Small Bites from a Year of Reviews

The Circus was a real treat. The performers were fantastic, the clowns were hilarious, and the elephant was the highlight of the show. I would definitely go again!

The Restaurant on the Water was a letdown. The service was slow, the food was cold, and the overall atmosphere was dull. I won't be going back.

The Furniture Store was a real gem. The selection was excellent, the staff was friendly, and the prices were reasonable. I will be recommending this store to all my friends.

The Farmer's Market was a bit of a disappointment. The produce was rotten, the meats were fatty, and the overall organization was poor. I won't be returning.

A Guide to San Diego Hiking Trails

The Pacific Crest Trail is a popular hiking trail in San Diego. It starts at the ocean and goes 2,650 miles to Canada. The trail is challenging, but the views are worth it. Be sure to bring plenty of water and snacks.

The San Diego River Trail is a shorter trail that runs along the San Diego River. It's a great trail for beginners and families.

The Torrey Pines State Natural Reserve Trail is a beautiful trail that runs along the coastal cliffs. It's a great trail for birdwatching.

The Black Mountain Park Trail is a challenging trail that takes you to the top of Black Mountain. It's a great trail for a workout.

The Mount Soledad Trail is a short trail that takes you to the top of Mount Soledad. It's a great trail for a panoramic view of San Diego.

The Mission Trails Regional Park is a great place to hike. The trails are well-marked and the views are stunning. It's a great place to spend the day.

The Balboa Park Trail is a short trail that takes you to the top of Balboa Park. It's a great trail for a quick workout.

The Cabrillo National Monument Trail is a challenging trail that takes you to the top of Cabrillo National Monument. It's a great trail for a panoramic view of the city.

The Mission Bay Trail is a short trail that takes you to the top of Mission Bay. It's a great trail for a quick workout.

The Point Loma Trail is a challenging trail that takes you to the top of Point Loma. It's a great trail for a panoramic view of the city.

The Coronado Island Trail is a short trail that takes you to the top of Coronado Island. It's a great trail for a quick workout.

The San Diego River Trail is a short trail that takes you to the top of the San Diego River. It's a great trail for a quick workout.

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Parsley, Sage, Rosemary, and Garlic

Ginseng

Ginseng is a herb that has been used for thousands of years in traditional Chinese medicine. It is known for its ability to promote healing and rejuvenation. Ginseng is believed to have a calming effect on the mind and to help reduce stress. It is also believed to improve circulation and increase energy levels. Ginseng is often used as an adaptogen, which means that it can help the body adapt to stress and improve overall health. Ginseng is available in a variety of forms, including capsules, tablets, and extracts. It can be taken as a supplement to support health and well-being.

Some vegetables and herbs have been recommended as being particularly beneficial for growing in containers. These include leafy greens, carrots, tomatoes, cucumbers, and peppers. Leafy greens are a great choice because they require less space and can provide a continuous harvest. Tomatoes, cucumbers, and peppers are also great options because they produce a substantial yield in a small space.

Growing Your Own

Some vegetables and herbs have been recommended as being particularly beneficial for growing in containers. These include leafy greens, carrots, tomatoes, cucumbers, and peppers. Leafy greens are a great choice because they require less space and can provide a continuous harvest. Tomatoes, cucumbers, and peppers are also great options because they produce a substantial yield in a small space.

Parsley

Parsley is a herb that is commonly used in cooking. It is known for its ability to add flavor and aroma to dishes. Parsley is also believed to have a number of health benefits, including reducing inflammation and improving digestion. It is available in a variety of forms, including fresh, dried, and as an extract.

Rosemary

Rosemary is a herb that is commonly used in cooking. It is known for its ability to add flavor and aroma to dishes. Rosemary is also believed to have a number of health benefits, including improving memory and reducing inflammation. It is available in a variety of forms, including fresh, dried, and as an extract.

Garlic

Garlic is a herb that is commonly used in cooking. It is known for its ability to add flavor and aroma to dishes. Garlic is also believed to have a number of health benefits, including reducing inflammation and improving blood circulation. It is available in a variety of forms, including fresh, dried, and as an extract.

Sage

Sage is a herb that is commonly used in cooking. It is known for its ability to add flavor and aroma to dishes. Sage is also believed to have a number of health benefits, including improving digestion and reducing inflammation. It is available in a variety of forms, including fresh, dried, and as an extract.

Stir Fry

Stir fry is a popular dish that is often made with a variety of vegetables and proteins. It is a quick and easy meal that can be ready in under 30 minutes. The dish is typically made with a mixture of vegetables, such as bell peppers, zucchini, and carrots, stir fried in a pan with soy sauce, garlic, and ginger.

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(moderately) CHEAP EATS

Elaine Webster

The page is intended to announce and encourage support for the organization. The reader is informed that the page is dedicated to providing information on affordable dining options. The page features a list of restaurants and their respective prices, with an emphasis on affordability. The reader is encouraged to support the cause by dining out and contributing to the organization's mission.

INTERESTED IN GROWTH?

Houses of Herbs and Nostalgia

The page is a review of a local herb and herbal product store. The reader is provided with customer testimonials and a list of the products offered. The store is praised for its knowledgeable staff and diverse selection of herbs and remedies.

An Ethnic Map of San Diego

The page features a map highlighting various ethnic neighborhoods in San Diego. The map is accompanied by text that describes the cultural diversity and rich histories of each community. The reader is invited to explore and appreciate the unique contributions of each ethnic group to the city's tapestry of culture.

OUR CALL LETTERS TELL YOU WHERE WE WERE AT

Contemporary Music

The page is a list of contemporary music call letters, indicating the stations playing the music. Each call letter is accompanied by a brief description of the music genre or style associated with that station. The reader is encouraged to tune in to these stations for a variety of music options.

Greek Gods and the Athens Market, 414 S. St., enjoy Greek specialties and pastries, and have a little recess in the back which is quite popular with the downtown lunch crowd.

ITALIAN: The area was much more crowded on the weekends when the community is still flying along. A couple of the larger clubs were packed, but the smaller ones had a more relaxed atmosphere, especially in the evenings.

AMERICAN: The American Market, 414 W. St., offers a wide variety of American foods, including burgers, pizza, and sandwiches. The market is popular for its affordable prices and friendly atmosphere.

JAPANESE: The Japanese Market, 415 S. St., features a selection of Japanese dishes, including sushi, ramen, and tempura. The market is known for its fresh ingredients and traditional cooking methods.

MEXICAN: The Mexican Market, 416 S. St., offers a variety of Mexican specialties, including tacos, enchiladas, and mole. The market is popular for its authentic flavors and local ingredients.

AFRICAN: The African Market, 417 S. St., provides a taste of African cuisine, including jollof rice, fufu, and plantains. The market is known for its spicy and flavorful dishes.

ASIAN: The Asian Market, 418 S. St., features a selection of Asian dishes, including dim sum, pho, and pad thai. The market is popular for its diverse and flavorful cuisine.
10 Busiest Corners in Town
(where you'd sell apples if it came to that)

1. Fruitvale and Broadway, E.M. This corner is perfect because of its location.
2. Everyone there is eating a banana.
3. The banana is a healthy snack.
4. People are happy.
5. There is a basketball game nearby.
6. The energy is high.
7. You can sell apples.
8. People are willing to buy.
9. The profit is good.
10. It's a busy corner.

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A Guide to Sports Lessons

Are you paying more for service than you should be?
when you buy a new bike from
Pacific Suzuki your first service
check is free! Get The Best
"Service from Professionals"
**THIS WEEK IN SAN DIEGO**

**SPECIAL EVENTS**

**NATIONAL EVENTS OF THE REPUBLIC OF CHINA,** "Chung Lee"-China, will be on display free at the Central City Police Box every Thursday through October 12, from 10 a.m. to 11 p.m.

**Meet Leonard G. Smith, president of the San Diego Board of Education, at the San Diego City College Library.**

**LECTURES & TALKS**

**PROQUITY OF THE IMMORALSBY (organized by the San Diego Juvenile Court, Thursday, October 10, 7 p.m.)**

**CAMPUS SPEAKING LINES: REFORM OR DESTRUCTION (organized by the California State University, San Diego, October 10, 8 p.m.)**

**FILMS**

**MUSIC**

**SPORTS**

**We’ll wait on you.**

**Till 7:30. Drive through Mondays and Fridays**

**At 41 key locations**

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**Where to get your Reader:**

**PACIFIC BEACH**
- Blackwater
- Border Towns

**BAY PARK**
- Chula Vista
- Coronado

**MISSION VALLEY**
- Clairemont
- Point Loma

**OCEAN BEACH**
- Atlantic Beach
- Bayview

**HILLTOP**
- Manchester
- Morello

**LA JOLLA**
- Shores
- Windansea

**OCEAN BEACH**
- Atlantic Beach
- Bayview

**MUSEUMS & GALLERIES**

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**FILMS**

**MUSIC**

**SPORTS**

**san diego state presents**

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**main stage**

**bonus productions**

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**children's theatre**

**Tingalady Bird**

**by MARY MELWOOD**

**Dr. Margaret McKerron**

**No Dragons Allowed**

**by MARGARET MCKERRON**

**Dr. Margaret McKerron**

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**SEASON TICKET POLICY**

As a subscriber, you will receive a discount of 5% off the regular price of tickets for this season. Tickets may be purchased at the Box Office or by mail. Mail orders must be prepaid. Orders will be held at the Box Office until the day of the performance. Sorry, no refunds or exchanges. Season tickets must be presented for admission. To place your order, call 619-440-2000.

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**PRICES**

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**SDCCO STATE THEATRE**

**Lobby Bar**

**SUNDAY, OCTOBER 10, 1976**

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Two Westerns
A Spoof
And A Superbly Disgusting Character

The San Diego State Daily, San Diego State University, and using supposedly genuine copies of both Dutch face with that of any other comic strip, creating comic effects before seen on this earth, and with a perfection of style that is somehow wondrous, is somehow humanely characterized by a few of T. Michael Hall, the watchful eye of "Boobie" of Broomwood's "London Illustrated". The strip is by John H. and has been reprinted with the rekindled words of "San Diegans" in the Daily's line for the past year. The strip has been sent and continued with by Dina Anayev, a master of the stripes, in the comic style and with the added touches of "London Illustrated" also. The strip has been an excellent introduction to the world of comic strips, and has been a wonderful addition to the world of comic book art. Don't miss out on this wonderful world of comic strips.

The first comic to be published in the New York Daily News, was "The Wanderer". This was an attempt at humor, and it is still going strong. It is a daily comic strip, and it is still going strong. It is a daily comic strip, and it is still going strong.

Two Picture Problems were the only problems encountered in the first year of "The Wanderer". This was an attempt at humor, and it is still going strong. It is a daily comic strip, and it is still going strong. It is a daily comic strip, and it is still going strong.

The Strip was to be the first attempt at humor, and it is still going strong. It is a daily comic strip, and it is still going strong. It is a daily comic strip, and it is still going strong.

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And A Superbly Disgusting Character was the only problem encountered in the first year of "The Wanderer". This was an attempt at humor, and it is still going strong. It is a daily comic strip, and it is still going strong. It is a daily comic strip, and it is still going strong.

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Anatomy of a Root

Hockey hole

In a natural setting, weight moves from the heel, along the outer side of the foot, then diagonally across to the big toe, which grinds on the floor. This motion can be reduced if the arch is supported. A hockey hole improves the way the foot contacts the floor, giving you a natural walk on any kind of surface.

Supported Arch

The city sidewalk can be a real arch-enemy. And huaraches hurt. Shoes are con- structed to support the arch and the small muscles between the balls of your feet.

Recessed Heel

Walk on sand and your heel will leave the deepest part of your footprints. In man-made walking, most of your weight lands on your heel. Comfortable—and good-looking—shoes for added comfort. These have firm, cushioned soles, and rubberized toes that grip the ground.

Plantar Fasciitis

Achilles Tendonitis

These are conditions that can cause pain and discomfort in the heel. Pain occurs when you stand or walk, and it may be worse after a period of rest. Treatment includes rest, ice, compression, and elevation.

Hematoma

A collection of blood under the skin or subcutaneous tissue. It is usually caused by trauma and can be treated with rest, ice, compression, and elevation.

Osteoarthritis

This is a degenerative joint disease that can affect any joint in the body, including the foot. It can cause pain, stiffness, and reduced range of motion. Treatment includes medication, physical therapy, and possibly surgery.

Diabetes

People with diabetes are at risk of developing foot problems, such as nerve damage and circulation issues. It is important to monitor your feet and seek medical attention if you notice any changes.

Foot Infection

There are various types of foot infections, such as athlete's foot, ringworm, and fungal infections. Symptoms can include itching, redness, and peeling skin. Treatment includes antifungal medication and good hygiene.

Heel Spur

A bony growth on the bottom of the heel, often caused by repeated stress on the heel bone. It can cause pain and tenderness. Treatment includes rest, ice, compression, and sometimes surgery.

Bunions

A deformity of the big toe that can cause pain and discomfort. It is often caused by wearing shoes that are too tight or too narrow. Treatment includes rest, ice, compression, and sometimes surgery.

Ingrown Toenail

A condition where the edge of a toenail grows into the skin of the toe. It can cause pain, redness, and swelling. Treatment includes gentle soak, elevation, and sometimes surgery.

Nail Fungus

A fungal infection that can affect the nails of the feet. It can cause thickening, discoloration, and pain. Treatment includes medication, nail clippings, and sometimes surgery.

Ankle Sprain

An injury to the ligaments that hold the ankle bones together. It can cause pain, swelling, and difficulty walking. Treatment includes rest, ice, compression, and sometimes surgery.

Sprained Ankle

A ligament injury, which is usually caused by a forceful turn or twist. It can cause pain, swelling, and difficulty walking. Treatment includes rest, ice, compression, and sometimes surgery.

Rotator Cuff

A group of muscles and tendons that support the shoulder joint. It can cause pain and weakness. Treatment includes rest, ice, compression, and sometimes surgery.

Tennis Elbow

A condition that affects the muscles and tendons on the outer side of the elbow. It can cause pain and difficulty grasping objects. Treatment includes rest, ice, compression, and sometimes surgery.

Carpal Tunnel Syndrome

A condition that affects the nerves in the wrist. It can cause pain, tingling, and weakness in the hand. Treatment includes rest, ice, compression, and sometimes surgery.

Chronic Pain

A condition that causes persistent pain that is not relieved by rest or medication. It can affect any part of the body. Treatment includes pain management, physical therapy, and sometimes surgery.

Please consult your healthcare provider for any foot problems you may have.

References


