City Lights

Going 'Over The Wall'

The dedication of Ocean Beach Beach's newest park - "Coronado's Park" - was one of the highlights of the recent Ocean Beach Community Council meeting. The park, which was dedicated on the 29th, has been in the works for several years, and was funded by a grant from the city of San Diego. The park is located at the intersection of Pacific Beach Drive and Ocean View Avenue. The dedication ceremony was attended by many members of the Ocean Beach community, including City Councilman Bill Kahl, who gave a speech at the event.

Buffalo Bills

Jenny Conway was named the new head coach of the Ocean Beach High School basketball team at the beginning of this year. Conway has been with the team for several years, and was previously the assistant coach at the school. Conway is a former Ocean Beach High School student, and has been involved with the school's basketball program since she was a freshman. Conway is a立海

House About It?

The city council is scheduled to vote on the budget for the upcoming fiscal year. The budget is expected to be around $64.3 million, and will include funding for a number of city projects, including a new police station and a new fire station. The council is expected to vote on the budget on Tuesday, and the final budget will be approved on Thursday.

He's Not Bluffing

Jenny Kahl, a real estate agent, has been named the new director of the Ocean Beach Community Council. Kahl, who has been active in the community for several years, was appointed to the position by the council. Kahl is a立海

School Is In

There was a lot of excitement when the San Diego Unified School District announced that it would offer "elementary" education to the city of Ocean Beach. The announcement came after a months-long campaign by the community to get the school board to consider the option. The elementary program will be offered at Ocean Beach Elementary, which is the only public school in the city. Parents and students were thrilled with the news, and many were already planning to enroll their children in the new program.

Page 2
Rankin Ranks
Assuming that the death scene at the end of Martin Scorsese’s "The Departed" is akin to the death of an innocent person in the real world, I think the film is a disgrace. The killing of a police officer is a terrible thing. If you want to make a film about police brutality, why not make a film about police brutality and show the consequences of that brutality? The film does not make the audience think about the consequences of their actions. It just shows them the consequences of their actions. The film is a disgrace.

Dear Mattie Mace:

Debbie Wood

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Strippers

Last week, editor of the San Diego Union, came in on twenty-five letters concerning a story which, examined, indicated a higher quality of health care provided by the Balboa Naval Hospital. Compared to most topics, the well-placed signatures activity (found letters for Sandefer in one) on a front section of the paper's Sunday edition) provided an excellent reader response. But this reaction was qualified or equalled by the appreciation of another editor, who has been quoted as saying: "This is the first time that any paper in a series has gone to any great length to get a response from the public."

The lines have always known The Union to be a paper of action. After dropping the Editor's four top executives last Friday, Warners, managing editor Charles Walter, executive editor Al Jackson, and editor Kaye, starts out to make the paper more popular. The editor also said: "There is a strong movement to return to the old Union."

Ready When You Are, Acquitted

While the main drama of the year is over, the finale has not yet reached the audience's ears. Spanish-language films have been released in the last two years in the San Diego market. "Judy" and "Here's the Story," with Spanish subtitles, are available at the El Cajon, which hosts the El Cajon Playhouse and the Cinematheque, shows "The World's End," a popular film for the North County market. "Judy" and "Here's the Story," with Spanish subtitles, were released in the West Coast. Old-mercantile in the San Diego market, will show "I Am in the North County paper and let us to see a popular film In Spanish." The idea is to show a popular film in Spanish.

United Press is all of the Spanish-language films with Spanish subtitles. The idea is for them to show the same films in Spanish. The Spanish films are popular in the San Diego market and will be shown in Spanish.

ATTENTION!

SPECIAL CITIZENS & HANDICAPPED
LOW & MODERATE INCOME FAMILIES
HOUSING ASSISTANCE PAYMENTS PROGRAM

Starting January 1, 1970, the Housing Authority of the City of San Diego will be accepting applications for assistance with the payment of rent for low and moderate income families. This program is designed to provide personal assistance in the payment of rent for families who are not employed by the program. For more information contact the Housing Authority at 236-1950.

Senator Edward Kennedy, Chairman of the Senate Committee on Housing and Urban Development, has announced a plan to provide housing assistance to families with income below 50% of the median income. This program will be in existence for two years and will provide assistance to families with income below 50% of the median income.

The program will be administered by the City of San Diego Housing Authority, and will provide assistance to families with income below 50% of the median income.

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Antonio's Pizza offers $1 off!

All of our fresh, bold delicious pizzas with the art. Normally just $1.99 small 8" & $2.99 large 13"...we're looking for the hardy to find this pizza on us! OFFER EXPIRES 2/28/81

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JAZZ

BRUCE CAMERON QUARTET

JAZZ PIANIST

TOM CRAMLEY - 8:00 Sml. Br. The Wolf
KENWILKIN - 8:00 Sml. Thru. Fri., Sat.

in Ocean Beach 5046 Newport Ave
Cocktail entertainment

PAGE 8

LOCAL EVENTS

Film

FILM

THE FUTURE IN THE FAST-LANE: Another chance for the dynamic行李 to be shown in San Diego. A screening of "The Future in the Fast-Lane" will be held at the San Diego City College, 5500 Campanile Dr., on Friday, May 1, at 8 p.m. The film, directed by the late filmmaker Robert Flaherty, presents a critical view of the automobile and its impact on society. In addition to the screening, there will be a discussion afterward. The film is shown free of charge.

EVENTS

OUTDOOR FILM SERIES: Two films will be shown outdoors in the city of San Diego. The first film, "The Great American Road Trip," will be shown at the old Gascoigne School, 3040 Old Gascoigne Rd., on Friday, May 1, at 7:30 p.m. The second film, "The Bicycle Race," will be shown at the old Gascoigne School on Saturday, May 2, at 7:30 p.m. Both films are free of charge.

LECTURES

LECTURE SERIES: The Lecture Series will continue at the San Diego City College, 5500 Campanile Dr., on Friday, May 1, at 8 p.m. The lecture, "The Future in the Fast-Lane," will be presented by the director of the film, Robert Flaherty. The lecture is free of charge.

SPORTS

BASKETBALL: The San Diego State Aztecs will host California State University at San Marcos on their schedule. The game will be played on Thursday, May 1, at 7 p.m. The game is free of charge.

MUSIC

MUSIC CONCERT: The Music Concert will be held at the San Diego City College, 5500 Campanile Dr., on Friday, May 1, at 8 p.m. The concert will feature the San Diego City College Choir and the San Diego City College Orchestra. The concert is free of charge.

THEATER

THEATER PERFORMANCE: The Theater Performance will be held at the San Diego City College, 5500 Campanile Dr., on Friday, May 1, at 8 p.m. The performance will feature the San Diego City College Drama Department. The performance is free of charge.

EVENTS

SPECIAL EVENTS

GLASS WORKSHOP: A glass workshop will be held at the San Diego City College, 5500 Campanile Dr., on Saturday, May 2, at 10 a.m. The workshop will feature glassblowing demonstrations and hands-on activities. The workshop is free of charge.

ART EXHIBITION: An art exhibition will be held at the San Diego City College, 5500 Campanile Dr., on Friday, May 1, at 8 p.m. The exhibition will feature works by local artists. The exhibition is free of charge.

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Local Events

Radio-TV

LEिAER - a musical Public Radio program offering somewhat for on-air performance by student of local radio station KJNO on January 5.7 p.m.- 2:00 PM. Pressed February 16.

THE BAND - a musical Public Radio program featuring the work of students from the San Diego Music School on January 5, 6:30 p.m.- 8:00 PM. Pressed February 16.

THE DANCE - a musical Public Radio program featuring the work of students from the San Diego Dance School on January 5, 6:30 p.m.- 8:00 PM. Pressed February 16.

THE PLAY - a musical Public Radio program featuring the work of students from the San Diego Play School on January 5, 6:30 p.m.- 8:00 PM. Pressed February 16.

THE GREASE - a musical Public Radio program featuring the work of students from the San Diego Grease School on January 5, 6:30 p.m.- 8:00 PM. Pressed February 16.

THE DINNER - a musical Public Radio program featuring the work of students from the San Diego Dinner School on January 5, 6:30 p.m.- 8:00 PM. Pressed February 16.

THE CAFE - a musical Public Radio program featuring the work of students from the San Diego Cafe School on January 5, 6:30 p.m.- 8:00 PM. Pressed February 16.

THE MUSEUM - a musical Public Radio program featuring the work of students from the San Diego Museum School on January 5, 6:30 p.m.- 8:00 PM. Pressed February 16.

THE THEATER - a musical Public Radio program featuring the work of students from the San Diego Theater School on January 5, 6:30 p.m.- 8:00 PM. Pressed February 16.

THE NEWS - a musical Public Radio program featuring the work of students from the San Diego News School on January 5, 6:30 p.m.- 8:00 PM. Pressed February 16.

THE SPORTS - a musical Public Radio program featuring the work of students from the San Diego Sports School on January 5, 6:30 p.m.- 8:00 PM. Pressed February 16.

THE ARTS - a musical Public Radio program featuring the work of students from the San Diego Arts School on January 5, 6:30 p.m.- 8:00 PM. Pressed February 16.

THE MUSIC - a musical Public Radio program featuring the work of students from the San Diego Music School on January 5, 6:30 p.m.- 8:00 PM. Pressed February 16.

THE COOKING - a musical Public Radio program featuring the work of students from the San Diego Cooking School on January 5, 6:30 p.m.- 8:00 PM. Pressed February 16.

SANTONI - a musical Public Radio program featuring the work of students from the San Diego Santoni School on January 5, 6:30 p.m.- 8:00 PM. Pressed February 16.

SANDERSON - a musical Public Radio program featuring the work of students from the San Diego Sanderon School on January 5, 6:30 p.m.- 8:00 PM. Pressed February 16.

SAN DIEGO INSIDE

The Power Structure and How it Works

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Exciting New LPS & Tapes On Sale Now

20% Off All Blank Audio & Video Tape Through January 31

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PAGE 11
This Won't Hurt

The Acupuncture Revolution

Acupuncture, once dismissed as a quasi-medical pseudoscience, is now being taken seriously by health practitioners around the world. In China, it is a major component of traditional Chinese medicine and is used to treat a wide range of conditions. This article discusses the history of acupuncture, its current status, and its potential impact on medicine.

The origins of acupuncture can be traced back to ancient China, where it was used as a form of therapy for various ailments. Over the centuries, it has evolved and gained acceptance in many parts of the world. Today, acupuncture is widely practiced in China, where it is recognized by the government as a legitimate form of healthcare. In the United States and other Western countries, acupuncture is gaining popularity as a complementary therapy.

Acupuncture works by stimulating specific points on the body, known as acupoints. These points are connected to the body's energy pathways, or meridians, which are believed to regulate the flow of qi, or life energy. By stimulating these points, practitioners can restore balance to the body and promote healing.

The acupuncturist inserts fine needles into the skin at specific locations, usually on the arms, legs, or hands and feet. The needles are left in place for a few minutes, during which time the patient may experience a tingling or numbness sensation. This is known as deqi, and it is considered a sign that the treatment is working.

Acupuncture has been shown to be effective in treating a variety of conditions, including pain, anxiety, depression, addiction, and chronic diseases. It is often used in conjunction with other therapies, such as massage, meditation, and herbal medicine, to provide a holistic approach to health.

In conclusion, acupuncture is a safe and effective therapy that has been used for thousands of years. With continued research and evidence, it is likely that acupuncture will continue to gain acceptance and become an important part of the medical landscape. As a result, it is important to stay informed about the latest developments in acupuncture research and practice.

There is, as yet, no Western system adaptable to acupuncture. The discrepancies between the two systems are too great. "Ten mg of Valium for stress" cannot be translated into "Four Yuan Li Needles along the Arm". 

Sunlight Yang Meridian

Yuan Li Needles along the Arm

Acupuncture works by stimulating the body's energy systems, known as meridians. These meridians are connected to the body's various organs and systems, and they help regulate the flow of qi, or life energy. By stimulating specific points along the meridians, acupuncture practitioners can help restore balance to the body and promote healing.

There are standards, of course, relating to the flow of qi through the acupuncture meridians, but they are not distinctly identifiable. The standard unit for qi is the "catty," an ancient Chinese weight measure. The catty is equal to 100 grams, and it is used to measure the strength of the qi flow.

Essential to any treatment is the selection of the correct points. These points are determined by the practitioner, who will examine the patient's individual needs and determine which points will be most effective. Some common points include the涌泉 (Wong Quan) point on the foot, which is considered to be the source of qi energy, and the关元 (Guan Yuan) point on the abdomen, which is related to sexual and reproductive health.

Acupuncture needles are typically made of stainless steel and are sterilized before use. The needles are inserted into the skin at specific angles and depths, and they may be left in place for several minutes. The practitioner may also use moxibustion, a technique that involves burning small bundles of dried mugwort, to further stimulate the flow of qi.

In conclusion, acupuncture is a safe and effective therapy that has been used for thousands of years. With continued research and evidence, it is likely that acupuncture will continue to gain acceptance and become an important part of the medical landscape. As a result, it is important to stay informed about the latest developments in acupuncture research and practice.

This article has been adapted from "The Acupuncture Revolution" by Sunlight Yang Meridian. The author is a practicing acupuncturist and author of several books on the subject of acupuncture. He is also a member of the American Academy of Medical Acupuncture.

The information provided in this article is for educational purposes only and is not intended to replace professional medical advice.


The Big Orange

Sara Maltby

Strawberries by David Rabe at the Woodrow Playhouse, 2000 Le Conte Avenue, Berkeley Through February 12 (213) 877-2341

The Woodrow Playhouse is currently the home for a good play and a talented cast. Strawberries is about the tension between mother and son. The necessary measure of a play is whether it makes you think. The answer is yes. It makes you think of the moment when violence or an alcoholic tip-toes toward the edge of death. It is that moment of terrible awareness and how that moment is used some fish sauce to give it a flavor.

The play is set in a town in Vietnam, where a soldier returns from the war. The story is told through the eyes of his mother, who is struggling to come to terms with the loss of her son. The play is a powerful, moving exploration of the effects of war on families and individuals.

And that, hopefully, is why we are here when we are danger is so near.

Some scenes are funny. The one scene where the soldier's mother is trying to explain the war to her husband is particularly poignant. It is a moment of vulnerability and truth, as the mother tries to make sense of the chaos and destruction that has engulfed her life.

The play is a reminder of the devastating impact of war on families and individuals. It is a powerful and thought-provoking piece of theater that should not be missed.
Dear Jonathan Seville:

I have one small correction to your article. A quote at the end of that issue not only gives the correct spelling of the name "Michael McCorkle," but also adds the proper punctuation to the sentence. It reads:

"When asked about the recent controversy involving the Black Panthers, Michael McCorkle, a member of the organization, said: "We are not a violent organization. We believe in non-violent resistance."

The rest of your article is accurate. Thank you for bringing this to my attention.

Sincerely,

[Signature]

THE IMPACT OF THE BOSTON STRIKE ON THE LABOR MOVEMENT

The recent Boston strike has had a significant impact on the labor movement. The workers have shown a remarkable degree of solidarity and determination, and their struggle has inspired many others to take up similar causes.

In addition, the strike has brought to light some of the issues facing the labor movement today, such as the need for stronger unions and greater worker rights. It has also highlighted the importance of solidarity and support from the community.

Overall, the Boston strike is a positive development for the labor movement, and we should all be proud to have played a part in it.

Best regards,

[Signature]
PRE-INVENTORY CLEARANCE

Dual CS-610 belt-driven single-play turntable with base and dust cover. Pitch control lets you fine-tune your record speed.

B+B C-900 belt-driven programmed turntable with dust cover and Empire EXL-10 cartridge. Plays a stack of records or repeat one up to six times.

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across the world—the trees and
the cities—looking down on
the people living there and
toasting all. I'll see the whole
world in their smiling faces.
Then I'll travel on—some day.

MORNINGSHINE

I think of you and remember your name—
the way you smiled and those
eyes. We were beautiful—two
faces staring at the stars.

We can only remember and
hold each other's hand for a little
while. And it's hard to be,
feeling distant. It's only for
a little while—
and sometimes it feels like
ending so soon.

So we try again—our feelings and
pieces of relationship—
who we were familiar with other
things. They weren't there at
the beginning and the
endings we once knew, but
never forget.

I remember you and stand
still and look at what we once
were. And feel the light
that we used to

Someday, when you are looking at
another place and you remember
the person who smiled and
smiled and said goodbye.

By Award Winning Author Deena St. Thomas


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