

# READER

San Diego's Weekly

Volume 3 No. 38

October 10 to October 16



SAN DIEGO HIKING TRAILS  
ALTERNATIVE SCHOOLS  
LOCAL ROCK BANDS

AN ETHNIC MAP OF SAN DIEGO  
10 BUSIEST CORNERS IN TOWN  
10 LONGEST BUS RIDES IN TOWN

GUIDE TO SPORTS LESSONS  
GUIDE TO MUSIC LESSONS  
CHEAP EATS

PLUS REGULAR READER FEATURES

EVENTS, MOVIES, THEATRE

## Small Bites from a Year of Reviews

there is no sense of over-sell... And although it's altogether too casual for the ambitious cuisine, it does have the substantial virtue of not possessing that all-too-carefully manipulated atmosphere designed to make \$\$\$ which is characteristic of most new restaurants in San Diego. Kathleen Woodward, December 13, 1973

### Green Bamboo

"Although the Americans may not have succeeded in winning the hearts and minds of the Vietnamese people, the Vietnamese may yet win the stomachs of the Americans." William Wong, January 3, 1974

### Athens Market

"True, you won't find Moussaka or the Greek egg and lemon soup on the menu, but in the market you'll see rows of art-deco gallons of olive oil... and bunches of uncrushed oregano, and glass jars of pinenuts and Greek olives and pistachios." Kathleen Woodward, January 17, 1974

### El Chalan

"A vivacious, vociferous lady at the table next to us, who, by the way, swore by the soup, extremely smacks of mass production, here declared to the owner upon

leaving. 'I'm not from Peru, but I love the food, I love the food,' undably lifted her glass of wine and informed us that we could get it at any liquor store up the block."

Kathleen Woodward, February 7, 1974

### Swan Song

"... a San Diego restaurant with a sexual twist of lemon slipped in... In a building which formerly housed the eight balls and cues of a Billiard Den, we now find Humphrey Bogart's Casablanca..." Kathleen Woodward, February 28, 1974

### Fish House West; Carnegie A-440; Alphonso's Hideaway

"Three coastal possibilities... all positive... a supple place for supper, for talking, casual, one that bears re-running and repeating... a cost-less ritual." Kathleen Woodward, March 14, 1974

### Old Spaghetti Factory

"You don't have to be a respectable customer or a good 'worker.' You don't have to keep your voice down to an appropriate level... it's a scene especially for kids, visiting firemen, and cutups." Kathleen Woodward, May 2, 1974

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### Chinaland

"For twenty years now Chinaland has been a beacon of delight in my usual economic fog..."

Where else can you drive-in to a full five-course Chinese meal? Where else can you get Budweiser with your fortune cookies?" Beth Lyons, June 27, 1974

### Ballast Room at Buffum's

"The view is hect! shopping mall— if you can forget the parking lot below and the Security Pacific Bank building that scratches the sky like a needle, the hills and sky could be the Granada of your interior life." Eleanor Widmer, July 4, 1974

### Three Mermals

"The important fact to remember about Polish cooking is that while it appears unpretentious and without frilleries, the recipes for any of the dishes require dozens of ingredients, hours of slow cooking, and a person to stir, replenish, taste, and worry over the cauldrons." Eleanor Widmer, July 18, 1974

### Crown Room; Mediterranean Room; Portola Room

"It's part of our psychological heritage, isn't it, to get our money's worth, and since most

branches have a fixed price, we rationalize our gluttony by saying that at these prices we can scarcely do otherwise." Eleanor Widmer, July 25, 1974

### Takanawa

"Like multi-colored morths (the waitresses) swish above the flames stirring, quick frying, preparing the food that is to satisfy not merely your palate but your eye... But essentially, this restaurant is intended for the thin stomach and fat purse." Eleanor Widmer, August 8, 1974

### Imperial House

"The decor, the atmosphere, the service announce with insistence that you are in a quality restaurant, where the signs of affluence, if not pretentiousness, override your main purpose for being there." Eleanor Widmer, August 22, 1974

### Spice Rack

"You can borrow a cushion or inquire about a particular dish from any of the diners. It is as if you are at a party where everyone wants to be helpful." Eleanor Widmer, September 5, 1974

### Silver Dragon

"Since it is situated parallel to Interstate 5, you see its neon sign in a blur of others, in which the Silver Spigot and the Silver Dragon merge into the gaudy night star that calls itself City Chevrolet. If you can manage to stay your impulse to zoom past, it will be worth your while to cut across Milton St. to Morena Blvd." Eleanor Widmer, September 12, 1974

### The Paprika

"Think of Hungarian cuisine and you think of sour cream, soups, and liquid-plenty stews, more ways of cooking cabbage than anyone could think possible, and dumplings, and hot noodle desserts, and light fairy-fragile strudels... but you won't find it here. The cooking is plain and unadorned, even dowdy, never underground gourmet." Kathleen Woodward, November 29, 1973

### The Restaurant on the Lagoon

"Promising first of all because here there is nothing which smacks of mass production, here declared to the owner upon

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## A Guide to San Diego Hiking Trails

Hardly anyone moves to San Diego because of its back country. Anyone who is drawn here for nature moves here for the beaches. Or at least the temperate climate that neemes to the sea provides. But after a while, even the most devout sun worshiper grows weary of preening his tan. The allure of mountain pines and starry skies and clear dry air tempts any San Diegoan after a while.

But why satisfy this temptation by packing hiking boots and Kelly backpack 6 or 7 or 10 hours away to the high or low Sierras? Why not take the opportunity to explore what is here in San Diego County, only one hour away?

### CALIFORNIA RIDING AND HIKING

For the rugged, hubristic hero, who has already conquered, or is thinking of conquering, the John Muir Trail, there is the San Diego portion of the old California Riding and Hiking Trail. A nice 400 mile jaunt from just east of Chula Vista's Otay Reservoir all the way to just north of Warner Springs in the Anza Borrego Desert. The Trail, commissioned by the State twenty years ago, is mostly dirt road and has been largely abandoned in deference to the highly-touted, not-yet-finished Pacific Crest Trail to the east.

The Riding and Hiking Trail suffers the disadvantage of its flammable flora (no fires allowed anywhere but designated campgrounds) and the obstacles of so many parcels of private property to cross. But if one plans his way out, the entire Trail could make an invigorating 30-day vacation.

### THE PACIFIC CREST TRAIL

The Pacific Crest Trail has enjoyed the publicity of a full feature story in *National Geographic* as well as several articles in San Diego mass media. And perhaps rightly so. When the Trail is completed (by the end of 1975, say its builders), it will be a properly marked and pruned hiking trail, winding its way from Tecate, along the scenic mountain crests of the Pacific Coast the entire length of the state. Here, on the San Diego County portion, progress moves steadily on. For those who are anxious to try out the Trail's finished sections, a 10-mile piece in the eastern end of Cleveland National Forest, running from Pioneer Mail Campground (about three miles northwest of Mt. Laguna) south to Horse Meadows, has just been completed. The Laguna Rim portion of the Trail (near Mt. Laguna) is done but for some final pruning. And a section from Yellow Rose Springs up to Cibola Flats (directly south of Mt. Laguna) will be ready by this December. For more information on the Pacific Coast Trail, call the Cleveland National Forest at 293-5050.

### SUGGESTED BACK PACKS

For the person who still considers himself a rugged individualist but is not adventurous enough to try the whole Riding and Hiking Trail or test the unfinished Pacific Crest Trail, there is the list of 2- or 3- day backpacks, mostly on parts of the Riding and Hiking Trail, suggested by the Boy Scouts:



### 15 Mile Round Trip

From Los Caballeros Public Campground to Arroyo Seco primitive camp and return— both in the Cuyamaca Rancho State Park (15 miles).

From Trail crossing at Sunrise Highway (S-1) to Banner Store private campground and return— just north of Cuyamaca State Park (18.6 miles).

Catholic Mission Church about 1/2 mile north of Warner Springs to Indian Flats U.S. Forest Service public campground and return (16.8 miles).

### 30 Mile Round Trip

Old Mission Church, in Viejas Indian Reservation to Arroyo Seco Primitive Camp and return (33.8 miles).

Hual-Cu-Cuish Boy Scout campground in Cuyamaca State Park to Banner Store private campground and return (30.0 miles).

Junction of San Felipe (S-2) and Montezuma (S-3) Roads to Indian Flats U.S. Forest Service public campgrounds and return (33.4 miles).

### DAY HIKES

The soft-core hiker need not despair at the foregoing list of backpacks. There are, in fact, even more trails for the one-day hiker:

Cleveland National Forest— Descanso District

1. The Horsethief Trail begins at Japantol Station (turn right on Los Tormentos turn-off from I-80 just before Descanso Junction going east. Japantol is 6 miles south of turn-off). Horsethief leads up to the Espinosa Trail, which leads up to Corte Madera Mountain (4657 feet). 5 mile hike.

2. The Corte Madera Trail goes down the mountain across Oak Valley to Pine Creek Campgrounds about 5 miles past Descanso on Highway 80. 7 mile hike.

3. Noble Canyon Trail leaves the Pine Creek dirt road just about a mile above the Pine Creek campground, follows the creek up Noble Canyon, through some very pretty cedar, pine and oak, and comes out on the Laguna Meadow Road northwest of Mt. Laguna. 2 1/2 mile hike.

4. There are four nature trails in the vicinity of Mt. Laguna. The Witch's Bloom Trail, which starts about 1/2 mile southwest of the Pioneer Mail Picnic Ground on the road up from Mt. Laguna, takes about 30 minutes to hike, and has some excellent examples of dwarf mistletoe. The Indian Loop Trail, which goes through some Indian land, takes about 30 minutes. The Desert View Nature Trail, which leaves from the Burnt Rancher's Camp Grounds, takes about an hour. And the Wooded Hill guided nature trail south of Mt. Laguna, takes about an hour. All these are perfectly suited for the visitor to Mt. Laguna who only wants to see if his Lowa boots are going to give him blisters on a longer hike. Call the Descanso District of Cleveland National Forest for more information, 445-2211.

Cleveland National Forest— Palomar District

1. The Agua Tibia Wilderness Trail begins at Dripping Springs Station (on Highway 71 east of Temecula) and moves from chaparral at Dripping Springs to conifer on the top of Agua Tibia Mountain (4600 feet high). Water is limited along the trail, and the area is closed from about July 1 to about December 1 (call Palomar (continued on page 8))

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## Reader's Heavy 35

1. Pete Wilson
2. Mark Wenzel—official mime, Expo '74, USIU grad, Don McLeod protégé
3. Salvador Torres—leader of the Chicano Park muralists
4. Ed Eveligh—English auto mechanic, auto designer
5. Bob Woodford—longtime manager of Academy, Fine Arts, and Guild Theatres
6. Bob Cowan—owner of Blue Ridge Music
7. Jim Bates—recalcitrant liberal city councilman
8. Al Couppee—former Channel 10 employee, now columnist for Navy Dispatch
9. Larry Thomas—Pete Wilson's press secretary
10. Tom Waits—former bouncer at The Heritage, now Columbia recording artist
11. Jack Tempchin—shy writer-singer; wrote "Peaceful, Easy Feeling"
12. Colleen O'Connor—a good Irish kid gone political
13. Neil Morgan—the literatus at the Copley Press
14. Ray Hoobler—the chief of police
15. Ed Scott—ex-Marine, fighter against downtown re-development
16. Marc E. Lago—Ed Scott's artistic ally
17. Christopher R—video visionary, head of Indian Magique
18. Jim Hubbel—designer and sculptor of house at La Gouri
19. Mr. Murphy—of the mad, mean, menacing Mariners
20. Robert Helland—ex-mayor of La Mesa
21. Strickman and Sons—the official paper re-cyclers
22. Manny Farber—renowned artist; Duncan Shepherd mentor
23. Larry Urrutia—managing director of Jack Glenn Gallery; founder of Center for Photographic Arts
24. Rick Ships—director of East County Medical Clinic; steady humanitarian
25. Abraham Braude—prominent educator and researcher in infectious diseases
26. Sam Charmon—singer of urban blues, S.D. Folk Festival favorite
27. Scott Washburn—the U.F.W. man in San Diego
28. Evelyn Herrmann—chief of Senior Citizens Service
29. Betty Wilson—real estate saleswoman and wife of Pete Wilson
30. Mrs. Copley—publisher of the Union-Tribune
31. Dr. Bronner—the health food and medicine man
32. Robert Hays—most recent lead actor in Old Globe's traveling "Taming of the Shrew"
33. L. Schwartz—city college prof, leader of Impeach Ford group in San Diego
34. Robert Jeffrey—another local blues singer, Folk Arts regular
35. Charly—of KFMB's Charly and Harrigan

## Local Bands and

## Where to Find Them

—Anne Hutchinson—  
If you're on the lookout for local rock bands, you may as well forget about the Sports Arena and the Civic Center right off the bat. You're going to have to go to the bars. Local talent hardly ever plays concerts until they're too well known to count as local anymore. When they're starting out, rock bands play dancing music, and bars pay better and more often than high school gymnasiums, so you'd better brace yourself for a bout of good old fashioned pub crawling.

It's not just a matter of hunting for the home grown talent, either. You'll do a lot better if you have some kind of idea what kind of band you want to find. There are half a dozen or more well-known groups in town and dozens more that appear and disappear without any pattern at all. You have to know where to look. Some play only in the rowdy places, some aren't particular as long as it pays, and some stick to the "high class" joints. You've got to define your bars as well as your music.

O. D. Corral is one of San Diego's most popular bands, judging by the number of people who follow them from place to place. They are constantly showing up at some new place or other, when they aren't out of

town for a gig (the mark of a rising band). The places they play seem generally to qualify for the upper echelon of bars. They are frequently found at the Aspen Public House, for example, a place which occasionally requires a cover charge and caters to a well-groomed, well-heeled crowd (even the men have pretty hair). The O. D. Corral plays a pretty good brand of country-rock, ranging from Loggins and Messina to Doug Kershaw, with an occasional side-trip to a traditional fiddle tune. They're good, and their fiddle player is even better, but it's hard to dance anything but bobbing barn dance style to those square dance rhythms. That can be a major problem with a good band. If you'd rather listen to them than dance to them, they may have to find new places to play. Anyway, O. D. Corral plays all the way

from La Jolla out to La Mesa, giving you a better than even chance to catch them somewhere not too far from home.

Speaking of home, there's always Homeboy. The places they play are a little raunchier than the Aspen Public House, which goes in for decor. Ledbetter's or the Den in El Cajon area more like the bars you used to visualize from black and white movies: dark, lively and not the kind of place your mother would like you to go. That's Homeboy's proper environment. They're loud. Not just raucous, the way every good rock band was supposed to be in that heyday of permanent hearing damage, the sixties; they're ear-splitting. They can even drown out the screeches of the drive-it-yourself race car game in the far corner, and that's going some. But if you like what they do (Creedence Clearwater, for

example), you've got it made, and they play long sets and the dancing could go on forever. You're only in trouble if they start in on the social protest stuff, like Neil Young's "Ohio." Social relevance does not belong on the dance floor, the same way feminist consciousness isn't supposed to exist in bars. There's no place for it.

For dancing, you can hardly beat Emergency Exit. They've been playing together for a long time, and have a relaxed sound that's a blessing to a dedicated dancer. They play bars like Ledbetter's too, where there's a little more than average room for dancing. Their music is middle-of-the-road, rock, Blood, Sweat and Tears/Chicago, but it's just right to dance to, and you can even understand the lyrics if you're listening for them. It's better just to go by the rhythms. Bands in bars are for dancing more than listening to.

The most mobile local band is Jumbalayah. They play all over the county, one-night stands or longer engagements, from Poway to Ocean Beach, in well-known clubs and places you can't find in the phone book. They're always busy, and they're very good about making their whereabouts known. Easy to find, if you're looking, in a totally different place. Good. Their music is good old hard rock

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Dial-A-Medication ..... 447-4747  
Dial-A-Prayer ..... 454-5110

### COUNSELING ASSISTANCE

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Planned Parenthood: Birth Control and Family Planning ..... 276-9320  
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Overnight crashing ..... 234-3258  
Residence for runaways ..... 291-5222  
Beach area community clinic ..... 458-0644  
Chicano free clinic ..... 234-8171  
Dept of Public Welfare ..... 365-3600  
Jewish Family Service ..... 291-0471  
Daily (drug counseling) ..... 236-3339  
Center for Servicemen's rights ..... 239-2119

### CONSUMER SERVICES

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Air Pollution Control ..... 236-3826  
Baby Sitting (24 hour service) ..... 582-8222  
Fair housing and fair employment (F.E.P.C.) ..... 236-7405  
Better Business Bureau ..... 283-3927  
Welfare rights information ..... 264-3434  
Job corps for Women ..... 234-5184  
Beach Area Legal Clinic ..... 488-8975  
Action Line (Evening Tribune) ..... 299-6161

### CRISIS LINES

Chapel or home weddings ..... 281-8113  
Blood donors (paid) (Blood

& Plasma Center) ..... 233-5481  
Guideline (any information) ..... 238-1111  
Action Line (channel 10) ..... 263-2294  
Community crisis center ..... 239-0325  
Womancare ..... 488-7591  
Rape crisis center ..... 239-7273  
North County Lifeline ..... 726-4900  
Suicide prevention center ..... (213) 381-5111  
H.E.L.P. center ..... 582-4357  
Crisis house ..... 444-1194  
Draft and military counseling ..... 234-4000  
Crisis intervention center ..... 276-6666

Any additional information regarding these numbers can be obtained by calling Guideline, 238-1111.

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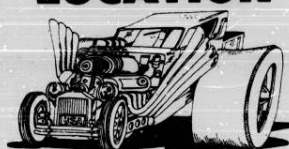
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Putnam and Gasper in *Gardens for Victory*, 1942

After the war, it was estimated that homegrown food produced nearly one-half of the fresh vegetables eaten in the whole country. Over 20 million families had food gardens.

So, it has been done before, and still can and should be done today. No matter if you have 20 square feet of soil to work with, or five square feet, you can still grow your own. And if you live in an apartment or dormitory, and have a south window, or access to a rooftop, get your seeds in hand and get ready to plant.

#### Winter/Summer Crops

San Diego's relatively mild and sunny climate year-round makes it an ideal place for growing. Although there is not much differentiation in seasons here, most fruits and vegetables are classified as either summer or winter crops, and should only be grown during the proper time of year.

Right now is fall-planting time for winter crops. Winter crops include all leafy, stem and root vegetables. Examples are peas, carrots, lettuce, radishes, onion sets, Swiss chard, beets and kohlrabi.

Summer crops (those which are planted in the spring) include most seed plants—fruits, squash, melons, cucumbers, blackberries, beans and tomatoes.

After you determine what you want to grow, the next important considerations in growing are space, sun and water.

#### Space

First of all, scarcely any garden space is too small to grow some edibles. And if you're growing indoors, this is also true.

Ways to conserve space? Garden vertically as much as you can. Up and down space is free, ground space is not. Vertical gardening can be best achieved with vining plants, like tomatoes. Instead of letting them ramble, and use up space, give them a support to grow on, with some assistance by tying up the stalks. Consider which plants are space-hoggers, like potatoes, and decide whether it means that much to you to grow them. Potatoes, in particular, as well as using up a lot of space, take a long time to grow, and would probably wind up being less expensive to buy than to grow, as they are one of the cheapest vegetables to buy.

Plan vegetable plantings with intercrop and companion crops. Intercropping means that a smaller crop which matures more quickly is planted in a row that runs between two rows of the larger, later-maturing crop. Companion-cropping means planting or sowing smaller vegetables between plants or a larger crop in the same row, or planting rapid-maturing vegetables, such as lettuce, between slower maturing ones, such as tomatoes.

Crop rotation is similar to intercropping and companion-crop-

ping, except that it is a matter of using the same space, but at three times over, during the garden's growing season.

Another space-saving technique is to select dwarf varieties of vegetables and fruits when you can.

If you are living in an apartment or dormitory, see if the manager or administrators will let you grow on top of the roof. Start a coop in your apartment building, dorm, or neighborhood. Everybody can grow a different vegetable, and when harvesting time arrives, trade vegetables.

You can even grow some plants in barrels, tubs, pots and window boxes around the garden and home area. You can also interplant a limited number of vegetables, herbs and berries with annual and perennial flowers.

#### Sun and Water

Most vegetables need about seven to ten hours of sun daily.

For best results, a garden should be located in full sunlight, away from shadowed trees, but protected from cold winds and near a water supply. Well-drained, level land, or land that slopes gently towards the south is ideal.

Rows of vegetables are better planned to run north and south. This isn't essential, but more advisable in order to give the winter sun, as it moves across the sky from east to west, a chance to shine on both sides of the rows. Even distribution of sunlight results in uniform growth and development of plants.

A good way to water vegetables is the furrow-irrigation system. All you need to do is make small trenches between the rows, and let water from the garden hose flow down them gently. Too much water intensity will result in washing away the soil.

Remember that moisture is essential to vegetable growth, since the water content of most vegetables is 90 percent.

#### Planting Steps

You've got down the prerequisites necessary for planting. What are the steps in planting? Very simply:

1) Plan before you plant. Dr. H. L. Wedberg, professor of botany at San Diego State University, suggests planting only a few different vegetables, and not a dozen different varieties (he suggests lettuce, radishes and carrots as a good winter crop combination. Radishes will come up in about a month, lettuce, a few weeks after radishes and carrots, a few weeks after lettuce).

Measure the space you have available to work with, and draw to scale a simple outline of your planting plan.

2) Buy a fresh batch of seeds from a nursery. Seeds are for the most part, inexpensive, costing from 25 to 50 cents per package, depending on the kind of seed you are buying. Dr. Wedberg estimates that one package of seeds can produce enough food to last one family of four one season.

3) Prepare the soil in one of two ways—either by using commercial additives (steer manure and general purpose fertilizer) or compost (organic matter). Compost is the most natural method—use cow, calf, goat or sheep manure, and put it in a pile. Keep it damp and turn it with a fork once or twice a week. Compost should be ready to use in five or six weeks. You can tell if it's ready to use by the temperature—if it gets over 100 degrees, it means that bacteria and fungi are working on the compost. When it becomes cool and damp, it's ready to use.

## Growing Your Own



Photo by Bob Eckert

4) Plant as indicated on the seed package.

5) Seeds must be kept damp for the first few days, but not heavily watered. How much watering you will do depends on where you live in San Diego. For example, if you live at the beach you probably will have to water less than if you live in El Cajon—this is because there is more moisture in the beach area, and less as you go further inland in the country.

#### Soil and Fertilizers

Vegetables grow best in neutral or slightly acid soil. You can determine the chemical condition of the soil by testing it with litmus paper. If blue litmus paper turns red, it means the soil is acidic. If red litmus paper turns blue, alkaline soil is indicated. But if red litmus paper stays red, and blue litmus paper stays blue, both indicate the soil is neutral. Acidic soil can be corrected if you add hydrated lime to the soil. Lime can be purchased at most nurseries.

Once seedlings have formed their first leaves, the use of nutrient solutions instead of plain water will speed development.

Nitrogen is especially good for getting crops off to a fast start. Nitrate of soda, ammonium phosphate and other inorganic fertilizers supply nitrogen to the soil.

Besides nitrogen, phosphorous and potassium are other mineral elements plants need for their best and fastest growth.

#### Pest Control

What kind of control you want to use for snails or other insects that suck and chew on your vegetables is up to you. There are many different kinds of sprays and pellets on the market (home remedy: beer really knocks out snails).

Some remedies, though, for pest problems include too much lime or acidity in the soil, too much or too little nitrogen (for example, tomatoes don't need as much nitrogen as lettuce), or the soil being too wet or too dry.

Some vegetables and herbs have been recommended as being relatively pest-free. These are lettuce, radishes, onion sets, beets, carrots, Swiss chard, parsnips, peppers, spinach and tomatoes.

#### Still Not Sure What to Grow?

If you're unsure about your soil condition and what to grow, you can contact the San Diego Department of Agriculture (in Chula Vista, 511 G Street, 422-2622 and in El Cajon, 537 East Main Street, 442-9651). Officials there can help you determine what varieties of standard vegetables will best suit the conditions of your home garden.

(continued from page 3)

District, 745-2421, for exact closing and opening dates). 7 mile hike.

2. Palomar Observatory Trails. One can hike up from Palomar Mountain Campgrounds, where there are 42 spaces for tents, trailers, or campers, and it costs \$2 per night to stay. This trail is two miles long, and there is a brochure at the start of the trail explaining the Trail's ecology. One can also hike up the mountain from the Fry Creek Campgrounds, where there are 20 spaces for camping. According to plans, a one-mile guided nature trail should be ready next Spring.

3. Indian Flats Trails. Just west of Warner Hot Springs on Highway 79, between the Lost Valley Road and the Agua Caliente Creek begins a portion of the Pacific Crest Trail which runs up to Indian Flats Campground. There is water in the Creek, there are 17 places in the Campground, and the fee for staying at Indian Flats is only \$1 per night, 4 mile hike.

Cuyamaca Rancho State Park. Cuyamaca is probably the most accessible of all the trail areas.

The turn-off for the State Park is on Interstate 8, 12 miles east of El Cajon (Highway 79 north). At the Green Valley Campground, about 2 miles beyond the turn-off, you can get a small map for free from the access ranger. This map outlines the miles and miles of trails, firebreaks, and primitive roads in Cuyamaca. Here are four favorites:

1. Pine Ridge Trail is the favorite of the Green Valley access ranger, he says, because it has the best view looking down on the valley as you climb up. It leaves from the Green Valley station and goes up and connects with the Riding and Hiking Trail. 1 1/2 mile hike.

2. Cuyamaca Peak Trail climbs up through a forest of oaks, pines, and fir, past Deer Spring to the 6,512-foot Cuyamaca Peak. The view, say the brochures, stretches out to the Pacific Ocean, to Mexico, and to the Salton Sea. 3 1/2 mile hike.

3. The Stonewall Peak Trail winds up to the top of Stonewall Peak (5730 feet), overlooking the old Stonewall Mine, the old village site of Cuyamaca, and the desert slopes to the east. 2 mile hike.

4. The Paso Norte Trail is a short, 30-minute trail which leaves from Paso Pichacho campground. It is a guided nature trail (brochures are available at the start of the trail).

If interested in making camp at Cuyamaca in order to hike out from the camp, one has to either reserve space in advance with Ticketron or else arrive Friday morning before the weekend. The campgrounds are almost always full on weekends year-round.

There is no camping allowed on the Cuyamaca trails, and dogs aren't allowed because their scent scares away the deer.

## Parsley, Sage, Rosemary, and Garlic

—Gale Fox—

Incense, cookery, medicine, bug chasing... coffee-free tea... whatever your use for herbs, you can find what you need in San Diego. In a society where knowledge of herbs now hibernates on the far side of nostalgia, San Diego is mythologically herbous both in human and vegetable resources. You have probably already noticed the cilantro sold at supermarkets, the ginseng available at health food stores, and the oil of clove bottled by the ounce at apothecaries. This guide will point out more specialized sources, people and places, of local herbal culture.

In England, nowadays, those who can do pronounce the "h" of "herb." Our dictionaries, however, list the aspirate as second choice, with a definition much narrower than that in practice. "... any seed plant whose stem withers away to the ground after each season's growth, as distinguished from a tree or shrub whose woody stem lives from year to year." Garlic, for instance, Local herbolists, though, who do not pronounce the "h," define herb as "any plant."

Slippery elm bark, too. "Any plant," you might like for (try ginseng for poison ivy, etc.) is probably in stock at The Herb Store, 1676 Bacon, near Newport, in Ocean Beach, 224-0929. If it isn't, Rita, the proprietress, will note it on her "want list" eventually to add to her inventory of nearly 600 herbs. The Herb Store, opened in 1971, is the oldest and simplest (a simple is medicinal herb) store in town—and even out of town, for some distance. It is the only store that sells herbs only.

"Smelling is free," says the signs. Biblical quotations spell out Rita's fundamental support of herbs as original medicines, godgiven. Unlike manufactured miracle drugs, herbs "work directly on the organ, not making the symptom."

Rita attributes the general loss of herbal knowledge in the U.S. to the incompatibility of herbs and big business. Herbs, after all, grow free for the finding.

Shopping is semi-self-service. Look alphabetically for the herb you want. The price per ounce is marked on each glass container. Bring the jar to Rita for weighing and bagging and any special instructions about the use of your herb. Her own reference books are

shelved above her seat; others are for sale to the rear of the store. Although not intended to diagnose ailments or prescribe specifics, Rita shares her personal experiences with the healing power of herbs. She told me of golden seal, the native herb named not for its price, though it is one of the costliest herbs, but for the way it grows. The top of the plant breaks off leaving a yellow mark on the stem. Rita has used it externally as an instant coagulant for severe bleeding and internally to clear infection. Pregnant women drink golden seal tea for morning sickness. She told me of pennyroyal. Her construction worker customers carry pennyroyal in their thermoses—a portable insect repellent. Pennyroyal oil can be applied to the skin for the same purpose.

Witches shop at The Herb Store, too, but Rita is strict about not supplying poisonous plants.

Herbs are easy to grow indoors and out, if you can find the seeds. Since none of Rita's herbs is treated, those in seed form (cardamom, for example) can be expected to sprout. I am experimenting with caraway.

Like the oldest herb store, the youngest also carries herbs primarily for medicinal use. At The House of Herbs & Nostalgia, 4035 University, near Central, 284-7636, however, the musky aroma of herbs is touched with the musty odor of antiques. The objects d'art for sale blend in as background for the herbs part of the shop. Behind the counter are the dried herb—ordered one pound at a time, for freshness, and sold by the ounce. On the counter are curiosities: tomatoes from the sea, a stoney looking pair of herbs. In water, the male sinks; the female floats. Soak overnight and drink the liquid for varicose veins. And neither herbaceous nor nostalgic, but definitely worth sampling are the sea shells that produce lemon skin cream forever. Just add lemon juice.

Have you heard of St. John's Wort? It has a reputation, that's the way I have to put it, of stopping coughs and bad feelings. If it doesn't stop the cold, at least you don't wet the bed." Jane had herbal affinities before opening the shop. Her partner, Loretta, who lives in the back, their books, and their customers have made Jane an archive of anecdotes after only five months of business. Ask her to tell

the one about the aphrodisiac, damiana, and the Mike Douglas Show. It's too spicy to print.

Can you judge a store by its name? The House of Herbs & Nostalgia indeed sells herbs and "antiques." A few blocks east, at 4573 University, 280-1919, Coffees of the World, is plainly not an herb shop. But as an accompaniment to their program of coffees and gifts, Maurice and Helen Mizrahi have selected 60-70 variations on herbal teas, for pleasure and health, including unforgettable sarsaparilla. Herbs are sold prepackaged or by the ounce. But save your nose for the sarsaparilla. If you sample the coffee beans on the way to the herb tea, you won't be able to tell coffee from lotus root.

How about a blend of roasted almond, sesame, sumac, and thyme? Maurice calls it zaatar and will give you enthusiastic eating instructions. A small assortment of herb books is also available here.

Continuing our herbography east of Middle Eastern Maurice, we arrive at Far Eastern 4461 University, 283-7448. The Prophet Vegetarian Restaurant and Book Store. About twenty five jars of herbal teas, one of their own delicious blends, are on display at the cashier. Several herb books

loiter in the waiting area, for browsing or buying. Or, you may order cabbage soup to go, wait for it to evaporate, and sample the herbs therein. I count two dozen, at least. West to the Middle East again takes us to The Middle East Gourmet, 1901 El Cajon Blvd., 295-1466. In this combination gourmet grocery, deli, and restaurant, you can buy about 50 varieties of cookery and tea herbs, by the ounce.

In La Jolla, the Tannikin at 1296 Prospect, 459-7956 carries a small selection of the usual cookery herbs, sold by the ounce.

Remember that fresh and dried herbs are sold at supermarkets, drug stores, plant shops, health food stores, food coops. The small specialty stores listed in this guide, however, are particularly handy for special ordering of an unusual herb and for buying exactly the amount you need.

Another source of herbs are those in the wild—in your yard or somebody else's. The Medicine Wheel, 224-4432, a circle of herbologists, will help you identify local herbs. They organize herb walks and talks, publish a newsletter, and plant the seeds of medicinal herb knowledge in the community.

Rita of The Herb Store spoke of certain San Diego doctors who send their patients to her with herbal prescriptions. One doctor who has his own sources of herbs is Dr. Hee of The Eastern Herb Company, 1053 Tenth Avenue, 234-4555. Dr. Hee advertises free consultation for his services as Chinese herbologist.

For further spicy tips, consult neighbors and relatives. Everyone seems to contain a pinch of the herbologist. It's only natural. If, after you have made your herbaceous purchase, you do not know whether to eat it, drink it, or wash your hair with it, this brief herbography, compiled from recommendations from local herbologists, may be your guide.

Back to Eden, Jethro Kloss, My Watercure, Sebastian Knapp, The Healing Power of Herbs, Mary Bethel.

Indian Herbology of North America, Alma R. Hutchens. The Herbalist, Joseph E. Meyer. Herbs & Things, Jeanne Roe. Nature's Healing Agents, R. Swinburne Clymer, M.D. How to Grow Herbs for Gourmet Cooking, Frederick O. Anderson. Potter's New Encyclopedia of Botanical Drugs and Preparations, R.C. Wren, F.L.S.



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## (moderately) CHEAP EATS

—Eleanor Widmer—

This guide is intended to stimulate your curiosity as well as your taste buds. In geographical area, it ranges from Tijuana to Carlsbad; in experience, from a two table dining room to a "factory" and in terms of what keeps California green, namely money, it aims for the dinner that is roughly \$3. The list is by no means exhaustive, and I would welcome any "discoveries" not mentioned here.

Every restaurant listed below has been sampled either by myself or by that unflattering ubiquitous gourmet, Ted's Lewis, without whose help I could not have canvassed all of San Diego.

1. *Chik Ju* (In Tijuana on Revolution). Basque food. The restaurant looks seeds on the outside.

side and not much better within, but the garlic broiled shrimp and rolls with bleu cheese are a treat. The dinners are cheap and the portions large.

2. *Charcoal House* (Grossmont). Huge relish tray, salad, stuffed baked potato, garlic bread, beef for about \$4.

3. *Anthony's Fichette* (foot of Market St. and Harbor Dr.) Best fish is the family platter for 3 or more. Several varieties of fish \$1.85 per person.

4. *Don Jose's* (College area and Clairemont-Kearns Mesa). Best burritos (rice) and enchiladas (90¢).

5. *Aztec Dining Room* (Both locations in Old Town). Mexican dinners at reasonable prices in authentic atmosphere.

6. *Tom and Ann's* (La Mesa Blvd.) Few tables only, but excellent breakfast, 3 eggs, potatoes, toast, for under \$1.00 and de luxe hamburger \$1.25 for lunch. No dinners.

7. *Cohen's Deli* (Parkway Plaza, El Cajon). Hot plate of kosher delicatessen for under \$2.25.

8. *La Cocina* (Grossmont Center). Best chili rellenos anywhere. Tacos, however, should be avoided.

9. *The Prophet* (University Ave.) Vegetarian. Recommended avocado sandwich on beet bread.

10. *Osaka Oriental Market* (3600 University Ave.) Good Japanese food cooked to order. Tempura is house specialty. Only 2 tables. Food prepared to take out. About \$2.00, even for take-out orders.

11. *Sausage King* (University Ave.) Good sandwiches.

12. *Hob Nob Hill* (1st Ave. and Hillcrest). Inexpensive Italian. Good alone stew.

13. *Zulezzi's* (University Ave. in Hillcrest). Cafeteria style, but pleasant atmosphere. Inexpensive Italian. Good alone stew.

14. *Nicola's* (El Cajon Blvd. or Balboa Ave.) Good family style Italian restaurant. Very filling. Excellent torpedo sandwiches. Fine Ravoli.

15. *New Moon* (65th and El Cajon). Serves Dim-Sum from 11 a.m. to 3 p.m. all items 50¢ - \$1.00. Dinners also excellent.

16. *Apex Mine Company* (58th and El Cajon Blvd.) Best buy is Friday night Happy Hour - free snacks with drinks. Food good, but not outstanding.

17. *The Old Spaghetti Factory*

(275 Fifth). Whole warehouse full of spaghetti. Tons of pasta and bread. Long wait. Bosteous atmosphere. Happy birthday cupcakes free.

18. *The Huddle* (Washington and Goldfinch) Open until 4 p.m. Large portions, inexpensive American. Deserts poor.

19. *Middle East Gourmer* (1901 El Cajon Blvd.) Delicatessen and bakery. Take out falafel and good pita bread.

20. *Ben's Rancho Chico* (El Cajon Blvd.) Very rich Mexican food.

21. *Westgate Plaza Coffee Shop* (Main floor, across from the bar). Dinners about \$4. Pastries excellent, especially the *garage* St. Honore.

22. *Marie Callender's Pie Shop* (Balboa and Genesee). Best hamburgers and pies in town. Always crowded. Large portions. Soup, corn bread and honey butter is inexpensive and filling.

23. *El Indio* (India St. near Washington). Take out Mexican Food. You can eat outside, across the street. Always crowded.

24. *Spice Rack* (Mission Blvd.). Easy Pita filled "pockets" and brown rice. Good deserts.

25. *Di Leone's* (La Jolla Blvd.). All you can eat breakfasts and dinners. Best buy is Sat. night chicken for \$1.89.

26. *The Village Cupboard* (Prospect St. La Jolla). Steak and chicken dinners for \$2.95.

27. *Clark-Hansen Tearoom* (7825 Ivanhoe La Jolla). Lunch Mon-Fri. Dinners, Monday night and Friday night only. \$3.25. Usually one item only on dinner menu, but it's fine.

28. *Fidel's Mexican* (Valley St., Del Mar).

29. *Belgian Crepe and Waffle Shop* (Rancho Bernardo) All about crepes.

30. *Twain Inn* (Carlsbad). Family Style dinners. Sunday chicken, all you can eat. Excellent corn bread. About \$4 but worth it.

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## READER

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# An Ethnic Map of San Diego

Greek foods, and the Athens Market, 414 E. St., sells Greek specialties and pastries, and has a little restaurant in the back which is quite popular with the downtown lunch crowd.

—Kathleen Morse—

BRITISH: a large population scattered all around town; the larger numbers in El Cajon, Chula Vista, La Mesa and San Diego. They have a cottage at the House of Hospitality in Balboa Park and have formed several clubs; the Trafalgar Club, by far the largest, has about 5000 members; they hold dances every month and even have a dart team! The Club Room is located at 852 5th Ave. (235-4366). The English Speaking Union of the U.S. has about 250 members and is a social organization. Joseph Sutter is the president (435-5029).

CHINESE: there used to be a much larger "Chinatown" around 5th and Island downtown, but now only a few stores and restaurants remain. Between 3500 541 E. 24th St. in National City, and 4000 Chinese live in San Diego, according to the people at the Chinese Social Service Center, 428 3rd St. Even if you're not Chinese, you can get any help you need there from translations and interpreting to welfare and naturalization questions. You can take classes in Cantonese or Mandarin at the Chinese Community Church, 1750 47th St. They cost \$9 a month and meet on Tuesday evenings from 4 to 6 p.m. and Saturday mornings from 9:30 to 12:30 p.m. They usually only accept students from 4 to 14 years old, but the teacher will accept you if you are strongly motivated. Call 262-5433 or 234-4447 for details.

FILIPINO: about 9400 Filipinos live in San Diego county with the largest portions in Imperial Beach and National City. They participate regularly in various festivals around town and in Balboa Park.

FRENCH: the French consul in San Diego could not pinpoint any particular French "quarter." And so Ms. Rigby, the president of the Alliance Francaise, told me: "De Gaulle wondered once, how you could govern a nation that produces 400 different cheeses." All this to tell you that the French are a pretty individualistic lot, and you won't find them in any special location. Many French restaurants dot this town, and sometimes the owners are actually natives.

GERMAN: they're all spread out too, but the Sausage King Old Country Meat and Sausage Co., at 811 W. Washington St., could fulfill your yearning for German foods, as well as German area magazines and newspapers. They also have a store at 319 3rd St. in Chula Vista, and 7097 University in La Mesa. The Black Forest Delicatessen at 6305 W. El Camino Blvd. also services the 23,000 Germans of San Diego County.

GREEK: North Park was at one time quite populated with Greeks, although now you can find them all over the county, according to the minister of St. Spyridon Greek Orthodox Church at Cyprus and Park Blvd. You can still count them in Hillcrest, La Mesa and Clairemont. The San Diego Greek Market, at 1807 Robison, carries an extensive choice of

PORTUGUESE: a large portion of the fishing industry is made up of Portuguese people, and they have congregated in the "Roosevelt" area between McCawley and Canon Sts. in Point Loma. The Portuguese-American League of San Diego meets in Portuguese Hall, 2818 Addison St. in Point Loma. The Portuguese are active participants each year, in the Cabrillo Festival, in honor of one of their explorers. They worship at St. Agnes' Catholic Church, 1140 Evergreen.

POLISH: the Polish-American Association of San Diego has its headquarters at 1934 30th St. and the county's 5000 Poles congregate mostly in East San Diego. The Polish Women's Alliance meets at the headquarters and you can also take Polish

classes there on Monday night at 7 p.m. Polish masses are held at the Carmelite Monastery, 5158 Hawley Blvd., every Sunday. At the Bazar Del Mundo, in Old Town, "The Gifted Hand" specializes in Polish artifacts. For delicious Polish food, go to the 3 Mermaids at 3539 Adams Ave.

RUTHENIAN: this is the old name for the Slovaks of Czechoslovakia, a part of old Austro-Hungary, the priest for the Holy Angels Byzantine Catholic Church at 5154 Hawley, explained to me. Some enterprising parishioners make Kibasa, the Polish sausage, and home-made pastries every

ITALIAN: this area was much easier to define because an Italian community is still thriving along India St., between Date and Laurel and from Kettner to Union. The Italian Church can be found at the corner of State and Date Sts. Di Filippo's and the Italian Village take care of any ethnic food craving you might get, both located in the 1700 block of India St.

JAPANESE: The minister of the Japanese Community Church, at 19th and E St., was unable to define a community as such. There is, however, a small handful of Japanese farmers located in Otay Mesa who have been there for quite some time. You will find a Japanese Community Center at 16th and Market Sts. in San Diego and at the new store, located at 1415 3rd St. in Chula Vista.

MEXICAN: Mexican and Chicano people make up a large portion of Southeast San Diego. Along Logan Ave., Chicano artists have painted the arches under the Coronado Bridge, and the Chicano Federation is located at 1960 Mission Ave. Various Mexican foodstores and restaurants operate all along Logan Ave. They are also living in all parts of the city.

MIDDLE-EASTERN: quite a few North Africans have ended up in Southern California, mainly because of the climate. There are no specific settlements, although 400 families are spread around the county. The Lebanese-Syrian Club for Women is actually made up of Jordanian, Lebanese, Palestinian and Syrian members. St. George's Antioch Orthodox Church at 4175 Poplar St. in San Diego is a place of worship for all Arabic-speaking people. The Middle East Gourmet Shop at 1901 El Cajon Blvd. carries Syrian bread and pita and most all other Middle East specialties, and many of the big chain food stores stock "couscous," the staple food for North Africans. Antoine's Sheik Restaurant at 2664 5th St. serves Lebanese food as does the Old Damascus Restaurant at 3683 5th.

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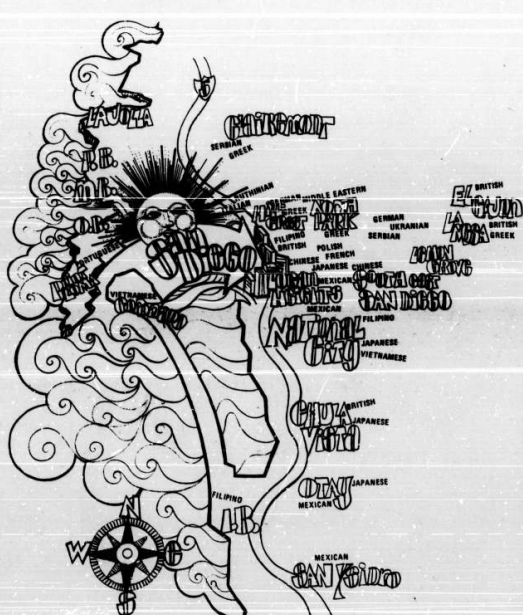
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day, which they sell on the Imperial Beach areas, and the Church premises. Mass is at 10:15 a.m. on Sundays.

UKRAINIAN: after living under Hitler and Stalin, then establishing a parish in Saskatchewan and Massachusetts, Father Kurylo came to the Ukrainian Catholic Church, Our Lady of Perpetual Help at 4014 Winona Ave., in 1966. His parish actually consists of 40 members but he estimated about 400 Ukrainian families live in and around town.

Vietnamese: it seems that most Oriental people live in the National City, Chula Vista and



Imperial Beach areas, and the Vietnamese, though they used to concentrate themselves in Coronado for easy access to the Navy's language school, are now also spread out over all the South Bay area.

SERBIAN: there are two Serbian churches in San Diego serving the 150 Serbian families here: St. George's Serbian Orthodox Church on 3025 Denver St. in Clairemont and Venerable Mother Angelina Serbian Orthodox Church at 4808 Trojan in East San Diego. The Clairemont church overlooks Mission Bay and is famous for its beautiful mosaics.

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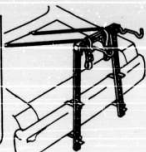
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## 10 Busiest Corners in Town (where you'd sell apples if it came to that)



Photo by Bob Eckert

—Gale Fox—

So it's come to that, has it? Empty pockets, shattered piggy bank, no patron, no job. Well, wait. Step back inside that window. Stick out your thumb and pull out an apple. That is, hitch a ride to Julian; work in an orchard; for apples; take your pay home to San Diego, and you're in business. Selling apples. It's a tradition as American as Great Depression I. Now that you have made the initial investment, this guide will help you by pointing out the ten best corners in town for selling apples. In order of excellence:

1. Horton Plaza, corner Fourth & Broadway, S.W. This corner is perfect because of its captive audience. Everyone hangs around waiting for a bus (or a ship to come in, or a prince) to come. Potential customers include some of almost every group of San Diegans, all in fact except those who can afford not to take the bus. Knowledge of Spanish would be an extra added attraction, a persuasive plus. The central fountain is handy for washing apples and disposing of cores. Remember, free apples surrendered to loitering police are tax deductible. Occupational hazards of this location include rash resulting from compulsory ear and nose plugs to protect seller from bus pollution. Because most customers move indoors to the nearby movies and bookstores, on Friday nights, weekends will be slow at Horton Plaza.

2. On the other hand, the corner of Silverado and Girard in La Jolla is another good weekday apple pushing corner. Steady parade of business people and shoppers. You might want to buy a La Jolla townie outfit (men-conservative navy or grey suit; women-conservative pantaul) with your first year's profit in order to blend in with the costume of this corner. Tourist traffic starts down the street at Prospect & Girard. Remember to charge more for apples in La Jolla. Overpriced items move faster here. (Other notes: purposeful quick walking, no loitering; police & metermaids busy; absolutely dead at night)

3. 30th & University in North Park is a slower paced corner. Bus stops on the southeast and northwest corners mean stationary customers and a bench for you. A shopping area. And when a potential customer already has his mind bent on spending money, the rest is applesauce. This spot might be saved for early morning or late afternoon selling as there are no shade trees. (Other notes: people of all ages, both sexes, unfashionably dressed)

4. Admittedly, 54th & El Cajon in East San Diego is not the pleasantest corner on which to make your fortune. But the very width of the streets, that gives the coldness to the spot, works in favor of the apple seller. Foot traffic charges across the wide streets—people dreading being caught in

the middle. They arrive on the curb exhausted, in need of a brief rest, long enough for your pitch. Another built-in advantage is that the traffic lights are so long as to confine people to your corner for what seems to them like minutes.

5. Fifth & University, Hillcrest demands a special banner for the apple seller. "An apple a day..." Most of the passersby are walking to and from appointments with their doctors. Don't expect to sell the apples to doctors themselves. A slow-paced, very elderly crowd, dressed old-fashioned, mixed with people of all ages. The south side is busier.

6. Sixth & Laurel at Balboa Park offers a variety in apple buying clientele second only to those of Horton Plaza (see #1). Cyclists, lawn bowlers, tourists & townies, airplane pilots, strollers, are all within your reach. Balboa Park. The area is relatively fuzz free except for the peaches on trees too sprayed to be of use. Note the children's market, not to be ignored by an apple seller. The weather here is the finest among the ten spots.

7. Montezuma & College, at the name suggests is indeed a corner with built-in spring, winter, summer vacations. Seasonal apple selling to seasonal apple buyers. Your customers will be nearly the same age. This is the hottest location of the ten but should be avoided on weekends as well as during school vacations.

8. Newport & Bacon in O.B., one block from the surf! Pacific, is the corner for apple sellers who like an ocean view. Many of San Diego's hard-core career loiterers move across this intersection. People of all ages and in a variety of costumes. Police are never far away. The four way stop and its ambiguities provide many opportunities to sell an apple to Alphonse. Biggest competition will be the ice cream parlour half a block away. If business is good, create a sideline of cigarette papers; if business is bad, you can go fishing.

9. Mission Bay Dr. at Mission Blvd. also offers an ocean view. This is a weekend spot which you can fit in with weekdays at Fourth & Broadway or at Silverado & Girard. Over 40 hours worked a week, remember means you charge time and a half per apple. At this end of M.B., the crowd is young. Let them ride the roller coaster BIKINI! they eat the apple. (Stand on the corner opposite coaster, west side)

10. Twigg & San Diego Avenue, in Old Town, least we forget the tourist dollar. There's nothing much old in Old Town. An apple seller would provide the needed touch of nostalgia here. Standing by one of the churches might arouse some sympathy by association. Remember, tourists travel in groups; so apples in Old Town are usually sold in bunches.

## 10 Longest Bus Rides in Town

(what to do next time  
the price of gas doubles)

—Carlos Bey—

Whether the Downtown Association likes it or not, San Diego bus routes are losing their predominant downtown orientation. Many local buses either end up or wind through downtown now, mostly because a lot of the present routes were laid down on top of old street car routes, each of which ended downtown, were hooked up to form one long bus route. But now San Diego has an area (1500 square miles) not much smaller than Los Angeles' (2300 square miles) to service, and it is beginning to see more suburban San Diego commuter's development of crosstown, non-radial routes.

Route O (31.4 miles), one of these radial routes that comes from one outlying area (Oceans Beach) and goes through downtown to another (the Border). The busiest in San Diego County and one of the busiest in the country, Los of students going back and forth from their homes in O.B., lots of Mexicans going from their homes to their jobs as maids and

gardeners. Though the San Diego Transit hour-long bus ride (25¢) makes the shorter Greyhound express from downtown to Tijuana (\$1.00) competitive, Greyhound says they'll file an injunction to keep San Diego Transit from having a Border express from downtown. San Diego Transit has negotiated an agreement with Greyhound to set up service to 19th and Coronado in Imperial Beach. This service, with an easy transfer at 9th and Coronado to a Border bus, will for all practical purposes kill the Greyhound service.

Route G (26.35 miles) is a suburban San Diego commuter's dream. A middle-level executive can leave his \$80,000 home in Rancho Penasquitos at 7:08 on weekday mornings and arrive safely at his office tower on 5th Beach) and goes through downtown to another (the Border). The busiest in San Diego County and one of the busiest in the country, Los of students going back and forth from their homes in O.B., lots of Mexicans going from their homes to their jobs as maids and



Photo by Bob Eckert

that passes from a certain type of neighborhood (white-collar University City) to a very different other one (blue-collar southeast San Diego and College Grove).

Route J (25.3 miles) now runs between Pacific Beach (Felpar and Mission Blvd.) and Kearny Mesa (Convair/Montgomery Airport), but it will soon be extended on its western end through Mission Beach, Ocean Beach to Naval Electronics Laboratory in Point Loma where a nice chunk of the 165,000 Navy jobs in San Diego are held. A large number of people at the beaches are also expected to be traveling to jobs at the Rose Canyon industrial complex, and a huge inter-beach crowd is expected during the summer.

Route 4 (25.2 miles), like the 5 Route, it goes from a blue collar area (Lomita Village), through downtown San Diego and ends up in the land of station wagons and garage-roof basketball hoops, semi-suburban: Clairemont.

Route R (24.3 miles), along La Jolla and the beaches to downtown, has the mildest weather and is thus given the buses without air conditioning during the summer months. It is one of the most scenic routes in spite of what the bus drivers tell you about North Mission Beach.

It is one of the most travelled in San Diego. On this bus you will meet not only kinky-haired blond surfers, but blue-haired La Jolla grandmothers, and stringy-haired UCSD scientists.

Route 40 (20.4 miles), an express route scheduled to go into operation in December, will link the middle-class burghers of El Cajon and La Mesa even closer to their work downtown. Hopefully, the run from Parkway Plaza in El Cajon to downtown will be cut from 1½ to 1 hour.

Route 80 (19.9 miles) is probably one of the most significant in the trend away from downtown orientation for the bus system. Starting at Mission and Opal Streets, it picks up San Diego State students in time to make their 8 and 9 o'clock classes and Grossmont Center and Fashion Valley shoppers in time to stand in line for the most recently advertised linen sale at the May Company. In case anyone was wondering why this "Express" stops at all the same stops the regular buses do, San Diego Transit says it's because beach citizens have torn off the special "express" stickers on the bus stop signs. The bus drivers, not knowing which stops are actually "express," and trying to avert any and all complaints, stop at all the stops just in case.

Route 11 (19.8 miles), another old, old bus route that was made up of two old street car routes joined at downtown, services the two types of areas which are the most important for federal funding of bus companies like San Diego Transit—senior citizen areas (Kensington is its northern terminal) and Model Cities areas (Lomita Village is its other end). A lot of the Southeast San Diego residents use this bus to visit Fill Hill in Hillcrest to see their doctor or dentist or visit Mercy or University Hospital.

Route 30 (19.3 miles), like Route 40, is supposed to begin service in December. It will be an express version of the R, carrying passengers picked up along the R Route in La Jolla and northern Pacific Beach out Grand Avenue to the freeway to downtown. It is supposed to cut 20 to 25 minutes off the La Jolla commuter's trip to downtown.

The number of people riding the bus in car-dominated San Diego is still not very high; the best the Transit Company can come up with is 11 per cent who say they ride the bus at least once a month. But since the fare was lowered to 75¢ in September, 1972, the bus population has doubled, and Transit officials expect it to do the same the next two years.

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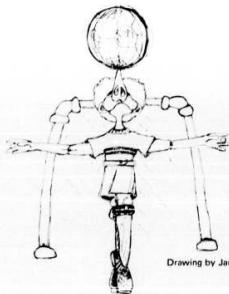
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Footlock	1.25
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Sea of Sea	4.00
Secret Life of Plants	1.95
Personal Power	1.95
Selfish of Champions	2.25
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Motorcycle Maintenance	7.95
Shells	6.00
The Pigeon	2.00
Eggs Permitted	3.25
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## A Guide to Sports Lessons



Drawing by Jane Kramer

Ann Delaney Williams—

Out of shape? Looking for the League sports, contact the something physical and possibly free or at least inexpensive? The City of San Diego, Park and Recreation Department might have something for you!

Available on a citywide basis for league play at all recreation centers at no charge are the following:

For Men and Women—Soccer, Softball, Volleyball, Basketball, Slow Pitch, Three-Pitch, Physical Fitness and Jogging.

For Men Only—Soccer, Lob Ball and Baseball which is held both in winter and in summer.

If you are interested in any of

2. North East S.D. (San Carlos, Allied Gardens, Del Cerro) 236-6373

3. Central S.D. (University Heights) 236-6614

4. Border District (South Bay, San Ysidro) 236-6615

5. Mid-City (Logan Heights and Downtown) 236-6609

6. University City and North Clairemont 236-6668

7. La Jolla and Pacific Beach 236-6696

8. East S.D. (Encanto, Paradise Hills, Valencia Park) 236-6620

9. Sierra Mesa and Linda Vista (Mira Mesa also) 236-6697

10. South Clairemont (Linda Vista also) 236-6698

Programs vary but all include the city leagues. Community interests and needs influence what will be offered. If your district doesn't have what you want you can get it simply by asking!

Listed below for your convenience are the ten city districts.

1. Bay District (O.B., Pt. Loma and Old Town) 236-6699

Flag-football is not citywide and is not a league sport but is offered by some of the recreation centers.

Redmont is free at Balboa Park as is adult Table Tennis which is held everyday but Wednesday in the Conference Building.

If you have your own equipment, you can use the Archery Course at Balboa Park which is set up similar to a golf course. This is also free.

At Morley Field there are 25 tennis courts for public use, along with Women's Volley Tennis.

The Aquatic Division of the Park and Recreation Department also offers excellent activities.

Swimming: An Indoor Pool 1. The Plunge at Belmont Park in Mission Beach (which will be 50 years old next year). For 60c the following is at hand: recreation swimming, life-saving classes, exercise swim for women which is 45 minutes of exercise plus swimming lessons and swimming lessons for all ages. Also available are classes for handicapped and those who have had strokes or heart attacks.

2. There are six outdoor pools at the following locations:

a. Kearny Mesa  
b. Colina Del Sol  
c. Martin Luther King  
d. Memorial Park  
e. Vista Terrace  
f. Bud Kearns (summer only)

Here recreational swim and lessons are available at a cost of 50c for adults and 25c for children. Hours for the fall are 5-8 in the evenings and open during the day on weekends.

There are also 6 portable pools which are placed in different neighborhoods depending on need.

The Aquatic Division also offers Sailing lessons for beginners through advanced. The degrees of mastery are 1. Able Seaman, 2. Intermediate Skipper, 3. Skipper, 4. Master Mariner. The cost now is \$6 for 9 weeks. Basic sailing uses the single sailed boat Sabat, of which there are 45. The Sabat is used to obtain Able Seaman and Intermediate Skipper. Class Skipper and Master Mariner use the two sail Lido and sail with a crew of three or four.

Classes start Oct. 12 on Mission Bay at Santa Clara Point and there are still some openings for this session.

If you'd like to be Bobby Riggs or Billy Jean King, tennis lessons are available. The cost varies on whether or not you have a Pro for an instructor. Generally they are \$7.50 for 10 lessons and the classes are small. You can check with your recreation district or the areas given here:

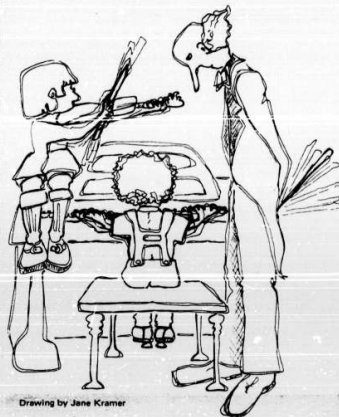
1. Colina Del Sol  
2. North Park Recreation

3. Ocean Beach-Robb Field  
4. Pacific Beach Recreation Center-Diamond St.  
5. South Clairemont

Two Municipal golf courses are also run by the Park and Recreation Department and fees are lower for San Diego residents. They are Torrey Pines Municipal Golf Course, home of the Andy Williams Open and the Balboa Park Golf Course.

If Handball or Racketball is your forte, try the Copley or Downtown Branch of the Y.M.C.A. The fee is \$1.50, and they suggest calling in advance to reserve a court.

## A Guide to Music Lessons



Drawing by Jane Kramer

—Stephen Swain—

After attending a fantastic concert you suddenly decide you want to learn how to play the guitar, trumpet, or perhaps something more exotic like an oboe, dobro, or tympani, but have no idea who is the best teacher or what to pay them to show you how to manage the stops, strings, struts, or whatever. You'll be glad to know that nobody knows. There is no foolproof method for deciding who is the best music

teacher or how much to pay. It's a lot like choosing a doctor or auto mechanic; there is no sure way to tell except by testing the teacher's ability.

While the city offers a \$25 license for teaching music, few bother to get it since it is not mandatory. Actually anyone who wishes to just has to stick an ad in column No. 247 of the Union-Tribune classifieds, or any paper, and simply call himself a teacher to begin soliciting students.

Those seeking folk, jazz or rock instruction will do best by hitting the classifieds where the average price runs \$6-\$10 an hour, or the music stores where prices average \$6-\$8 an hour for instruments, with voice lessons running from \$6 for traditional folk to \$20 for pop and opera.

The maxims is you get what you pay for, which is not to discredit the \$5-\$10 bracket since that is what the majority charge, but understand what you are paying for and be cautious about entering into long term

agreements with anyone you're unfamiliar with.

Anyone charging more than \$15 an hour (and it can run as high as \$30-\$50) had better be a protégé of Pablo Casals or Miles Davis and hardly worth it unless in these inflated times you can afford a costly habit or are seriously planning on making music your career.

To get your maximum money's worth most teachers advise a minimum of one hour a day practice at the scales. Anyone not interested in at least that much work is wasting his own money and the teacher's time.

Like any other service oriented business there are music teacher rip-off artists, those that are simply unsuited for your needs and geniuses who will unlimber your hapazard fingers so that you can move beyond the elementary to mastering the three B's whether they be Bach, Beethoven and Brahms or the Beatles, Band and Bop. One instructor warned that all students learn in spite of, not because of, the instructor's abilities.

And keep in mind George Bernard Shaw's quiz that artists who can't perform, teach.

### Music Stores

The following prices are per hour:

\$2.50 (classes) - \$5 (private): Bob Labean's Guitar Shop (Bob Labean, ex-manager of Heritage) guitar, 5 string banjo, classical, folk, pop; beginner through advanced. 222-6686

\$6: Folk Arts (Virginia Curtis, W. B. Reid and other local performers) Virginia—specializes in children: W. B.—guitar, blues, and ragtime. 291-1780

\$6- \$9: Welch's Music, band, piano, guitar (uses local teachers and music students) 223-6777

\$6- \$9: Blueridge Music (Ron Jackson, member of Squatter's Rites), finger, flatpick, Jazz, blues, folk, rock 'n' roll, guitar, autoharp, mandolin, dulcimer. 753-1775

\$7.50: Ozzie's Music (local teachers) band instruments. 276-5060

\$8: Albert's Music City (Pat or Peggy, uses local teachers) band instruments, accordion, mandolin, guitar. 460-7640

\$8- \$12: Music Teacher's Assn. of California (Bernice Fenwick) referral service. 296-4467

\$10: Folk Instrument Study Center (Walt Richards and local performers) fiddle, banjo, mandolin, guitar, bluegrass, traditional, also custom made banjos. 280-3522

\$10: Blue Guitar (Wayne Stromberg, Martin Henry and other local performers) Stromberg—advanced guitar; Henry—guitar, song arrangement, traditional voice. 291-1830

\$10- \$15: Jim Hoffman, referral for San Diego Symphony (see below). 232-3078

Members of the San Diego Symphony

French Horn—George Cable 466-2489

String Bass—Peter Rofe 297-1775

Clarinet—Peter Swanson 295-4360

Violin—Margaret Shakespeare 239-8878

Violin—Al Pinneri 449-7097

Oboe—Ron Fox 453-0028

Trumpet—Joseph Gyetvai 286-3598

Trombone—George Halbig 299-7377

Bassoon—John Ottaino 583-3590

Flute—Damian Bristol-Hall 297-2477

Percussion—Danle Mitchell 291-7793

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# Southern California First National Bank



## THIS WEEK IN SAN DIEGO

### OCTOBER 10 TO OCTOBER 16

#### SPECIAL EVENTS

**NATIONAL ANNIVERSARY OF THE REPUBLIC OF CHINA**, "Double Ten," with a lion dance and firecrackers (if permitted by the city) at 6 p.m. and a Chinese movie at 7 p.m. Refreshments will be served. Sponsored by the Chinese Consolidated Benevolent Association of San Diego, 428 3rd Ave. Saturday, October 12, 234-4447.

**1974 NAVY BIRTHDAY FAIR**, with an open house on four Navy ships, the submarine DARTER, the hydrofoil gunboat FLAGSTAFF, the destroyer escort LOCKWOOD, and the dock landing ship FORT FISHER, as well as performances by the Navy Band and the Blue Jacket Choir. Broadway Pier. Saturday and Sunday, October 12 and 13 (noon to 7 p.m. Saturday, 10 a.m. to 7 p.m. Sunday). 235-3534.

**HIGHLAND BALL**, semi-formal dance featuring the Edinburgh Police Pipe Band, Balboa Park Club, Balboa Park. Saturday, October 12 at 8:15 p.m. 460-5041.

**SCOTTISH HIGHLAND GAMES**, outdoor Scottish games and athletic events. With the Edinburgh City Police Pipe Band, Scottish fiddle and handcrafts. Balboa Stadium. Saturday, October 12, from 9:00 a.m. to 5:00 p.m. 233-7240 or 459-6977.

**COLUMBUS DAY PARADE**, floats, clowns, dignitaries. West on Broadway from 9th to Columbia St., downtown San Diego. Saturday, October 12 at 10 a.m. to noon.

**OKTOBERFEST**, with Bavarian Boys Band, The Mercado, Rancho Bernardo. Friday, October 11 to Sunday, October 13, 10 a.m. to 6 p.m. and noon to 5 p.m. respectively.

**39TH ANNUAL FIESTA DE LA LUNA**, special events including Fiesta Horse Show at 5780 Quarry Rd., Bonita. Saturday, October 12, 8 to 11 a.m. Sponsored by Sunnyside Horse Club. Call 421-8866 for more details.

**12TH ANNUAL POWAY POW WOW DAYS**, with a parade west on Poway Rd., Saturday, October 12 at 1 p.m. Rodeo and country fair on Saturday and Sunday, October 19 and 20.

#### THEATRE

**THE DOCTOR DESPITE HIMSELF**, spoof on Moliere's comedy. Dramatic Arts Theatre, SDSU. Wednesday, October 9 through Saturday, October 12, at 8 p.m. 286-6864.

**EVERYTHING IN THE GARDEN**, by Edward Albee. Actors' Quarter Theatre. Friday and Saturday, October 11 and 12, 8:30 p.m.

**ALICE IN WONDERLAND**, Manhattan Project's play of savage and enchanted. UCSD Gymnasium. Saturday, October 12 at 8 p.m. 452-4090.

#### FILMS

**WHAT'S UP TIGER LILLY?** with Woody Allen and STEAMBOAT BILL JR. with Buster Keaton, two films sponsored by the Thursday Night Film Society. USD 2722, Revelle Campus. UCSD. Thursday, October 10: Woody Allen at 7:30 and 10:30 p.m. and B. Keaton at 9 p.m. only. 453-0446.

**JACQUES LOUIS DAVID, GIAN-BATTISTA PIRANESI**, WILLIAM BLAKE, part of the "Romantic vs. Classic Art" film series by Kenneth Clark. Fine Arts Gallery, Balboa Park. Thursday, October 10 at 10:30 p.m. 232-7931.

**DREAMS THAT MONEY CAN BUY AND UN CHEN ANDALOU**, two event-garde films. La Jolla Museum of Contemporary Art, 700 Prospect St. Monday, October 14 at 8 p.m. 454-0183.

**NZURI: EAST AFRICA**, film at the Museum of Man, Balboa Park. Saturday, October 12 at 3 p.m. and Sunday, October 13 at 1:30 and 3 p.m. 235-2001.

**LASCAUX, CRADLE OF MAN'S ART**, a film about the discovery of prehistoric caves in France. San Diego Museum of Man, Balboa Park. Sunday, October 13 at 1, 2 and 3 p.m. 239-2001.

**SERGEANT YORK**, Howard Hawk's film about WW I's most decorated hero, with Gary Cooper. Sponsored by the history department. SS 100, SDSU. Wednesday, October 16 at 7 p.m. 286-5204.

**THE STARRY MESSENGER AND THE MAJESTIC CLOCKWORK**, part of the "Ascent of Man" film series by Jacob Bronowski. La Jolla Museum of Contemporary Art, 700 Prospect. Wednesday, October 16 at 7:30 p.m. 454-0183.

**EXPERIMENTAL THEATRE ON FILM**, the Living Theatre's "If I Could Turn You On" and "Paradise Now." Also a short film, "In Search of a Cool Place," depicting Ken Kesey's Merry Wanderers. Unicorn Cinema. Wednesday, October 16, 7 and 9 p.m. 456-4341.

#### LECTURES & TALKS

**TRANSCENDENTAL MEDITATION**, The Practical Benefits, a lecture given by practitioners. Santa Clara Point Recreation Center. Thursday, October 10, 7:30 p.m. 280-1840.

**PROBABILITY OF THE IMPROBABLE?** Scientific Exploration in Psychic Phenomena, a lecture by research psychologist Thelma Moss. Part of the "Frontiers of Human Consciousness" series. College Grove Shopping Center Community Hall at 1:30 p.m. and Student Center, Grosvenor Center at 8 p.m. Thursday, October 10, 465-1700, ext. 321.

**CAMPAIGN SPENDING LAWS: WORKERS OR SURVEILLANCE?** with Marshall Lewis, attorney, proponent of Proposition 9, Mark Schneider, Socialist Workers Party and an ACLU representative. The Militant Forum, 4635 El Cajon Blvd. Friday, October 11 at 8 p.m. 280-1292.

**EXPLORING THE PSYCHIC NATURE OF MAN**, a one day symposium conducted by the association of UCLA's Neurochiatric Institute. Room 2100, Basic Science Bldg., School of Medicine, Matthews Campus, UCSD. Saturday, October 12 from 9 a.m. to 5 p.m. 517. 452-3400.

#### DANCE

**AN EVENING OF SOLOS AND DUETS** with Stephanie Edwards and Pan Rukstalis. The Crystal Palace Theatre, 3785 Ocean Front Walk, Mission Beach. Friday, October 11 to Sunday, October 13. Call 583-3034 or 488-8001 for reservations.

**DANIEL NAGRIN DANCE CONCERT**, "Changes," a retrospective of solo dances 1948-1974. Dramatic Arts Theatre, SDSU. Monday and Tuesday, October 14 and 15 at 8 p.m. 286-6847.

**KRES MERKSY** as Isadora Duncan, a one woman-show, part of the "Evenings at the Apollo" series. Montgomery Junior High School, 2470 Ulico St. Wednesday, October 16 at 8 p.m. 729-2350.

#### MUSIC

**SAN DIEGO SYMPHONY**, Peter Eros conducting works by Kodaly, Ravel and Beethoven. Carol Rosenberger is guest pianist. Civic Theatre, 202 C St. Thursday and Friday, October 10 and 11 at 8 p.m. 236-6510.

**LOVE IS A GAME AND ITALIAN GIRL IN ALGIERS**, the titles of two opera vignettes by Pacific Lyric Theatre. Fine Arts Recital Hall, Room 220, Grossmont College, El Cajon. Friday, October 11 at 8 p.m. 465-1700, ext. 241.

**ORGANIST GERIE HANCOCK** will play works by Franck, Bach, Schubert. First Presbyterian Church, 320 State St. Sunday, October 13, 10:30 a.m.

**OPERA TOWN HALL INTERPRETATION SERIES**, sponsored by San Diego Opera. Excerpts from "Mamont" will be featured at a wine and cheese party at the House of Hospitality, Balboa Park. Tuesday, October 15 at 7:30 p.m. 232-7638.

#### MUSEUMS & GALLERIES

**YANNIS GAITIS**, sculpture, paintings and graphics. Circle Gallery, 2501 San Diego Ave. 296-2596.

**MANNY FARBEN**, recent paintings and DAVID WING, photographs. Jack Glenn Gallery, Fashion Valley. Through October, 291-5970.

**MANY FORMS OF WOOD AND JEWELRY**, special exhibit and sale. Gallery B, International Center, Matthews Campus, UCSD. From Friday, October 11 to 7:30 p.m. and Saturday and Sunday, October 12 and 13, 10 a.m. to 4 p.m. 452-5774 or 452-3732.

**MARY ELLEN LONG**, prints, and LEO WARD, glass and handblown paperweight sculpture. Artists Cooperative Gallery, 3731 India St. Through October 20, 296-0200.

**JEAN BRADLEY and SHIRLEY LICHTMAN**, two-artist exhibit. Del Mar Gallery, Upstairs Starford Square, 1442 Camino Del Mar. Through October 31, 272-2336.

**LENORE SIMON, SUSAN SIMMEN, and GAYE GOODMAN**. Limited edition graphics and original paintings by 30 local artists. Harlequin Gallery, 5707 La Jolla Blvd. 459-6077.

**SUM-E PAINTINGS** by John Doty, who will also demonstrate ancient ink-brush technique in the Gallery, Tarbox Gallery, 1025 Prospect, La Jolla. Through October, 450-0442.

**RARE PLANT AND POTTERY SHOW**, with plants and pottery by Buddy Sutton, John and Young Gallery, 3719 India St. Through October 20, 295-9310.

**CLOISONNE** by Marcia, in modern and medieval designs. Triad Gallery, 3701 India St. Show runs through October 24, 299-6543.

#### SPORTS

**WATER POLO: Aztecs vs. Cal State, Northridge**. William Terry Pool, SDSU. Friday, October 11 at 3:30 p.m.

**28TH ANNUAL EVENING TRIBUNE METROPOLITAN TENNIS TOURNAMENT**: Morley Field, Balboa Park. Saturday and Sunday, October 12 and 13 starting at 9 a.m. 226-6717.

**CROSS COUNTRY: Aztecs vs. UC Irvine**. Balboa Park. Saturday, October 12 at 11 a.m.

**WATER POLO: Aztecs vs. Occidental**. William Terry Pool, SDSU. Saturday, October 12 at 2 p.m.

**ROLLER GAMES: Sports Arena**. Saturday, October 12 at 8 p.m. 224-4176.

**FOOTBALL: Aztecs vs. Fresno State (Shrine game)**. San Diego Stadium. Saturday, October 12 at 8 p.m. 286-6847.

This events calendar is compiled each week by the READER and is a service provided by the SOUTHERN CALIFORNIA FIRST NATIONAL BANK. All inquiries regarding the events listed here should be made to the READER, 235-5176. Send items for listing to the READER, Box 30800, San Diego, CA 92136. The deadline is the Friday before the following Thursday's issue.

#### Where to get your

#### Reader:

**PACIFIC BEACH**  
Bedroom Water Beds  
Buffalo Breath  
The Convention  
Mom's Saloon  
Pants Fair  
Rocco's Pizza  
Sunhaus  
The Warehouse  
Stands in front of:  
Alpha Beta  
Big Bear  
Post Office  
Safeway  
Tug's

**LA JOLLA**  
Aspen Public House  
Bird Rock Bicycle  
Cost Less Imports  
Frame of Mind  
La Jolla Music  
Di Leone's  
Roots Natural Footwear  
The Plebian  
Smoothy's  
The Turntable  
Mithras Books/Unicorn Cinema  
Tiffinanny's  
Ocean Fresh Fish  
Stands at:  
Baskin Robbins Ice Cream  
Central Federal  
Silverado and Girard  
La Jolla Public Library  
La Jolla Shores Market

**OCEAN BEACH**  
Atlantis Waterbeds  
Bedroom Waterbeds  
The Black  
Gany's Deli  
Good Karma Records  
Hanley Surf Shop  
Laundromat (2179 Abbott)  
Laundromat (4972 Voltaire)  
O. B. Cafe  
Madman's Workshop  
O. B. People's Food  
The People  
Umberto and Paul's Deli

**SOUTH MISSION BEACH**  
Infinity Surfboards  
Ace Liquor Store  
Mission Market

**NORTH MISSION BEACH**  
Aquarian Bookstore  
B. A. Community Clinic  
Crepe Shop  
Curt's Food Garden  
Dunagore Depot  
Get It On Shoppe  
Tolltec  
Mission Ministrel  
Mr. D's  
Small World Deli  
Yab Yum  
Stand in front of Small World Deli  
Every laundromat in Mission Beach

**DOWNTOWN**  
8th and E

**SAN DIEGO CITY COLLEGE**  
Main Patio  
Library

**KENSINGTON/EAST SAN DIEGO**

**HILLCREST/NORTH PARK**  
University Hospital  
Goldfruch and Washington  
5th and Laurel  
5th and Robinson  
5th and University  
Ken Theatre on Adams  
30th and University

**STATE COLLEGE AREA**  
Prophet Restaurant  
Wright's World of Sound  
Quad Sound  
The Pantry  
Wherehouse Records  
Aspen Mine Co.  
College Student Insurance  
Cal Book Co.

**SAN DIEGO STATE UNIVERSITY**  
Education Building  
Business Administration  
Chemistry Building  
Book Store  
East Commons  
Library  
Physics Building  
Physical Science Building  
Arts and Science Building  
La Paloma Theatre  
La Paloma Bookstore  
All laundromats  
Rocco's Pizza  
Norton Flotsum  
Stand in front of  
of Spirits of St. Germaine  
in Old Market

**ENCINITAS**  
Bath and Beauty Shop  
El Pajaro  
Hair Cutting Man  
Hansen Sports Center  
Inness Records  
La Paloma Theatre  
La Paloma Bookstore  
All laundromats  
Rocco's Pizza  
Norton Flotsum  
Stand in front of  
of Spirits of St. Germaine  
in Old Market

**POINT LOMA AREA**  
Jamaica Joe's  
Tower Records  
Aaron Brothers Art Mart  
Jurgensen's

**UCSD**  
All libraries and dining areas  
plus bookstore, EDNA office,  
and Student Health Center  
All campuses including  
Scripps Institute

**DEL MAR**  
Bully's  
Earth Song  
GRB  
All laundromats  
Studio Suenaga  
Stand in front of Big Bear

**SOLANA BEACH**  
Changing Times Bookstore  
Garden Cove Plantland  
Inness Records  
Jack Slattery's  
People's Food  
Sud's Yer Dudz  
Stand at Price Drugs

**CARDIFF**  
FishHouse West  
V. G. Donuts  
Stand at Von's

**MISSION VALLEY**  
Discount Records  
8. Dalton Booksellers  
Rebel Shop  
Jack Glenn Gallery

**LA MESA**  
Cost Less  
La Mesa Music Machine

**GROSSMONT COLLEGE**  
Students Center  
Administration Center  
Library

**SOUTHWESTERN COLLEGE**  
Bookstore

**MILITARY BASES**  
Naval Training Center Exchange  
Submarine Base Dolphin Club  
Naval Reserve Center  
MCRD Exchange  
ASW School Exchange  
Balboa Naval Hospital  
11th Naval District Headquarters

**CLAIREMONT**  
Fotomat Camera Store  
Jupiter Records  
Wherehouse Records

**SAN DIEGO MESA COLLEGE**  
Breezeway

**USD**  
Law School, all floors  
Law Library  
Student Union  
Serra Hall  
De Sales Hall

**FASHION VALLEY**  
Discount Records  
8. Dalton Booksellers  
Rebel Shop  
Jack Glenn Gallery

**MISSION VALLEY**  
Chess King

**LA MESA**  
Cost Less  
La Mesa Music Machine

**GROSSMONT COLLEGE**  
Students Center  
Administration Center  
Library

**SOUTHWESTERN COLLEGE**  
Bookstore

#### san diego state presents

#### children's theatre

#### Tinglary Bird

by MARY MELWOOD

December 14, 15  
Directed by Dr. Margaret McKerrrow

#### No Dragons Allowed

by MARGARET MCKERRROW

March 15, 16  
Directed by Dr. Margaret McKerrrow

#### SEASON TICKET POLICY

As a Season Ticket Holder, you will be sent a notice that you may reserve tickets one week before public sale begins. Since a Season Ticket does not automatically give you a seat, you must make a reservation in advance. If a show is a sell-out and you forget to take advantage of our exclusive Season Ticket Reservation Week, there will be no seat available for you.

You receive a significant savings on the Main Stage Productions, one free Bonus Production and first choice of seats and dates as long as you make reservations during the week set aside strictly for Season Ticket Holders.

#### main stage

#### DOCTOR IN SPITE OF HIMSELF

adapted by Gordon S. Howard  
October 10, 11, 12  
Directed by Dr. Gordon S. Howard

#### THE BALCONY

by Jean Genet  
November 8, 9, 13, 14, 15, 16  
Directed by Dr. Mack Owen

#### SHERLOCK HOLMES

by William Gillette  
February 14, 15, 19, 20, 21, 22  
Directed by Dr. Michael L. Harvey

#### YOU KNOW I CAN'T HEAR YOU WHEN THE WATER'S RUNNING.

by Robert Anderson  
March 14, 15, 19, 20, 21, 22  
Directed by Dr. Kjell Amble

1776

by Peter Stone and Sherman Edwards  
April 18, 19, 23, 24, 25, 26  
Directed by Dr. E. C. Stephenson

#### bonus productions

In addition to the five Main Stage Productions, Season Ticket Holders may attend one of the four Bonus Productions, free.

#### London Merchant

by George Lillo  
October 24, 25, 26  
Directed by Kenneth R. Gray

#### Antigone

by Anouilh  
November 21, 22, 23  
Directed by David Edgecombe

#### And Miss Reardon Drinks A Little

by Paul Zindel  
January 30, 31, February 1  
Directed by Jeff Palmer

Also offered as a Bonus Production is THE TINGLARY BIRD, a Children's Theatre Show.

#### PRICES

#### 1974-1975 TICKET PRICES

	Gen.	Student
Admission (all schools)		
Play	\$2.00	\$1.25
Musical	\$2.50	\$1.75
5 plays, 1 musical	\$12.50	\$8.00

SEASON TICKET PRICE \$9.50 \$5.50

**We'll wait on you.  
Till 7:30.**  
Drive through  
Mondays and Fridays  
At 41 key locations

Southern California  
First National Bank







**JEANETTE:** If you're reading this, an empty coddy bag this season. "How To Be a Super Litterer" can help. Send \$1 to P.O. Box 90624, San Diego, CA 92109.

INFORMATION: 235-9329

**REMEMBER CODY'S?** If you've ever been to a party, you know what a trip to Cody's Books is like. In Hillcrest you can get a piece of the Telegraph Ave. at the Black Door Bookstore. You can browse every night until 9:30 p.m. Open the up the "Super Duper" and let us open your mind. 3823 5th Ave. 298-8610. See our display ad in the Reader.

**WE AT PACIFIC ADUDD** would like to thank all the people who have supported our ad. Our goal is still to provide good service at same prices. We're starting something new—a buyer's service designed to get stereo equipment to you at prices unmatched by even the stores that specialize in this sort of thing. Come in or call and give us your details. Remember, too, if you want a stereo / tape / turntable / etc. doing what it is supposed to do, bring it in and we'll give you a free estimate. (No TV's please) Pacific Audio Service, 4609 Mission Blvd., P.B. 72-1222. See our ad on page 3.

**T TURBOW US Enterprise NCC 1701.** Let's keep it cool with G.W.C. you know who. Will attempt to communicate with him about relationships. Maybe he'll understand that it isn't just "Toy" maybe he will learn. I comma Savas.

**HIGH COMMAND:** you mispelled my name and forced me to write over three pages to remind you. None of us here are subject to your laws. This is your last warning, Sena.

**J. THORAX:** clowning around; who sent straker the note to put me in Alaska anyway? you, Cassandra. Adoms: Terrence, red haired, curly, is my friend tonight sleep with Alaska tonight, would you Cassandra. Dua: Alaska stult, Cassandra.

**PART-TIME artist** seeking female counterpart in any medium for work, play and relating. 299-8854.

**COLONEL F:** Sena Et, Lyth's et al. I hope you shook those fists at these faces against you and have the memory of First's existence systematically destroyed? Who the (expletive deleted) does he think he is? Or do you know him? Unleash me. Nonetheless, two o'clock in the morning is a little early to be going to Stellar District Court, all the way out in the Aldebaran IV area. Best wishes, the Associate.

**PRAYERS ARE ANSWERED.** Call 460 1911.

**I'M LOOKING** for someone with large collection of progressive rock, blues, bluesgrass records to compare. 272-5825 leave message for Bill.

**TO GOOD HOME.** Very unusual chicks. Housebroken/short haired. One is black tiger striped with blue markings on face/feet/chest. Two are calico siamese with blue eyes/whiskers. Call 453-2500/213 ext. 235-9851 after 9:30 evenings and weekends.

**GALACTIC HIGH COMMAND:** I am not now, never have been and never will be a member of your organization. Go jump in a black hole Lyth'n. Extraterrestrial? Who, me? Commander S.

**GALACTIC HIGH COMMAND:** Who are you? We know of no such directive. Keep your nose out of our territory or you will lose it. You have been warned. Duag Supreme High Command, Davos, Davos Empire.

**LITHIAN NYLE:** please publish a phonetic spelling of your name. People are pronouncing it like mine. Lyth'n. Jim Thorax: stop misspelling my name. Sticker.

**TARL CABOT:** where are you? I heard all about Terrence, met him when you didn't turn up, so I shut him away and join the Panther Girls. Regards, Talma.

**ANYONE WHO KNOWS** the whereabouts of a guy calling himself John Hanson and saying he was some kind of a messiah sent to save Mission Beach from destruction please meet me at the end of Crystal Pier Saturday at 11 p.m.

**I AM FED UP** with the take-over of Reader. Personally by a bunch of Star Trek freaks. What has gone wrong in San Diego? Is everyone as intimidated as I am about putting a good old normal person in the Reader? Hail!

**DIVERS!** Don't you be left with an empty coddy bag this season. "How To Be a Super Litterer" can help. Send \$1 to P.O. Box 90624, San Diego, CA 92109.

**OUR CIRCULATION Department** needs help in getting the Reader to Palomar College. If you live anywhere between Encinitas and San Diego, and you drive to Palomar on Thursdays or Fridays, please call at 235-6176 and leave your number.

**FREE!** Australian Shepherd female, 9 months old. Blue. Blue eyes, dark, deformed. Days, 755-0550; nights, 755-3093.

**THIS IS THE SECOND** of a series of independent test ads to appreciate effectiveness of Reader Classified. If you having read a Reader classified (not this one) has caused you to respond or act on same, write Mr. O. Chachornya, Classified Research, South Bay Consulting Group, Box 1115, National City, CA 92050. Your courtesy and help will be greatly appreciated. We will be in your debt for a prompt reply.

**OPEN HOUSE** at the National Center for Exploration of Human Potential will resume Thursday, 19 September at 1:30 p.m. All are welcome. For information call 272-7230.

**THE LONELY INDIVIDUALITY** bookstore upstairs in Stratford Square invites you to see clothes that nobody carries elsewhere. French teeshirts and pants, imported tops, custom crocheted bikinis, denim jeans and jeans. Natural looks and good feelings are at L.L. Boutique, 1442 Camino del Mar, Del Mar, upstairs Stratford Square, 755-5233.

**GAY CATHOLICS:** Divinity of San Diego has a religious and educational program for you. Write CATHOLIC, 19071, San Diego 92110 or call 448-8384 any time for information.

**MEMORANDUM TO FIRST,** Galactic High Command, you are interfering with our work before you have even started. We have no threat to us. But now you have become too bold for your own good. We have taken you out of our system and we will continue to exist on your existence on this planet. D.W. Sub-Commander, Intelligence Unit 1.

**THE CAPTAIN OF THE USSHIS** Kommander. What does the captain carry concealed in her padded bra? MOTO (member of the crew).

**MALE 43 divorced,** non-drinker but heavy smoker. Like mellow, peaceful, homelife (have own place). Not very exciting but steady and reliable. Want female, 30 to 45 (prefer wellfower) for live-in life companionship. Some physical handicap OK. Will be frank and honest to all who answer. Call Bill 223-1154, morning.

**WARRIOR TURNER JAMES,** alias Chuck, Barrett of the bad man you work under, is the real son of the Read. Read your blueprints well, that is where your future lies. Eat well. Seek your salvation on Super Mountain cause, you ain't seen n-n-n-n-nnng yet. Look out for the Hurricane, it's 1984. Part II next week, t-shirt, Ziggy Stardust.

**EATING COMPULSIVELY?** If you want to stop, we want to help. Operaters Anonymous, 475-0766. No dues or fees, we are a fellowship.

**FOUND:** watch on beach, foot of La Jolla. 3 weeks ago. Identify. Pa 488-4235.

**CAPTAIN PHLOKE:** You wouldn't happen to be Raglan's successor, would you? Lyth'n. Go to the booth. Go directly to the booth. Do not pass go. Do not collect 200 quatos! Aleric metaxal. Vain.

**COMMANDER S:** This is getting ridiculous. Why don't you stop meeting and see about getting these groups together? Contact me via the house. Aleric.

**PHYSICAL FITNESS** classes for women, 1 hr., and Thursdays 9:30 to 10:30 a.m. and 7 to 9 p.m. First Lutheran Church, 1420 3rd Ave. One month special, \$8. Phone 290-4942 after 4 p.m.

**FLUTE LESSONS.** Now taking students in Fall, beginners or advanced. "Experienced" and highly trained teacher, Catherine Sherwin, 454-6728.

**FORGETTING IMPORTANT OCCASIONS?** 1) Send dates, occasions. Receive reminders! Never forget birthdays, anniversaries, Mother's Day, graduations, weddings, etc. again! 5 for \$1. 2) Send address. We'll send cards for you! For \$2. Steadman, 305 S. Sierra, Solana.

**PROFESSIONAL TYPIST:** Reasonable rates, fast service by hard-working student. Day, night or weekends. Call Steve, 287-7158.

**FOR SALE**

**TWO 7x14" American Dragman** aluminum slatted wheels for Triumph (TR1 or TR3) with barely used genuine wheels. Price, \$60. Call 453-0985 or 452-2575.

**GIBSON GUITAR.** ES-330 21" semi-hollow electric, excellent condition. Includes pickup, case, \$275 or best offer. Doug at 755-7215.

**LEVIS LOVERS.** More you than denim shorts! Franchise Surfshop's denim, custom-made clothing and crochet. Call Sheri at 264-6817.

**RECYCLE CLOTHING:** We have used dresses, fur, jeans, boots, hand-knits, pants, a little of everything, come by and see us. Buy, sell, trade, consign. Kay's Resale, 385 5th Ave. Monday-Saturday, 10 a.m. to 6 p.m. 291-7747.

**TWO 8x15" American Dragman** aluminum slatted wheels for Chevrolet with usable "Pourtration" 453-0985 or 452-2575.

**CHROMED BUMPERS** for all small trucks, \$27.95 complete with chrome, 10% off. Blue Metal parts, \$17.95, without brackets. Tires — new retreads, used. Wheels, too. Genuine wholesale prices to public. Dougall, Reith, The Tire Guy. 277-6504.

**THE BEST BUYS IN TOWN!** Good used gas stoves guaranteed 100%. We deliver, washers \$50.00, gas and electric dryers, new appliances cost and 10% off. Appliances Co., 4162 Park Blvd. 298-4832.

**HEY THERE,** look at this! Kneisel ski, Gee bindings, poles, custom ski-bag \$130. Ski clothes? Bommar! We'll do the job right and charge you about \$4 less than you are now paying. Our thing is giving you your money's worth. We are in P.B. at 1269 Garnet. 272-6767. See our display ad in the Reader.

**SPENDING TOO MUCH** for service on your bike? CDI bikes do not have points. This eliminates need to set ignition timing. Why pay for a full service? Come into Pacific Surf Shop. We'll do the job right and charge you about \$4 less than you are now paying. Our thing is giving you your money's worth. We are in P.B. at 1269 Garnet. 272-6767. See our display ad in the Reader.

**JOB HUNTING?** Bring in your job resume for a free evaluation. Complete range of services for the job hunter. 566-0391 or 488-0638. Career Futures, 1135 Garnet, Pacific Beach.

**FREELANCE ARTIST.** Layout, design, production. Reasonable rates. Layout artists, 270-0086.

**ARE YOU DEPRESSED** about the good of Christmas Cards? Do your own Christmas Cards and I'll print it on 8x post cards for \$6.99 (hundred plus cards). Or how about a Christmas letter? You write it and I'll print it on green paper with a jolly red and green Christmas design for \$5 a hundred! Green Printing, 377 Sprinkles Blvd., 225-4633.

**DECORATE THE WALLS** of your home or office with color. Original non-objective and abstract expressionist art available. Commission or private viewing by appointment. 486-7413, 10 a.m. to 4 p.m.

**PICTURE FRAMING...** matting, mounting, stretching (paintings), posters, fabrics, photos, etc. Top quality work at lowest prices. Moved to new, central location... (formerly in Pacific Beach). Jim's Frame Shop, 3689 Park Blvd. San Diego, 299-0775.

**XEROX COPIES** \$c each, no minimum, and off-set printing for less: two locations. State College, open 7 days, 5852 Montezuma Rd. 287-3707; IBM Copies at Down Town, 1843 5th Ave. 235-8818.

**INSTALL car stereos** and auto radio by appointment: 225-0333. A complete service from the Madman's Workshop, 2216 Cable St., O.B. 225-0333.

**WOMEN!** There's a way to meet more compatible men. Expand your acquaintances. Meet interesting men. Increase your chances! A full year of dating for only \$19.95, 100% matching. The Introduction Agency, 363-7979 (24 hours).

**STUDIO RECORDING** from 85.50/hour. Two track and four track recording services available. We produced Hengrow and radio. We are ASCAP affiliated. We make it happen. Contact Danny Anell Productions at 466-2238.

**MOVING AND HAULING** anywhere in San Diego County area. Reasonable rates, fast service by hard-working student. Day, night or weekends. Call Steve, 287-7158.

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## (FOR SALE CONTINUED)

**FIREDWOOD:** Tired of waiting for SOGAE to boost their rates again? Why not toss another log on the fire and break out the marshmallows? Order now before gasoline tax up our prices. 455-2450.

**TWO ROSS GRAND PRIZ** 10 speed. Boy's 21" frame. Very clean, good condition. \$60 each. Call 488-7413 between 10 a.m. and 5 p.m.

**MARTIN 12-string guitar** (D-1235). Excellent condition. \$470. Call Todd, 454-6261.

**BOLEX 16 mm, H-16 reflex camera** with 152 mm, 78 mm, and 28 mm lenses. Excellent condition. \$175. Also — tripod, editor, and cement splirter lights, and projector, very reasonable. 454-4016.

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**CHIFFON GOWN** (size 12), 5 foot long, black, backless. 279-2963.

**NEW GUILD F-112 12-string guitar** with case. \$250. 429-2236.

**AKC GOLDEN RETRIEVER** puppies for sale. Four females. \$50. 222-4995.

**CLASSIC MGA** for sale. Very good condition, come and see. 222-4995.

**PROFESSIONAL GAS** fired kiln 16x16x20. Outside is heavy duty steelplate by Dickenson. \$225. Good for reduction firing. 641-4067.

**TOYS! TOYS! TOYS!** for people of all ages at The Rocking Horse. A charming little store of high quality handmade and imported toys at low prices. See to believe! 1002 N. Highway 101, Leucadia, CA. 436-9188.

**VIDEO TAPE equipment** includes Ido camera telephoto zoom lens, 1" video recorder, 1" video TV monitor plus associated equipment. \$1800. Terms or trade for van, station-wagon or 299-7082.

**1973 FISHER AM/FM stereo receiver.** 489 RTMS, walnut case. 160. Two pioneer CX-33 speakers. \$70 for both. Receiver and speakers are in excellent condition. Cheap. Danny, 239-2725 or 582-2621.

**4x4x6 chrome wheels** for Datsun pickup. Four 6x14 Datsun factory tires, like new. 452-1886 (night).

**12-STRING guitar.** \$75 or trade for alto-acc. 479-4677.

**SUPER BMM Ball and Howell movie projector** and camera with screen. Like new, only used once. \$200 or best offer. Richard Cervantes, 299-2987.

**TELESCOPE** and tripod (Tasco) 300 power reflector type accessories include H8mm and H20mm eyepieces, 2xBarlow and sun & moon filters. Call 283-3422 or come by 4819 Elton St., S.D. \$125, must sell or best offer.

**UNIQUE, standard beds.** Materials for making your own jewelry including free advice and help. Quantity discounts. General Bed, Room 506, 520 E. St. downtown. (2 blocks from the Plaza) 235-0800. Open 12-8 p.m., Tuesday-Saturday.

**YARD SALE.** Saturday, October 12, 10 a.m. to 4:00 P.M. 4240 Arguello Street (Mission Hills). Clothing, books, bird cage, furniture, toys.

**ORPHEUS FOLK GUITAR,** good condition, \$20. Call 220-0130 after 3 p.m. Ask for Theresa.

**MUSICAL INSTRUMENT AMPLIFIERS** and accessories at a discount. Cheap! 271-0378.

**YAMAHA ACOUSTIC GUITAR,** model FG300 with De Armond pick-up and hard case. Excellent condition. 299-5888, 5225 or 471. Call evenings.

**NICE CAMPER TRAILER.** \$400. See at 44633 Euclid. Phone 287-4181, 12 noon to 10 p.m. Monday through Sunday.

**NEON SIGN.** Excellent! 1500/1000. Change plans to suit own needs. \$54 or best offer. 486-5831 or 460-6033. 10 a.m. to 10 p.m.

**SANSUI QUADRAPHONIC 240** watt receiver, Duad 1219 changer. Speakers 2x5-way 80 watt Corsis, two 5-way 100 watt Sonics. \$1800 value for \$800. 466-4511.

**FM TUNER.** Add FM radio to your stereo system. Realistic TM-175 with controls for mono/stereo and sensitive station selection. Fine-tuning meter. Walnut cabinet. Cost \$70. Now must sell \$35. 882-6760.

**HEIRLO.** a wide selection of common and unusual herbs at bulk prices. Come in and see. Tommy's Natural Foods, 6886 El Cajon Blvd. 468-6033.

**FLUTE.** In good condition. Cost \$175. Will sell for \$90. 486-3778 or 276-4640.

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(continued from preceding page)

**1963 FORD GALAXY.** Good condition and transportation car. \$400 or offer. Call 270-3916 evenings.

**1974 DODGE VAN, 8-100, V-8.** Assume payments and \$500. 224-7567, day or night.

**DESPERATE!** Must sell 1972 overcab camper. Sleeps four, excellent condition. \$800 or best offer. Paid \$1500. 426-5281.

**'67 VW BUG.** New engine and upholstery. Good paint and tires. New radio. 281-6027 evenings.

**'72 VW, only 30,000 miles.** Excellent shape, inside and out. Call 295-5665 evenings.

**1963 PRINCE VALIANT** (Plymouth), looks like hell, but dependable, local transportation. 16-26 mpg; original owner; 110,000 miles, automatic. Best offer over \$125. Please give "Prince" a good home. Call evenings, weekends, 284-7131.

**SAB CLASSIC.** New '65 engine, new transmission, new radials, alternator, etc. \$1000 or best offer. Bruce, 459-5112.

**1966 CHEVY Step-Van,** needs work, reasonable. Please call 755-7852 or 755-8638.

## HOUSING

**CAPRICORN** low student-teacher with Libra moon ascendant and into yoga meditation, desires a non-smoking personally and financially responsible vegetarian roommate to share lovely three bedroom, two bath home in Kensington with large yard. Must like cats, quiet and privacy. \$150 plus utilities, male or female okay. Bruce, 280-7950. Late afternoon (3:30-6:30), after 10:30 p.m., or before 7:30 a.m. Keep trying.

**FEMALE ROOMMATE** needed to find or share house in O.B. by November 10. Prefer working and/or graduate student around age 25. Casual, open-minded. Call 225-9555 after 6 p.m. Nancy.

**FEMALE roommate** needed. Cool and happy-go-lucky. \$85/month. P.B. area, nice apartment. Ask for Dorothy. 488-5936 or work, 488-1091.

**WE NEED PEOPLE** to share a large home in Kensington with a pool. Own room. 284-5602.

**COMFORTABLE, very cozy apartment** available for October-November (flexible period), in Crown Point, P.B. on the water. Completely equipped household, free use of belongings. Gas, electricity and phone, your expense. \$150/month. Call 270-3666.

**FEMALE ROOMMATE WANTED:** downstairs bedroom in old house in Mission Hills. Rent and utilities about \$70 a month. Need own bedroom furniture, available immediately. Please over 23 and no cats. Call 298-9231 evenings.

**YOUNG PROFESSIONAL** will share La Jolla house near beach. \$150 plus utilities. Mark, 236-5875, 8 to 5.

**NEED ROOMMATE(female)** for 3-bedroom house in O.B. One block from beach. Call Melanie or Debby, 222-4959.

**KEARNY MESA AREA, 3-bedroom apartment.** \$65 plus utilities. Near Mesa and USD. Call in the morning. 292-1281.

**ROOMMATES NEEDED.** Share 4-bedroom, 3-bath house overlooking Mission Bay. Walk to bay and shopping. 10 minutes drive to UCSD on Highway 5. Own room \$110 plus utilities. Call Susan, 278-4659, after 6 p.m.

**WILL SHARE** large, colder two-bedroom secluded home in La Mesa; large lot nestled in trees, fantastic view. Also tiny guest house. Call Jim at 460-7585.

**MATURE FEMALE** share cozy three bedroom home, 1400 Pacific Beach Drive, one block to Bay. Near shopping area, recreational area. Furnished, utilities paid, washing available. One bedroom \$100; one bedroom \$125. 272-7280, Perry.

**GRAD STUDENT** will share house. Clairmont. \$65 per month. 279-2097.

## LESSONS

**READING AND SPELLING** problems? Free diagnostic testing through October. Personal tutoring in your home. Powerline Home Tutoring Service uses a multi-sensory approach to meet the needs of all hard-core reading problems. Call Mike, 488-2041.

**PIANO and/or music theory lessons.** Classical and popular, all ages. Experienced, reasonable, your home or mine. Call 582-5667, David Finegold.

**PRIVATE LESSONS** in jewelry making (lost wax casting method) also handmade jewelry made to order. Casting, fabrication, repairs, gold and silver, reasonable rates and trades. Elephant Nose Jewelry Co. 753-8014.

**PIANO, GUITAR and accordion instruction.** Music college graduate. 20 years teaching all ages. Play popular and classical. Learn reading, theory and playing by ear. 30 minute weekly lesson. \$15/month. Pacific Beach Studio, 488-5161.

**INTEGRAL YOGA INSTITUTE** is offering an 8-week course in beginning hatha yoga, starting October 22. Wednesdays, 6 to 7:15 p.m. \$12 donation. Wear loose clothing or leotards. Limit—9 people. Also offered is a 4-week introduction to concentration and meditation, starting October 3, Thursdays, 7:30 to 9 p.m. Donation \$6. Loose clothes, pencil, paper, small cushion. Send name, address, phone number to Integral Yoga Institute, 3383 30th (North Park) or register at the first class. Class size is limited. Information: 293-9642 between 5 and 6 p.m.

**LEARN FOLK GUITAR.** Teacher with many years experience and lots of patience welcomes beginners and more advanced students. Forty minute private lessons every week will show you how to accompany yourself, play melody—both finger picking styles and bass melody. Lots of songs and styles. Diana Sternbach, 459-1895.

**UNIVERSITY GUITAR INSTRUCTOR** (Ph.D. in Music) is soon to offer Saturday guitar classes in Classical, Folk, and Basic Guitar for beginners and self-taught intermediate students, ages 6 to 60. Call 461-1155 mornings or early afternoons.

**CLASSICAL GUITAR instructor** (college teacher) has openings. \$5 per half hour. Near State University. 451-1185 mornings and early afternoons.

**PRIVATE SWIMMING LESSONS** taught by a qualified instructor. Will teach any age, children through adult; different levels, beginners to swimmers. Call Wendy at 582-5483.

**PROJECT REPAIR.** General home repair and plumbing repair classes for women. Call Project Repair at 295-5269. Non-profit organization.

**PRIVATE TENNIS instruction** from Larry Freed. Teach any level; learn serve, volley, ground stroke techniques. Regular rate, \$8.50 per hour. Hour trial lesson, \$6. Available weekdays—evenings, also weekends. For appointment call 274-2742 between 7 and 9 a.m. any morning.

**THE INSTITUTE FOR THE STUDY OF ATTENTION, Inc.** (non-profit) begins its third academic year September 23. A rich program of small classes in academics, fine arts, and physical disciplines is offered to those students over 12 years old interested in discovering and applying their creative processes in an exciting private home atmosphere by the ocean. People of all ages and abilities may also enroll part-time. "Physics Applied to Karate Applied to Attention" and "Cresting with Tai Chi" are most popular. Early morning, afternoon, and evening classes available. Call ISA, (714) 481-0700, or write ISA, P.O. Box W, Solana Beach, CA 92075.

**HATHA YOGA,** young, old, co-ed, Saturday am. 10:30-12. Big conference room upstairs, Balboa Park Club in park. Teacher-adapted formerly 10 years SRF church. Start with us or advanced. Growth, development, control, physical well-being, relaxation. Bring mat. \$2. For information 222-1930 or leave your number.

**VOCAL TEACHER-COACH.** Prominent voice clinician, accompanist-conductor, newly arrived, New York and Chicago. Italian principles taught. Serious students only considered. 30 years experience with internationally recognized singing artists as former protégés. 299-0787.

**FRENCH COOKING lessons,** five week class, basic techniques. 281-5109.

**OSPENSKY GURDJIEFF** Centers now accepting students. Call 753-3475.

**TENNIS LESSONS:** Steve Bassett, (member of United States Professional Tennis Association). 10 lessons—\$90/hour. 5 lessons, \$9.50/hour. Call 272-6055 or 459-3755.

## WANTED

I NEED info on diarrhea caused by MSG. Safe restaurants? Time before onslaught? Avoidance? Help. 755-9225.

**VEGETARIAN COOK** with thorough nutritional knowledge to prepare and store main dish meals twice a week. On Time periods depend on your availability, skill and efficiency and your interest in the happening. Occasional weekend catering for community gatherings. Superior nutrition for fully functioning living desired. Salary or exchange desired. Room and board for a peaceful person with the right vibrations is an option. For interview and negotiation call 436-0539. Nomatey.

**LOVING, child-oriented person** in area of La Jolla Elementary to care for my 5 year old son from 11:30 to 3 p.m. weekdays. Interested persons please call Eileen after 6 at 454-8125 or before 11 a.m. at 459-5433.

**TROMBONE MOUTHPIECE** wanted. Bch 7-C only. 461 1155 mornings or early afternoons.

**PET FOOD** impresario, among our successful clients, seeks financial backing to market his latest Pet Food innovation—a falcon food that has the behavior, pattern of, and tastes like, mosquitoes. Write Economic Feasibilities, Box No. 13, Potrero, CA 92063.

**PUBLISHER** wanted to finance, print, and distribute 300 page "Life of an Artist." Memoirs of distinguished painter swinging brushes and models for sixty years. Sketches and manuscript ready for press. Share profits. 755-0537.

**WANTED: INDIAN JEWELRY** collectibles and good used guitars. Come in Monday through Thursday, 11-2. The Black, 5017 Newport, Ocean Beach.

## RIDES

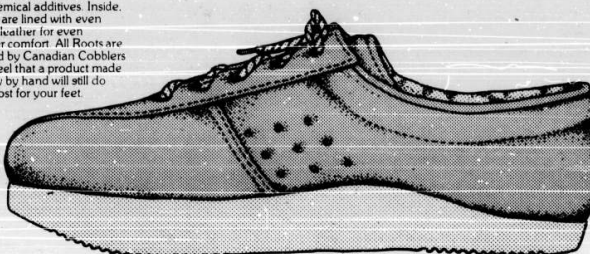
**HELP!** Save me from the Transit Mass. I work out in the boonies and need a reliable ride P.B. - El Cajon (near Grossmont College). 7 days, 8-5 a.m. Call 279-9877 after 6 p.m. Keep trying.

**NEED ride** from Pacific Beach Drive to City College. Monday through Friday at 8 a.m. for class. Call Perry at 274-5953 or 272-7280.

**RIDES FOR RIDERS,** riders for drivers. Also cars available to drive—any city U.S.A., Canada, Mexico. Otter Car Pools. 299-3600.

# Anatomy of a Root

**Fine Canadian Leathers**  
The soft skins are naturally finished, not "corrected" by chemical additives. Inside, Roots are lined with even softer leather for even greater comfort. All Roots are crafted by Canadian Cobblers who feel that a product made mostly by hand will still do the most for your feet.



**Rocker Sole**  
In a natural stride, weight moves from the heel, along the outer side of the foot then diagonally across to the big toe, which springs you off on your next step. Roots rocker sole helps this shift in weight, making every footstep just a little less tiring.



**Supported Arch**  
The city sidewalk can be a real arch-enemy. And fallen arches hurt. Roots are contoured to support the arch and the small recess between the balls of your feet.

**Recessed Heel**  
Walk on sand and your heel will leave the deepest part of your footprint. In natural walking, most of your weight lands on your heel. Conventional shoes—even low-heeled shoes—tilt you forward and throw your basic posture. In Roots, your heel sinks into a comfortable recess, giving you a natural walk on any kind of surface.

1218 Prospect St. La Jolla, Calif. 459-5000  
10909 Kinross Ave. Westwood Village 478-0101