extensive listings of happenings around town, including lectures, theatre events, concerts, cultural events, and art exhibitions, as well as restaurant listings, and movie reviews. You’ll also get a unique perspective on local and regional politics – the story you won’t get from the Union Tribune.

The Union Tribune: San Diego’s only citywide daily paper. As a whole, it is a bland piece of work, filled with mature journalism that is precisely reported. The UT more often than not carries its editorial slant to page A-1 and stuffs the pertinent news somewhere else. It is useful for learning about local happenings, and the Classifieds Section is a great place to find things from housing to video games. Every Thursday an insert called Night and Day comes with the UT. This is their version of The Reader. It is not quite as info-packed but it sometimes has interesting ideas for things to do.

Local Radio
There are many radio stations in San Diego which play a wide variety of music. Here’s a quick run down of the most popular stations:

- **KSDO 1130** - San Diego - business coverage.
- **XTRA 91.1** - San Diego - X-91. Alternative music.
- **KHTZ 90.3** - Chula Vista - also called "Jammin’ Z-90 San Diego."
- **KIFM 98.1** - San Diego - smooth jazz from The Breeze.
- **KFMB 760** - San Diego - talk radio and Padres coverage.
- **KBZT 94.9** - San Diego - playing the best of the 80s.
• KGB 101.5 - San Diego
• KMYI 94.1 - San Diego - My 94.1 - a mix of rock from the 80s, 90s, and today.
• KPBS 89.5 - San Diego - member-supported public radio serving the San Diego area.
• KHTS 93.3 - San Diego - hit music station.
• KPRI 102.1 - San Diego - Authentic Rock 102.1 in San Diego. Contains community calendar, upcoming concerts, and rock news.
• KHRM 92.5 - San Diego - R&B oldies.
• KIOZ 105.3 - San Diego - rock music.
• Free Radio San Diego 96.9 - San Diego - includes history, format information, message board, request list, and station news.
• KSDS 88.3 - San Diego - jazz. Internet broadcast available.
• KSDM - San Diego

Important Phone Numbers

Animal Control: 858-694-3900 www.sddac.com
Beach Weather/Surf Reports: 619-221-8824
City of San Diego Water Utilities Department: 619-515-3500
Department of Motor Vehicles: 1-800-777-0133
Directory Assistance: 411
Fire Department: 619-533-3492
SBC: 1-800-310-BELL
Parking Citation Information: 619-236-7145
Police Department: 619-531-2000
Post Office: 1-800-275-8777
San Diego Gas and Electric: 1-800-411-SDGE
San Diego International Airport/Lindbergh Field: 619-231-7361
Street Lights/Traffic Signal Information: 619-527-7500
Street Maintenance/Potholes: 619-527-7500
Time/Temperature: 619-853-1212
Water Department Emergency Hotline: 619-515-3525
Weather: 619-289-1212
City of San Diego Services: www.sandiego.gov/directories/services.html

Emergency Calls Only – 911
Fire and Rescue/Police, Sheriff and Highway Patrol/Ambulance,
Paramedics/Coast Guard, Search and Rescue
Automobile Info

Unfortunately, San Diego (like most of Southern California) is a car culture - you really cannot get anywhere without one. The city is too spread out and the bus system is too primitive to allow for the normal pedestrian ways of a city. Californians not only spend half their lives in their cars, they also drive like maniacs. Don’t be surprised if you are tailgated, cut off, and passed by dozens of cars going 85 mph on the highways. About two thirds (67%) of the region's 1.2 million workers drive to work between the hours of 6:00 am and 9:00 am. Of those, 76 percent drive alone. The general rule is morning rush flows into downtown, evening rush heads to the suburbs. Highways 5 and 15 are nightmares heading south in the morning and north in the afternoon. And the real afternoon heartbreaker is the 5/805 merge. The 805 south in the afternoon feeding into Mission Valley is awful as well. Making the bridge crossing to (in the morning) and from (in the evening) Coronado should be avoided. The best advice is to avoid driving during rush hours. Driving gets even crazier in Mexico where you are guilty until proven innocent. I suggest taking the trolley or parking at the border and walking over. If you must drive in Mexico you are required to get special Mexican Insurance which can be bought anywhere just north of the border or via fax by calling 1-800-909-4457. If you do not have this insurance and you get into an accident you have committed a felony and will be thrown in jail. I kid you not.

Driving Tips

- You can turn right on a red light.
- U-turns are permitted anywhere unless posted.
- People in Southern California very seldom use their horns or turn signals.
- No one here knows how to drive in rainy weather, so be careful.
- The bridge to Coronado is free.
- Don’t forget to put your quarters in the parking meter - the meter readers here are very efficient.
- Old Town is the car theft capital of the city.
- A lot of the lights around town have cameras to catch people who run reds, the fine for which is about $300.

Public Transportation

Although the public transportation system is not very good, you do have several options if you want to attempt to move about town without a car:

The Coaster 1-800-COASTER: For $5.25, you can ride from Oceanside to Downtown in about one hour. The train makes eight stops and runs Monday through Saturday. An added bonus is that the fare includes free transfers to all connecting San Diego buses and trolleys.

San Diego Trolley 619-231-8549: From Tijuana to Santee to Mission Valley, the bright red trolley is one of the best ways to get into Downtown and to shuttle around the metropolitan area. Trolleys run every 15 minutes and tailor their rates to fit your needs. A short trip is as low as $1, while a one- to four-day “Day Tripper” pass buys you unlimited access to all routes, anytime, for $5 to $12.

Metropolitan Transit System 619-233-3004: The buses will get you where you want to go. Schedules can be obtained from the San Diego Transit Store (619-234-1060) or at public libraries, some post offices and www.sdcommute.com.
Auto Mechanics
The best (although often not the cheapest) way to deal with car problems is through your dealership. If this is not a possibility, here are some places you should know about:

All Tune & Lube: 5818 Miramar Rd. 858-552-8863. Do not go here – they use really cheap parts.

Lee Rollins Firestone: 5760 Miramar Rd. 858-457-3133. TSRI employees get a 10% discount here.

Unocal 76: 5726 Miramar Rd. 858-457-5716. These people are very honest and do really good work at a reasonable price.

Mobil Mechanic: "I found a great mobile mechanic that saved me from buying a couple of lemons." Inspectacar (http://www.inspectacar.com) owner's name is Paul. He does pre-purchase mechanical inspections for used cars (from $110). Very professional guy.

Wireless Communications Device and Wireless Telephone Laws FAQs: The new Wireless Communications Device Law (effective January 1, 2009) makes it an infraction to write, send, or read text-based communication on an electronic wireless communications device, such as a cell phone, while driving a motor vehicle. Two additional laws dealing with the use of wireless telephones while driving went into effect July 1, 2008. The first law prohibits all drivers from using a handheld wireless telephone while operating a motor vehicle, (California Vehicle Code [VC] §23123). Motorists 18 and over may use a “hands-free device.” The second law effective July 1, 2008, prohibits drivers under the age of 18 from using a wireless telephone or hands-free device while operating a motor vehicle (VC §23124).

Below is a list of Frequently Asked Questions concerning these laws:

Q: When did the wireless communications device (no texting) law take effect?

Q: When did the handheld wireless telephone laws take effect?
A: The laws took effect July 1, 2008.

Q: What is the difference between these laws?
A: The first law prohibits all drivers from using a handheld wireless telephone while operating a motor vehicle, (California Vehicle Code [VC] §23123). Motorists 18 and over may use a “hands-free device.” The second law prohibits all drivers from texting while operating a motor vehicle (VC §23123.5). The third law prohibits drivers under the age of 18 from using a wireless telephone or hands-free device while operating a motor vehicle (VC §23124).

Q: What if I need to use my telephone during an emergency and I do not have a “hands-free” device?
A: The law allows a driver to use a wireless telephone to make emergency calls to a law enforcement agency, a medical provider, the fire department, or other emergency services agency.

Q: What is the fine if I’m convicted?
A: The base fine for the FIRST offense is $20 and $50 for subsequent convictions. With penalty assessments, the fine can be more than triple the base fine amount.

Q: Will I receive a point on my driver license if I’m convicted for a violation of the wireless telephone or wireless communication device law?
A: No. The violation is a reportable offense; however, a violation point will not be assigned to your DMV record.
Q: Will the conviction appear on my driving record?  
A: Yes, but the violation point will not be added.

Q: Is there a grace period, or will motorists get a warning?  
A: No. The laws became effective July 1, 2008, and January 1, 2009. Whether a citation is issued is always at the discretion of the officer based upon his or her determination of the most appropriate action for the situation.

Q: Are passengers affected by these laws?  
A: No. These laws only apply to the person driving a motor vehicle.

Q: Do these laws apply to out-of-state drivers whose home states do not have such laws?  
A: Yes.

Q: Can I be pulled over by a law enforcement officer for using my handheld wireless telephone?  
A: Yes. A law enforcement officer can pull you over just for this infraction.

Q: Can I be pulled over by a law enforcement officer for using my wireless communication device?  
A: Yes. A law enforcement officer can pull you over just for this infraction.

Q: What if my phone has a push-to-talk feature, can I use that?  
A: No. However, the law does provide an exception for those operating a commercial motor truck or truck tractor (excluding pickups), implements of husbandry, farm vehicle or tow truck, to use a two-way radio operated by a “push-to-talk” feature. A push-to-talk feature attached to a hands-free ear piece or other hands-free device is acceptable.

Q: What other exceptions are there?  
A: Operators of an authorized emergency vehicle during the course of employment are exempt, as are those motorists operating a vehicle on private property.

Q: Are there exceptions for dialing?  
A: This law does not prohibit reading, selecting or entering a phone number, or name in an electronic wireless device for the purpose of making or receiving a phone call. Drivers are strongly urged not to enter a phone number while driving.

DRIVERS 18 AND OVER

Drivers 18 and over are allowed to use a “hands-free” device to talk on their wireless telephone while driving. The following FAQs apply to those motorists 18 and over.

Q: Does the “hands-free” law prohibit you from dialing a wireless telephone while driving or just talking on it?  
A: The law does not prohibit dialing, but drivers are strongly urged not to dial while driving.

Q: Is it legal to use a Bluetooth or other earpiece?  
A: Yes, however you cannot have BOTH ears covered.

Q: Does the “hands-free” law allow you to use the speaker phone function of your wireless telephone while driving?  
A: Yes, as long as you are not holding the phone.

Q: Does the “hands-free” law allow drivers 18 and over to text message while driving?  
A: No; sending, receiving, or reading text while operating a motor vehicle is prohibited as of January 1, 2009 (VC §23123.5).
Some Tips
Before rushing into signing a lease, you should probably look around San Diego for a good neighborhood to live in. Many Scripps students are happy to put up other students for a week or so, and there are a variety of residence inns and hostels you can stay at and pay by the week. Here are a few to consider:

HOSTELS

**Hostelling International USA** (sandiegohostels.org) - $16-22 per night  
San Diego Downtown – 521 Market Street (619-525-1531). Experience the eclectic Gaslamp Quarter! Great Nightlife! Minutes from city bus, trolley, airport Greyhound, Amtrak and Convention Center., Balboa Park, the Zoo, Sea World and beaches. Free breakfast.


**Ocean Beach International Hostel** (not affiliated with Hostelling International) - 4961 Newport Ave (800-339-7263). Fun historic hostel at the beach. Close to all the action. Surfing, sun bathing, beaches, pubs and parties. Free local transportation to hostel. $10 guided tours of Mexico. Free bonfires, BBQs and breakfast.

**Banana Bungalow** – Pacific Beach (independently owned) - 707 Reed Ave (858-273-3060). California's only beach-front hostel. Ideal location for surfing, sun-bathing and partying. Minutes from the best bars, clubs and restaurants. Freebies: breakfast, weekly BBQ, wireless internet access, body board, rollerblades, linens, parking.

**The Island Inn:** 202 Island Avenue (Center City - Downtown) 619-232-4138. Weekly rates: singles $179, doubles $199, single nights are not available. This is a residential hotel that functions as temporary housing. Each room has a private bath, microwave and refrigerator. Student discounts.

Some resources for apartment/house listings include [www.craigslist.com](http://www.craigslist.com), [Union Tribune](http://www.uniontrib.com), [The Reader](http://www.sdreader.com), [The Gay and Lesbian Times](http://www.tenantslegalcenter.com), [The Pennysaver](http://www.dca.ca.gov/legal/landlordbook/index.html), and [For Rent Magazine](http://www.uniontrib.com/classifieds/rentals.html). There are usually Roommate Wanted signs posted around UCSD (especially their housing complexes) and TSRI. Web pages that list apartments for rent in the San Diego area include The Reader rental section (www.sdreader.com) and The Union Tribune classifieds section (www.uniontrib.com/classifieds/rentals.html). Another invaluable resource is the Thomas Guide – a book containing a series of area maps put together on a grid, showing detail of the neighborhood street level. Thomas Guides are available in bookstores, grocery stores, and drug stores.

If you’re having trouble with your landlord, or want to know more about tenant law in San Diego, some good resources are:

Tenants Legal Center of San Diego: 5252 Balboa Ave. #408 (858-277-7400) [www.tenantslegalcenter.com](http://www.tenantslegalcenter.com)

Following is a list of some of the more popular areas to live.

**Banker’s Hill**

This area just west of Balboa Park is where the rich people lived a century ago. As a result, there are lots of beautiful Victorian homes here that have been converted into flats. Unfortunately, all the really beautiful houses are law offices. However, pilots line up their approach to Lindberg Field on Laurel or Ivy Street, which may explain why we can afford to live there now. You do get used to the planes eventually though, and there are ordinances that restrict incoming and outgoing air traffic during sleeping hours. Some major advantages to living in this area are its proximity to Downtown, the Gaslamp Quarter, and Balboa Park, creating a really nice residential neighborhood in a downtown setting.

**Bay Park**

Sea World, Mission Bay Park, and Fiesta Island along with a number of resorts, hotels, and other attractions make up the commercial and tourist elements near this seaside community. Bay Park borders on the westerly side of Clairemont across the freeway from Mission Bay, and offers easy access to I-5 and I-8. Housing options range from single- to multi-family housing units. The area east of Morena is very nice and residential, with great houses. This area perched on the water’s edge has an elevation of about 125 feet, providing a magnificent view of San Diego, Coronado Beach, and the Pacific Ocean. The neighborhood is fairly heavily traveled, making noise somewhat of a problem.

**Clairemont**

Clairemont is just south of UTC and Scripps, between interstates 5 and 805. It is a large area and variable in living conditions. Some parts are very nice, while in others there are bars on the windows. In general, the more northern areas of Clairemont tend to be safer, nicer, and thereby more expensive. The best bet is to actually check out the specific place/area before moving in. It should be noted that none of the areas of Clairemont are that dangerous, especially when compared to most other urban areas. This neighborhood does not have the nightlife of the beach communities or Hillcrest, but there are many stores, shopping malls, and a few bars and clubs. A large stretch of Tecolote Canyon Natural Park cuts through the community’s center, making jogging and biking in a natural setting easily accessible.

**Del Mar**

This once sleepy beach community is now home to the rich and famous (the median household income in this community is $81,001). Del Mar consists of breathtaking canyons interspersed with hillsides of homes. The commercial strip, Camino del Mar, is home to coffee shops and assorted expensive stores. The neighborhoods are really cute but very expensive. Advantages to living in Del Mar include proximity to TSRI, a breath-taking drive to and from work, and great beaches a stone’s throw away. If you can find a place here that you can afford, definitely rent it. Disadvantages include traffic during the race season or the Del Mar Fair, and a long drive to downtown San Diego. Houses just off of Del Mar Heights Rd. are a lot more affordable. The inhabitants of Del Mar are the older, responsible types – just the opposite of the Pacific Beach crowd. So, if you want the beach but not all the hype, live in Del Mar.

**Golden Hill**

This is the area east of Balboa Park and south of North Park. Golden Hill is a residential area that is marked by several canyons that crisscross their way through the neighborhood. The presence of these canyons brings lots of wildlife to the area (coyotes, skunks, birds, and foxes) which can be both good and bad. There are also good parts and bad parts to this neighborhood. Anything south of A Street or north of Juniper Street is pretty sketchy (i.e.; populated by gangs and crack houses). But there are also some really great houses that can be rented really cheap. Golden Hill is in a prime location with easy access to highways, downtown, Hillcrest, North Park, and Balboa Park and a very rural setting (picture ice cream trucks rolling through the neighborhood on hot summer days). There are also a lot of small dive-bars and corner stores that dot this neighborhood. The commute to Scripps is only 20 minutes.
**Hillcrest**

This area is known as the nightlife center of uptown, as well as the gay district. There are lots of clubs, bars, good restaurants and coffeehouses here, and a rapidly dwindling number of movie theaters. While parking is generally a nightmare during the weekends, its density means that one doesn't really need to drive around the neighborhood to run errands. But, you have to pay the price for the good location - rent is much higher than the surrounding neighborhoods, and the houses aren't as nice. It has been falsely rumored that there is a high crime rate here - it is generally safe to walk around the neighborhood at night, from experiences of TSRI students!

**Kensington**

At the eastern end of Adams Avenue, on the southern rim of Mission Valley, Kensington is one of the most charming neighborhoods in San Diego. The many Spanish style houses along the streets have kept their original beauty. The homes reflect the neighborhood's cheerful character. The relaxing atmosphere of the neighborhood can be seen as Kensington residents enjoy a capuchino at the Kensington Coffee Company on Adams Avenue or walk peacefully through the neighborhood park. The Ken movie theater which plays mostly revival and art films and Kensington Video which offers a wide variety of videos that cannot be found at most other stores are also located here. Housing to the north of Adams Avenue tends to be much nicer than to the south. However, the neighborhood is rather pricey and rentals are few and far between.

**La Jolla**

If you have an abundant discretionary income, and you want the world to know about it, you live in La Jolla. In order to keep the place exclusive, locals have stifled traffic-flow improvement, and so rush hours are nightmarish crawls. But if you can stand snobby people and traffic, and manage to snag a cheap beachfront apartment, by all means live here. The village is cute and European-style with cafes and small expensive shops. Proximity to the beach and good surfing spots make this an appealing place.

**Mission Beach**

One of the cheaper beach communities to live in, Mission Beach is as filled with bars and young people as Pacific Beach, but tends to have less of a Frat atmosphere. The centerpiece of Mission Beach is the rollercoaster as seen in MTV's SoCal summer. The houses here are tightly packed and very small, but all are located with minutes from the beach. Property here tends to be much more expensive during the summer months as vacationers like to rent the little beach houses.

**Mission Hills**

Mission Hills is just west of Hillcrest, and as a result the two neighborhoods blend together. The advantage of living in Mission Hills over Hillcrest is that Mission Hills offers a more residential setting that is within walking distance of lots of cool restaurants and bars. Mission Hills north of Washington Street is an upper class suburban neighborhood, and although the houses are really nice, you’ll be hard pressed to find something in your price range here. If you do manage to score a house in this area you will be rewarded with low crime rates, and a peaceful neighborhood. Southern Mission Hills (south of Washington Street) is a maze of canyons and cul de sacs. It is lower rent than the north part, and is closer to Hillcrest and its diversions, but the houses aren’t as nice and the neighborhood is not as quiet. Some places have really nice views of downtown or the bay.

**Normal Heights**

Located west of Kensington and between I-805 and Highway 163, Normal Heights was annexed to the city of San Diego in 1924. It was built around the Carteri Center, a planned shopping district. Residents describe Normal Heights as a charming suburbia with a lot of potential, which has something for everyone. It is described as being one of the less transient and more quiet communities of San Diego County, though Normal Heights' busy Adams Avenue is the hub of the community. Here you can stroll through 39 blocks of antique shops, local taverns, book stores, cafes, shops, clubs and restaurants. In the spring the free annual folk music Roots Festival takes place, where a myriad of music genres are represented, and in September of every year the Street Fair takes place, where a variety of arts and crafts vendors and exotic foods are to be found, among other novelties. The homes in Normal Heights range from cozy bungalow styles to large Victorian and traditional homes. They are typically neatly tended with well-manicured lawns.
North Park
Located along the north and east sides of Balboa Park, this neighborhood consists of a mixture of business districts (along 30th St., El Cajon Blvd., and University Ave) and residential areas. Two notable landmarks here are the giant “North Park” sign in the center of University near 30th Street, and the “The Boulevard” sign on the west end of El Cajon Blvd. North Park is host to the annual Toyland Parade that starts off the Christmas season. This neighborhood was one of the first suburbs of San Diego when the city began to grow early in this century. Residences in North Park range from the fair to dingy. Most apartments in this area are of the “six-pack” variety — ugly square buildings with parking spaces in front and entrances around the sides although occasionally you may be able to snag a house or a little cottage.

Ocean Beach
Ocean Beach is a lot more laid back than Pacific Beach. It has all the advantages of PB (beach, small vibrant community) but is a lot mellower. OB was a haven for flower children in the 1960s, and many have since retired there. As with many beach communities there is a strong surfing influence. OB is characterized by Grateful Dead/Phish fans and surf shops. Newport Avenue has character with many antique shops and old-fashioned diagonal parking. Residential areas are a mixture of funky cottages and more family-oriented neighborhoods. There are also expensive cliff-side homes along Sunset Cliffs Boulevard. Many dog owners chose to live here because of Dog Beach. This is one of the few beaches in San Diego that allows dogs.

Pacific Beach
Pacific Beach is a community for surfers, college kids, and people with multiple piercings and tattoos. The largest population group in this area is 25 to 34 years old. Its close proximity to the beach and abundant nightlife make it a popular place to live. Houses/apartments get cheaper as you get further inland, and beachfront property is pretty hard to come by, and usually pretty slummy and expensive. The Farmer’s Market on Saturday from 8 am to 12 Noon at the Promenade Mall in PB (4150 Mission Blvd.) is another draw of the neighborhood.

University Heights
University Heights is located north of Hillcrest and west of Normal Heights. It’s a quaint little neighborhood with several restaurants, bars, and bookstores and a nice park good for napping on a Sunday. The area is more upscale than the surrounding Hillcrest and Normal Heights, but it’s not quite as affluent as Mission Hills. As a result, the neighborhood feels safe and very rural. Parts of University Heights just north of Hillcrest, and also north of Adams Avenue are good bets if you are looking for a house to rent.

University Town Center
University Town Center (UTC) is the closest residential area to Scripps. It is made up of almost entirely strip malls and apartment and condominium complexes. Although it lacks some of the interesting character of other areas of San Diego, its location with respect to Scripps (5-10 min drive) makes it especially appealing. Biking to Scripps is also a good option for those who live in the area - it doesn’t take much longer to bike than it does to drive. UTC is generally the area of choice for first year Scripps students to live in. There are a good number of supermarkets (Vons, Albertsons, Ralph’s, Whole Foods) as well as a couple of malls, shopping centers, and movie theaters in the area. The beach (La Jolla Shores or Torrey Pines) is only about a 10-min drive from most complexes. However, affordable housing in UTC for a grad student is pretty limited. Below are short summaries of some of the main apartment complexes in the area. These are just a small sample of the numerous housing options in the UTC area. In general, you can be confident that almost every place in the area will not be a dump.
Following is a list of some of the more popular places to live.

**Canyon Park 858-452-9920:** This is by far the most common (and convenient) place to live in UTC among grad students and post docs. The 2 BR apartments have 1.5 bathrooms (a full one and another with just a toilet and sink). All apartments have either a small balcony or patio and refrigerator and dishwashing machine. There are 2 pools and hot tubs, as well as several laundry rooms and a “party room” which can be reserved. It is located about 2 miles from Scripps. The buildings date from the 1970s or so, and are in good shape. Uncovered parking is available.

**International Gardens 858-587-9997:** These apartments are located south of Nobel Dr., approximately 3-4 miles from Scripps. All of these units contain fireplaces and reserved underground parking is available. It should be noted that the 2 BR are dual masters, which means that each bedroom has its own bathroom.

**La Jolla Canyon 858-457-5161:** Located right next to Canyon Park. Not all apartments have dishwashers. There is a pool and spa, as well as a fitness center and supposedly a sauna. The apartments appear to be about the same vintage as Canyon Park. Uncovered parking is available.

**La Regencia 858-558-0616:** These are actually condos, with an advantage that every unit has its own washer and dryer. The complex is about 3-4 miles from Scripps. These condos do have air conditioning, a pool / spa, and a racquetball court.

**Padre Gardens 858-453-4620:** The cheapest place to live in UTC and it shows. The facilities are not in as good of condition as other places in UTC. There are pool facilities as well as a picnic and BBQ area. No pets are allowed and uncovered parking is available.

**Trieste 858-455-0701:** These apartments have gated access for extra safety. They are 3 miles from Scripps and some units contain washer/dryer and/or a fireplace. The whole complex looks kind of like a castle (or fortress) from the exterior.
Afghan
Zia’s Afghan Café: 4118 30th Street (North Park) 619-285-1635. Cheap and yummy with huge servings. If you’ve never tried Afghan food, you must go here. If you have, you’ll love it here. This small restaurant has a limited number of things to chose from, but they are all really tasty. Usually people just have one of their “plates” (vegetarian, lamb, or chicken). You get a bed of rice, some meat, and a variety of weird veggies for about $6.00.

Breakfast/Brunch
Antique Row Café: 3002 Adam’s Ave. (Normal Heights) 619-282-9750. This place always has a long lineup on Saturday and Sunday mornings, but they do provide free coffee and munchies while you wait. The food is typical breakfast food, with big portions. The main appeal of this restaurant is the interior which is decorated with fun antiques and has books and crayons for you to amuse yourself with while you wait for your order.

The Big Kitchen: 3003 Grape Street (Golden Hill) 619-234-5789. One of the best and friendliest places for breakfast in San Diego. The restaurant has two rooms with walls plastered with photographs of patrons (including Hillary Clinton, and Whoopie Goldberg, and a ton of regular everyday people), and an outdoor patio. The fare is primarily vegetarian, with a down-home touch. They have egg white omelets, huge pancakes, a killer coffee-cake, and an awesome breakfast burrito. The owner, Judy the Beauty, is great and will gladly sit down and chat with you.

Brockton Villa Restaurant: 1235 Coast Blvd. (La Jolla) 858-454-7393. This place has a very East Coast feel to it, with patchwork quilts and a large stone fireplace. It is a little pricey but worth it. Great for brunch when mom and dad are in town and paying. The Cove Cakes come highly recommended (banana whole wheat cinnamon pancakes with fresh fruit), as well as the turkey and arugula sandwich, and the Greek Steamers (eggs scrambled using the steam attachment of their espresso machine, mixed in with tomatoes, feta cheese and basil).

The Broken Yolk Café: 1851 Garnet Avenue (Pacific Beach) 858-270-0045. Try the eggs – they’re good.

Café on Park: 3831 Park Blvd. (North Park) 619-293-7275. A favorite breakfast place amongst the Hillcrest set, there are often pretty long lines here on Saturday and Sunday mornings. However, it’s worth the wait. The portions are enormous and very tasty. Items range from peanut butter sandwiches to the best tuna melt ever (made with real tuna, and not the kind from a can).

Hob-Nob Hill: 2271 First Avenue (Banker’s Hill) 619-239-8176. The regulars here are old people in leisure suits. The food is very American and very 60’s. Breakfast is served all day and is really good. The waitresses are professional waitresses - the kind that stop and chat and call you dear and try their hardest to make you happy. Try the gourmet French toast - it’s excellent.

The Original Pancake House: 3906 Convoy Street (Clairemont) 858-565-1740. The apple pancake is a must here. The coffee is served with whipping cream and the portions are huge. Not really cheap though.
**Perry’s Café**: 4620 Pacific Highway (Mission Valley) 619-291-7121. An extremely popular breakfast spot for natives and visitors alike (including truck drivers). There is usually a wait here, but if you go early (before 9 am) or late (after noon) you won’t have to wait long. The food is of the diner-type - kind of greasy, but really good and inexpensive. They have a wide selection of omelets and frittatas.

**Chinese**

**Emerald Chinese Seafood Restaurant**: 3709 Convoy Street (Clairemont) 858-565-6888. This place serves good Chinese food, but some say they have seen mice here. The Dim Sum here is really good, and cheaper than at Jasmine, but beware, the wait on a Sunday morning can be up to 1 hour.

**Jasmine-Seafood Restaurant**: 4609 Convoy Street (Clairemont) 858-268-0888. People have mixed feelings about this Chinese seafood restaurant where you can pick your dinner from the fish tank. The food is probably some of the best Chinese you will find in San Diego, but this also makes it very popular and crowded. The atmosphere (and prices) is like that of an expensive Hong Kong restaurant. Jasmine is also one of the few places in San Diego where you can find dim sum.

**Pickup Stix**: 8707 Villa La Jolla Dr. (UTC) 858-552-1566. This fastfood restaurant is cheap, quick, and close to Scripps. The orange peel chicken comes highly recommended.

**Sam Woo BBQ Restaurant**: 7330 Clairemont Mesa Blvd. (Clairemont) 858-505-9888. This restaurant is located in the 99 Ranch Market food store and has very, very authentic take-out Chinese. And, when you are finished eating, you can go shopping at the market.

**Savoy Restaurant**: 4690 Convoy Street (Clairemont) 858-495-9139. Inexpensive and really good with large portions - a nice change from all the other upscale restaurants on Convoy St.

**Coffee**

**Bernini’s Bistro**: 7550 Fay Ave (La Jolla) 858-454-5013. Open till midnight, this café offers a nice study area and very hot coffee.

**Brockton Villa Restaurant**: 1235 Coast Blvd. (La Jolla) 858-454-7393. Although it’s a classy restaurant, they are really good about people just coming in for coffee and a good view of the sunset. They serve a killer mocha. All the drinks are around $2.00 and the bottomless coffee is only about $1.25.

**Café 976**: 976 Felspar Street (Pacific Beach) 858-272-0976. Quaint with a pleasant ambiance. They offer music on Friday and Saturday nights.

**Café Crema**: 1001 Garnet Ave. (Pacific Beach) 858-273-3558. A trendy place to hang out. Has live music Thursday, Friday and Saturday.

**The French Gourmet**: 960 Turquoise Street (Pacific Beach) 800-929-1984. This bakery is outstanding. Try the almond croissants with powdered sugar - great for munching on the beach or eating after morning surfing in Pacific Beach.

**Gelato Vero Café**: 3753 India Street (Mission Hills) 619-295-9269. Limited menu, but vegetarian-friendly. Rumored to have the best ice cream in San Diego. Occasionally has live music.

**The Grove Cafe**: UCSD campus. Occasional live music. A good opportunity to mingle with some non-scientists. The Danishes are really good and have real fruit in them.
Kensington Coffee Company: 4141 Adams Ave. (Kensington) 619-280-9114. A great place to grab coffee and a snack before or after a movie at the Ken Cinema.

The Living Room: 1010 Prospect Street (La Jolla) 858-459-1187. Lots of old furniture, good coffee and desserts in a really cozy atmosphere.

Peet’s Coffee: A godsend from San Francisco, this little coffee shop has locations all around San Diego, including one in the Sav-On/Whole Foods mall in UTC. The coffee here is excellent, if not a bit expensive. It is worth it though. For awesome, strong coffee try Major Dickason’s Blend. They also have a wide selection of loose tea, and sweets. This is a great place to go when you are waiting for a prescription to be filled at Sav-On.

Twiggs Bakery & Coffee House: 4590 Park Blvd. (University Heights) 619-296-0616. Good coffee and desserts in an artsy atmosphere. There is almost always a poetry reading or guitarist playing here.

Zanzibar Coffee Bar and Gallery: 976 Garnet Ave. (Pacific Beach) 858-272-4762. A very trendy place for the crunchy, younger crowd in Pacific Beach. Good place to sit outdoors and watch the colorful PB crowd walk by. Live music occasionally.

Cuban
Andre's Cuban Restaurant: 1235 Morena Blvd (Old Town) 619-275-4114. Try it once. You might never go back, but at least you can tell your friends you ate Cuban food. The dishes are kind of bland and oily, but definitely an interesting taste experience. Avoid the garlic bread - its just bread with oil poured on it and garlic powder sprinkled on top.

Ethiopian
Harar Ethiopian Restaurant: 2432 El Cajon Blvd. San Diego (619) 295-3735. Dishes are mostly chicken or beef-based, swimming in heavy, bean-based marinades and accompanied by cooked spinach, zucchini or carrots. All are intended for easy scooping with a healthy side of Injera, Ethiopia's pancake-like bread.

Red Sea Restaurant: 4717 University Ave. San Diego (619) 285-9722. The menu features a variety of traditional dishes, such as Yedero Wat (spicy chicken) and Yibege Sige Wat (lamb stew), as well as several vegan-friendly dishes from which to choose.

Indian
Ashoka the Great: 9474 Black Mountain Road (Miramar) 858-695-9749. This upper class Indian restaurant has excellent service and good food. There is an all-you-can-eat lunch buffet every day.

K.C.’s Tandoor: 9450 Scranton Road (Sorrento Valley) 858-535-1941. It’s a food court in a strip mall, but don’t let that fool you. Lot’s of vegetarian items, and a wide range of food. Very inexpensive and good for catered events.

Star of India: 423 F St. (Downtown) 619-544-9891. Very pricey for passable Indian food. I recommend K.C.’s Tandoor instead. But if your parents are in town or you suddenly came into a bit of money, then go for it.
**Italian/Pizza**

**Bacci Restaurant:** 1955 Morena Blvd. (Bay Park) 619-275-2094. Although this restaurant is really expensive, it’s worth it. Go here if you’re celebrating something or just really want to impress the person you’re with. The food is gourmet Italian and extremely rich. The swordfish is to die for, and the waiters are very nice and attentive.

**The Bronx Pizza:** 111 Washington Street (Hillcrest) 619-291-3341. This is probably the best pizza in San Diego. Some people swear by the pizza here. It is New York style, with a thin crust and a small amount of sauce. The toppings include staples such as tomato, pepperoni, and mushroom as well as the more unusual pesto and spinach.

**Filippi’s Pizza Grotto:** 1747 India (Downtown) 619-232-5094. Do not go here on a Friday or Saturday night - the lineup is terrible. Any other night of the week you will get really good Italian food in a setting with red and white checkered tablecloths and Chianti bottles hanging from the ceiling. There is also an excellent Italian deli/grocery in the front of the store.

**Il Fornaio:** 1555 Camino Del Mar (Del Mar) 858-755-8876. Great view of the ocean. Expensive Italian food.

**Lorna’s Italian Kitchen:** 3945 Governor Dr. (Clairemont) 858-452-0661. A wonderful, moderately priced Italian restaurant that serves large portions of good home-cooked Italian food. Be sure to make a reservation or you will be sorry.

**Pizza Port:** 135 N. Highway 101 (Solana Beach) 858-481-7332. A favorite amongst UCSD and TSRI students, this place serves excellent pizza and beer. It can get a little crowded and rowdy in the evenings (especially Friday and Saturday night) so beware. The pizza is really good and ranges from your everyday pepperoni and cheese to a decadent pesto and seafood number.

**Sammy’s California Woodfired Pizza:** 702 Pearl Street (La Jolla) 858-456-5222; 12925 El Camino Real (Del Mar) 858-259-6600; 770 Fourth Avenue (downtown) 619-230-8888. Very popular nouvelle pizza spot.

**Sorrentino’s:** 4724 Clairemont Mesa Blvd. (Clairemont) 858-483-1772. In addition to great pizza and sandwiches from the takeout side of the place, the restaurant itself is really good. Portions are huge and prices are reasonable, especially if you watch The Reader for coupons. The Chef’s Specialties are highly recommended.

**Japanese**

**Ichiban:** 1449 University Avenue (Hillcrest) 619-299-7203; 1441 Garnet Avenue (Pacific Beach) 858-270-5755. A great place for cheap, good, fast sushi.

**Sushi Deli:** 828 Broadway (Downtown) 619-231-9597. This restaurant is the hip place to go for the downtown crowd. The food is excellent. The fish melts in your mouth, and the miso soup is awesome. AND it is REALLY cheap (you can get tempura, tea, and a sushi roll for under $6.00).

**Sushi Deli Too:** 135 Broadway (Downtown) 619-233-3072. Sushi Deli’s sister restaurant that’s just down the street. Try going here if the line at Sushi Deli is too big.
**Sushi Ota:** 4529 Mission Bay Drive (Pacific Beach) 858-270-5670. Some consider it the best sushi place this side of the Pacific. If you have any Japanese friends make sure you have them make the reservations, and bring them along for dinner - you’ll get better food and service. Get one of the sushi combos, the tchirashi sushi bowl, or order sushi a la carte. Sushi Ota is particularly well known for their rolled sushi. Try the rainbow or caterpillar roll. Beware though, it is expensive!

**Mitsuwa Market Place:** 4240 Kearny Mesa Road (Clairemont) 858-569-6699. A good place for sushi without service, this Japanese market sells all kinds of prepared food including sushi. After 5pm they take $1.00 off all their sushi assortments. The little fast food stand out front also has lots of other things including udon noodles with goodies in huge steaming bowls for really cheap.

**Todai Restaurant:** 2828 Camino Del Rio South (Mission Valley) 619-299-8996. Advertised as “All you can eat 200 ft. seafood buffet” this cafeteria-style restaurant offers everything from lobster, to miso soup, to as many different types of sushi as you can dream up. There is also a desert buffet that can’t be missed. Dinner can be pricey.

**Kosher/Deli**

**City Delicatessen & Bakery:** 535 University Ave. (Hillcrest) 619-295-2747. Voted the best Matzo-Ball soup in San Diego by San Diego Magazine. Apparently the softball-sized matzo-balls have just enough chicken to make them taste like grandma used to make.

**D. Z. Akin’s:** 6930 Alvarado Rd. (La Mesa) 619-265-0218. This is by far the best Jewish deli in San Diego. The matzo-ball soup is excellent (huge matzo balls), and there are 110 sandwiches to chose from. The perogies and potato pancakes are a bit greasy. There is also a small market-deli-bakery here in case you want more food to take home with you.

**Elijah’s Deli:** 8861 Villa La Jolla Drive (UTC) 858-455-1461. There are something like 400 items on the menu and pickles on every table. The portions are huge and delicious, and the deserts are great. They serve breakfast all day, have terrific sandwiches, and a salad bar, and also carry quite a few vegetarian items.

**Mexican**

**Casa Sanchez:** 3332 Adams Ave. (Normal Heights) 619-283-0355. The Saturday and Sunday brunch here is very good. They have a reasonably priced champagne breakfast which includes, champagne, fruit, any one of their large breakfast plates and a desert.

**Chillango’s Mexico City Grill:** 142 University Ave. (Hillcrest) 619-294-8646. Not the usual take on Mexican food, Chillango’s offers Mexico City-style delights such as sandwiches and molé. It’s is small but tasty, and offers both indoor and outdoor dining. The food is very healthy (and vegetarian).

**El Indio Shop:** 3695 India Street (Mission Hills) 619-299-0333. This popular Mexican restaurant usually has a huge line up of people waiting to order food. This is probably because their menu is so extensive it takes people forever to choose what to eat. They have a lot of vegetarian items and are reasonable priced. It is primarily a fast-food sort of place (i.e. no table service) but they do have outdoor seating and their own parking lot.

**El Zarape:** 4642 Park Bvd (University Heights) 619-692-1652. A great little Mexican restaurant with a huge menu. Food ranges from the normal items like shredded beef and chicken tacos to the more unusual scallop burritos and potato-filled tacos.

**Fins:**  La Jolla Village Square (UTC) 858-270-3467. Amazing shrimp tacos and burritos. Sundays are Shrimp Special Days where everything with shrimp is half price.
La Salsa: 8750 Genesee Avenue (UTC) 858-455-7229. This chain serves inexpensive, healthy and fresh Mexican food with very large portions.

Pokez Mexican Restaurant: 947 E St. (Downtown) 619-702-7160. This hipster hangout serves large portions at cheap prices. They have a lot of vegetarian dishes including a tofu version of carne asada.

Papas & Tacos Mexican Food: 2239 1st Ave. (Banker’s Hill) 619-233-6079. One of the specialties here is papas and nopalés (that’s potatoes and cactus) tacos. Try it – it’s awesome. The restaurant also offers you the option of taking your food to the bar next door where you can enjoy an alcoholic beverage with your Mexican eats.

Roberto’s: Carmel Valley Road, a little ways down from the Torrey Pines Rd turnoff. This is conveniently located near Scripps and is ideal for a quick lunch or dinner.

Rubio’s: Located all around San Diego, Rubio’s is a favorite amongst many. They say you’re not a real San Diegan until you’ve had a Rubio’s Fish Taco. Their shrimp quesadilla is really good too. However, for fast food it can get a little pricey.

Seafood
The Fish Market: 750 N. Harbor Dr. (Downtown) 619-232-3474. A bit pricey, but you get a nice view of the harbor. The salmon and cucumber salad is excellent and so is their breakfast. There is a fish market on the premises if you didn’t get enough seafood.

Hudson Bay Seafood Restaurant and Market: 1403 Scott (Point Loma) 619-222-8787. They have the best fish sandwich you will ever taste. They close at 8:30pm and are right on the dock so you can watch the boats while you eat.

Pacific Del Mar: 1555 Camino Del Mar (Del Mar) 858-792-0476. Kind of pricey, but very romantic (great views) and great food.

Point Loma Seafoods: 2805 Emerson St. (Point Loma) 619-223-1109. This place boasts to be the largest retail fish market in southern California. In addition to having a fish market, it is also has a take out counter where you can order everything fishy from shrimp cocktail to fish and chips to sushi. There are tables set up outside to eat at, or you can walk to the docks and watch the boats while munching on your fish.

Thai
Karinya: 4475 Mission Blvd. (Pacific Beach) 858-270-5050. For a restaurant in a mini-mall this place has a wide variety of upscale Thai food. The boardwalk nearby provides a nice walk for after dinner.

Spices Thai: 3810 Valley Center Dr. (Del Mar) 858-259-0889. A favorite among TSRI employees, there are great cheap lunch deals in this nice upscale restaurant. The food can be ordered at spice levels ranked from 1 to 10, beware though, the 10 is extremely hot!

Taste of Thai: 527 University Avenue (Hillcrest) 619-291-7525. This pricey gourmet Thai restaurant is a good place to take your parents. Beware of the vegetarian items, a lot of them contain tofu that is pressed and flavored to resemble duck meat that’s a bit too realistic for some people.

Thai Foon: 540 University avenue (Hillcrest) 619-297-8424. Located across the street from Taste of Thai, you can get better, cheaper, more authentic food here.

World Curry: 1433 Garnet Avenue (Pacific Beach) 858-270-4455. They serve typical Thai curries as well as Japanese and Indian ones. The portions are big, the food is good, and the rice comes in little pyramids.
Vegetarian

**Daily’s Fit and Fresh:** 8915 Towne Center Drive (UTC) 858-453-1112. With tasty, healthy, quick food, Daily’s may be the quintessential Southern California restaurant. Their three-bean chili, cranberry lemonade, hot fudge sundae (low fat), and veggie pizzas are quite good and cheap.

**Jyoti Bihanga:** 3351 Adams Avenue (Normal Heights) 619-282-4116. This place serves surprisingly tasty vegetarian food in a very Hindu atmosphere. The service is a bit slow, but there are lots of interesting things to look at while you wait. Be sure to follow the photographs depicting the exploits of spiritual leader and cosmic weightlifter Sri Chinmoy.

**The Roxy:** 517 North Highway 101 (Encinitas) 760-436-5001. This little Encinitas restaurant offers good tasty vegetarian food that is not all brown rice and sprouts. They have a heavy Greek influence in their cooking. They also have live music once in a while, but the music isn’t too loud or distracting. Non-vegetarians will love it here too.

**King Food:** 2949 5th Avenue (Downtown) 619-298-7302. This restaurant serves only vegan all natural organic food.
NOTE TO SMOKERS: San Diego has a no smoking ordinance that prohibits smoking in all bars, clubs, and restaurants!

Bars

The Alibi: 1403 University Ave (Hillcrest) 619-295-0881. The Alibi is known as the only straight bar in Hillcrest. This just means that it is not a pick-up joint for gay people. There is nothing special about this mokey, dark bar except that it is close to Rich’s dance club and is one of the few bars on the main strip in Hillcrest. Still its popularity persists, and it is a fun place to go.

The Blarney Stone: 5617 Balboa Avenue (Clairemont) 858-279-2033. This place has great live Irish folk music with a friendly, mellow atmosphere. The beer is good, the bar is small, and it’s not a meat market. The only problem is it’s in a strip mall.

The 5th Corner: 600 5th Avenue (Downtown) 619-236-1616. This place has dancing, barbecued buffalo, and fried green tomatoes. It used to be country western, but is now jazz/blues.

The Field: 544 5th Avenue (Downtown) 619-232-9849. This great, very Irish bar is usually pretty crowded, but very authentic and well worth the trip downtown.

La Jolla Brewery: 4353 La Jolla Village Dr. (UTC) 858-587-6677. Hops is a trendy bar that serves pretty good food. If you are looking for a cozy atmosphere, this is not the place to go. They usually have 6 to 7 beers on tap which they brew themselves.

Karl Strauss Brewery: 1044 Wall St. (La Jolla) 858-551-2739. This is a favorite hangout amongst the UCSD frat crowd. It is a very large bar with an extensive selection of beer including several brewed on site, and a variety of typical bar food (chips, burgers, sandwiches, etc.).

The Kensington Club: 4079 Adams Avenue (Kensington) 619-284-2848. This is a nice neighborhood bar with a good mix of everyday working folk, college kids, and trendy hipsters.

The Live Wire: 2103 El Cajon Blvd. (North Park) 619-291-7450. This bar is a favorite amongst people who live in the North Park/Hillcrest area. It is small, but has lots of different beer on tap plus a pool table and pinball. It’s usually pretty easy to find a seat here, and occasionally they have live music of the Casbah type.

Nunu’s Cocktail Lounge: 3537 5th Ave (Hillcrest) 619-295-2878. Nunu’s is a trendy lounge/cocktail revival place where the Hillcrest and North Park people like to hang out. The jukebox has an amazing selection. The place is not too big and it can tend to be crowded on the weekends.

Pacific Beach Bar and Grill: 860 Garnet Avenue (Pacific Beach) 858-272-7278. PB Bar and Grill has plenty of indoor and outdoor seating and a newly remodeled dance floor.
**Porter’s Pub:** UCSD Campus 858-587-4828. This UCSD pub is a regular haunt for the University’s graduate students and seniors. They have lots of different beers on tap, including some great micro-brews. Really cheap, yummy sandwiches too. Porter’s has a casual, friendly atmosphere, although it can get rather rowdy and noisy on Thursday and Friday nights.

**The Red Fox Room:** 2223 El Cajon Blvd. (North Park) 619-297-1313. This cocktail bar is quite popular amongst the 20-something crowd who are into the lounge thing. They only serve cocktails here (actually, you can get Miller or something, but who wants to?). The main attraction of this joint is the piano bar/live entertainment. Every night (as far as I can tell) a group of elderly people come to the Red Fox Room to drink and sing/play music. The tunes range from show tunes to jazz - perfect music for lounging. There is no cover, and if you really want to, I’m sure you could sing a song or two too.

**San Diego Brewing Company:** 10450 Friars Rd (near the Stadium) 619-284-2739. Just because it is in a strip mall, doesn’t mean the beer sucks. There is a great selection of beers to be found here including their own brew and over 50 other beers from around the world on tap. The food is good, the prices reasonable, and the beer ample. The crowd is very yuppie and bleached-blond, but it’s a good place to watch sports.

**The Shakespeare Pub & Grille:** 3701 India (Mission Hills) 619-299-0230. One of the few British pubs in San Diego, The Shakespeare is a favorite hangout for Brits. They serve traditional English food here (fish and chips, etc.) and have a variety of good old British brew. The pub also is one of the few places you can catch soccer live broadcasts of soccer, rugby, and cricket matches. I’ve known quite a few sports fans that make the trek over there at 6 am to catch some game or other.

**The Silver Fox:** (Pacific Beach) A total dive bar devoid of self-centered Californians. The beer of the month special is only $2 and they have free pool Monday through Friday from 4pm to 6pm (three tables).

**TGI Friday’s:** 8801 Villa La Jolla Dr. (UTC) 858-455-0880. This chain of restaurants/bars provides a fun and friendly atmosphere in which to drink, eat, and watch sports. They have quite a few beers on tap and a large selection of food including appetizers, dinners, and deserts. TGI Friday’s also has happy hour every day from 4pm to 7pm and 10pm to close.

**Dancing**

**Café Sevilla:** 555 Fourth Avenue (Downtown) 619-233-5979. This is a really fun place to go Flamenco and Salsa dancing. Often they feature professional dancers, so if you aren’t that coordinated; you can just sit and watch. The nights they offer dancing they also have dance lessons at 8pm. This place can get pricey (with cover and drinks) and crowded, so my advice is to come early and call first.

**Margarita Rocks:** 959 Hornblad (Pacific Beach) 858-272-2780. This place has many food specials on different night such as $2 chicken dinners and $.25 tacos. You will usually find a younger crowd here with about half of them being military. The music ranges from 80’s music to hip hop all on the same night.

**The Flame:** 3780 Park Blvd (Hillcrest) 619-295-4163. This is the female counter-part to Rich’s - a lesbian dance club. Each night offers a different style of music such as progressive & alternative (Tuesday) and house music (Thursday). Monday nights are straight nights.

**The G Lounge:** 2228 Bacon Street (Ocean Beach) 858-222-8131. Blues, reggae and alternative music can be found here.
Olé Madrid: 751 Fifth Avenue (Downtown) 619-557-0146. Ole Madrid is a Spanish restaurant by day and a dance club by night. If you eat in the restaurant before 10pm you do not have to pay the $7.00 cover to get in. The first floor has a small dance floor and house music. The basement is bigger and plays mostly techno.

Rich’s: 1051 University Ave (Hillcrest) 619-497-4588. Located in Hillcrest, this is a primarily gay dance club. If you go there on any night you will be confronted with hordes of gay men, transvestites and male go-go dancers. Thursday nights are Club Hedonism, which is basically a straight night. This means that there are less gay men and lots of hard core straight people who love to dance. The music ranges from techno to jungle to house. There is a cover.

Live Music

The Belly Up Tavern: 143 South Cedros Avenue (Solana Beach) 858-481-8140. This North County bar often gets pretty big bands to play (e.g. George Clinton, Luscious Jackson). The crowd is mixed, and usually depends on the band that is playing. Patrons range from UCSD students to older thirty-somethings looking to recapture their youth. The dance floor is quite large, and is easy to worm your way up to the front. If dancing is not your thing, there are lots of tables to sit at.

Blind Melons: 710 Garnet Ave (Pacific Beach) 858-483-7844. Specializing in blues music, Blind Melons offers a mix of local bands and DJ spun acid jazz.

Brick by Brick: 1130 Buenos Avenue (Old Town) 619-275-LIVE. Brick by Brick is shaped like a long, narrow rectangle with pool tables and booths in the back and the stage is up front. Because the club is so narrow, the crowd is forced to extend back rather than sideways along the stage, thus places near the stage are few and far between. If you just want to listen to the music and don’t really care if you see the band or not, you’ll like it here.

Canes Bar and Grill: 3105 Ocean Front Walk (Mission Beach) 858-488-1780. You will find that local bands and well known bands are both featured here.

The Casbah: 2501 Kettner Blvd. (Downtown) 619-232-HELL. Definitely one of the coolest places to see a band. The Casbah consists of three rooms. One room contains the stage and dance floor and a bar, one room contains a bar, pool tables, video games, and booths, and the last room is really just an outside walkway that connects the two rooms. However, this walkway is an excellent place to cool off and smoke (it is outside after all) after dancing to some awesome music. The crowd is a hip downtown crowd, and the music is a mix of local bands and small alternative visiting bands.

Croce's Jazz Bar: 802 5th Ave (Downtown) 619-232-4338. All performances are jazz. This is a good place to go and catch some music while eating a good meal. It can get pretty pricey though (it is downtown after all).

Dick’s Last Resort: 345 Fourth Avenue (Downtown) 619-231-9100. A good place to see live bands and go dancing on a Saturday night.

4th & B: 345 B Street (Downtown) 619-231-4343. This club has a somewhat unique set up, with theater seats and tables surrounding the dance floor.

House of Blues: 1055 5th Ave. (Downtown) 619-299-2583. Live music from all over.

Moondoggies: 832 Garnet Ave (Pacific Beach) 858-483-6550. Live blues, zydego, and soul on Thursday, Friday, and Saturday nights.
**Winston’s:** 1921 Bacon Street (Ocean Beach) 619-222-6822. Lots of live music featuring local bands. The emphasis here is on rock and reggae.

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**Theaters**

**Hillcrest Cinemas:** 3965 5th Avenue (Hillcrest) 619-819-0236. They play mostly recent artsy films or things that would be considered too risqué for normal theaters. You can buy a five-movie pass for $22 which is good for six months.

**Ken Cinema:** 4061 Adams Avenue (Kensington) 619-819-0236. Definitely one of the best theaters in San Diego. The Ken plays a wide variety of films ranging from classics like “The Big Sleep” to more modern films like “Fargo”. They often have theme weeks like “Hong Kong Action Films” or “Hitchcock Classics” in which they will play a series of related movies. The Ken features two different movies every day and admission to one allows you to stay for the next one. A schedule can be picked up at most corner stores.

**La Jolla Village Cinema:** 8879 Villa La Jolla Drive 619-819-0236. This theatre has four screens and is located inside the La Jolla Village shopping complex on Nobel Dr. Independent films are shown here.

**La Jolla Playhouse:** UCSD Campus 858-550-1010. The UCSD theater department regularly puts on plays here. Tickets for these shows are really cheap. If you want to shell out more money and watch some professionals, the La Jolla Playhouse troupe also put on plays here, but you pay the price to see the good actors.

**The Museum of Photographic Arts (MOPA):** 1649 El Prado (Balboa Park) 619-238-7559. They often have artsy-film festivals here, so check the reader listings!

**The Old Globe Theater:** El Prado (Balboa Park) 619-231-1941. The theater features lots of live plays with a heavy leaning towards Shakespeare.

**The Reuben H. Fleet Space Theater:** 1875 El Prado (Balboa Park) 619-238-1233. This theater doubles as a planetarium and cinema. The films are IMAX, projected on the domed ceiling and usually deal with science- or nature-related topics.

**Starlight Theater:** Pan American Plaza (Balboa Park) 619-544-7827. Since the theater is located right under the flight path, the actors will freeze when a plane flies over and then resume acting when the noise has died down.
Sports Equipment Stores

**Long Board Grotto Surf Shop:** 978 N. Highway 101, (Encinitas) 760-634-1920. This surf store is dedicated exclusively to Long Boards and “Eggs” which are the best kind of boards to learn on. The place deals mainly with used boards (which are MUCH cheaper than new ones but quite expensive nonetheless).

**The Bicycle Warehouse:** 4670 Santa Fe (Pacific Beach) 858-273-7300. The Warehouse carries a wide selection of bikes and bike equipment. They also have a mountain biking club (see below for details).

**Outback Adventures:** 711 Artist’s Lane (UCSD campus) 858-534-0684. You can rent skiing and camping equipment really cheap here. They also lead hiking, kayaking, and canoe trips.

**Play it Again Sports:** 1401 Garnet (Pacific Beach) 858-490-0222. Play it Again Sports buys and sells used sporting goods equipment and sports accessories. You can get great deals here, especially if you want to take up a sport but do not want to invest in brand-new equipment. The store features surfboards, SCUBA equipment, bikes, climbing equipment and roller-blades along with the usual balls, bats, mitts, etc. that are used in team sports. They also feature some new equipment.

**REI:** 5556 Copley Drive (Clairemont) 858-279-4400. REI sells camping, climbing, hiking, biking, and canoeing equipment very cheap. They also have kayak and canoe rentals. A membership here is pretty cheap and gets you large discounts. This place is a definite must before a camping trip.

**Second Chance Sports:** 4811 W. Point Loma Blvd. (Ocean Beach) 619-224-9524. A couple named Jeff and Marla Rauthause run this store, and it specializes in used sports equipment. Marla is very helpful and knows a lot about women’s sizes for wetsuits.

Classes/Leagues

**UCSD** has sports classes and leagues, as well as recreational hiking and canoeing trips, etc. Call 858-534-4037 for general recreation information. Examples of classes include diving, sailing, surfing, tennis, aerobics, underwater basket weaving, weight training, martial arts, ballroom dancing, and yoga. Classes are approximately $30 per quarter and there is a recreation booklet available at Rimac Gym that details the classes available. You can also go to recreation.UCSD.edu.

Every summer Scripps has a **Softball league**. When the time comes to make teams, you will no doubt get countless emails about it and be constantly nagged about joining your lab’s team.

The UTC ice rink has a **Hockey league** that anyone can join. The cost is $400 for 20 games (one season). This price includes clinics to hone down skills as well. Log onto www.icetown.com or call 858-452-9110 for more info.

**Shiley Sports and Health Center** features many classes such as step aerobics, masters swimming, yoga, and body sculpting. They print out new activity guides every couple months that you can pick up at their front desk. Membership is free for graduate students.
Biking

The Mountain Bike Guide - San Diego Region by Scott Bringe (Sunbelt Publications, Inc. San Diego 1993) is the book to consult for a great summary of all the places to ride in the San Diego Area. The book contains tips on biking in Southern California terrain, precise directions on how to get to the trails, and a concise description and rating of the rides. Suggestions for rides within 20 miles of Scripps include Los Penasquitos Preserve, San Clemente Canyon, Lake Hodges, and Tecolote Canyon. Some other places that Scripps students recommend are the Del Mar Mesa trails, Noble Canyon, the fire roads in Cuyamaca Rancho State Park, and Otay Mountain.

The Mountain Bike Warehouse (see sports equipment stores) not only sells biking accessories and clothing, but it also has a mountain biking club. A yearly membership includes scheduled rides for all levels of rider, a newsletter, riding jersey, and free workshops on riding and bike maintenance. This is a great way to meet potential riding partners and find out about new places to off-road.

As mentioned above, the Cantina Mountain Bike Shop has trail rides in Los Penasquitos every Wednesday afternoon. The shop also has a bunch of free local bike/athletic magazines piled in front (as do most bike shops) which are full of rides and biking club information.

For those of you who live south of the 52, there is a way to bike from south San Diego up to La Jolla/UTC/Scripps. Try the Rose Canyon bike path. It connects Santa Fe Street in Pacific Beach with Gilman Drive in La Jolla colony. If you bike all the way up Gilman Drive and through the UCSD campus, you will come out at the North entrance, which is at the Genesee/North Torrey Pines intersection.

A semi-annual event known to bikers all around San Diego is the Rosarito-Ensenada bike ride. This 50-mile trek takes you from Rosarito (about half an hour south of Tijuana) down the Mexican coastal highway to Ensenada where lots of food and beer and good times await you. The sponsors provide the transportation back to Rosarito so you don’t have to bike back. The ride attracts bikers of all ages and skill levels, ranging from professional bikers who race to the finish line to drunken party-goers who end up hitching a ride in one of the support vans.

Camping/Hiking

Julian seems to be the Scripps grad students’ number one choice for places to hike that are close to San Diego. It takes about 1½ to 2 hours to drive to Julian, but it’s a very scenic drive - it winds through the foothills and countryside. The area around Julian is beautiful with lots of mountains and marked trails. And a perfect reward for a long hike is a piece of Julian apple pie. The trip home is usually co-incident with the sunset which can be very pretty (or blinding) when driving on the 8.

Nearby Julian are the Cuyamaca Mountains. Here you can find hikes ranging from 0.7 to 12 miles. The scenery is very much like eastern coastal mountains with big oak trees, and other hardwoods as well as pine trees. This mountain range is less than an hour away so it is truly a feasible day trip.

Torrey Pines State Reserve is also good for short hikes. The trails are great for running or short afternoon walks. A favorite is the Beach Trail, which goes right down to the beach and is not very difficult.

Another place in the San Diego area is Cabrillo National Monument. This park on the tip of the Point Loma Peninsula is known for its excellent tide pools (only during low tide) and beautiful ocean views.

The desert is also nice to hike around in, especially in late March-early April when the wildflowers are in bloom. Lots of bookstores carry wildflower information booklets that you can carry with you on your hike to identify flowers with. Don’t forget to take lots of water and sunscreen with you. Camping in the desert is fun, but you should not do it in the summer when you will have to lug your big backpack around in 100-degree temperatures. Also, keep in mind that even though the desert is very warm during the day, it gets really cold at night.

For a complete listing of hikes in the San Diego area, the book Afoot and Afield in San Diego County by Jerry Schad (Wilderness Press, Berkeley, 1993) is highly recommended and a must for anybody who is interested in day hikes or longer excursions. The book is up to date, and has complete instructions and road maps showing how to get to the trailheads.
Fishing
There are no fees or licenses needed to fish from the following piers:
• Coronado Pier (Orange Avenue in Coronado)
• Crystal Pier (Garnet Street in Pacific Beach)
• Embarcadero Marina Park Pier (200 Marina Park Way, Downtown)
• Imperial Beach Pier (Evergreen Avenue and Ocean Lane in Imperial Beach)
• Oceanside Pier (3rd Street in Oceanside)
• San Diego Public Fishing Pier (Niagara Avenue in Ocean Beach)

Frisbee-golf
This is a spin-off of traditional golf, but instead of using clubs and a ball, you use Frisbees. The object is to throw the disc into the baskets (holes). Distances between the holes average more than 270 feet. Par for the 18-hole course ranges from 54 to 60. Rules are posted. Tee off is at the eastern end of Morley Field. Call 619-692-3607 for directions. There is a fee of $2 per day during the week and $2.50 per day on weekends.

Golf
Golf Digest named San Diego "One of the Top 50 Golf Destinations in the World". There are over 90 courses located throughout the San Diego region, from seaside settings to desert and mountains to inland valleys. Numerous San Diego courses have been designed by leading golf course architects including Tom Fazio, John Miller, Alister Mackenzie, Pete Dye, Ted Robinson, Robert Trent Jones, and more. With a wide range of courses, there is a course for every type of golfer and a range of greens fees that will fit every budget. Add in San Diego's temperate climate (average year-round temperature is 70-degrees) and year-round play is yet another benefit of this golfer's paradise.

San Diego is home to two exciting PGA tour events: the Buick Invitational at Torrey Pines and the Accenture Match Play Championship at La Costa Resort & Spa, Carlsbad. Torrey Pines will host the 2008 U.S. Open. San Diego is also headquarters to many of the world's leading golf equipment manufacturers including Callaway and TaylorMade. These manufacturers offer tours and custom fittings.

Ice Skating
University Town Center (UTC) has an indoor skating rink where you can rent skates and go round-and-round the rink while listing to bad music. Call La Jolla Ice Town at 858-452-9110 for skating hours. The San Diego Ice Arena at 11048 Ice Skate Place (Mira Mesa) also has skating. It costs $7 to skate and skate rental is $3.00. Call 858-530-1825 for skating hours.

Rock Climbing
There is an indoor gym in UTC (Vertical Hold, 9580 Distribution Ave.), and one in Old Town off the 5 (Solid Rock Gym, 2074 Hancock Street), both of which offer climbing walls. There is also a nice climbing wall in La Jolla by the beach that is very exposed to the sun but nice to climb on in the evenings.
Running

For people who live in the UTC area, UCSD has some nice running trails and it's pretty safe to run around UTC (along Town Center Drive) as well. There are some great jogging trails in the Torrey Pines State Reserve if you don't mind an occasional rattlesnake. As far as running events go, there are many road races in the San Diego area from 5K to marathon distances. These, as well as many multi-sport events (Triathlons, biathlons) are listed in a free publication called RacePlace which can be picked up at any local sporting goods store (Fleet Feet, Road Runner Sports, Sports Chalet) or call them at 858-485-9806. This magazine has a calendar and entry forms for various sporting events in San Diego, Orange and Los Angeles counties. Most events include a commemorative t-shirt, food, prize drawings, and first aid. Contact www.raceplace.com for more information.

Sailing & Jet Skiing

Mission Bay is a great place for water sports that require calmer water than the ocean. Two hotels that rent sailboats, aquacycles, powerboats, and sailboats: the Hilton Hotel at 1775 E. Mission Bay Drive (858-276-4010) and The Dana on Mission Bay at 1710 W. Mission Bay Drive (619-222-6440). The Mission Bay Sport Center (www.missionbaysportcenter.com) at 1010 Santa Clara Place (858-488-1004) provides services for water sports. Hourly rental prices: sailboards, $18; sailboats $18 to $45; jet skis $90; powerboats, $85 to $100. Half-day and full-day rates are also available. And finally, the Seafortth Boat Rental (www.seafortthrental.com) at 1641 Quivira Road (619-223-1681 or 888-834-2628) offers rentals for Mission Bay and San Diego Bay. They also rent jet skis, speedboats, and canoes and offer private half-day fishing charters.

Scuba & Skin Diving

The Diving Locker at 1020 Grand Avenue in Pacific Beach offers scuba certification classes, swimming lessons, rentals of all equipment and dive/boat trips. Call 858-272-1120 for more information. Ocean Enterprises at 7710 Balboa Avenue (858-565-6054) offers weekend and evening PADI classes for all levels and ages. They also have rentals and scuba boat trips. Another place to get training is the Water Education Training Center (WET) at 2525 Morena Blvd in Bay Park. They offer YMCA, PADI, NAUI, and CMAS water education classes, as well as dive/boat trips and rentals.

Skiing/Snowboarding

The cheapest ski rentals can be found at Outback Adventures (UCSD). The equipment is nice too. Even if you don’t rent from Outback Adventures, keep in mind that rentals will be MUCH cheaper in San Diego than up in the mountains.

For the most part, southern California skiing is not really all that great. But, if you are not too snobby about conditions, and you really have a craving to get out on the snow, some of the local resorts are Mountain High, Bear Mountain, and Snow Summit. For better snow coverage and more varied terrain, try Mammoth Mountain or the several resorts in the Lake Tahoe area (Heavenly Valley, Boreal Ridge, Squaw, Sierra Ski Ranch, and Kirkwood). Wherever you go don’t forget to bring chains along or you might get stopped and be forced to turn around if the road conditions get messy.
Surfing

Learning to Surf:
UCSD has a class that is supposed to be pretty good, and Kahuna Bob also offers classes and provides the wetsuits and boards. For all you gals out there, there’s a surf school especially for chicks, called Surf Diva Surf School (858-454-7273). There are also many people at Scripps who surf and would also gladly take you along.

Where to Go:
A word of warning: it’s a bad idea to go surfing alone when you are starting out. Also be forewarned that the surf is much bigger, nastier, and colder in the winter than in the summer. Beware of cutting people off (dropping in) in crowded conditions—this can lead to altercations. Make sure you pay attention at beaches—surfing is sometimes delimited within certain boundaries, so check for flags. Also, surfing is very difficult to learn, but it’s worth sticking it out in the end—truly a mystical sport. One last caveat: surf conditions in San Diego are extremely variable from one day and area to the next, but usually better in the winter and lake-like in the summer. A tidal calendar can be found at scilib.ucsd.edu/sio/tide/pier2000.html.

Del Mar - anywhere between 9th and 15th street is quite nice and usually not too crowded. The 11th street access is a not-too-deadly scramble down a cliff trail, but the waves are sometimes worth it. Be careful of reefs here, and be forewarned - the break can be pretty sizable. It’s an unprotected beach, however, and is often blown out and shifty.

Torrey Pines - this little beach gets extremely busy in the summer and should be avoided at all costs during tourist season. On winter weeknights or early mornings the surf is good for boogie boarding but is a bit small and crumbly for surfing. There are also many rocks.

Pacific Beach - Tourmaline is the spot preferred by many surfers. If you go there at 7 or 8 am on a weekday you’ll no doubt notice the surf is populated bunch of older (40-60 years old) men who started surfing in the 60s and have been longboarding there ever since. The people that frequent this beach tend to be very territorial and you should take pains to be extra nice to them when you surf on THEIR beach. But usually, people are quite mellow, resulting in a much woman-friendly surfing environment.

Pacific Beach - Law Street is just south of Tourmaline and just north of the Crystal Pier. It is much less crowded than Tourmaline and the people there a lot more friendly towards novice surfers. The break is also nice and gradual (which means a lot of paddling out but consistently nice waves).

Cardiff - you can park along side the 1 and hike down to the beach here. The waves are nice, but the beach is rocky. You should be especially careful to surf where the water is quite deep, as you run the risk of cracking your head on the rocky ocean bottom.

La Jolla Shores - this is another beach that gets really crowded during tourist season and is best avoided in the summer months. The beach is very gradual and produces an ok break that is usually about 2-4 feet (and usually closes out). It’s a great beach to learn on and conveniently located near Scripps.

Blacks Beach - don’t be surprised - people do surf naked here. Top nominee for the most beautiful beach in San Diego. However, it is a nudist beach, which tends to attract either built gay men, or, unfortunately, straight men with sexual hang-ups. Not necessarily a good place to go to alone if you’re a woman. The trek to the beach is a long steep cliff. There are many locals, and occasionally a few pros who surf here. The wave is good, but fast, and prone to be violent when it gets big, especially in the winter. For this reason, it’s not recommended as a good place for those who are just starting out.
**La Jolla - Windansea** is more a beach for the advanced surfer. The waves can get huge (but nice) and there are rocks and reefs to be navigated. If that’s not enough to deter you, then you should also be forewarned that the old surfers here (them again) can be very territorial and suspicious of non-locals. The break is very localized, and thus, when it’s crowded, it’s competitive. Windansea is best for watching surfers.

**Scripps Pier** - same as Shores, but just a wee bit north and usually better, and sometimes less crowded. Check out the North Side of the pier. Many people don’t surf there that often and sometimes the breaks just as good as the South side.

**Ocean Beach - Dog Beach** - Sometimes closed due to high *E. coli* levels when it rains, but usually a good break, if somewhat always crowded. Try the weekdays in the afternoons.

**Imperial Beach** - don’t even bother. The break sucks and there is a lot of sewage runoff here from TJ which causes the beach to be closed on a consistent basis.

**Sunset Cliffs** - A decent, deep-water break, especially for longboards, and also a very beautiful beach. The downside is: no ladder down the sheer cliffs, getting in through the pounding surf on the rocks, and getting out through the pounding surf on the concrete jetty. No sense of timing? Don’t try it.

### Swimming

Shiley Sports and Health Facility at Scripps has a pool with lots of free swim hours. The best times to go are in the mid-afternoon or evenings (when the rest of the world is doing other things). There are also masters swim classes, which I am told are a great way to meet people and challenge yourself. UCSD’s Recreation Intramural Athletic Complex (RIMAC) functions as both an all-inclusive athletics facility for UCSD and a multi-purpose events center for the San Diego community at large. If pool swimming is not for you, then the ocean is a great place for a good workout. The La Jolla Cove is very popular amongst swimmers and there are annual rough-water swims from the Cove to La Jolla Shores.

### Volleyball

Mission Bay, La Jolla Shores and Balboa Park all have grass volleyball courts. Almost every beach from the Mexican border to Los Angeles has a volleyball court and net set up including one at Blacks Beach where clothing is optional. And for those of you who want to play beach volleyball but don’t want to go to the beach, Shiley has a beach volleyball court.
Baseball

The San Diego Padres National League baseball team plays games all summer and tickets are pretty easy to get. Home games are played downtown at Petco Park. Tickets can be ordered online at www.sandiego.padres.cmlb.com. The International Office at Scripps also reserves seats at two games a year and then gives the tickets to international post-docs and students. Most of these people don’t want their tickets and will gladly give them away to poor grad students. TSRI has a lottery for a pair of free Padres tickets. Drawings will be held at the end of each month for the following month’s games. Tickets are for personal use only and cannot be sold. You can win only once a season. For more information call extension 4-2058.

Basketball

San Diego State University has men’s and women’s basketball teams. The Aztecs web site is www.goaztecs.com. Games are played at the Cox Arena on SDSU’s campus. Seating is General Admission. SECTIONS F & E rows 1-17, SECTIONS S & R rows 6-17 and SECTION B rows 1-5 will be held for season ticket holders. However, season ticket holders may sit in other General Admission areas. Contact the Aztec Athletic Ticket Office, 619-283-7378, for information on pricing and location of reserved seats.

Football

The San Diego Chargers are the city’s well-loved football team, and as a result tickets are very hard to get during a good season. The season runs August through December. Ticket prices are $41 to $84. Ticket information can be found at 619-280-2121, ticket sales at 619-220-TIXS, or at www.chargers.com.

Horse Racing

The racing season starts mid-to-late-July at the Del Mar Racetrack (Via de la Valle and Jimmy Durante Blvd). Races take place every day of the week except Tuesdays. It can get really crowded on weekends so my advice is to take an afternoon off and go to the races. General admission is $5.00, clubhouse admission is $8.00, and parking is $5.00. Post time is 2pm. Call 858-792-4242 for more information or look on the web at www.dmtc.com.

Ice Hockey

Yes, San Diego does have a hockey team and they are called the San Diego Gulls, www.sandiegogulls.com. The team plays in the West Coast Hockey League (WCHL) and home games are from October thru March at the San Diego Sports Arena (3500 Sports Arena Blvd). Tickets are available at
This is not really good hockey - if you are starved for a live hockey game then you should go see them, otherwise you’re best advised to stay away. Free tickets are given away on a regular basis by various radio stations, and the tix in general are pretty cheap ($12-$15). Other than that, you can catch some NHL action with the Kings or the Ducks up north.

Over-the-Line

Over-The-Line started in 1953 as a simple sand baseball game. Since running bases in the sand is difficult, the game evolved in a more static fashion: the batter attempts to hit the ball past or over the heads of the opposing 3-person team. Hits are scored when a ball is hit into fair territory on the fly without being caught by fielders. Three hits in an inning score one run. Each additional hit in the same inning scores one more run. Now notorious the world over, the Old Mission Beach Athletic Club (OMBAC) Over-The-Line (OTL) Championship is a ribald celebration of sun, surf and sand. The event’s bad taste reaches its quintessence in the names the teams select for themselves, focusing on body parts concerned with reproduction, lactation, and defecation. Many in attendance find the off-field activities more interesting than those at the plate. Food booths are in full-fry, and there are always lots of tasty brew to quench your summer thirst. The event takes place through two July weekends on Fiesta Island. Admission is free. Games start at 7:30 am and end at dusk.
Adams Avenue Street Fair & Free Fall Festival
This street fair occurs for one weekend in late September. There are 400 vendors selling food, jewelry, incense and other goodies, plus a beer garden and a pancake breakfast. There are also 70 bands on 6 stages playing tunes on both days of the fair. And the big treat – a carnival complete with a ferriswheel and small carousel sets up in Adams Park.

Cinco de Mayo Festival
This annual Old Town event celebrates one of the biggest holidays in Mexico. Festivities include folkloric music, dance, food, and historical reenactments.

Balboa Park December Nights
Annual holiday event (the largest free community festival in San Diego) features music, dance, multicultural celebrations, and food from around the world. No entrance fee into participating Park museums. Balboa Park Public information 619 239-0512, www.balboapark.org

San Diego County Fair
This is Southern California's annual county fair which is held at the Del Mar Racetrack. There’s a lot to see, eat, and do. Obligatory midway carney barkers, veg-o-matic demonstrations, floral arrangements, barnyard animals and smells, lost kids, high cholesterol food, school exhibits, miracle mops, and local talent. They have concerts with big name bands every night. A bit pricey though - $11.00 for admission and another $5.00 to park. I recommend parking in La Jolla and taking the free shuttle. Fair is held annually from the end of June to early July.

Grunion Runs
Grunions are small, silvery fish that wash ashore to lay their eggs three or four nights after a full moon, during the one to fours hours immediately after high tides. This annual event occurs March through September. April and May are prime times to watch these little fish. You must have a fishing license to catch grunion, and you can use only your hands. No holes may be dug in the beach to trap them. The most common spots are Silver Strand State Beach in Coronado, Torrey Pines State Beach, Mission Beach, and other unlighted, long, smooth beaches.

The International Comic Con
In late July every year thousands of comic book lovers, Trekkies, and fanboys descend on San Diego for this event at the Convention Center. During the three days of the con you can meet your favorite comic book artist, check out some cool Japanese Anime, attend workshops on drawing comics, enter some costume contests, and of course you can buy comics too. Check out www.comic-con.org for more details.
La Jolla Festival of the Arts
Award-winning art, music, food, and fun. The festival is on the campus of La Jolla Country Day School and is held during the month of June. One drawback is that they charge for admission ($10), but if you are resourceful there are ways of sneaking in.

Ocean Beach Street Fair and Chili Cook-off
This annual event occurs on a weekend at the end of June. As the name implies there is a professional chili cook-off one day and an amateur chili cook-off the other day. There is also art, food, games, and entertainment.

Pacific Beach Block Party
This block party usually occurs in the beginning of May. You’ll find live music, arts and crafts, children’s activities, and food booths, all on the beach. Admission is free and it runs 9 am to 5pm.

The Roots Festival
This Adams Avenue festival is very much like the Adams Avenue Street Fair, except it occurs in April, and it’s a bit smaller. There are 40 performers and 6 stages plus 200 vendors, a beer garden and of course a carnival. Music includes Blues, Gospel, Mexican, Jazz, Irish, Country, Folk and Zydego.

Street Scene
In early September California’s largest music and food festival occurs in Downtown San Diego. Notable international, national, and local artists come and play for 3 days. There are 11 stages set up in a 21-block area in the Gaslamp District. Music includes blues, zydego, world beat, reggae, funk/soul, rock, gospel, jazz, and acid jazz. Beer and food can be found here too.

Toyland Parade
This annual Christmas parade is North Park’s way of kicking off the Holiday Season in early December. Complete with floats and marching bands, these merry revelers parade down University Avenue heralding the coming festivities.
Catholic Community at UCSD
Newman Center
4321 Eastgate Mall (858-452-1957)
www.cathcom.ucsd.edu
Sunday Eucharist: 12:30, 5:30, 7:30 pm

St. Brigid Catholic Parish (Pacific Beach)
4735 Cass Street (858-483-3030)
Monday through Saturday: 7:00 am.
Saturday service: 5:30 pm
Sunday morning services: 7:30, 9:00, 10:30, 12 noon, and 5:30 p.m.
www.stbrigid-sandiego.org

Mount Soledad Presbyterian Church (La Jolla)
6551 Soledad Mountain Road (858-459-3865)
Sunday services 9:30 to 11:00 a.m.
www.mountsoledad.org/

Pacific Beach Presbyterian Church (Pacific Beach)
1675 Garnet Avenue (858-273-9312)
Sunday morning worship: 8:30 and 10:45
www.pbpres.org/

Christ United Presbyterian Church (North Park)
1845 30th Street (619-239-2346)
Sunday service 10:30 a.m.

Pacific Beach United Methodist Church (Pacific Beach)
1561 Thomas Avenue (858-274-6573)
Sunday morning worship: 8:15, 9:00 and 10:30
www.pbucm.org

St. Mark's United Methodist Church (Clairemont)
3502 Clairemont Drive (858-273-1480)
Sunday services 8:30 and 10:00 a.m.
www.gbmg-umc.org/stmarks-sandiego

Scott Memorial Community Church (North Park)
2716 Madison Avenue (619-280-1495)
Sunday services: 8:00, 9:30 and 11:00 am

College Avenue Baptist Church (near San Diego State)
4747 College Avenue (619-582-7222)
Sunday Meeting Times: Cornerstone 10:30, Celebration 9:00 and 10:15
www.cabc.org
South Coast Community Church (Pacific Beach)
4033 Ingraham Street (858-270-0386)
Sunday service: 10:00 am at the Crown Point Elementary School

Synagogue
Congregation Beth Israel
A Reform Congregation
www.cbisd.org
9001 Towne Centre Drive (near UTC)
Temple: 858-535-1111

Buddhist
Soka Gakkai Community Center (Linda Vista)
4828 Ronson Court (858-514-3870)

Hindu
Shri Mandir (Mira Mesa)
9474 Black Mountain Road (858-566-5644)
www.councilofhindutemples.org

Bahai Faith
The Bahai's of San Diego (Linda Vista)
6545 Alcala Knolls Drive (858-268-3999)
Sunday service 9:00 a.m.
www.bahai-site.org

The Church of Jesus Christ of Latter-day Saints
2880 Governor Drive (near UTC)
858-587-0512